



DANGER FORWARD



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SMA Preston visits Basra

Tours Basra Resiliency Campus, touts Comprehensive Soldier Fitness

By Spc. James Kennedy Benjamin
305th MPAD, USD-S PAO

BASRA, Iraq – The Army’s senior noncommissioned officer met with United States Division-South Soldiers at the Basra Resiliency Center Sept. 29.

Sgt. Maj. of the Army Kenneth O. Preston, who is scheduled to retire in March after seven years as the 13th SMA, talked to approximately 200 Soldiers about how the Army is ensuring its Soldiers’ well-being through Comprehensive Soldier Fitness, whether at home or deployed.

“That is what Comprehensive Soldier Fitness is all about,” Preston said.

When Soldiers are faced with adversity, Preston said Army leadership wants Soldiers to come out of those stressful situations stronger than when they were before.

Preston talked about the four tools to enhance CSF and how Soldiers can become more resilient toward the different changes and challenges in life.

The first tool is an online assessment that gives Soldiers an awareness of their strengths and weaknesses based on the five dimensions of CSF.

The Global Assessment Tool, or GAT,

See SMA, page 10



Photo by Spc. James Kennedy Benjamin

Sgt. Maj. of the Army Kenneth O. Preston talks to Soldiers at the resiliency campus in Basra about how the Army is making its Soldiers, their Families and civilians resilient through the Comprehensive Soldier Fitness program Sept. 29.



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Danger Six sends

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



The Election Day successes Iraq experienced on 7 March 2010 marked one of the capstone achievements of Operation Iraqi Freedom. The Iraqis went to the polls in impressive numbers, voted in free and fair elections observed by the international community, and the Iraqi Security Forces provided the security with U.S. logistical and advisory support.

The elections showed the world and the Iraqi people the ISF are truly capable of protecting their people. We should remember, as the Iraqis certainly do, that the Iraqi military in the past was an instrument of enforcement and population control, even during elections, to ensure the vote came out a certain way. This time the Iraqi military protected the population so that the vote would come out the way the population wanted. We were witnesses to this historic shift and played a role in bringing it about.

Seven months later the Iraqis, and the watching world, are awaiting the formation of the next Iraqi government as a fulfillment of the population's choices in the elections. It is very important that we put this time period into the proper context so that we do not lose sight of, or lose hope in, what is being accomplished even in this situation that we as Americans find very curious.

First, we should view the formation of the government in Iraq as an unfolding process that has not been experienced by the politicians, the judiciary, or the people of Iraq. There is no script. There is no ritual to be repeated without thinking. Government formation is an Iraqi process.

There is no experience with what comes at the end of the process in Iraq. Iraq is making it work as they go. Folks, that takes extraordinary courage. If it looks unfamiliar to our understanding of the

transition of government after an election in a democratic, representative society it is far more unfamiliar to the people who must, necessarily, move through it and discover the way themselves and for the first time. We should be encouraged by the effort being made by the Iraqis to move forward in a way they are defining. And they are moving. Stay with them.

Second, we should remember our own history. We may find it easy to look back on 234 years free from absolute tyranny and the rule of one man and see elections as just part of the routine that we take for granted. We know the steps now, in fact, we are in the middle of the steps today as our Election Day approaches in less than a month. But if you went back 227 years – seven years after declaring independence; seven years marked by war and death and uncertainty – you might not be so sure about what the future would look like in America in 2010 . . . Do you see what I mean?

We have to see this from the eyes of the Iraqis who are looking ahead into the dark uncertainty, knowing only the past which does not look anything like the unfolding future. This is tough work, and there are competing interests, some of which will actively interfere and disrupt the already difficult work. We – the U.S. Forces in Southern Iraq and our civilian counterparts from other agencies of the U.S. government – will take a different approach.

USF-I has no role, nor should we have any role, in this internal Iraqi process. We will not interfere in the decisions the Iraqis must make for themselves. We will, instead, give them hope and encouragement that the way ahead is not dark but bright. We will provide them with shoulder-to-shoulder assistance, when they ask for it.



We will provide them advice on what to do next in securing their country or in meeting the needs of their citizens. And we will share our expertise by providing them with the training we and they, together, see as needed to improve their abilities to do the things I just described.

When all is said and done, Iraqis and the world will witness another country that has benefitted from a long partnership with the United States after the commitment of the American military to eliminate a tyrant and to stay and fight long enough for that country to find its own way.

Do not let your hope sag or you will take away the hope Iraq counts on the most. Stay focused on your duty, every day, because your presence and your professionalism are the best instruments available to the United States to make a lasting difference here in Iraq. You are doing this now. I am humbled and honored to be a part of what it is we are doing together for Iraq. Remember, for us there is...

**NO MISSION TOO DIFFICULT,
NO SACRIFICE TOO GREAT.
DUTY FIRST!**

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EFFECTIVE CREW COMMS

By Joe Zelko
USD-S Safety

Technological advancements continue to provide today's Soldiers with greater capabilities than ever before. Armor enhancements, ballistic glass and additional mission equipment in Army vehicles all offer extra protection on the battlefield. However, these advancements have come at a price for vehicle crews who've had to cope with restricted outside visibility and altered vehicle handling. As the Army continues to improve and upgrade its combat vehicles, the need for effective crew coordination and communication has become essential for crews to safely complete their missions.

