



Cav. Engineers repair a bridge in Baghdad that was damaged by anti-Coalition forces.

Page 4

Back Home: a bit of news from back in the beautiful USA.

Pages 8-9

Pacific Asian American Heritage Month celebrated with run, food, dancing and more.

Page 14



Cav Country

Volume 1, Issue 3

"Telling the First Team's Story"

May 28, 2004

Bowie Soldier Spoils Militia's Victory Dance

By Staff Sgt. Rebekah-mae Bruns
39th BCT PAO

CAMP VOLUNTEER-- Among the lined aisles of groceries and hurried shoppers, a four-year-old girl tugs on a stranger for attention.

"My daddy's a hero," she announces proudly.

The father, Spc. Sean Sherlock, 27, of Eugene, Ore., is in Iraq with the 162nd Infantry, 2nd Battalion, 39th Brigade.

Recently, while moving through the streets of Baghdad, Sherlock helped to prevent the loss of American lives when he eliminated a lead gunner from a segment of Mahdi's Army – a known private militia created by the Islamic extremist Moqtada al-Sadr.

"It came down to a gunner's duel," said Sherlock. "And he wasn't ready."

Sherlock, a veteran of the 3rd Infantry Division, joined the Oregon Army National Guard while attending Lane Community College. He had missed the lifestyle after leaving the active Army and wanted to do something civic minded so he joined the National Guard.



By Sgt. Rebekah-mae Bruns, 39th Bde. PAO

Spc. Sean Sherlock, 2nd Battalion, 162nd Infantry, 39th Brigade Combat Team, 1st Cavalry Division, stands atop a roof in Baghdad, Iraq. Sherlock, from Eugene, Ore. displayed gunmanship proved vital in his units encounter with Moqtada al Sadr's private militia.

"It doesn't matter how bad your day is going," Sherlock said. "You know you have a broader purpose because you are serving society."

After his platoon arrived in

Baghdad to begin their deployment, assignments came rolling in. The operations ranged anywhere from cordon and search to convoy escort.

On this particular day, his platoon was the convoy escort and Sherlock was the platoon's lead gunner.

Their mission was to escort a Kellogg, Brown & Root (KBR)

employee to the Baghdad airport for vacation.

Traveling down the road under the Middle Eastern sun, an American freightliner on the side of the road caught their attention - the trailer was flipped and the back wheels of the truck were blown off.

People with weapons and black armbands were looting the vehicle, dancing and celebrating as a separate individual videotaped. They were identified as members of Mahdi's Army, the group responsible for the recent surge in attacks on American Soldiers and civilians.

"They were celebrating the fact that they had destroyed the vehicle," Sherlock said. "They were jumping around, dancing."

Within moments, a firefight ensued.

Sherlock quickly laid down suppressive fire, sweeping across the area, eliminating a man with an AK-47. He then swept back across taking out the Mahdi element's primary gunner, who was firing an RPK medium machine gun.

The firefight was over as quick as it began.

"I think we surprised their victory dance," Sherlock said. "I think we spoiled their party."

Soldier Receives Two Purple Heart Medals in Two Weeks

By Sgt. Dan Purcell
122nd MPAD

CAMP WAR EAGLE-- In less than two weeks, Staff Sgt. Robert Whisenant has become eligible for two Purple Heart medals as a result of wounds received during combat operations in support of Operation Iraqi Freedom II.

"I may be eligible for two Purple Hearts, but with 10 months left to go I'm not looking for three," Whisenant said jokingly.

The squad leader with the 20th Engineer Battalion, attached to 1st Battalion 12th Cavalry Regiment, 1st Cavalry Division, is a 15-year Army veteran of Desert Storm, Desert Shield, Bosnia and Macedonia. But this deployment is different from all the others he has been on, he said.

"Our main mission here is to conduct presence patrols, improvised explosive devise (IED)

"He is a great teacher and a great leader; he's basically what every non-commissioned officer should be."

-Sgt. Michael A. Cooke
1st Plt, 3rd Sqd. team leader

sweeps, 'cordon and searches' and raids," Whisenant explained.

"But, I've never been on a deployment where we have taken fire quite like this, even during Desert Storm, but then we were out in the open," he added.

The first time Whisenant was wounded occurred April 29 while conducting an IED sweep along 'RPG Alley'.

"Just before midnight a rocket-propelled grenade (RPG) flew out of an alley from about 100 meters away," he recounted. "The

round hit the cupola on my vehicle, but it skipped and then deflected and came back in the cargo hatch. Then it detonated right in front of the gunner and me."

The blast threw all the passengers to the floor and knocked out Whisenant. Though the gunner took most of the blast, Whisenant was hit in the cheek and shoulder with shrapnel.

"It was like getting hit by a baseball at 100 miles per hour, it just slammed me," he said. "My [.50-Caliber machine] gunner had been knocked down and was bleeding, but he got up and began to return fire. And I grabbed the 240B machinegun and we just started rocking."

"It didn't last long, but we were taking some pretty serious small arms fire," he continued. "Fortunately, the other platoons nearby closed in immediately."

Then, on May 6, Whisenant

was hit again, but this time by an IED.

"On the way back to our mission site an IED went off next to the left track of my vehicle right next to the driver," he explained. "It blew out our communications, knocked me to the floor for a few seconds. That's when I noticed that a piece of shrapnel had come up and hit me in the neck. I could feel it burning, so I reached up and pulled it out."

Soft spoken and unassuming, Whisenant, a native of Los Angeles, California, has a lot of respect for the Soldiers in his unit and all that they have been through.

"My advice to those guys that are going outside the wire or into a dangerous situation for the first time is to look for the absence of the normal and the presence of the abnormal...If it doesn't look right, then it probably isn't," Whisenant offered.

As for being eligible for two

Purple Heart medals, Whisenant said, "I think one Purple Heart is enough. When I went to have my wounds checked at the hospital, it made me feel kind of small seeing those other wounded guys who have really given their all."



By Sgt. Dan Purcell, 122nd MPAD

Staff Sgt. Robert D. Whisenant, wounded twice is eight days, points to the damage inflicted to his 113A3 Armored Personnel Carrier (APC) by an IED.

Salute Well and With Pride

You've all seen it before...that 'deer in the headlights' look and the unasked question; do I salute or not? Let's face it, we're in a combat zone and people are confused. When and where do we salute?

FM 22-5 states that Army personnel are required to salute when they meet and recognize persons entitled (by grade) to a salute except when it is inappropriate or impractical such as driving. Saluting is inappropriate when a person is carrying articles in both hands or is otherwise so occupied as to make saluting impracticable.

Besides the when and where of saluting, there's the issue of how to salute. You see many variations of hand salutes: there's the hatchet to the forehead, the claw, the broken hand and the "I can salute faster than you".

If you're going to do something, do it right. Raise the arm sharply, fingers and thumb extended and joined, palm facing down and place the tip of the right forefinger on the rim of the visor slightly to the right of the right eye. The outer edge of the hand is barely canted downward so that neither the back of the hand or the palm is clearly visible from the front. The hand and wrist are straight, the elbow inclined slightly forward and the upper arm horizontal (FM 22-50).

1st Sgt. William Kuhns



First Sergeant, 122nd MPAD

So what are the origins of the hand salute? Some historians believe saluting began in late Roman times when assassinations were common. A person wishing to see a public official had to approach with his right hand raised, palm open to show he was not armed. Mounted knights also had the custom of raising their visor with their right hand when meeting a comrade.

According to the U.S. Marine Corps History and Museum Division, "it is reasonable to assume that the hand salute we practice today evolved from the British Navy's custom of 'uncovering' to a senior and has evolved over time into simply touching the cap."

Whatever the origins, saluting is part of being in the military. It's a sign of respect for rank and for customs and traditions. Saluting is not only a responsibility, it's a privilege, and it's an everyday fact of life. Whether it's giving or returning a salute...salute with pride. Remember, First Team...leads the way.

Stable Call

When the division arrived in Baghdad, I for one was impressed with the living conditions that we found. As a task force, we owe a debt of gratitude to the units who were here before us, for helping to lay the groundwork for our arrival.

But the work continues for us to improve the quality of life for our troopers, and fortify our force protection posture.

I've been to every forward operating base in and around Baghdad, and while the standard of living is different at each location, the 'sight picture' for what each base camp will look like when we're through is pretty much the same.

Past rotations to Iraq bemoaned the slowness of the mail delivery to Soldiers. Even in this age of cyber space and immediate messaging, a letter or package from home remains one of the most important items a Soldier receives in theater. Even during periods of hostility, I believe we've done a great job in keeping the mail flowing to all of our units. Right now, a typical letter takes ten days or less to get from Baghdad to 'Hometown U.S.A.', or from our families to us. That's outstanding, when you consider that units assigned in Germany wait eight to 10 days to get their mail.

