



DANGER FORWARD



September 6, 2010 | Issue 32

Austin leads USF-I into New Dawn

By Sgt. 1st Class Roger Dey
USF-I PAO

CAMP VICTORY, Iraq – Silence fell across the Al Faw Palace rotunda. The crowd of uniformed service members, civilian dignitaries, and a small army of journalists who filled the main floor focused on the men who had taken up positions beneath an enormous white flag emblazoned with the symbol of United States Force-Iraq. Onlookers crowding the balconies above leaned forward.

As Gen. Raymond T. Odierno transferred leadership of USF-I to Gen. Lloyd J. Austin III, the world seemed to be watching.

Under the gaze of Vice President Joseph Biden, Secretary of Defense Robert Gates and Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, Odierno passed the USF-I colors to the ceremony's presiding officer, Marine General James Mattis, U.S. Central Command commander, and relinquished his command of U.S. forces in Iraq.

Mattis turned and presented the colors to Austin, charging him with the responsibility of leading the U.S. military in a new campaign and a new mission in Iraq.

Austin, a veteran combat commander with a reputation for leading from the front, takes command of USF-I as seven

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Photo by Sgt. 1st Class Roger M. Dey

Gen Lloyd J. Austin III (Left) accepts the United States Forces-Iraq colors from Marine General James Mattis, commander of U.S. Central Command, at the USF-I change of command ceremony Sept. 1. Austin who relieved Gen. Ray Odierno (Right) has the responsibility of overseeing Operation New Dawn and Stability operations. Vice President Joe Biden, Secretary of Defense Robert Gates and Chairman of the Joint Chiefs of Staff Adm. Mike Mullen, attended the ceremony at Al Faw palace.



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Danger Seven sends

*Whose woods these are I think I know.
His house is in the village, though;
He will not see me stopping here
To watch his woods fill up with snow.*

*My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.*

*He gives his harness bells a shake
To ask if there's some mistake.
The only other sound's the sweep
Of easy wind and downy flake.*

*The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.*

-Robert Frost

As you all should know by now, Operation Iraqi Freedom is over after seven-and-a-half years. In that timeframe, our Soldiers demonstrated unprecedented professionalism, courage and resilience in the face of a determined, resourceful enemy. What's more, the Families of our Soldiers have demonstrated enormous strength in keeping the home fires burning, in many cases during multiple deployments, and for that they deserve an enormous amount of respect.

That being said, we still have miles to go. As one operation ends, another begins – Operation New Dawn. This is not a completion of mission; it is simply a change of mission. Soldiers and their Families will continue to be asked to make tremendous sacrifices as we support the Iraqi Government in denying terror a safe haven in the Middle East. Make no mistake about it: this is as critical of a time as ever in the effort.

Soldiers, Iraq is still a dangerous place. There are still bad people who are willing to do anything to see us fail. As you execute your daily missions, keep this in mind, don't get complacent, and get home. As junior leaders, I expect all of you to police each other up and make corrections if someone is not doing the right thing. The fight is not over; it's just a different kind of fight.

Leaders, continue to enforce the standards. That's what has gotten us to the point where we can begin drawing down forces, and that is what is going to lead to eventual mission accomplishment. You are not doing your Soldiers any favors by letting them get lax now.

Now get after it.



Jim Champagne
Command Sergeant Major
U.S. Army



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Need more sleep?

By Joe Zelko
USD-S Safety

Almost without fail, fatigue is the human factor most frequently discussed in unit operations. The physiological and psychological stressors associated with rotating work hours, cumulative operational fatigue, and sleep loss affect every Soldier's performance. I challenge leaders to take stock in measures to mitigate the hazards related to conducting operations with exhausted Soldiers.

How is our sleep cycle established? Circadian rhythms are natural, periodic oscillations in human function based on a 24-hour cycle. The circadian system functions as an internal clock that sets the time for sleep and wakefulness. We reset our internal clocks every day by getting up at the same time, reporting to work at a given time, and more importantly, by being exposed to sunlight at these times. Coupled with your own schedule, the sun is the key to maintaining circadian rhythm.

A desynchronized circadian system is similar to a symphony orchestra without a conductor. Many factors can desynchronize the circadian system, including alterations in biological function

such as diet or sleep, maladapted environmental cues such as light, temperature, noise or vibration, and social influences like drugs, alcohol or stress. Circadian disharmony results in symptoms of depression and fatigue as well as certain gastrointestinal problems. In time, sleep loss and workload pressure adversely interact with an individual's circadian rhythm to reduce their reaction time, decrease vigilance, and distort cognitive thinking and perceptual function.