Effective vehicle crews are made up of assertive crewmembers that provide input to the vehicle commander. Every crewmember knows they're a part of the team and are willing to help without being asked. The entire crew acts as a team in mission planning, execution and after-action reviews and, with the exception of short notice missions or high-workload conditions, analyzes information and contributes to decisions.

Vehicle commanders establish an open, professional climate at the beginning of every mission. Effective crews maintain this atmosphere by communicating vital information in a clear,

timely manner so conditions, actions and decisions are clearly understood. Finally, effective crews view AARs as learning experiences that can enhance future crew performance. Some good crews do these things without having a background in crew coordination training. They intuitively know they need to have open communications, provide professional input and work as a team in support of the vehicle commander.

Standardized words and phrases, such as those used in radio transmissions, help crews avoid confusion and allow them to react more quickly and efficiently. Using words known by everyone in the crew also prevents them from having to be repeated. If the operator's manuals have a standard callout or term for a piece of equipment, get in the habit of using it, especially if a new crewmember joins the team.

Crew coordination is more of an art than science and requires continuous practice. Good crews constantly work on improving their coordination and use AARs as a forum to improve their performance in the future. These combat proven techniques can help you better accomplish your missions and prevent accidents. Discuss these methods with your crew and practice them on every mission.

Duty First.
Safety always. ■

THIS WEEK IN ARMY HISTORY...



1st Infantry Division History

October 7, 1920 – The 1st Infantry Division reorganizes under the peacetime Table of Organization and Equipment. The division is one of only four divisions authorized to remain at full peacetime strength and is the only division in the Second Corps Area based out of Fort Jay, N.Y., responsible for New York, New Jersey, Delaware and, at times, Puerto Rico.



Operation Iraqi Freedom History

October 10, 2002 – At 3:05 p.m. ET, the U.S. House of Representatives passes the law that would authorize the Iraq War in a 296-133 vote. Less than ten hours later, the U.S. Senate would approve the bill. The vote came just a few days after approximately 75 senators were told in a closed session that Iraq had the capability to attack the U.S. Eastern Seaboard with biological and chemical weapons delivered by unmanned aerial vehicles.



3rd Armored Cavalry Regiment History

October 4, 1846 – Dragon Company of the 1st "Tiger" Squadron is organized. The unit is authorized three officers and 61 enlisted Soldiers, commanded by Capt. Henry Pope. Less than a year later, the company and the squadron would begin writing the history of the 3rd ACR during the Mexican-American War.



Photo by Spc. Eve Iliau

Maj. Gen. Vincent Brooks, left, commanding general of the 1st Inf. Div. and USD-S, talks with Maj. Gen. Eddie Spurgin, commanding general of the 36th Inf. Div., during the unit's PDSS in southern Iraq Sept. 14. Spurgin's division headquarters, part of the Texas Army National Guard, is scheduled to assume authority of USD-S in January 2011.

Texas National Guard rounds up Iraq visit

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

BASRA, Iraq – As the 1st Infantry Division approaches the homestretch of its 12-month deployment to southern Iraq, another division is just getting ready to take over.

The 36th Infantry Division of the Texas National Guard recently conducted its pre-deployment site survey in Basra in an effort to ease the transition once the 1st Inf. Div. hands the reins of United States Division-South over to the “Arrowhead” Division.

The 1st Inf. Div. is scheduled to transfer authority of the advise and assist mission in Iraq's nine southern provinces to the 36th Inf. Div. in January 2011.

Capt. Christopher Miller, the 36th Inf. Div. liaison at Basra and native of San Antonio, said the PDSS is a way for his unit's senior

leadership to experience their soon-to-be area of operations.

“Think of it as a leader's recon of an objective -- the patrol leader is going to evaluate and determine what's needed for the best possible route, how to establish control of, and the necessary resources to execute,” Miller said. “The week-long event afforded both command groups the ability to establish working relationships, ensure a common understanding of the execution of the coming (relief in place and transfer of authority) and 36th Inf. Div. control of USD-S.”

While the Texas unit has not deployed to Basra, its Soldiers are no stranger to Iraq as elements of the division have deployed in support of Operation Iraqi Freedom every year from 2004 to 2009, including once being attached to the 1st Infantry Division in Balad.

See TEXAS, page 10

1,000 pairs of gratitude



Photo by 1st Lt. Jonathan Roland

Capt. Andrew Hubbard, 2nd Bn., 69th Armor Regt., smiles as shoes donated by Brookstone School in Columbus, Ga., are distributed to Iraqi children in Babil Province Sept. 16.

By Spc. Erik Anderson
3rd AAB, 3rd Inf. Div. PAO

BABIL PROVINCE, Iraq – As Soldiers of the 3rd Advise and Assist Brigade, 3rd Infantry Division prepared to leave the five provinces in southern Iraq they have been responsible for, there was still one last mission to complete.

In coordination with supporters at Brookstone School in Columbus, Ga., Phenix City, Ala., and Fort Benning, Ga., the Soldiers dropped off donated shoes to the children of Iraq.

“There is nothing better than seeing the look on a child’s face when you give them something they need,” said 1st Lt. Jonathan Roland, 2nd Battalion, 69th Armor Regiment. “Even though we don’t speak the same language, you can see the excitement.”