Internet cafes have cropped up on some of our FOBs already, but the end-result of the division's efforts in the quality of life arena is to have them established at every location. Providing the means for our troopers to stay con-

CSM Richard Hernandez



CSM 1CD

nected with loved ones is easily the most important morale-booster we can do for them.

New dining facilities are completed, or nearly so at many of our bases. Our troopers' health and well-being are being looked after by the best food service system I've seen in a deployed location.

To make sure that we don't all put on any unnecessary pounds from all the great food available, we're also working on getting gymnasiums put up on our base camps, giving us some state-of-the-art facilities to stay fit, trim and prepared to conduct operations.

Quality of life is important to the physical and emotional health of our force. In moving from base camp to base camp, I'm impressed with the work that our leadership is doing to make life better for our Soldiers. Still, there's one unit I'd like to highlight for going above and beyond in this area.

FOB Headhunter is home to the 3rd Brigade Combat Team's 1st Battalion, 9th Cavalry Regiment. Their commander, Lt. Col. Thomas MacDonald and top enlisted member, Command Sgt. Maj. Donald Felt have put in two

excellent facilities for their troopers to enjoy when they're not keeping the Green Zone safe and secure.

The first new facility, recently opened, is 'Planet Headhunter,' a pizza/burger joint stood up in the mode of a 'Planet Hollywood.' The other facility is 'Toby's Bar,' where the near beer flows along with free peanuts and chips at an actual bar setting, complete with a karaoke stage.

It's that kind of 'outside the box' thinking that makes life a lot better for our troopers. Kudos go out to 1-9 Cav for their creativity and ingenuity.

On a final note, taking care of troopers includes giving them some much-needed rest from the daily grind over here. That's where 'Freedom Rest' comes in.

Established by the 1st Armored Division last summer, Freedom rest offers a four-day, three-night respite from the rigors of operations here in Baghdad. Located in the Green Zone, the 'hotel' offers a huge swimming pool, recreational activities, movie night, an Internet cafe and some of the best food you can find north of the Kuwaiti border. As we head further along into our yearlong operation, I encourage leaders to take advantage of what Freedom Rest has to offer.

The quality of life for First Team troopers is good. In the time that we're here we'll improve upon what we have now and make it better for the units who fall in behind us. As leaders, we owe that to our troopers. First Team!

Commanding General:
Maj. Gen. Peter Chiarelli
Public Affairs Officer:
Lt. Col. James Hutton
122 Mobile Public Affairs Detachment Commander:
Maj. John Fuhrman
Public Affairs Supervisor:
Master Sgt. David Larsen
1st Sgt. 122 Mobile Public Affairs Detachment:
Master Sgt. William Kuhns
Editor: Sgt. Merion LaSonde
Layout: Spc. Marie Whitney
Staff Writers: Staff Sgt. Tony Sailer, Sgt. Susan German, Sgt. Dan Purcell, Cpl. Benjamin Cossel, Cpl. Bill Putnam, Spc. Jan Critchfield, Spc. Bryan Kinkade, Spc. Andy Miller, Pfc. Al Barrus, Pfc. Erik LeDrew

Cav Country is an authorized publication for members of the U.S. Army. Contents of **Cav Country** are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or the First Cavalry Division. All editorial content of **Cav Country** is prepared, edited, provided and approved by the 1st Cavalry Division Public Affairs Office.

Spur & The Moment

What is the most interesting thing you've found out about Iraq?

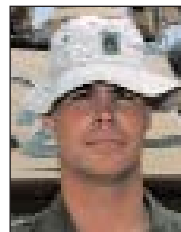
Photos by Spc. Bryan Kinkade, 1st Cav. Div PAO

Kids being so friendly to us, regardless what their parents think.



CPL Steven Figueiredo, 2nd Bn., 12th Cav. Reg.

The technology they've gained that they didn't have over the past 30 years.



SSG Anthony Rives, 2nd Bn., 12th Cav. Reg.

Pretty much the culture, how they do things differently from other people.



PFC John Bass, 1st Bn., 5th Cav. Reg.

A lot of people will wave at you one day and fire AK's at you the next.



SGT Antonio Argullin, 1st Bn., 5th Cav. Reg.

The culture, the dedication to religious beliefs that Iraqi people have. Some of the Iraqi people open their arms to you and others are reluctant to interact



SGT Todd Thompson, 3rd Bn., 12th Cav. Reg.

"The weather. It's sunny one day, windy another, and some type of rainfall that evaporates before it hits



SSG Wallace Taylor, 1st Bn., 5th Cav. Reg.

Sight and Hearing Safety Tips

Safety Glasses and Goggles

No matter where we work, flying particles, dusts, fumes vapors or harmful rays are apt to expose us to potential eye injury. Fortunately, we can protect against hazards by using the appropriate protective eyewear for our jobs and by following our unit's established safety guidelines. The following is a guide to the most common types of protective eyewear and the specific hazards they can guard against.

Safety Glasses

Standard safety glasses look very much like normal glasses, but are designed to protect you against flying particles. Safety glasses have lenses that are impact resistant and frames that are far stronger than regular eyeglasses. Safety glasses must meet the standards of the American National Standards Institute (ANSI). (Safety glasses are also available in prescription form for those persons who need corrective lenses.) Standard safety glasses can be equipped with side shields, cups, or tinted lenses to offer additional protection.

Safety Goggles

Like standard safety glasses, goggles are impact resistant and are available in tinted lenses. Goggles provide a secure shield around the entire eye area to protect against hazards coming from many directions. Safety goggles may have regular or indirect ventilation. (Goggles with indirect ventilation may be required if you are exposed to splash hazards.)

Using Protective Eyewear

You can guard against eye injury by making sure that you are wearing the appropriate protective eyewear for the particular eye hazards you face. It's important to remember that regular glasses alone do not offer protection from eye hazards. Follow your unit's established safety procedures, and never hesitate to ask your supervisor if you have any questions about what you can do to protect your sight for life.

Take Responsibility

If your unit provides or recommends a certain kind of eye protection, it's likely that they selected that eye protection for good reasons and provides guidelines for its use based on the experience of others in similar situations. Wearing eye protection benefits both you and your unit.



Protect Your Hearing For Life

Hearing loss can be so subtle that often we don't realize our impairment until it is too late. Repeated exposure to too much noise can result in gradual hearing loss, but how much noise is too much? Noise is measured in units called decibels or dBAs. (A normal conversation is measured at approximately 60 dBAs.) Excess noise is generally considered to be exposure to 85-90 dBAs or more over an 8-hour period. Over time, excessive noise exposure can result in permanent hearing loss. Impulse noise such as gunfire or explosions can also damage hearing.

Hearing Protectors

You may need to wear hearing protectors (plugs, muffs or canal caps) with the appropriate noise reduction rating for your type of work. Your unit is required to provide you with these protectors, but you are responsible for wearing them to protect your hearing.

Ear Muffs

Muffs cover the entire ear and can reduce noise by as much as 15-30 decibels. (Muffs are often used in conjunction with earplugs when a worker is exposed to extremely high noise levels--105 decibels and above).

Ear Plugs

Earplugs come in many varieties--formable, custom molded, pre-molded, disposable, reusable--and may be made of many different types of materials such as acoustical fiber, silicone, rubber, or plastic. Earplugs are positioned in the outer part of the ear and may reduce noise by as much as 30 decibels. The Combat Earplug affords excellent protection against impulse noise, while at the same time, allowing soldiers to hear normal conversation.



Canal Caps

As their name suggest, these hearing protectors cap off or close the ear canal at its opening. Like many muffs, canal caps are connected to a flexible headband that ensures a close fit. Canal caps are most commonly used when an individual is unable to use traditional earplugs.



1st Cav. Div. Army Postal Service: Don't Push the Envelope

By Pfc. Al Barrus
122nd MPAD

CAMP VICTORY NORTH-- Army Post Offices are easily one of the most important facilities when it comes to morale in a combat zone. Nothing can top a care package from home.

Another part of enjoyment brought by APOs is sending cool stuff back to your friends and family in the States.

Many Soldiers living at Camp Victory North may be going to other camps for postal services, not knowing about the APO across the road from Area 11.

The office, occupied by the 729th Postal Company, is only sending out about a quarter of what the unit expects to handle at normal speed, according to Sgt. John Mitchell, custodian of postal effects for the 729th.

The post office supports all units based in Camp Victory North. The outgoing mail at the office remains considerably lower because not many of the troops are aware of their presence in the area, according to Mitchell.

The answer to this deficit of outgoing business is for North Victory Soldiers to get over there and start mailing packages where the lines are shorter. However, there is much to know before packing a parcel.