What constitutes restorative sleep? Sleep is like food and water: it's a basic human requirement. Restorative sleep is defined by four cycles of stage 1 to 4 sleep and one cycle of REM (dream state) sleep. Sleep efficiency varies between individuals and circumstances, but as a general rule, a restorative sleep cycle can occur within five to six hours of continuous sleep.

Are you challenged with rotating shifts? Constantly changing work shifts, such as quick reaction force or night duty, challenge the body to make circadian adjustments. Studies show it takes one day for each hour shifted into the work zone. Obviously we can

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THIS WEEK IN ARMY HISTORY...



1st Infantry Division History

September 11, 1918 – The 1st Infantry Division begins fighting in the St. Mihiel salient continuously for two days. The Big Red One advanced seven kilometers, defeating, in whole or part, eight German divisions. The last major battle of World War I was fought in the Meuse-Argonne Forest.



Operation Iraqi Freedom History

September 13, 2007 – Gen. David Petraeus, then-commander of Multi-National Forces-Iraq, proposes a 30,000-troop reduction in forces from Iraq, beginning with a Marine contingent, before Congress. The same day, Abdul Sattar Abu Risha, the U.S. ally credited with starting the "Anbar Awakening," is killed in a bomb attack conducted by Al-Qaeda.



3rd Infantry Division History

September 6 and 7, 1951 – Cpl. Jerry Crump, a Soldier serving with the 3rd Infantry Division's 7th Infantry Regiment near Chorwon, Korea, turned the tide of a fight against a numerically superior enemy on Hill 284. After securing a machine gun nest, an enemy grenade came over the wall of his position. Crump covered the grenade with his body. He survived the blast, and for his heroism, Crump was honored with the Medal of Honor. He continued his military career, retiring at the rank of master sergeant.



1 September 2010

To the Men and Women of the United States Army,

Today, Operation Iraqi Freedom ends and Operation New Dawn begins. This transition represents a significant milestone and a huge accomplishment for the men and women of the United States Army. Our congratulations to General Ray Odierno, to the USF-I Team, and to the nearly 800,000 Soldiers who served in Iraq and contributed to this success.

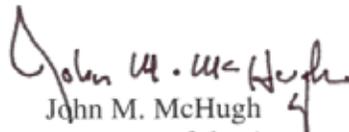
While we reflect on our accomplishments, it is important to remember that our mission there is not yet complete. In cooperation with the Government of Iraq, we will continue to advise and assist the Iraqi Security Forces, support Iraqi troops in targeted counterterrorism missions, and protect our civilians who are moving into the lead to support Iraq. We will complete these missions with the same focus, determination, and professionalism that have seen us through the last seven years.

Our Soldiers have been the key to our successes in Iraq. They have adapted to a new form of war—accomplishing the near-impossible every day; and led the way in providing the 28 million people of Iraq with the opportunity for a better future.

This success has come at a cost—more than 3,200 American Soldiers have given their lives, and over 22,000 have been wounded. We should use today as an opportunity to pause and remember them, and to renew our commitment to never forget them or their Families.

We could not be prouder of our Army on this historic day. You remain the Strength of this Nation. Army Strong!


George W. Casey, Jr.
General, United States Army
Chief of Staff


John M. McHugh
Secretary of the Army

Ramadan Kareem: USD-S hosts Iftar on Basra

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

COB BASRA – For the world’s Muslim population, which is estimated at more than 1.5 billion as of October 2009, Ramadan is one of the most celebrated times of year.

United States Division-South expressed their respects to the Muslim community in their area of operations and to the holy month by hosting an Iftar celebration on Contingency Operating Base Basra Aug. 28.

The event, which is the evening meal when Muslims break their fast during Ramadan, was attended by senior leaders of the 1st Infantry Division, which is currently in operational control of USD-S, community and business leaders from around Basra, and even Christian clergymen.

Mililani, Hawaii, native Lt. Col. Mark Olds, USD-S deputy civil affairs officer who planned the event, said -it was more than just symbolic.

“U.S. forces (demonstrated) their understanding and respect of Muslim traditions and practices by hosting an Iftar dinner for our Iraqi partners and friends during the Ramadan observance,” Olds said. “The intended outcome is to sustain the strength of the partnership and foster continued mutual respect for each other’s traditions, customs and practices.”

Maj. Gen. Vincent Brooks, commanding general of the 1st Inf. Div. and USD-S, expressed his gratitude to those in attendance for coming before dining on the buffet of traditional Ramadan cuisine that included sheep, lamb and fish.

“We have invited you because you are friends of the United States Division-South and because of your importance on things you are doing for Basra and for Iraq,” Brooks said. “We are very grateful that you accepted our invitation to join us

tonight. God willing, this will be a time of fellowship and friendship tonight.”

Olds said the event bore special meaning for him outside of the operational benefits of hosting it.