The project, in coordination with the Babil Provincial Reconstruction Team, started with a modest goal.

“It is an idea based on the partnership between Brookstone School and two local Iraqi schools,” said Lt. Col. Jonathan Boston, Headquarters and Headquarters Troop, 3rd AAB. “When we started, Cindy Sparks (Brookstone School) estimated 50 to 70 pairs of shoes would be donated, but through the efforts of our supporters in the tri-city area and Brookstone School, nearly 1,000 pairs of shoes were donated.”

During this deployment, 3rd AAB executed an advise and assist mission while working closely with the Iraqi people.

“For the brigade, it is another example of our enduring partnership,” said Boston. “This project takes it one step further; it shows the enduring partnership that exists between Americans and Iraqis.”

The partnership started by the 3rd AAB will continue with the 3rd Armored Cavalry Regiment.

“The children of Iraq are the future,” said Boston. “Our commitment begins with them.” ■



Photo by 1st Lt. Jonathan Roland

Louella Simonetti, Babil PRT, passes out shoes donated by Brookstone School in Babil Province Sept. 16.





Photo by Sgt. Cody Harding

Dave Roever, a Vietnam veteran who has been a public speaker for over 30 years, speaks to a crowd at the USD-S Resiliency Campus Sept. 29. Roever's story has several examples of how Comprehensive Soldier Fitness can help Soldiers through difficult periods and onto success later in life.

Wounded veteran shares stories of resilience

By Sgt. Cody Harding
1st Inf. Div., USD-S PAO

BASRA, Iraq – When Dave Roever was in the Navy during the Vietnam War, ‘resiliency’ and ‘comprehensive soldier fitness’ took a backseat to combat operations. In the summer of 1969, there was little in the way of stress clinics, resiliency centers or mental health treatment for Soldiers.

So when a white phosphorus grenade left Roever with severe burns and a slim chance to live, he found himself relying on his Family, his faith and his friends to get him through the hardships of recovery.

“The fact is we have the right ingredients to sustain us in times of great difficulty,” said Roever, a Fort Worth, Texas, native. “If we’re not resilient, we lose.”

He is 63 years old, has been married for over 40 years, and still participates in speaking engagements around the world, providing support for service members through his story and donations to charity. As he says in his speeches, “I’m not over the hill. I am the hill.”

Dave Roever and his son Matthew began a tour of United States Division–South with a presentation at the USD-S Resiliency Campus Sept. 29, followed by a prayer breakfast and a visit to the

RIVRON Navy river patrol unit Sept. 30. The visit is not the first time he’s visited the 1st Infantry Division, having spoken at Fort Riley and to deployed 4th Infantry Brigade Combat Team, 1st Inf. Div. troops in southern Baghdad in 2007.

His speeches incorporate the Five Pillars of Comprehensive Soldier Fitness, a new program by the military to ensure readiness by improving Soldiers’ abilities to react to hardship. The Five Pillars represent how physical fitness, emotional balance, Family ties, spiritual dedication and social interaction sustain troops through combat and personal turmoil.

Roever said resiliency plays an important part in the drawdown of forces in Iraq by letting Soldiers return home with fewer issues than service members who didn’t have the tools of Comprehensive Soldier Fitness.

“It’s really important for these [Soldiers] that are here and may be pulling out soon that they understand you got to bounce back,” Roever said. “You cannot carry that burden all of your life. Leave it here. Don’t take it home with you.”

“I can’t imagine having a better speaker come to speak about resiliency and wellness other than Dave Roever,” said Maj. Gary Fisher, the 1st Inf. Div. deputy chaplain and an Abilene, Kan. “He’s just fantastic.”

“He can relate, he’s authentic,” said Spc. Jared Cooper, a chaplain’s assistant with the 1st Inf. Div. “Unlike a mental health counselor, they may not have the authenticity like he has; they may not have been through some of the stuff he has. So I know a lot of people like someone who can be down at their level.”

Roever ended his tour of Basra with a visit to the Navy river patrol unit, the RIVRON, at the Basra chapel. The RIVRON unit is the closest unit to the “Brown Water Black Berets” Roever served with in Vietnam.

Lt. Jeffrey Bensen, the chaplain for RIVRON Team One, said Roever’s speech helps sailors in his unit get a look into the past as well as advice on the resiliency challenges of the future.

Roever said even though he works hard, he enjoys speaking with the Soldiers and being told children he spoke with decades ago remember him as they serve in the military.

“To see them now, serving their country and for them to see me still going, the reality is in its lasting permanence,” Roever said. “I can say, ‘I’ll be there when you need me.’ Well, we are here, and they do need people like us, doing what we’re doing, and it’s fun to see the look in their eyes when they say, ‘Man, that was 35 years ago.’” ■

Capturing history through the Soldier's story

By Sgt. Cody Harding
1st Inf. Div., USD-S PAO



Sgt. 1st Class Joseph Niesen, right, interviews 1st Sgt. Philip Trainer, HSC, 1st Bn., 68th Armor Regt., for historical data. The 48th MHD has conducted over 500 interviews during their deployment to Iraq, well over the standard set by other MHDs.