The most basic type of mail sent home is called free-mail, according to Mitchell.

Most Soldiers know that free-mail is free, but what many don't know is they can send more than just the basic letter and maybe a photo.

"Free-mail can be sent in any size of envelope as long as the total weight doesn't exceed 13 ounces," Mitchell said.

But there are limitations on what Soldiers can send. Free mail is mainly for letters, pictures and newspapers. But Soldiers can mail compact discs and digital video discs. Audio and videotapes also fly free, said Mitchell.

Some Soldiers also want to send more kinds of stuff home other than just paper and CD's, but it can cost. The two most common ways of sending packages are through priority mail, and space available mail (SAM), Mitchell said.

"The difference is the priority mail always has priority in space," he explained. "It gets aboard the plane first, and if there's any room left, the SAM parcels can go on," Mitchell explained. If there's no room for

SAM, it either waits a while for another flight or takes a cross-country road trip in a truck.

For Soldiers sending mail to New York, their packages may arrive sooner than any other mail, Mitchell said. John F. Kennedy International Airport is the first stop for the mail in the States after leaving Frankfurt, Germany. The closer to the Big Apple, the cheaper priority mail will cost.

"The price difference between Priority and SAM may only be about 50 cents or a dollar [depending on weight] if it's going to New York," Mitchell said. "And it may get there twice as fast in some cases. The further inland it goes, the more you get into the huge-dollar differences."

A max-weight parcel, tipping the scale at 70 pounds, going to Seattle, will cost \$122.30 to send it priority with no insurance, Mitchell said. That same box, with New York postmark, flies for \$38.45. Sending it to Seattle as

SAM costs \$40.66, whereas sending it to New York as SAM charges \$13.61.

Prior to sending a parcel from the APO, postal clerks have to check the contents for contraband in anything larger than a small envelope, Mitchell said. They will explain which items aren't allowed.

As common sense as some of the contraband items seem, the APO has a very specific laundry list of objects that cannot be sent home, Mitchell said. Stinky laundry is one of them, actually.

Hazardous materials are the largest category of contraband: nothing radioactive, toxic or combustible. Don't send gasoline, acids, fireworks, alcohol or lighters. A Zippo lighter can be sent as long as it's dry and has no flint. But most important of all, firearms are illegal to send, Mitchell said.

"Some people try and put pistols and brass in the back of speakers, and they all get caught in Frankfurt when they X-Ray [the mail]," Mitchell said. "They might get it past us, but they will get caught, and when they do, it's an automatic Article 15." Disassembling a gun and sending it home in pieces is not okay either.

Some stricter rules fall under tobacco and drug paraphernalia. Items such as pipes, bongs, or hookahs are illegal to send. No candy cigarettes either.

But mailing legal items home is a terrific way to send greetings from Iraq. Free.



By Pfc. Al Barrus, 122nd MPAD

Engineers Improve Damaged Bridge for Iraqis

By Pfc. Erik Ledrew
122nd MPAD

While some Soldiers are bridging the cultural and communication gap between the local Iraqi people, the Engineers are out building and repairing bridges for the Iraqi people. Alpha Company, 20th Engineer Battalion, 1st Cavalry Division, began repairs on a bridge in Baghdad that had been recently damaged by insurgent forces.

"While conducting an assessment of the bridge, we found out that the ramps had been blown apart by charges on the south side of the bridge," Capt. Marc J. Distefano, A Co. commander said. "Whoever did it apparently didn't know how to use charges too well, or the whole bridge would have come down. However, they did pretty

much destroy two of the ramps."

Distefano said, the damaged bridge is actually two, one-lane bridges that support traffic going both south and northbound where it crosses the Diyala River in northeastern Baghdad. Repair of the heavily trafficked bridge was necessary for both the Iraqi working population and Coalition forces.

"The bridge was put in last year by the Marines, who are really the subject matter experts on this type of bridge," said Distefano, whose Mechanized Engineer unit is trained mainly for breaching and explosive ordnance disposal (EOD). "However, because there was only damage to the ramps and no structural damage we felt we could make the repair."

According to Distefano,

there were three phases involved in repairing the bridge.

Phase one included making a damage assessment; phase two included taking parts from one damaged bridge in order to fix the other less-damaged one, and phase three will entail coordinating with a contractor to help make the second bridge functional.

"Most of what we had to deal with today was corrosion and dirt where the bolts to the ramp were," said 1st Lt. William Abel of the 20th Eng. Bn. "But we have a great welder who helped us take care of the rusted bolts."

According to Abel, who performed the damage assessment of the bridge, it was difficult to try and explain to the local Iraqis why the bridge had been closed.

"A lot of people wanted to know what we were doing out there and I tried to explain to them that we were fixing the bridge," he said, "Things like this are a great way of building positive relations with the Iraqi people."

"Anything we do that'll help the Iraqis is a step in the right direction," Distefano said.

According to Distefano, his unit was given a 48-hour time-frame to complete repairs on at least one of the two bridges.

"We went out and did a recon and an assessment of the



By Sgt. Dan Purcell, 122nd MPAD

Sgt. Eric L. Cardenas, a track mechanic with the 115th Forward Support Battalion, was tasked to assist the 20th Eng. Batt. with the bridge repairs.

damages, and then we looked into our own organization to see what internal assets we had that might help us repair this bridge," he said. "Then we made our plans and were able to execute them the next morning."

Distefano said he hopes that his unit will have the

opportunity to work on other projects like this, despite the time constraint.

"A lot of engineers don't get many construction projects like this because the emphasis has been on mobility and breaching," he said. "So anytime we can do construction, it's well-received."



By Sgt. Dan Purcell, 122nd MPAD

Pfc. Nathan L. Henderson, a welder with the 115th Forward Support Battalion, was tasked to support A Co., 20th Eng., 1st Cav. Div., as the project's primary welder. He is seen above, attempting to cut through the corrosion that has enveloped the bolts connecting the ramp panelling together.

Deep Down in His Heart, Officer Feels He's Funny

By Sgt. Dan Purcell
122nd MPAD

CAMP WAR EAGLE-- Live from the second floor of the Tactical Operations Center (TOC) via public address system, 'Lancer One News, Large and in Charge,' blares across the compound as Soldiers of the 2nd Battalion, 5th Cavalry Regiment, 1st Cavalry Division interrupt their daily routines to listen to the evening broadcast.

The Battalion's personnel and administration officer, Capt. Trent Upton, puts together the broadcast to help keep morale high on the base camp.

"The purpose of the program is to provide daily news mixed with some light hearted entertainment for the soldiers to listen to. It was designed to break up the day and give them something to laugh at," the 33-year-old Upton said. The name of the program comes from his radio call sign, Lancer One, and the fact that his commander developed the idea.

"I was originally tasked to do this about

a year and half ago," Upton said. "We primarily did this when we'd go on field training exercises. I used to do it over the command net, but now that we are here, I do it over the loud speakers so everyone can hear it."

Born and raised in Reedsville, Ohio, Upton used to participate in body building competitions on a local and state level, and claims he has never had any broadcasting training or experience. Just his sense of humor.

"I've always considered myself to be creative," Upton said. "I'll sit down for about half an hour and think of something to do for the next show. Sometimes, even when I'm eating chow or taking a quick break something will pop into my head as a good character or skit to do, so I'll jot it down and develop it later."

Upton said that while some of his material is ad lib, he usually spends about 20 minutes to write a short script.

"Some of my ideas come from cartoons and TV shows like Saturday Night Live," he

said. "Some of the characters I use include the Count from 'Sesame Street,' Gollum from 'The Lord of the Rings,' Droopy the Dog and Bugs Bunny cartoons."

In addition to his borrowed characters, Upton also uses a few original characters that are based on his experiences growing up in Ohio, like 'Farmer Dave' who closely resembles one of his neighbors in Reedsville.

"Specialist Neckbone is another one I made up," Upton said. "He gives the 'Guard Tower Report,' and talks about crazy stuff as seen from the guard tower. Then there is 'Lounge Lizard Larry,' who comes out sometimes and sings cheeky Las Vegas lounge songs. It's pretty bad, but I sing, too. It's all about making someone laugh."

Upton likes to keep his program topical, so he uses some real news, but he also makes up his own.

"For example, we had a herd of goats living [here] when we first moved in, but for health reasons we gave them to some of the



By Sgt. Dan Purcell, 122nd MPAD

Capt. Trent D. Upton, Battalion personnel and administration officer, 2nd Btl., 5th Cav. Regt., 1st Cav. Div., signs on, from the Tactical Operations Center (TOC) at Camp War Eagle, Iraq, with 'This Lancer One, large and in charge, with tonight's top stories...'