“(This is) very special; I don’t see myself having this opportunity again,” Olds said. “The camaraderie with our Iraqi guests is the most special part of the Iftar; it means walking out of the Iftar with a mutual respect for each other’s cultures, customs and traditions and a lasting friendship.” ■



Photo by Staff Sgt. Nathaniel Smith

Maj. Gen. Vincent Brooks, commanding general of the 1st Inf. Div. and USD-S, speaks with Staff Maj. Gen. Aziz Noor Swady, commander of the 14th IA Division, during an Iftar celebration on COB Basra Aug. 28.

Troops leave, choppers stay

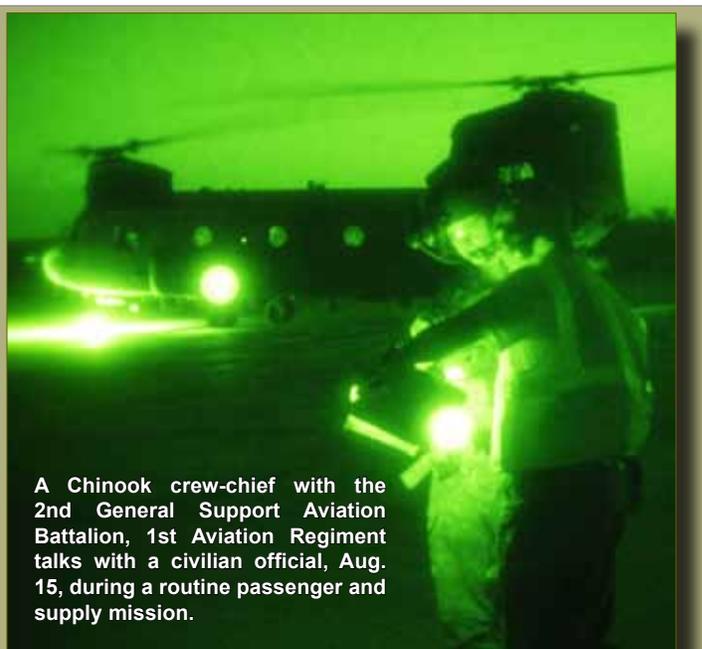
By Spc. Roland Hale
1st ECAB PAO

BAGHDAD – As U.S. combat troops leave Iraq, the helicopters are sticking around.

The Army’s aviation branch is still working at full speed here, moving personnel to points from which they can return to the states, and preparing the Iraqi army to assume responsibility for their country’s skies. As the Iraqis take the lead, U.S. aviators are conducting what commanders call stability operations.

“Past deployments have focused on combat and support operations – we are seeing a transition to Iraqi Security Forces leading on every level and the U.S. forces taking a support and advisory role,” said Lt. Col. Christopher C. Prather, commander of the 2nd General Support Aviation Battalion, 1st Aviation Regiment and Black Hawk pilot.

The battalion recently started flying joint missions with Iraqi aviators to meet this end. ■



A Chinook crew-chief with the 2nd General Support Aviation Battalion, 1st Aviation Regiment talks with a civilian official, Aug. 15, during a routine passenger and supply mission.



Transportation Soldiers receive top honors

Spc. Raymond Quintanilla
305th MPAD, USD-S PAO

COBBASRA - Soldiers with the 1st Infantry Division's transportation office received the Military Order of St. Christopher during a ceremony at the Fighting First Dining Facility on Contingency Operating Base Basra Aug. 27.

The chief of the U.S. Army Transportation Corps approved the Honorable Order of St. Christopher to recognize Chief Warrant Officer Delilah Ramos, a native of New York serving as the 1st Inf. Div. mobility officer, and the Ancient Order of St. Christopher for Sgt. Maj. Paul Fisk, a native of East Coast, Pa., the 1st Inf. Div. transportation sergeant major.

Maj. Gen. Vincent K. Brooks, commanding general of the 1st Inf. Div. and

United States Division-South, presented the award.

The Order of Saint Christopher was established with two levels, the Ancient Order and the Honorable Order. The Ancient Order is the more distinguished of the two.

Maj. Marie Pauley, the 1st Inf. Div. transportation officer, said only the top 10 percent of the transportation corps is awarded this honor for careers demonstrating professionalism of the highest caliber, devotion to the branch and steadfast to their mission.

St. Christopher, the patron saint of the Transportation Corps, symbolizes carrying the weight of the world's sins.

"The image of St. Christopher offers a fitting symbol of strength, loyalty and safety for transporters charged with moving the

force, now and for all time" said Pauley reciting a portion of the military order. "Nothing happens until something moves."

"Their dedication, professionalism and passion to accomplish the mission," Pauley said of her reasons for nominating Ramos and Fisk. "They make great things happen."