Maj. Terry Hawn, the 48th MHD commanding officer, pauses for a picture with an IA soldier and villagers in Musayyib. The 48th MHD travels throughout USD-S to collect interviews and data to create a complete historic record of the 1st Inf. Div.'s part in Operation New Dawn.

BASRA, Iraq – With the beginning of Operation New Dawn, Operation Iraqi Freedom is now one for the history books.

And those histories will be extremely detailed and accurate, thanks in large part to the work of military history detachments as they document unit history while it happens.

History cannot write itself, and that's where military history detachments come in. Since the beginning of OIF, and continuing into Operation New Dawn, the history detachments have been recording US efforts and interviewing Soldiers in Iraq for over nine years.

For the 1st Infantry Division and United States Division – South, the 48th Military History Detachment, an Army Reserve unit out of Indianapolis, fills that role by covering the entire scope of the Big Red One's mission in Iraq.

"The fact that because an MHD is only three personnel," said Sgt. 1st Class Joseph Niesen, the Noncommissioned officer in charge of data collection for the 48th MHD, "and that's at full strength, we have to be capable and comfortable with interviewing anybody in any job, any rank and any position."

Collecting the history of a unit as large and diverse as the 1st Infantry Division takes several steps to ensure a complete record. The first step for the unit is to go directly to the Soldiers and officers for interviews.

While the typical historian units collect data from 100 to 200 individual interviews in the course of a 12-month tour, the 48th has collected over 500 individual interviews since their arrival in theater Jan. 26, said Maj. Terry Hawn, the 48th Military Historian Unit commander.

"These guys are leaning pretty far forward in the saddle," said Hawn, a Traverse City, Mich., native. "That's why we've been so successful. That's why we've probably exceeded four times the normal amount any other MHD has done."

Even the best of interviews can only give one Soldier's view of events, which is where data collection fills in the void. The unit collects as many electronic forms and documents as they can to ensure an accurate record is kept of the era, providing a factual background for the historic events taking place.

The 48th MHD has led the progress in data collection during the deployment with a new collection system designed by Niesen, a Gas City, Ind., native. The system collects documents and other items in the Big Red One online data sharing website, or SharePoint, to create a fully functional replica of the site during the timeframe, allowing historians to browse through the information just as it was when it was online. This makes the process much faster than in the past, where paper records and individual files would bog down a system.

The system used by the 48th MHD is now currently in use throughout Afghanistan and Iraq, allowing historians from around the service to increase their data collection capabilities, said Hawn.

For the MHD team, their job can mean a lot of long hours and challenges, but it is rewarding when they see the efforts of their work, said Niesen.

"It's something that two, three, five years down the road, when the official histories are coming out, we're making sure what Joe Soldier on the ground was doing is preserved, and he'll be able to look back and say, 'This is what I did,'" Niesen said. ■

For all the right reasons

American paramedic committed to health care for all on Basra

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

BASRA, Iraq – Arriving in a foreign country with limited medical supplies and equipment, one nurse, no facility, and a number of unforeseen obstacles, one man pressed on to create a professional medical operation and provide health care to the hundreds of non-U.S. employees living on Basra Air Field.

“It was just a dirt lot,” said Cory Brown, a civilian paramedic who traveled thousands of miles, leaving his hometown of San Diego. “Last year, this facility was not here.”

“It wasn’t adequate enough to treat someone in an acute status,” Brown said explaining conditions after a working facility was established. “We had a bed, a cardiac monitor and some minor drugs then.”

“It’s grown tremendously. We have an emergency room, lab and x-ray room now,” Brown said. “We have more medical supplies to treat multiple people from minor to serious injuries or illness.”

“There’s a staff of six, including an Iraqi doctor,” Brown said. “It has been a complete turnaround.”

Over the year, Brown has developed a more

“We’re going to do everything we possibly can to see them get better, to see their well-being is always protected.”

–Cory Brown

Cory Brown, a native of San Diego, administers an anti-inflammatory medication to Murali Veau, a native of Hyderabad, India, and a housekeeper employee for one of the contractors in Basra Sept. 23. Brown is a civilian paramedic providing medical and health care services to third-country nationals who are employed on post.

personal relationship with his patients.

“It’s not only the Iraqi people. There’s Pakistanis, Indians, people from Nepal and Bangladesh, that never had any form of medical care,” Brown said. “We’re not only treating them, but we’re teaching basic proper hygiene, health care, dental care so they can live a healthy lifestyle, and they really appreciate it.”

“You’re not trying to change them or their culture. You teach them the basics,” Brown said. “Just things they never knew, just as they’re teaching me about their culture I never knew.”

A trained paramedic, Brown feels there is only so much one can learn in a classroom, and to make a bigger difference one must put head-to-heads, go out in the field, and get a better grasp of the profession.

“You’re given the tools to treat someone, but do you have the tools to be empathetic and sympathetic towards these people?” Brown asked rhetorically. “I don’t see race or ethnicity; I treat these people as though they were my own relatives.”

Leaving the comforts of home and all the luxuries life has to offer in his hometown, Brown finds higher reasons for being in Iraq and feels the people deserve more.

“I treat them because everyone deserves respect and to have their dignity protected,” Brown said, “and maybe they can take away something from us, maybe their view of American people or culture or what we are as a country could be change by one instance.”