Continued on Page 7

4-5 ADA Delivers Water to Parched Baghdad Village

By Spc. Bryan Kinkade
1st Cav. Div. PAO

CAMP BLACK JACK-- Crowds of villagers moved toward the vehicles as they watched the 400-gallon water buffalo slowly cruise past them. It was going to the other side of a small village right outside the Baghdad International Airport. The Soldiers from Battery C, 4th Battalion, 5th Air Defense Artillery Regiment were back to provide water to the citizens of Sheik Fahed's Village.

This was the second time the 'Strykers' have been to this village to distribute water. During their first visit, they spoke to the village's sheik and asked him how they could help his people. He said they would be grateful to have clean water.

"We thank them very much," the village's elder,

Fahed, said in Arabic. "It's hard to get water here."

The children rushed out with giant buckets and old containers to hold the water as the truck stopped in front of their house. Some containers were little, old oil jugs and some were giant plastic trashcans. Most children remembered how the water buffalo worked, so once the truck stopped they were quickly filling their jugs with the fresh water.

"The reaction was a good success," Capt. David Carlile, the 'Strykers' company commander, said. "We're providing them a much needed resource."

When the company first entered the village, the citizens were wary about their presence, Carlile said.

"Now, the majority is glad to get the water from us," he said. "They [usually] get their

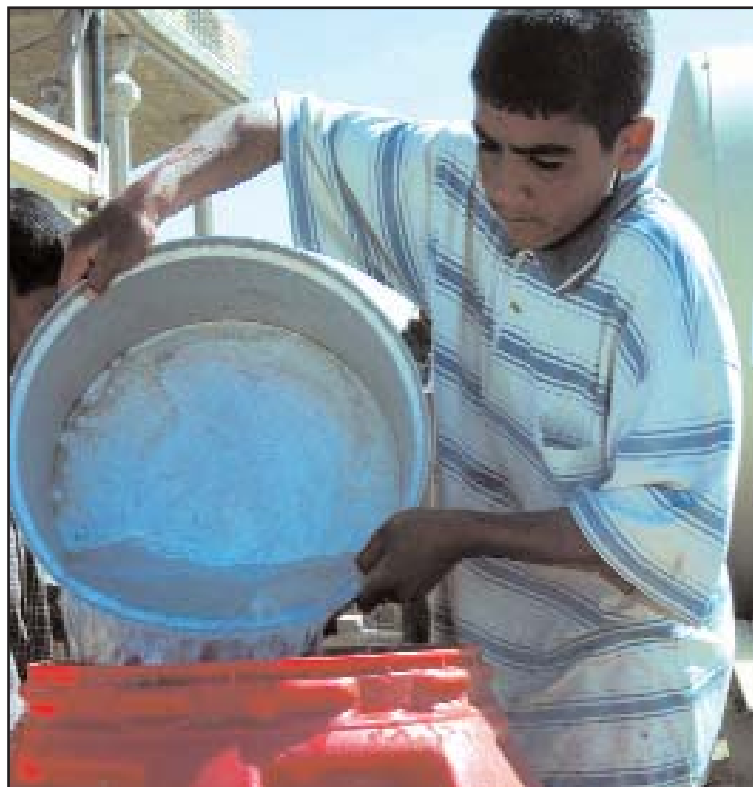
water out of a canal, and it's dirty. They're happy to get fresh, potable water."

The unit plans to deliver water to the village until their water treatment center is fixed.

"Hopefully, it will be up and running in a week or so," Carlile said. Civilians contracted out by the battery are fixing the treatment center.

While the Soldiers helped the children fill the containers, they spoke to them as well as they could. Some Soldiers spoke as much Arabic as they knew to the children, and some of the children spoke a little English back. They also gave candy to the children.

Once the buckets were filled up and the buffalo was empty, the Soldiers were on their way back to camp. The mobile watering hole would re-open again here in a few days.



By Spc. Bryan Kinkade, 1st Cav. Div. PAO

An Iraqi child uses a smaller container to fill his big barrel with potable water out of the water buffalo.

Scouts Say Their 'Doc' Has Nine Lives

By Spc. Bryan Kinkade
1st Cav. Div. PAO

CAMP BLACK JACK-- It wasn't the only time Pfc. Merrick "Doc" Barnes patted himself down to make sure he had all his body parts, and it wouldn't be the last.

"When I opened my eyes, I was laying between the radios and back seats," Barnes, the Scout Platoon's medic, said while reminiscing about the explosion.

It was a routine mission. The Scout Platoon, 2nd Battalion, 12th Cavalry Regiment, was driving around the outskirts of the Abu Ghraib market, waiting for something to happen, and it did. An improvised explosive device (IED) detonated under the driver-side tire and sent shrapnel through the truck.

"We'd driven down the street three or four times earlier that day," the Grand Rapid, Mich., native said. "There was a huge puddle [in the road], and about 15 minutes left in [the mission]. We rolled through it again and, boom, an IED went off. It blew my door off. [There was] shrapnel in the dash and the top of the roof about two inches from my head. My floorboard was torn up like a sardine can."

Barnes has survived an IED explosion, grenade attack, mortar attack and several small-arms-fire attacks, during his four months in Iraq. His comrades call him the 'nine-lives medic.'

When Barnes joined the Army, he had the vision of working in a hospital. He wanted to be a medic, but never knew what the Army had planned for him. When he arrived at Fort Hood, Texas, the Scout Platoon was looking for a



By Spc. Bryan Kinkade, 1st Cav. Div. PAO
Pfc. Merrick "Doc" Barnes checks the blood pressure of his section sergeant, Sgt. Joe Shultz. When Doc isn't out on a mission, he is making sure his Soldiers are healthy.

medic.

That's where Doc Barnes fits in. He was assigned to the scouts and began training to go to Iraq.

"We asked Doc if he wanted to be a driver and it didn't bother him one bit," Helton said. "He still takes his aid bag on patrols and still does his doc role."

But Barnes is not only a medic, in these Soldiers' eyes: he is also a scout.

"[During training], sometimes he would be the first person to lay down cover fire for the [Soldier] crossing the street," Helton said. "We consider him more of a scout than a medic. At times, we have to remember that."

Now in Iraq, he stares danger in its face while he performs

patrols, reconnaissance, searches, cordons, escorts, and other missions with the scouts.

During another mission, the scouts were performing an exterior cordon with some Estonian troops. Everything was going fine, until...

Pulling security, Barnes caught something in the corner of his eye. Children throw rocks at the scouts all the time, but something made Barnes think differently this time.

"I saw something fly over the wall, [so I] took one step and dove into a doorway," Barnes said. "It blew up about five feet away from me. That was a big boom."

"When I was diving, I was like, 'I hope that's a grenade, or else I'm going to look stupid,'" Barnes said with a chuckle.

But when Doc hit the dirt, he called out 'Grenade!' and possibly saved the lives of the Estonian troops nearby.

"Luckily when I dove, it was a slight incline, and it saved my legs from getting hit," Barnes said.

He has been lucky so far and plans to stay that way. He has lost only one tooth and was hit by shrapnel in his lip. But he doesn't plan to stop these dangerous endeavors with the scouts.

"Through all of that, Doc's still on mission with me," Sgt. Joe Shultz, Barnes' section sergeant, said proudly. "He still goes on mission everyday, drives, and still does his doc duties."

"Doc is a good kid [and a] good Soldier," Helton said. He does his job and does it well, both as a driver and as a medic. No matter what Doc does down the road, [we'll] always look at him as a scout."

Team Helps Soldiers to Deal with Combat Stress

By Pfc. Al Barrus
122nd MPAD

BAGHDAD-- A squad patrolled the streets of Baghdad when an improvised explosive device detonated beneath their vehicle. Then, the Soldiers received small-arms fire, which claimed several casualties. Although the incident happened in a split second, it changed the lives of the Soldiers who were wounded, and even those who weren't physically injured stand a chance of suffering from what is known as combat stress.

Throughout history, combat stress has been given many names such as shell shock and battle fatigue. In the past, it also branded those who showed its symptoms as feeble minded and unfit for a combat zone.

Capt. Raymond McClenen, 1st Cavalry Division psychologist said it has been proven that combat stress is a common affliction for Soldiers who are involved in serious combat situations.

"We don't identify people with combat stress as patients," McClenen said. "They are normal people having a normal response to an abnormal situation. We help them understand that what they are going through is a typical, even predictable, response."

McClenen and Spc. Kate

Norley, a mental health specialist, make up the two-person Combat Stress Control (CSC) team in Echo Company 15th Forward Support Battalion of 2nd Brigade Combat Team. The team counsels and helps Soldiers cope with combat stress using procedures that keep the First Team mission ready.