Ramos said after 16 years of experience in transportation, being recognized today is more than an honor.

"Being recognized by my supervisor who appreciates my hard work and commitment to the mission," Ramos said, "I feel blessed and honored to be recognized."

The Army places high value on every Soldier demonstrating duty, honor and loyalty. In the case of Ramos and Fisk, their services and contributions to their field has paid dividends, not only to themselves and their unit, but to their country. ■

Maj. Gen. Vincent K. Brooks, commanding general of the 1st Inf. Div. and USD-S, presents the Honorable Order of St. Christopher to Chief Warrant Officer Delilah Ramos, 1st Inf. Div. mobility officer, Aug. 27. The honorable order recognizes those who have served the transportation corps with selflessness of the highest standards.

Photo by Spc. Raymond Quintanilla



Kuwaiti Reunion: Siblings reunite while deployed

By Staff Sgt. Melissa Applebee
1st Inf. Div., USD-S OSJA

CAMP VIRGINIA, Kuwait - Selfless service, according to the Army values, means placing the welfare of the nation, the Army, and your subordinates before your own. In some cases, the commitment to selfless service goes beyond the individual and encompasses entire Families with rich military tradition.

Some of these Families can track service in the Armed Forces through several generations. Some have even served in the same conflicts at the same time.

For the Harvey family, there is a deep pride in this commitment to service. Siblings, Capt. Tanya Rosa and 1st Sgt. Greg Harvey, have a combined 35 years of military service, more than five of which were spent in a combat zone. Their list of overseas assignments and deployments includes Germany, Korea, Japan, Hawaii, Kuwait, Iraq and Haiti, but the Family tradition does not stop with Rosa and Harvey. Their father is a retired Air Force master sergeant and Vietnam veteran, their uncle was a commander in the Navy, and Harvey's son, Spc. Wayne Harris, is carrying on the tradition with the Army at

Fort Bragg, N.C.

"I don't remember a time in my life that my father didn't hang an American flag outside our door, something that didn't seem to catch on in many households until after (Sept. 11)," said Rosa.

As a child, Rosa remembers always wanting to follow her brother's footsteps.

"[I] always followed my brother around as a child. He was always doing the 'cool' things and had the best imagination. Of course, when he got a mongoose, I had to have a purple mongoose."

Harvey, currently the first sergeant of Troop A, 2nd Squadron, 6th Cavalry Regiment, 2nd Brigade, 25th Infantry Division, based in Hawaii, joined the Army in November of 1990. He has deployed five times.

Refusing to be left behind, Rosa continued family tradition of military service and enlisted in the Air Force in 1993. She spent 12 years as a Morse code interceptor before a brief stint with the National Security Agency as a civilian.

"Being in the Air Force wasn't enough for me either; I once again had to follow my big brother," Rosa said. "I wanted to finish what I started as an officer in the Army. [I] took a pay cut to become a

lieutenant."

Rosa is currently deployed with the 1st Infantry Division as a public affairs officer. She previously deployed to Kuwait as a signal officer with the 1st Armored Division.

Rosa and Harvey recently reunited in Kuwait when Harvey's unit redeployed. While they were together, Rosa changed her name tape to "Harvey" for a photo opportunity to surprise their father. This was the first time Rosa and Harvey had seen each other in five years. This family has seen more of one another in a combat zone than in America. Rosa also paid a visit to Harvey's son when he passed through Kuwait.

While the miles may separate them, serving in the Army together has strengthened the bond Rosa and Harvey had since they were kids.

"We already were very close, but I'd say it has definitely made us appreciate the times we get to spend together," Rosa said.

"I consider us very close and supportive of each other. We can relate easily [to one another]," Harvey said.

Being in the same branch of service has given them a level of understanding for one another that cannot be quantified.

"My brother is a hero in my eyes. Several of his comrades have given the ultimate sacrifice, and his best friend just recently lost his life. My brother, of course, does not allow this to stop him. He's the first sergeant after all, and he must take care of the troops."

"At that time, my mission was to be his 'sis.' I've noticed that's what he calls me when he needs me.

She said having a sibling in the military makes it easier to understand the need to come together through difficult times, which is made easier knowing they can lean on one another.

"It's a comfort to me to know if I need either a brother's advice or a first sergeant's advice, I have the absolute best of both just a phone call away."

On the home front, John and Vickie Harvey offer unwavering support.

"My parents were very proud of my brother joining the Army and later me joining the Air Force. [Now they have] pride that both of their children are now

Capt. Tanya Rosa, a public affairs officer with the 1st Inf. Div., and 1st Sgt. Greg Harvey, senior noncommissioned officer of Troop A, 2nd Sqdn., 6th Cav. Regt., 2nd Bde., 25th Inf. Div., saw each other for the first time in five years while in Kuwait. Rosa is wearing her maiden name on her uniform in the photo.