Brown understands many of the patients from third world countries do not have large incomes, but he will not turn them away.

“For once it’s not about the money, it’s really about the people,” Brown said. “We’re going to do everything we possibly can to see them get better, to see their well-being is always protected.”

Although he does not wear the uniform, he feels he serves for similar reasons as service members.

“They’re sacrificing all of their freedom their entire tenure of service” Brown said. “Maybe it’s not the same cause of fighting for a nation, but you have to have the same mindset that you believe in what they’re fighting for.”

“If you don’t, then you are out here for the wrong reasons.” ■



Photo by Spc. Raymond Quintanilla



MAJOR TRIATHLETE

By Spc. James Kennedy Benjamin
305th MPAD, USD-S PAO

BASRA, Iraq – Some people have the drive to accomplish goals in life others will never be able to. Being able to competitively swim 1.2 miles, bike for 56 miles and run 13.1 miles in a certain amount of time is one of them.

For Maj. Nicholas Simontis, being a competitive triathlete requires more than just physical training to prepare for an event.

“It is one of the most mentally challenging sports there is because you are operating at maximal effort,” Simontis said.

Now the secretary of the general staff for United States Division-South and the 1st Infantry Division, Simontis trains to stay resilient.

“For most of my adult life, I have tried to maintain a base level of fitness,” Simontis said.

The key to prepare for an event is to have a base level of fitness during and off-season, Simontis said. It makes it easier to prepare yourself when you are in shape than when out of shape, he said.

Simontis, a native of Cleveland, would train six days out of the week for months at a time prior to a triathlon.

“When I was competing actively in triathlons, I would typically spend 20 hours a week training,” Simontis said.

Simontis’ weekdays, while not deployed, start at 4 a.m. with either a run or weight lifting. After work he prepares for a swim or a bike ride. His Saturdays switch between long runs anywhere from 16 to 22 miles or bike rides between 90 to 100 miles. Sundays are rest and recovery days.

Over the years, he has learned what exercises work best for him.

“I do body lifting instead of weight lifting,” Simontis said.

Now in Iraq, Simontis spends Mondays, Wednesdays and Fridays doing

calisthenics. On Tuesdays, Thursdays and Saturdays he does cardiovascular exercise either running outdoors or cycling on a machine.

Triathlons are also a way of bringing Family together, Simontis said.

Eric, his brother, is also an avid

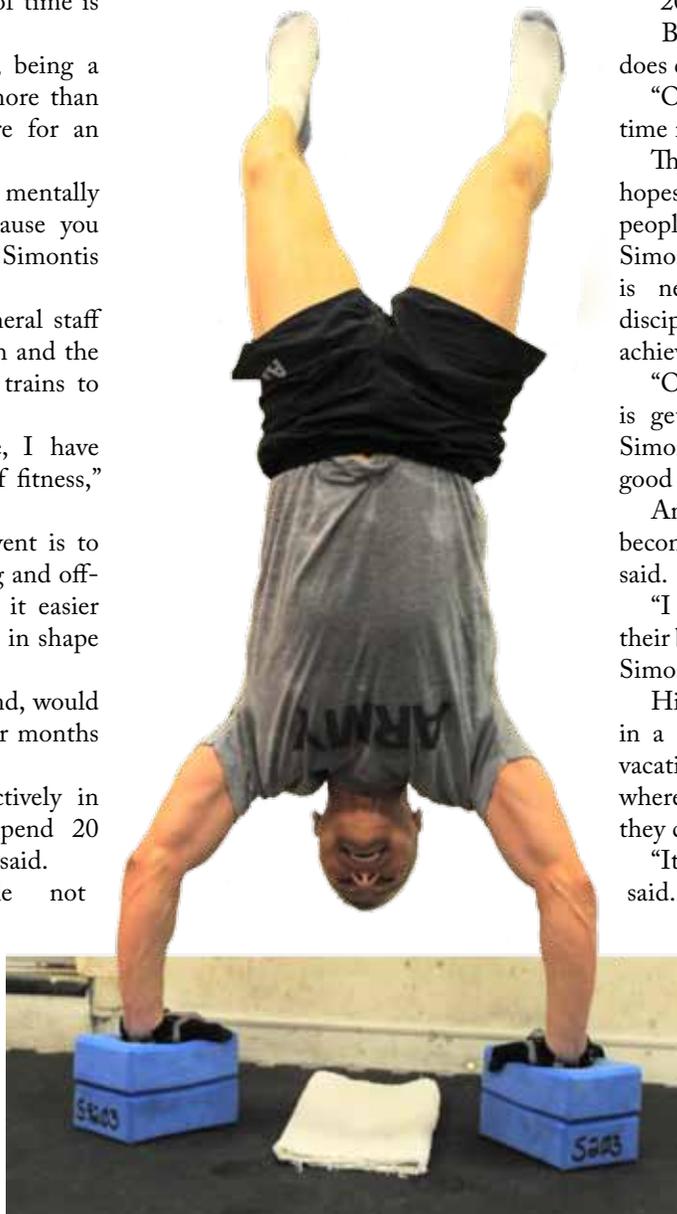


Photo by Spc. James Kennedy Benjamin

Maj. Nicholas Simontis, USD-S secretary of the general staff, does a modified push up at a gym in Basra Sept. 27. Simontis, a triathlete, conducts his personalized fitness program six days a week consisting of body lifting, cycling, and running. He plans to compete in another after his current tour in Iraq.

competitor, Simontis said. They would drive from their homes to meet each other before a triathlon. The next day they were competing against each other.