"After a unit has suffered trauma and gets back to their living areas, they need about 24 hours to get things figured out," Norley said. "A night's rest before the unit has their after-actions debriefing does wonders for the healing process, even if they don't sleep well."

The after-action debriefing lets Soldiers know what they might go through in the days following a combat incident and how to watch out for their fellow Soldiers. The symptoms may include nightmares, flashbacks, trouble sleeping, loss of appetite and fear of going back to the mission.

As part of the briefing, the CSC team also helps Soldiers remember lost friends and not to let their death be in vain.

"We remember the Soldier and remind them that this person is no longer with us, but wants them to drive on," Norley said. "He wants them to carry out the mission and be safe and be strong. It's the reality of being

Continued on Page 11

3rd Brigade Combat Team Pays Cash Compensation

By Spc. Jan Critchfield
122nd MPAD

BAGHDAD-- The 1st Cavalry Division's 3rd Brigade Combat Team paid its first cash compensation to Iraqi citizens for damages caused by Coalition forces as guaranteed by the Foreign Claims Act (FCA).

The purpose of the FCA is to minimize the financial impact of the U.S. military's presence by paying for property damages or losses, injuries, or deaths for which the U.S. military is culpable, said Capt. Ryan Suerth, the 3rd BCT Command Judge Advocate, who is responsible for overseeing claims paid by the 3rd BCT.

The same policy applies for training incidents in countries such as Germany and South Korea, where there is a large, permanent U.S. military presence.

Seventy-six claims have been filed with the 3rd BCT as of May 3.

"If one of our Soldiers is negligent, and intentionally does something to somebody, then that's [a claim] that we're going to pay," Suerth said.

However, the FCA does not allow compensation for damages, injuries, or losses of life that occur as a result of Coalition combat operations.

"The big distinction is that something that happens in a combat situation, generally that's not something that we're going to pay," Suerth said. "But, we'll find a way to compensate those people out of a show of remorse. If I can find a way to pay somebody, I'm going to do it so long as it's authorized."

"The point is, we try and help people out in every situation," he added, "We paid around eleven thousand dollars in total today and each week we'll probably pay more and more."

Any citizen living in the Al-Karadah or Al-Karkh districts, which 3rd BCT is responsible for, can go to the Iraqi Assistance Center located in the Baghdad Convention Center any day of the week and file a claim. Those living outside of these areas should inquire at their local General Information Center, Suerth said.

Currently, what is called an 'Iraqi claims pocket card' is being developed. The card will allow Iraqi citizens to gather the necessary details at the site of an incident, and will also direct the claimant to where they can file a claim. Such claims cards will be carried in military vehicles, according to Suerth.

The purpose of the card is to allow Soldiers to remove themselves from a hostile area as quickly as possible while ensuring that any damage caused by their operation is paid for. It essentially takes the Soldier completely out of the equation, streamlining the process leading up to getting cash in the hands of those that need to repair damaged property or pay a medical bill.

"The Soldier isn't going to be held liable, it's just something so we can substantiate that the Iraqis are making a legitimate claim," he said.

"The real purpose of the [compensations] is to win the hearts and minds of the Iraqi people."



By Spc. Jan Critchfield, 122nd MPAD

Capt. Ryan Suerth, 3rd Brigade Combat Team Command Judge Advocate, shakes with an Iraqi man who received a cash settlement for damages to an apartment unit caused by a US military controlled explosive ordinance disposal blast.

3rd BCT Finishes Al-Hather School

By Spc. Jan Critchfield
122nd MPAD

BAGHDAD-- An opening ceremony for the Al-Hather Secondary School in southern Baghdad took place May 7, marking the completion of United States-funded renovations to the school.

Costs totaled \$57,500 for the renovations, and had been underway since late March, said 2nd Lt. Stephen Jaworski, Emergency Response Program Coordinator for the 161st Infantry's 1st Battalion, part of the Washington National Guard's 81st Brigade attached to the 1st Cavalry Division.

The school will serve 738 students and have a staff of 30 teachers, Jaworski said.

"The future lives by the students," said Majid Mohammed, chief consulting engineer in charge of the renovation.

"The students here in Iraq, in all the days before, were neglected by the government" he continued. "The students have the feel-



By Spc. Jan Critchfield, 122nd MPAD

Future students and their parents attended the ribbon-cutting ceremony marking the completion of Al-Hather Secondary School in southern Baghdad's Diyala district May 7.

CA Team Improving Life in Central Baghdad

By Spc. Jan Critchfield
122nd MPAD

BAGHDAD-- A loan of nearly \$2.5 million to a local Iraqi entrepreneur by the 478th Civil Affairs Battalion is expected to increase food production here, as well as create more jobs for the local populace.

Karadah district businessman Abdul Wahid Al-Sa'ady currently owns a plastics factory and hopes to use the loan to diversify by starting a food production service similar to the one he ran before the 1991 Iraq War. The loan should double the number of Al-Sa'ady's employees, improving the local economy, according to Capt. George Angle, assistant team leader for Team 3, B Company, 478th CA Bn. He said there's another benefit to stimulating the local economy.



By Spc. Jan Critchfield, 122nd MPAD

Future students of the Al-Hather Secondary School pose in front of their school before the school's completion ceremony. Behind them, local Iraqis finish cleaning up the front of the school prior to the ribbon-cutting ceremony held May 7.

ing that they are neglected."

Diyala-area students have been anything but neglected under Coalition care, though.

Al-Hather is one of 16 schools in the Diyala district of southern Baghdad that have drawn from a pool of \$500 million that has been allocated to the First Team's 3rd Brigade Combat Team for reconstruction efforts in the region.

Renovations to the school included a thorough cleaning of the grounds, painting and finishing work, installation of new bathrooms, running water, electrical wiring, and the construction of an exterior wall.

Local craftsmen were hired for the project. It is important for the close-knit community, because it benefits the local economy. Contractors from Diyala were hired for this reason, Jaworski said.

"It also gives a sense of pride

to the neighborhood," he added.

"The next thing we're looking at are desks, chalkboards, and books," Jaworski said. Computers were also a topic of discussion at the ceremony after-party, attended by future school staff, students, and area leaders.

Jaworski works closely with the Diyala District Area Council (DAC), a group of community leaders, helping to prioritize and organize projects for Diyala's reconstruction and modernization requirements.

Beside education, a working system of sewers is also a top priority for the Diyala DAC. The spread of typhoid caused by an underground mix of sewage and tap water is a major contributor to a high infant mortality rate in the region, Jaworski said.

"If there's a worthwhile project, we don't seem to have any problems getting funding for it," he said.

"If we're able to go out and find projects that stimulate the economy, it . . . takes idle time off [Iraqis'] hands when they could be influenced by some of the militia groups initiating attacks against US forces," Angle said.

Al-Sa'ady is one of Karadah's most successful businessmen. One issue facing him is that squatters have taken over some of his factory buildings, occupying space that could be used by his food production business. Al-Sa'ady's proposed solution is to construct an apartment complex to house the families staying in his buildings. This is a separate project that would require considerable coalition assistance and local government coordination.

In addition to working with local leaders in the Karadah district on improving the economy, the 478th recently arranged a donation

of fire-resistant suits and helmets to the Karadah Fire Department. Currently, the 478th is in the process of assessing the needs of one of only three maternity hospitals that operate in Iraq, and is working with the Overseas Disaster Humanitarian Civic Assistance Fund to meet the hospital's needs.

The 478th also works with area schools, delivering donations of books and school supplies. Angle said improving area schools will have huge implications for the future of Iraq.

"Literacy is paramount to any culture," he said. "With the new democracy it is very important for everyone to be able to read and understand such a document [as the new Iraqi constitution]. This is a wonderful opportunity to be here and help the Iraqi people."

Mechanic Paints Camp Cooke Yellow

By Sgt. Merrion LaSonde
122nd MPAD

CAMP COOK-- It is only 98 degrees Fahrenheit outside, but the temperature reflecting off the asphalt tarmac makes it feel like 110 degrees. Still, Spc. Delvin Goode smiles. Many splashes of yellow paint adorn his coveralls reflecting his sunny personality and demeanor.

Goode is with the Delta Company "Outlaws", 2nd Battalion, 227th Aviation Regiment, 4th Brigade Combat Team. Aside from his everyday job as a Blackhawk helicopter mechanic, he is also an accomplished artist with a bachelor's degree in that subject from Florida State University.

"The sergeant major asked me to paint a mural," Goode said. The mural he painted stretches



By Cpl. Benjamin Cossel, 122nd MPAD
Spc. Delvin Goode, Delta Co. "Outlaws", paints the world's largest 1st Cav. patch on the helicopter pad at Camp Cooke.

across several concrete barriers located on the airfield at Camp Cooke. It includes the logos of several First Team aviation groups including the new "Outlaw" logo redesigned by Goode.