Courtesy photo





Photo by Spc. Kelly Morehouse

USF-I Change of command ceremony at Al Faw palace.

NEW DAWN, from front page

years of combat operations under Operation Iraqi Freedom come to an end and Operation New Dawn re-focuses the efforts of the remaining American troops on stability operations.

The change of command also marked the departure of Odierno, a man who has spent 56 months in Iraq as a division, corps and theater commander. He helped plan and execute the troop surge that turned the tide of the insurgency and gave the Iraqi Security Forces the breathing room to develop and led to the improved security that allowed the U.S. to draw down its forces to fewer than 50,000.

"This change of mission, to state the obvious, would never have been possible without the resolve and tremendous sacrifice and competence of our military, the finest, if our Iraqi friends will forgive us, the finest fighting force in the world," Biden said, as he opened the ceremony.

Following the symbolic hand-off of the colors, Gates welcomed Austin to his new job.

"As America was fortunate to have General Odierno in the wings two years ago, we are fortunate to have Lloyd Austin ready to take the baton from him one more time today," Gates said. "Whether leading troops at every level of command or more recently as the director of the Joint Staff, Lloyd Austin, like Ray Odierno, has always led by example."

Austin will lead USF-I as it focuses on the mission of advising and assisting the Iraqi Security Forces, protecting and supporting the efforts of civilian, military and non-governmental agencies to build the civil capacity of Iraq, and in partnering with the Iraqi military in operations aimed at maintaining pressure on terrorist networks.

"It is my sincere honor to return to this great country to serve once more with my Iraqi friends," Austin said in a deep voice that resonated in measured tones throughout the palace. "And to all the Soldiers, Sailors, Airmen and Marines, Coast Guard and civilians serving under United States Forces-Iraq, it is indeed my honor and a distinct privilege to serve with you as we undertake the next

phase of our effort in Iraq."

Austin's command of USF-I marks his third tour in Iraq. He first came here with the 3rd Infantry Division during the 2003 invasion and, as assistant division commander for maneuver he earned a Silver Star for valor while leading the division's march to Baghdad.

He returned in 2008 as the commander of XVIII Airborne Corps, and relieved Odierno as the commander of MNC-I. At the time, U.S. and multinational forces were beginning to drawdown from the height of the surge and the mission of the U.S. military began its gradual shift from combat to stability operations.

Biden welcomed Austin to his post, but paid tribute to his predecessor as well.

"On the last day of his command, I'd like to especially thank General Ray Odierno," Biden said. "This man is not only a warrior, but a diplomat in the best American tradition.

"I want to thank him for his exceptional, and I'm not exaggerating, exceptional service. More than four years leading forces here and working closely with Iraqi political leaders, many of them sitting here today. I think they will all acknowledge that they had absolute, complete faith and trust in this man."

Odierno has been the towering figure many have seen as the face of America's recent strategy in Iraq.

"If there's one lesson I've taken from our involvement here," Odierno told the crowd in his farewell address, "it is the sheer magnitude of what we are capable of when we trust in ourselves, remained focused on our commitment and work side by side, arm in arm with our Iraqi partners and our civil military team."

Odierno saw the fall of Saddam Hussein's regime as the commander of the 4th Infantry Division in 2003. That December, Hussein was caught at Adwar by Soldiers of his division's 1st "Raider" Brigade.

He returned to Iraq as the commander of III Corps in Dec. 2006, and took command of MNC-I. He worked with Gen. David Petraeus, who took command of Multinational Forces-Iraq the following February, to develop and implement the surge.

After a seven month break from Iraq, Odierno returned to relieve Petraeus as commander of MNF-I in Sept. 2008. Since then he worked to implement the requirements of the bi-lateral security agreement; overseeing the withdrawal of troops from the cities, the consolidation of MNF-I and five other major commands into USF-I and witnessing the success of the Iraqi Security forces as they proved their mettle by securing 7,599 polling sites during the parliamentary elections in April of this year.

Odierno credited all troops who served under him for making those accomplishments happen.

"We stood together through difficult times, we fought together, we laughed together and sometimes we cried together. We stood side by side and shed blood together," he said. "But it was for the shared ideals of freedom, liberty and justice."

Before leaving the stage following a standing ovation, Odierno expressed his faith in the man who was taking over for him.

"I remain supremely confident that General Lloyd Austin will carry on our legacy of positive change for the Iraqi people," he said.

"His incredible reputation of professionalism and dedication precedes him. And U.S. Forces-Iraq is in great hands at this important juncture. There is simply no one more qualified."