Nick was a pretty fair bike rider, Eric said.

“Nick’s best race was likely the Beast of the East, formerly known as the Chatuge Challenge, a half Ironman distance race of 13.1 miles that started in Hiawasse, NC,” Eric said. “He placed third overall in 2003.”

Also in 2003 Nick placed eighth overall in the Cheaha Challenge, Eric said. It was 102 miles of bike riding and roughly 10,000 feet of vertical climbing.

“2003 was a busy year for us,” Eric said.

Being a tri-athlete is not easy and it does come with challenges, Simontis said.

“One of the biggest challenges is simple time management,” Simontis said.

There are people who enter the event in hopes of completing it, and then there are people who want to place or win an event, Simontis said. A serious time commitment is needed, but with proper training, discipline and the desire to win, they will achieve their goal.

“One of the hardest parts about it is getting out of bed in the morning,” Simontis said, “but after that, you feel good knowing that you did it.”

Another challenge is that some people become obsessed with the sport, Simontis said.

“I trained with people who would bring their bikes with them on Family vacations,” Simontis said.

His friends told him they had to get in a 100-mile ride sometime during the vacation or they would plan a vacation where an event was going to take place so they could compete.

“It is the nature of the sport,” Simontis said.

Between work, Family and juggling everything else, his training time was his personal time.

“Although it was physically demanding, it was always a good time to recharge my batteries,” Simontis said. “You hear a lot of talk about resiliency in this division. That is one of the keys to my personal resiliency.”

After this deployment Simontis plans to resume competing in triathlons.

“Being a tri-athlete is not something for everyone,” Simontis said. “I love it and I hope to get back to it.” ■



Photo by Spc. James Kennedy Benjamin

Sgt. Maj. of the Army Kenneth O. Preston talks with Command Sgt. Maj. Jim Champagne, United States Division-South senior noncommissioned officer, and Sgt. Maj. Bryan Barren, 1st Infantry Division chief medical noncommissioned officer, about the newly built resiliency campus in Basra during a tour of the facility, Sept. 28.

SMA, from front page

is designed to show Soldiers their strengths and weaknesses in the physical, emotional, social, spiritual and Family pillars of strength, Preston said.

He elaborated on how the GAT is for self-improvement, and the results are private.

"I said 'Sergeant major, no you don't,'" Preston said, as he recalled a sergeant major who asked for the results of his Soldiers' answers. "That is not the purpose of the

Global Assessment Tool."

"The GAT doesn't replace good leadership," Preston said. "The GAT is designed as an individual tool to show individuals where they stand."

"Nobody sees how you answer those questions," Preston said. "It is confidential. That is because we want you to be honest with yourself so that you can see yourself exactly how you feel inside."

Preston said more than 800,000 of the 1.1 million active duty, reserve and National Guard Soldiers in the Army have taken the

GAT.

Preston also recommended Soldiers complete the 20 online resilience modules available through CSF, the second tool of the program.

Preston said the modules were interactive and had good vignettes.

The third tool of CSF that Preston talked about was the Master Resilience Trainer course, which is now offered at Victory University in Fort Jackson, S.C.

The 10-day course teaches Soldiers resiliency techniques on how to solve challenges within the five dimensions of CSF.

It teaches Soldiers how to ask the right questions so they can understand problems from a bigger perspective, Preston said. From there, they come up with their own solutions to fixing problems.

"Nobody can fix your own problems or challenges except you," Preston emphasized.

The last tool is the incorporation of resiliency training into other Training and Doctrine Command schools, Preston said.

Soldiers will receive CSF training from the time they start their careers to the time they leave, Preston said. All levels of leadership schools will have this training, from Warrior Leadership Course to Basic Officer Leadership Course.

"It is very important right now that we take everything that we are doing and learning from Comprehensive Soldier Fitness," Preston said, "and really get that out through professional development throughout the Soldier's career."

"It is a tool out there to help you to make you a better Soldier and to make you a better person." ■

TEXAS, from page 4

Miller said one of the biggest benefits of the site survey will be in the knowledge of how the 36th Inf. Div. can format training for its unit as it prepares to come into country.

"The value gained from the PDSS will be the senior leadership's general understanding of the current battle rhythm and the ability to apply it to the Mission Rehearsal Exercises (MRXs)," Miller said. "During the PDSS, key leaders were given updated briefings regarding current planning, sustainment, and (intelligence) as well as the opportunity to conduct battlefield circulation allowing them visibility down to the major subordinate command level. This general area of operation observation coupled with participation in key battle rhythm events provides a 'right-way' example of how to execute the MRXs as well as the mission in theater." ■

Brig. Gen. Sami Se'ed Abdulnabi, the Iraqi Air Force Basra Air Base commander, speaks with Maj. Gen. Eddie Spurgin, commanding general of the 36th Inf. Div., in Basra, Sept. 16.