"When I was an orderly room clerk back at Ft. Hood, I let the first sergeant know that I had some artistic talent," Goode said. The original D Co. logo was "just a black bird." He created the Stetson-wearing gunslinger because "we are the 'Outlaws'."

Goode hails from a long line of military service members. "My father is a retired Air Force First Sergeant," Goode said. "My sister is a Petty Officer 3rd Class in the Navy and I have a lot of uncles and cousins who are Marines."

However, prior to the September 11 attacks, the 26-year-old Ft. Walton Beach, Fla. native had no intention of joining the military.

"I went to FSU and got my degree intending to go into business with my brother," he said. "We opened a commissioned art business together, but then 9/11 happened. My sister got deployed so I decided to join up, too."

Being a Blackhawk mechanic and creating works of art are just two items on Goode's seemingly endless list of lifetime goals.

"I find out in about a week whether or not I am going to OCS," Goode said. "I am waiting on the board. I was told 'get a degree, be a pilot'. I come from a long line of non-commissioned officers, but no commissioned officers."

As an officer, Goode also



By Cpl. Benjamin Cossel, 122nd MPAD
Exercising his artistic skills, Spc. Delvin Goode, Delta Co. "Outlaws", 2nd Bn., 227th Aviation Regiment, 4th Brigade Combat Team, redesigned the company logo from a plain black bird to a Stetson-wearing gunslinger.

plans to apply his 'can do' attitude to the administrative side of the military house. "I want to be [an officer in the quartermaster corps]. Back at [Ft.] Hood, I had the opportunity to help some Soldiers get some things they needed. I saw how the administrative process affects the Soldiers and that is where I want to be, at first."

When Goode has completed his list of military accomplishments, he plans to return to teaching. He taught college level art classes at FSU and to visually impaired high school kids before joining the military.

"I got into teaching blind kids because I realized I had never seen any artwork from the blind," Goode said.

One of his friends was working with the blind and Goode asked one of the teachers if he could teach them how to paint.

"Once she found out I was

serious, I would go over there once a week, stretch huge canvases for them and teach them about colors," Goode said. "I would put stuff on the canvas, like sand and beads, to give them some textures to work with. It was the most fun I ever had painting."

He explained that teaching art to the blind and military command fit perfectly into what he likes doing most; helping people realize they can do things that they never thought was possible.

"I was told that I wasn't eligible for OCS and that it wasn't the way to go," Goode said. "If I had listened, I wouldn't be waiting for the board."

While he is waiting to check off another item on his list of lifetime goals, Goode is covering Camp Cooke in First Team yellow.

Goode said, "If it stays in one place long enough, it gets a patch."

Officer Runs Radio Show to Lift Morale

Continued from Page 4

locals," Upton recalled. "So, one of my impromptu programs included Timmy the Billy Goat, the head of the herd. [He] filed a class action lawsuit against the [camp] mayor for lost wages and grazing rights."

A typical broadcast will vary in both its length and programming. It might include opening music by Godsmack, then a news round-up, followed by made-up news using a variety of characters, and a sports report.

A regular feature called "Moments in Time" with another character usually concludes the program.

"It's kind of funny, because a lot of Soldiers don't know who 'Lancer One, Large and in Charge,' is," Upton said. "I'll be standing in line for chow and I'll hear Soldiers talking about the news program, like 'Hey did you hear this or that, it was pretty funny.' I've gotten a lot of positive feedback."

Prior to his deployment with the 2-5 Cav., Upton, who is both an infantry officer and Airborne Ranger Qualified, was stationed in Korea and Hawaii. Along with his wife Angie and their several dogs, Upton now calls Killeen, Texas home.

"I hope that by doing this program I can give the guys a little humor in their day," Upton said. "[I try to] get their minds off what's going on here, and make them laugh a little."

National Day of Prayer Celebrated at Camp Cooke

By Cpl Benjamin Cossel
122nd MPAD

CAMP COOKE-- The early morning sunrise painted an awe-inspiring orange and pink tapestry across the already hot desert sky. Seen from a distance a silhouetted line of Soldiers filed into the dining facility tent here. While Soldiers walking into the chow hall at this early hour is not an unusual sight, the large numbers suggested that something was different this first Thursday of May.

Held in conjunction with the National Day of Prayer, 4th Brigade Combat Team (BCT), "The Warriors," 1st Cavalry Division hosted a prayer breakfast open to camp residents of all faiths May 6 at 6:30 a.m.

"With our Soldiers being over here in harms way," said Chaplain (Maj.) Addul-Rashced Muhammad, brigade chaplain of 4th BCT. "I think we need to remember to stop to give praise and thanks to God for all

that he has given us."

The 500-person capacity dining facility was filled to standing room only as Soldiers ate breakfast and shared in the fellowship the gathering provided. Forty-five minutes later, the 39th BCT chaplain, Lt. Col. Coyse McClemore gave the invocation. He was followed by readings from the Old and New Testaments of the Bible, as well from the as the Koran. The Indian Men's Choir sang a spiritual hymn in their native tongue as well as an English version of the song.

Chaplain (Col.) Gene Fowler, the Combined Joint Task Force -7 (CJTF-7) chaplain served as the keynote speaker for the event. His topic of discussion: "The Reality of Peace in a Pluralistic Environment."

Noting that the day's prayer breakfast coincided with the National Day of Prayer, Muhammad took a moment to explain the significance of the day.

"Beginning at 8 a.m. on the east



By Cpl. Benjamin Cossel, 122nd MPAD
Troopers of 4th Brigade Combat Team, 1st Cavalry Division relax and enjoy the fellowship during a prayer breakfast at the Camp Cooke dining facility tent May 6. The prayer breakfast was held on the first Thursday of May in conjunction with the National Day of Prayer.

coast, services will be held throughout the country celebrating the National Day of Prayer," Muhammad explained. "We felt it appropriate, given where we are to have our

prayer breakfast fall on this day."

The National Day of Prayer was established in 1952 with the passing of a Congressional bill calling for the first Thursday of May to be set aside for just that purpose. The bill was later signed into law by then-President Harry Truman. Truman's signing only codified a tradition dating back to the birth of the United States, when the Continental Congress called for a day of prayer for guidance and wisdom in the forming of our nation.

Adding further significance, Muhammad drew the parallel between the calling of the United States first National Day of Prayer and the prayer breakfast at Camp Cooke.

"We are blessed to live in a free country and hopefully something like this (the prayer breakfast) will remind us of the great sacrifices that we are making to help the Iraqi people to also experience the freedoms we so much love"



By Jillian Fry, Benton Courier

Brianna Whitley of Benton bobs for sponges at Saline Memorial Hospital's tent at Relay for Life. The Relay for Life was a part of the American Cancer Society's largest fundraiser. "It's really to raise awareness, because when you raise awareness, that's when you raise the money."

Citizens Take Part in Cancer Society Fund

By Jillian Fry
The Benton Courier

Arkansas-- Fellowship with friends and family - that is how Justin Wise, Relay for Life activity leader and college student at Henderson State University, describes the relay, the American Cancer Society's largest fund-raiser.

"It's really to raise awareness, because when you raise awareness that's when you raise money."

He said he enjoys leading the crowd to act "goofy" with the chicken dance and blowing marshmallows from the nose because "it's great to see the community come together and it's so much fun."

At Saline County's annual relay, 20 teams of families, friends, supporters and local officials gathered at the Benton High School track from 6 p.m. Friday to 6 a.m. Saturday to raise money for cancer research and programs by participating in various activities.

Survivors kicked off the event by walking the first lap. Family and friends stood at edges cheering and clapping to celebrate

their loved ones' success in the fight of cancer.

Entertainment was provided by local music and talent groups, including Johnny Jones and the Glass Breakers; Red Letter Days; Isom Kelly of Landers Ford in Little Rock; Nakita Cox of Arvest Bank; Star Dancers of Kidsports, magic by Matt Bennett; Radar (the Arkansas Twisters mascot), Doppler and the Sirens; and Scimitar Shrine Clowns of Little Rock.

Scott Thrower and Jeff Matthews of B98.5's morning show were masters of ceremony. Thrower, who also is involved in Little Rock's relay, said promoting cancer awareness is important. Because people tend to forget about skin cancer, he said promoting skin cancer is especially important.

Landers in Benton, the Benton and Bryant Wal-Mart Super Centers, Fitness Unlimited and several other local businesses sponsored and donated prizes and equipment.

Laura Vaughn is ACS community representative in the county and helped put the event together. Susan Eoff of Landers is event chairwoman, while Kim Goodman is co-chairwoman.