As the ceremony drew to a close, Austin spoke realistically about the challenges that lay ahead, and reaffirmed the dedication of U.S. forces to help Iraq develop into a stable and secure nation. ■

Blackjack Soldiers get stronger on deployment

By Sgt. David Dasilma

4th Sqdn., 10th Cav., 3rd BCT, 4th Inf. Div.

COB ADDER – When French duo Daft Punk wrote their 2001 smash-hit “Harder, Better, Faster, Stronger,” they couldn’t have had Task Force Blackjack, 4th Squadron, 10th Cavalry Regiment in mind. After all, the war in Afghanistan was barely underway, let alone Operation Iraqi Freedom.

But if the same song were to come out today, it could not be more appropriate. The 4th Sqdn., 10th Cav. Regt., 3rd Brigade Combat Team, 4th Infantry Division is currently attached to the 1st Infantry Division as part of United States Division-South in southern Iraq.

During its current deployment, fitness has become contagious within TF Blackjack. While this shouldn’t be

a surprise within an Army task force, the intensity with which Soldiers are training their bodies might be. Cross Fit, P90X, Insanity, and spin class have become regular workouts, along with old-fashioned weight training and long-distance running.

Among TF Blackjack Soldiers, fitness goals vary. Some Soldiers, like Warrant Officer John Boseman of Rock Mount, N.C., Muthanna project manager, work out to maintain their size and mass. Others, like Pfc. Michael Krowski of Milwaukee, an information management specialist, started their deployment workout regimen with a focus on weight loss.

Krowski has lost 40 pounds since arriving in Iraq. Krowski said his success has come by adopting a new lifestyle, not just controlling bad habits.

“I think Soldiers fill the void of being

away from friends and family with weight training,” Boseman said. “Out here they get a chance at a new beginning. They don’t have the party life around to mess [their bodies] all up.”

Maj. Norberto Menendez also leads TF Blackjack staff officer workout sessions on Thursday mornings. Once a week, staff officers participate in innovative and extreme workouts during the first 30-minute block, followed by an hour-long game of Gatorball, a variation of Ultimate Football and Soccer.

“The other day, Maj. Menendez had us doing 400 meters of lunges,” said 1st Lt. Jeffrey Wolfe, medical platoon leader.

Whether it’s P90X, Cross Fit, Insanity, or executive officer workouts, one fact remains constant: today’s TF Blackjack is most definitely harder, better, faster, stronger. ■

Warrant Officer John Boseman, of Rock Mount, N.C., Muthanna project manager, bench presses 335 pounds as Pfc. George Broadie of Houston, a human resources specialist, spots him.

Photo by Sgt. David Dasilma



SIBLINGS, from page 7

Soldiers and combat veterans.”

Mr. and Mrs. Harvey spearheaded a volunteer effort to hold “Support The Troops” rallies outside the gates of Fort Rucker, Ala., every month, Rosa said.

The Harveys began rallying in 2003, when a group joined together weekly to hold American flags and service banners outside MacDill Air Force Base, Fla.

“These rallies were meant to show non-partisan support for our brave military service members,” John Harvey said. “Three years ago, (when) we moved to Alabama,...there was no similarly organized display of support for the young men and women stationed at Fort Rucker.”

Nine months ago, John set out to change this. He organized a group to show weekly support to the troops at Fort Rucker, and the group has even garnered support from other residents, churches and community groups. ■



Courtesy photo

▲ Then-1st Lt. Tanya Rosa, a signal officer with the 1st Armored Div. at the time, and then-Pfc. Wayne Harris, an artilleryman who was deployed out of Korea, met in Kuwait in 2008. Rosa, who has since been promoted to captain, is now a public affairs officer with the 1st Inf. Div., and Harris, her nephew, is now a specialist stationed at Fort Bragg, N.C.



A Legacy of Service

John and Vickie Harvey fly the flags of the branches of the Armed Forces and the American flag outside their home in Midland City, Ala. John, who served in Vietnam with the Air Force, and his wife are the parents of Capt. Tanya Rosa and 1st Sgt. Greg Harvey and the grandparents of Spc. Wayne Harris.

Courtesy photo

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function during this transition period, but we're less proficient in our mental and physical performance. Such schedule adjustments maximize human error between 11:30 p.m. and 1:30 a.m. on your night-adjusted clock. When you're adjusted to your new schedule, avoid or minimize morning exposure to sunlight. Too much exposure will desynchronize your night-adjusted clock.

What are the best measures to stay awake? Caffeine is the supplement of choice for most people, but timing is important. Never consume caffeine within four hours of an approaching sleep cycle because it will probably keep you awake.