Photo by Spc. Eve Lilau

Omega-3 study approved in Iraq

By Spc. Roland Hale
1st ECAB PAO

CAMP TAJI, Iraq – An Army doctor serving in Iraq received approval from an Army medical review board, Sept. 28, to study the effects of omega-3 fish oil capsules on deployed soldiers' mental health.

Omega-3 fatty acids are essential nutrients obtained through food, and research indicates they have strong ties with mental and vascular health. The study will be conducted to determine whether the nutrients may be used to enhance deployed soldiers' resilience to mood related disorders.

Lt. Col. Daniel Johnston, brigade surgeon for the Enhanced Combat Aviation Brigade, 1st Infantry Division, developed the concept of the study after attending a conference this November entitled "Nutritional Armor for the Warfighter." The conference was hosted by the Department of Defense and several government and private medical organizations to consider the potential of using omega-3 to supplement soldiers' diets.

The study is in keeping with the Army's Comprehensive Soldier Fitness program's efforts to strengthen Soldiers' mental resilience.

Johnston officially proposed to conduct the study after his analysis of Soldiers' diets in Iraq indicated significantly low levels of omega-3.

"Low levels of omega-3 fish oil in the diet is linked to mood disorders, and this study is designed to gain data that may help future Soldiers," said Johnston.

Beginning this month, Johnston will provide Soldiers with omega-3 in the form of fish oil capsules. The effects of the capsules will be measured by a set of psychological tests, and the data will be compared to the results of a placebo drug.

Johnston's hypothesis is that Soldiers taking the omega-3 supplements will exhibit higher cognitive performance, better mood state, and fewer combat symptoms.

The drug company GlaxoSmithKline donated 100,000 capsules to the study after conducting an independent review of Johnston's protocol. The Food and



Photo by Spc. Roland Hale

Lt. Col. Daniel Johnston, an Army doctor serving in Iraq with the Enhanced Combat Aviation Brigade, 1st Infantry Division holds up an omega-3 capsule. Johnston received approval from an Army medical review board to conduct a study in Iraq on whether omega-3 supplements can improve soldiers' mental resilience. Johnston proposed the study after his analysis of soldiers' diets in Iraq revealed significantly low levels of the omega-3 nutrient, which is an essential nutrient linked to vascular and mental health.

Drug Administration approved the fish oil capsules for the study, said Johnston.

The United States Army Aeromedical Research Laboratory is providing around \$30,000 for blood analysis of omega-3 levels in the Soldiers.

Around 250 service members from three U.S. bases in Iraq will participate in the study on an all-volunteer basis. Johnston will oversee the study on each site, and two Army psychiatrists will be co-investigators in the study.

After the three month study, Johnston

will study the results with Dr. Holden MacRae, a researcher in sports performance and exercise science from Pepperdine University, and Capt. Michael Dretsch from the USAARL, both of whom assisted in designing the study, said Johnston.

"The Army will determine what, if any, applications there are of the research," said Johnston. "It is possible that an agency within the Army would look at supplementing Soldiers with omega-3 fish oil capsules as a type of immunization and resilience technique for mood disorders." ■



Photo by Spc. Roland Hale

Col. Frank Muth and several leaders and Soldiers of the Enhanced Combat Aviation Brigade, 1st Infantry Division stand ready to receive Gen. Ann E. Dunwoody and Dr. Malcolm Ross O'Neill, Assistant Secretary of the Army (Acquisition, Logistics, and Technology), on Camp Taji, Iraq, Sept. 26.

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:

nathaniel.smith5@iraq.centcom.mil

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

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Basra Betty says...



Dear "Irked,"

You aren't the first person to ask questions about 550 cord bracelets so I'm going to have to break down and answer it. I don't think there is a single person in the military who doesn't know they are out of uniform when they are wearing these unauthorized bracelets, and because of that, I really considered not answering this question. Then it dawned on me: you guys aren't asking me because you don't know the right answer. Maybe this is just your way of reiterating it to those who are choosing to violate the standard. I will say this: I hope this isn't your ONLY way of reiterating it.

All of us have a responsibility to be in the correct uniform as well as enforce the standard. I hope when you see these people that are annoying you with their bracelets, you are correcting them. One thing I'd like to add to that though, regardless of a person's rank, they should adhere to standards. You

should always extend the professional customs and courtesies they deserve. If you believe an officer is violating a uniform standard, pull them aside and address it; don't yell it across the DFAC or at the bus stop. Personally, I think everyone deserves that courtesy, but I know there are a lot of other "old school" types who would not agree with my kinder, gentler approach.

I think it's really great the USO provides us the supplies to make these bracelets and organizes morale activities of this kind but they are best suited as a birthday gift for our loved ones or key chains. Just not for your wrist. So those of you reading this right now with one on, go ahead, do the right thing (it's not like we're talking about high-class bling here), and take it off already!

All the best,

-Betty

Dear Betty,

Since everyone's excuse for wearing unauthorized bracelets in uniform is "They make/give them at the USO," does that mean if the USO starts making bright pink sparkly bows for my hair I can wear them in uniform?