Mount Rainier Climbers Battled Against 'Deathtrap Conditions'

By Michael Ko
Seattle Times

Mount Rainier National Park, Washington State-- When National Park ranger David Gottlieb finally reached the mountain's Liberty Ridge, what he saw astounded him.

Climber Scott Richards had burrowed a tent into a narrow and precarious ice ledge on the north face of the mountain at about 12,000 feet. The ledge was just a few feet wide.

Inside, Richard's friend and climbing partner, Peter Cooley, was wrapped in three sleeping bags. A head wound stretched from above his left eye to his ear.

Cooley was mumbling incoherently and thrashing loudly, Gottlieb said. Richards, meanwhile, was boiling water to pour into bottles he could stuff inside the sleeping bags to keep Cooley warm.

Despite a dramatic rescue effort involving an Oregon National

Guard helicopter and dozens of search-and-rescue personnel, Cooley would die several hours later en route to Madigan Army Medical Center near Tacoma.

The helicopter plucked Richards off the mountain as well and reunited him with his wife.

Richards made a brief statement to the media, and then several rangers, including Gottlieb, talked about their part in the rescue and described in detail "the deathtrap conditions" in which Richards and Cooley had been stranded since Saturday.

"Peter was a great guy," Richards wrote in a statement read by David Barber, a family friend.

"Confident, trusting, very passionate in everything he does. He waged an incredible battle on the mountain for survival. I will be forever saddened by the loss of my close friend."

As Barber read, Richards quietly wept.

Patti Wold, a park spokeswoman, said Richards had thought he could speak for himself earlier in the day, but then changed his mind.

"He hasn't been able to sleep in four days, and he can't put a thought together.... He's in such an emotional place, it's hard from one minute to the next," Wold said.

Richards, 42, and Cooley, 39, two veteran climbers from Cape Elizabeth, Maine, were stranded halfway up Liberty Ridge, an area revered by experienced mountaineers because of the challenges it presents. With regularity, chunks of ice "the size of Volkswagens" break off the walls and plummet down the ridge.

Richards described to Gottlieb what had happened:

Cooley, Gottlieb said, tripped on a crampon, slipped off the cliff to his left and fell about 30 feet. He was swinging like a pendulum when he hit his head on a rock.

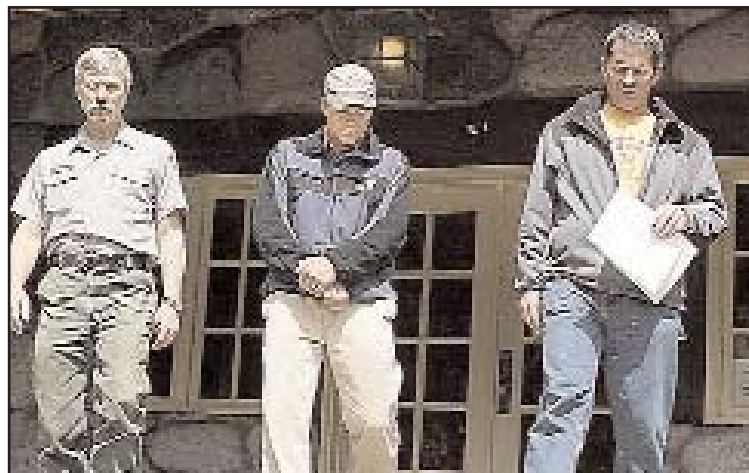
Cooley's fall yanked Richards forward, and he found himself holding Cooley's limp body at the other end of the rope. Richards wasn't pulled over the ridge because the rope was tied to a harness in a way that absorbed much of Cooley's weight.

Richards jammed ice screws into nearby ice and transferred Cooley's weight onto those screws. Then he climbed over the ridge and rappelled down to his friend. He secured him and took him to the ledge where he pitched the tent and placed Cooley inside.

"His entire motivation was, 'How do I help my friend get out of here?'" Gottlieb said.

Richards called for help on his cellphone that night, and rescue

Continued on Page 9



By Ted Warren, Associated Press

Climber Scott Richards, center, walks down the steps of the Longmire Ranger Station with friend David Barber, right, and park ranger Ralph Bell, at Mount Rainier National Park.

The Need of the Hour in Iraq...Prayer

Chaplain's Corner

Chaplain (MAJ)
Kenneth Sorenson

2nd BCT,
1st Cav. Div.



This morning as the sun rose into the skies here in Baghdad, Iraq, I asked myself what is most needful in this war-torn land. You see, I regularly am asked by loving people in the United States, "Do we need anything?"

The question of our needs is one that deserves thought and a deeper look from those here in this land. The Army is providing great meals and the store here on camp has all of our basic necessities, so what do we need?

Certainly we'd loved to be home with our families, but that comes with serving in the military. Iraq is a deeply religious country, with mosques and churches located throughout the cities. So how does one speak to the heart, and thus the deepest needs of soldiers deployed here

and the people of this country? If we over-simplify the question, the answers are many. However, if we look at it from the country that we find ourselves in, the answer is prayer. Prayer offered up not just for the troops' safety, or that people will work with us, but prayer for a deep and lasting peace in this land.

You see, solutions to God-sized problems require God-sized answers. Prayer is a universal language of care and love that isn't limited by language, nationality, or people. If we treat the situation here in Iraq as a possibility to be solved by human ingenuity, we'll never see answers that involve God. When we look at Iraq as an impossibility, then we can be open to God's involvement here in this

land. Most of you in the United States will not come to this city, your distance between Baghdad and Texas can easily be bridged through prayer. There are no postal fees for prayer, no busy signals, but if we take time to pray then we put ourselves in a position for God to take an seemingly impossible situation and make it possible.

When I was stationed in Europe I had the opportunity to

visit a number of cathedrals in different countries. One common piece of furniture in the churches was a metal stand with lit candles, representing the prayers of people for themselves and others. Just as the prayers symbolized the act of giving to God what cannot be handled with our own abilities, so might I suggest that folks light candles to let soldiers and people of Iraq know that we are praying for peace in this land.

The light from a candle is not bound by language so it can say what you cannot express to a place so far away. Couldn't you envision thousands of candles lit all across America, to be seen by the world as a desire for peace to come to this land and the world. Candles can bring light to this dark land, as nothing else could.

The lights from the candles could be seen across the nation, marking the desire of our country to see peace come to not just Iraq, but the entire Middle East.

When asked what is the need of the hour, ask yourself what you would want from others in a difficult time. In the book of Acts, the church is shaken, because Peter was held prisoner. The church went to prayer, because they realized that God-sized problems require God-sized solutions. Peter was miraculously released the night before he was to be put to death, because of the prayers of those back home. When you reflect on the stories of what is occurring here in Iraq, ask yourself, "What is the need of the hour?", then pray.

Delaware Woman Gives Cav. Troops Cool Support

By Spc. Marie Whitney
122nd MPAD

Summers in Iraq get extremely hot. Temperatures can reach 140 degrees Fahrenheit during the day. Just standing outside for a few moments is enough to have a person drenched in sweat. And as if that wasn't bad enough, imagine working in that heat with no air conditioner to come home to at the end of the day. That is the issue that Frankie Mayo of Delaware has been trying to fix.

Mayo's son, Cpl. Chris Tomlinson of the 300th Military Police Co., wrote to his mom while he was stationed in Iraq. 'Hey mom. Yeah, I'm

okay. It's hot as hell here. Last week the [temperature] reached 143 [degrees]. My platoon said they would be very grateful if you guys sent us air conditioners.'

Mayo did just that. She gave an air conditioner to her son. But she didn't limit her kindness only to her son. She started to send air conditioners to as many units stationed in Iraq and Afghanistan as she could. This was the beginning of Operation Air Conditioner.

Since then, the non-profit organization has escalated to more than just air conditioners.

"We send Soldiers anything they e-mail us and ask for," Mayo said. The types of things that Soldiers tend to ask for are hygiene products, games, DVDs, magazines, books, candy and snacks.

Through Operation AC, Mayo is also sending Soldiers new boots. "I have found that the two pairs of boots [they] are given for their deployment are just about falling off their feet," she said.

Soldiers can go to the Operation AC website, <http://mywebpages.com-cast.net/frankiemayo/>, and simply fill out the 'I am a Soldier' form. The Soldier should receive a new pair of Altama Ripple Sole desert boots, along with anything else they requested.

"It is my hope that we make their existence in Iraq during their deployment as safe and as easy on them as possible given the job they are there to do," said Mayo. There are also ways that fam-

ily members and friends at home can help. They can go to the 'Send my Soldier an Air Conditioner' form and include the Soldier's information along with some information on the family member. This will get the Soldier on the list for an air conditioner.