Conversely, carbohydrates and sugary foods induce sleep, but

small meals or snacks rich in protein and fiber are proven stop-gap measures to fight off fatigue. Don't forget about exercise, which is your body's natural way of creating energy stores for later use.

Maximize your health and fitness with 30 to 40-minute installments of exercise most days of the week, and hydrate regularly with water. Aggressively manage boredom with physical and mental activities on the job. Get up and walk around if you're feeling tired for an instant energy boost.

Operational mission requirements in Iraq will press unit leaders and their Soldiers to manage workloads under recurrent cycles of fatigue. These countermeasures are vital steps in safeguarding the goal to “finish strong” and “finish safe.” ■

Kansas State's Thomas leads 'Cats in win

By **Bob Lutz**
Wichita Eagle

MANHATTAN, Kan. — Kansas State has an unproven quarterback and a green group of receivers. So what did UCLA's defense do to attack the Wildcats' offense Saturday?

The Bruins stacked the box, of course, and focused on senior running back Daniel Thomas, one of the most dangerous threats in the country.

And what did Thomas do?

He rushed for 234 yards and two touchdowns because it doesn't matter how full the box is, the Wildcats always find the prize. Saturday, they came home with a 31-22 win.

UCLA, to its credit, did slow Thomas down in the second quarter. After picking up 40 yards in the first quarter, he found room for only 13 yards in the second, a big reason why the Bruins led 13-10 at the half.

A tweak here and a touch-up there and Thomas was at his best in the second half. Kansas State threw the passing game pretty much out the window and gave the game to Thomas, who rushed for 194 yards on 14 carries in the second half.

His understudy, shifty senior William Powell, added 63 yards.

I'm of the belief that Kansas State can't have the kind of season it wants to have with Thomas carrying such a heavy load. But after watching the Cats pound it on the ground against UCLA, what do I know?

Kansas State had 313 rushing yards and only 64 through the air. The disparity in yardage is noticeable, but the number '313' makes a statement.

"For a quiet young guy — he doesn't have a lot to say — Daniel plays so hard," Kansas State coach Bill Snyder said. "Second, third, fourth effort — that's just his way. I'm awful proud of him."

Thomas wouldn't be a great running back if he didn't give credit to his offensive line. But as good as the blocking was, he still found ways to bounce off tacklers or, even better, run through them. He's 6-foot-2, 228 pounds, so linebackers don't like seeing him coming their way and safeties despise it.

"When Daniel is in there, he bangs them up," the 5-9, 205-pound Powell said. "Then I want to come in and move around them."

Snyder's best teams at Kansas State have been offensively diverse. This passing game and quarterback Carson Coffman needs lots of work.

Snyder has never coached a bowl team that averaged fewer than 136.1 yards of passing per game and normally the Wildcats have done much better than that. Running the football has always been important — four Snyder-coached teams at Kansas State averaged more than 200 rushing yards per game.

This one will be challenged to get the passing game on track. Coffman did pass for a big touchdown late, a five-yard hook-up with Brodrick Smith with 2:03 left that put K-State ahead 24-16. He hit tight end Travis Tannahill for 13 yards in the third quarter, had another 13-yard completion to wide receiver Aubrey Quarles, and a 21-yard completion to Thomas — yes, he can catch, too — set up a K-State first-quarter touchdown.

But Coffman, who battled cramps and sickness, was inconsistent and unable to thwart UCLA's pass rush, which bothered him most of the game.

Eventually, Coffman will have to play better for K-State to be successful, but Thomas, and to a lesser degree Powell, do provide

the Wildcats with a warm security blanket.

"I didn't know I had as many yards as I did until I got in here after the game," Thomas said. "We just wanted to come out in this game and finish. I think we've been labeled as a team that can't finish a game and Coach Snyder said we needed to go out today and make a statement. I think we did that."

Thomas did lose a fumble in the first half, so he wasn't perfect. And that might be the most nit-picky thing ever pointed out about a player who did so much to help his team win a game.

Last season, Thomas carried 247 times and he showed some of the wear and tear. It's not easy to be the guy who everybody in the stadium knows is going to get the ball and still produce.

He carried 28 times Saturday, and you know Snyder and his offensive coaches wince when they see that number.

"Yeah, I think I want to prove something," Thomas said. "I want to show that I can go out and play good every game and that last year wasn't a fluke. UCLA loaded the box against me today, but I think my offensive line made my job a lot easier. I didn't know I had as many carries as I did, but I can take a few more. I guess."

He might get them, although if Powell continues to averaged 12 yards per carry — as he did in his six attempts Saturday — the load might lighten some.

Coffman doesn't look like a quarterback who can stretch the field. He had a couple of open receivers deep in the game, but didn't show the kind of arm that can reach them.