Signed,

Irked

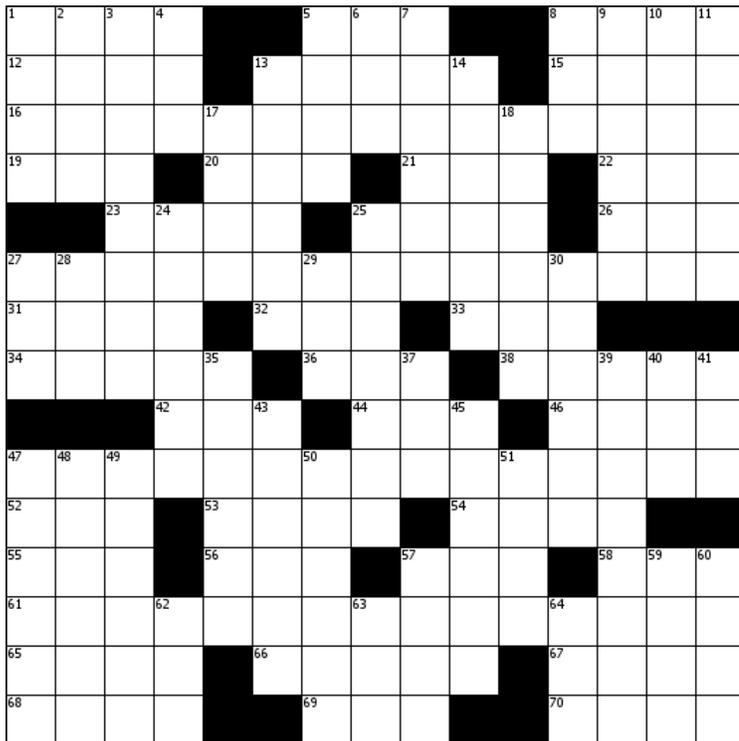
Rock and Roll Trivia

This week's trivia is for the 3rd Armored Cavalry Regiment.

Welcome to southern Iraq, 3d ACR!

- 1) On what type of horse does Jon Bon Jovi ride in "Wanted: Dead or Alive"?
- 2) Will Smith turned down the lead role for "The Matrix" so he could star in and produce the soundtrack for what box office flop?
- 3) What Aerosmith song features sound effects of horses galloping and whips cracking along with the lines "Peeling off my boots and chaps / I'm saddle sore"?
- 4) Iron Maiden's "The Trooper" was based on the cavalry charge of what British unit during the Crimean War?
- 5) The Band scored a 1969 hit with what song featuring the character Virgil Caine, a Confederate rail worker until "Stoneman's cavalry came and tore up the tracks again"?

Answers to this week's trivia:
(1) Steel Horse (2) Wild West (3) "Back in the Saddle" (4) Charge of the Light Brigade (5) "The Night they Drove Ol' Dixie Down"



Across

- 1. Site of the Taj Mahal
- 5. Faux --- (blunder)
- 8. "Edward Scissorhands" star
- 12. Tries for the prize
- 13. Exhorts
- 15. Malarial fever
- 16. Start of a Yogi Berra quip
- 19. Disco guy on "The Simpsons"
- 20. Hooded snake
- 21. Weigh heavily on
- 22. Jr.'s son
- 23. Poison ivy problem
- 25. Darling
- 26. U.S. visitor since 1976
- 27. Part 2 of the quip
- 31. Once again
- 32. Highway bailout
- 33. Society newsmaker
- 34. Low point
- 36. Choose
- 38. Lacquer ingredient
- 42. --- cit. (where cited)
- 44. "___-la-la!"
- 46. Puerto ---
- 47. Part 3 of the quip
- 52. Time of note
- 53. Nice notion?
- 54. Musical Tommy
- 55. Irving or Grant
- 56. Circus safeguard
- 57. Blow it
- 58. Good place to get in hot water
- 61. End of the quip
- 65. Debussy's "Clair de ---"
- 66. Silence breaker
- 67. Became frayed
- 68. Cartesian conjunction
- 69. Grassy expanse
- 70. Apt name for a guy in debt?

Down

- 1. Ovid's bird
- 2. Kind of wrap
- 3. Came full circle
- 4. Grate stuff
- 5. Make ready
- 6. Long trailer
- 7. Nasal partition
- 8. '50s sitcom staple
- 9. Snob
- 10. Discipline
- 11. Fashionably small
- 13. End result
- 14. On the agenda
- 17. Manhattan border river
- 18. City in SW England
- 24. Freely
- 25. Ranch hand
- 27. Pallid
- 28. Santa --- wind
- 29. Soft murmur
- 30. King of the fairies, in folklore
- 35. Rodeo feat
- 37. Truck scale unit
- 39. Supplement to the main event
- 40. Hostile, as a reception
- 41. Turn-downs
- 43. Officers in training
- 45. Souped-up wheels
- 47. Short-legged hound
- 48. "Knight Without ---" (1937 Marlene Dietrich film)
- 49. Hen's work
- 50. Upgrade the machinery
- 51. Baby's output
- 57. Sicilian landmark
- 59. A Dumas
- 60. Revival cry
- 62. Prefix with classic
- 63. "A Boy Named ---"
- 64. Afternoon hour

Big Red One Puzzle of the Week



Hint: Can you afford it?

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

Solution for last week: Isaac Newton

Brought to you by the 1st Inf. Div. ORSA Cell

Sudoku

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

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

www.puzzles.ca/sudoku_puzzles/