It will be interesting to watch Snyder work with this offense. He's a mastermind, capable of finding the right schemes and playbook to utilize personnel.

Trouble is, he's had a lot of time with Coffman already and results are slow to materialize. Kansas State's untested receiving corps appears talented enough to have an impact.

For now, though, Thomas, whose parents, brother and cousin saw him play for the first time since high school, is Kansas State's impact. He's one of the most impacting running backs in the country. UCLA had every intention of making his life difficult Saturday, but instead it was just another day in the park. ■



Kansas State runningback Daniel Thomas ran for 234 yards in the Wildcats' season opener against UCLA Sept. 4.



Photo by Sgt. 1st Class Jeff Troth

A UH-60M Black Hawk, belonging to the 1st Combat Aviation Brigade, 1st Infantry Division, pulls out of its parking spot on Camp Taji, Iraq. The 1st CAB, 1st Inf. Div., the only Army aviation unit in Iraq, is the first unit to fly the UH-60M in Iraq.

Web links..._

Have a photo from around USD-S?

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You could have it featured here and receive a coin from DCSM Jim Champagne.

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Basra Betty says...



Dear Betty,

Why is it that an 18 year old Soldier can risk their life in a combat zone, yet can't have a beer until he turns 21? While I think that serving alcoholic beverages at special occasions is a great thing, not allowing all Soldiers to participate is ridiculous. Why can a 21 year old Fobbit be entitled to a beer when a private working convoy security 6 days a week cannot? 'Tis a travesty I say!

Signed, Duffman

Dear Duffman,

Oh yes, the age old question asked over and over again by every Soldier who joins the military when they are under the age of 21. The short answer: "It's against the law." DOD Instruction 1015.10 says military bases will reflect the drinking laws of the state they are in, but there are exceptions. On some posts, commanders allow Soldiers who are 18 and older to consume alcohol to mitigate the risk of them driving to other countries like Mexico and engaging in dangerous actions such as drunk driving. Commanders believe allowing these Soldiers to consume alcohol on posts like Fort Bliss will help keep their Soldiers safer.

If you aren't at the posts with those exceptions, you might as well be living during the Prohibition Era. But let's be honest, a cold beer can be a fantastic addition to any barbecue; the key, of course, is moderation. Unfortunately, the average 18 to 21 year-old does

nothing in moderation and would rather "blame it on the alcohol" later than behave responsibly. I realize not every one of you are the same. I said "average" 18 to 21 year-olds.

As far as your comment about those of age enjoying their two beers while younger Soldiers can't, I understand your point about "risking your life in a combat zone," but I will say this: when we risk our lives, we are inundated with the "Comprehensive Risk Assessment" sheet. If I were to do one in this situation, underaged, inexperienced drinkers plus the increased risk of dehydration plus carrying a loaded weapon in a high-stress environment isn't going to equal a "low" risk.

Of course, that only answers your question concerning Iraq. The bigger issue is bigger than I am, but of course, I'm just "Basra Betty," not "U.S. Betty."

Be Safe, Basra

-Betty

Rock and Roll Trivia

THE BEATLES VS. The Rolling Stones

Part 2:

One of the great arguments of Rock n' Roll is who is better – the Beatles or the Stones? This quiz does not aim to settle the matter, but how well you answer these questions may determine which side you're on.

The Stones are better because...

6) The Rolling Stones have been performing for over 47 years. Who are the original members still in the band?

7) The Stones keep it real. The Stones developed their sound from listening to 'authentic' blues artists such as Sonny Boy Williamson and Howlin' Wolf. In fact, the Rolling Stones name comes from the title of a song by what blues legend?

8) The Stones are road warriors. While the Beatles quit touring in 1966 to focus on studio work, the Stones still fill stadiums. Critic Jon Christgau called their 1969 tour with Ike and Tina Turner "history's first mythic rock and roll tour." Unfortunately, violence marred the tour's capstone music festival at what California speedway?

9) The Stones wrote "Satisfaction." Considered by many to be the greatest pure rock and roll record of all time, what was Keith Richards doing immediately before first conceiving the song's classic riff?

10) The Stones had a better logo. Artist John Pasche designed a caricature of what body parts to use as the logo for Rolling Stones Records?

USD - South
1st Infantry Division
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If you have any questions, comments, or a deployment book order, e-mail the USD-S PAO Office at:

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Big Red One Puzzle of the Week



φ T

Hint: Quickly departs

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

*Solution for last week: I Can't Believe it's Not Butter
Brought to you by the 1st Inf. Div. ORSA Cell*

Solution to last week's puzzle

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

For solutions to this week's puzzle and for more sudoku puzzles, visit:

www.puzzles.ca/sudoku_puzzles/

Sudoku

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