For citizens that don't know a deployed Soldier, they can use the 'Adopt-a-Soldier' form. With this form, the adopter will be sent the name and address of a soldier deployed to the Middle East. With this info they can send letters and packages directly to the Soldier they adopted.

Operation AC also accepts donations of supplies to send to the Soldiers. Their address is: Operation Air Conditioner, 560 Peoples Plaza, Box 121, Newark Del. 19702. Send any questions to soldierhelp@operationac.com.

"As a military family, we never forget our troops or the sacrifices they make," Mayo said.

"As civilians, we owe our military respect and support for the many sacrifices they make to protect and defend the very freedoms we enjoy every day. Each day as I put out my American flag, and each evening as I remove her at sunset, I pray to God and I ask Him to protect our troops from harm and bring them back home when their mission is finished."

"As a military family, we never forget our troops or the sacrifices they make."

-Frankie Mayo
Op. AC President/Founder



By Bob Herbert, News Journal

Home Depot lot attendant James Moore helps Frankie Mayo get air conditioners destined for Iraq into her van. Home Depot is a major corporate sponsor of Operation Air Conditioner, donating hundreds of air conditioners to send to Soldiers serving in Iraq and Afghanistan.

One Man Dies After Being Stranded

Continued from Page 8
crews started up the mountain the next day.

But what would have been an eight-hour climb from the base of the mountain to Liberty Ridge on a good day became a 24-hour ordeal as rescuers battled rain, snow and whiteout conditions, said Glenn Kessler, who supervised the rescue.

Exhausted rescuers set up a base camp at the bottom of Liberty Ridge at about 8,800 feet. They decided to send up a "hasty team" of two rangers to find the stranded climbers as quickly as possible. The other rescuers, five rangers each carrying loads weighing 90 pounds, would follow.

Rangers Charlie Borgh and Gottlieb reached the stranded climbers about 1 P.M. the day after they left out for the rescue. They anchored themselves nearby.

When the weather broke, the Chinook rescue helicopter was brought in and lifted Cooley off the mountain.

Gottlieb said the helicopter hovered about 80 feet above them while it lowered a cable with a clip. Because of the mountain conditions and the small size of the helicopter door, there was no choice but to strap Cooley into a small litter and send him up vertically. The rescuers

had no neck collar or backboard with which to stabilize Cooley.

Cooley probably suffered some trauma when rescuers prepared him for the airlift and hauled him into the helicopter, Gottlieb said.

But given the circumstances, that was the best they could do. Getting Cooley to the hospital was the most important thing, he said.

About three hours after the helicopter left, the rangers heard via radio that Cooley had died.

Rescuers decided to tell Richards, who took the news stoically.

"Amazingly, he kept his composure," Gottlieb said. "I was broken down myself. I know he was terribly sad himself."

They spent that night on the mountain. The next morning, when the weather broke, rescuers made the decision to call in a helicopter. Richards, Gottlieb and Borgh climbed down to the Liberty Ridge base camp, where the helicopter picked them up about 9:15 a.m.

"I think it was prudent for the park to get him off the mountain," Gottlieb said. "It would have been a monumental effort to get down to the parking lot. He had already given up so much."

Fort Hood Celebrates Sacrifices Made by Soldiers' 'Better Half'

By Mollie Miller
Sentinel Living editor

FORT HOOD-- No one ever said the life of a military spouse is easy. Exchanging predictability for uncertainty and accepting sacrifice along with a wedding band, military spouses often endure a life full of challenges to support those who defend America.

No, no one has ever said a military spouse's life is easy, but that doesn't mean it can't be fun as well.

In recognition of the important role military spouses play in today's Army, Fort Hood hosted Military Spouse Appreciation Day

activities May 7 at the Comanche Chapel. From rock climbing to hula dancing to quilting, manicures and cake decorating, the all-day activity offered more than 300 military spouses an opportunity to indulge in some good old fashioned fun.

"We wanted to give [military spouses] a day where they felt pampered, had a good time and left here feeling appreciated," Peggy Stamper, Military Spouse Appreciation Day event co-organizer, said.

Only in its eighth year of existence at this post, the Fort Hood observance has grown in size and scope every year. Event organizers said this year's obser-

vance welcomed an unusually high number of younger military spouses. Pam Metz, wife of III Corps commander Lt. Gen. Thomas Metz, joked that most of the spouses she had met weren't even born when she and her husband were married.

"[It's important for the younger wives to be here today because] it really gives them a good picture of how special they are," Metz said.

Leylance Barnes, Military Spouse Appreciation Day event co-organizer, said this year's observance was especially important for the spouses holding life together while their Soldiers are gone because it gave them a much-needed break from the stress of deployment.

"[Military spouses] need to network," said Barnes. "This gets them out to meet other people [and] gives them something to do."

Maurita Brown, a military spouse for less than three years, said she really enjoyed the event. Since her husband deployed in March, she said her "outings" have become limited due to new single-parent duties.

"This was a wonderful time to be appreciated," Brown said.



By Mollie Miller, Sentinel Living Editor

Jill Goodman puts finishing touches on her cake during a cake decorating class taught by military spouse Connie Cox.

Bowie Brigade

Page 10

May 28, 2004

Patrol Takes 39th Soldiers Deeper Than Iraq

By Sgt. Rebekah-mae Bruns
39th Bde. PAO

TAJI, Iraq-- In Taji, the wind picks up, kicking dirt into twirling dust devils along the road. It's dusk as Soldiers of the 39th Brigade's Echo Troop, 151st Cavalry prepare for a mounted patrol in a nearby village.

They load into their vehicles and talk about the night to come with a candidness that lends itself to a playful diversion of jokes - jokes that somehow make it easier to be in a place where the future is shrouded in uncertainties.

"Hey Cunningham, who's getting your life insurance policy?" asked Sgt. 1st Class Brian O'Toole, 36, of Plymouth, Conn.

"My mother's getting \$125,000 and my brother is getting the other \$125,000," Spc. Scott Cunningham said. "My mom's also getting my personal work insurance policy so she should walk away with close to \$300,000."

"Niiiiice," said O'Toole with a drawn-out, wry smile of approval.

Cunningham, of Manchester, Conn., volunteered to come to Iraq. He said sitting at home and watching other Soldiers in Iraq was frustrating. Besides, his friends had volunteered and he couldn't let them go alone.

"It drove me nuts to watch everyone else over here," Cunningham said.

With the vehicle properly loaded and Cunningham in the gun turret, they make a quick stop by headquarters to check out before they arrived at the front gate of the base.

"Cunningham, do you want to say it?" yelled O'Toole struggling to be heard over the humvee engine.

"Lock and Load!" screamed Cunningham.

Grabbing weapons, they load their magazines and chamber a round - just in case.

For Cunningham, there are positives to being in the gun turret



By Sgt. Rebekah-mae Bruns, 39th Bde. PAO

1st Lt. Rick Marshall, 33, of Vernon Conn., gives a friendly reminder to an Iraqi civilian to make sure he keeps his gun permit on him at all times. Marshall is currently serving under the 1st Cavalry Division with the 39th Brigade Combat Team in Iraq.

despite the pressure of knowing that the security of the vehicle is in his hands as they travel down the road.

"You stay cooler, see a little more of the country," Cunningham

said. "And if you are on top of your game, you can stop your vehicle from getting hit."

Driving through Taji is overwhelming. The harsh smell of lingering trash and burn piles take

over as local residents burn waste from the surrounding area dump. An orchestra of coughs begins in the vehicle.

"This must be the annual burn
Continued on Page 12

PSYOP Tries to Win War of Words

By Cpl. Benjamin Cossel
122nd MPAD

TAJI, Iraq-- With major combat operations complete, the war to win in Iraq has shifted to a different, more imprecise battleground. Leading the charge onto that hazy front -- the war to win the hearts and minds of the Iraqi people -- are the Soldiers of the Tactical Psychological Operations or 'PSYOP' as they are more commonly known.

When one thinks of PSYOP, visions of helicopters flying under the cover of night or men in black suits with dark sunglasses is likely the first image conjured.

"There's definitely an incorrect perception of what PSYOP is," said Sgt. 1st Class Douglas Urbanski, the non-commissioned officer-in-charge of the 345th PSYOP Company, 39th Brigade Combat Team. "Much of the misconceptions about PSYOP originate from the early Vietnam operations as well as our need to be somewhat secretive about our tactics...we don't want the enemy 'PSYOP-ing' our own people."

Misconceptions aside, as a force multiplier, a Tactical Psychological Operation Team (TPT) offers a commander many options on the battlefield. As part of cordon and search operations, a Psyop team broadcasts messages of cooperation, explaining to the citizenry why coalition forces are in the area and what they are doing.



By Cpl. Benjamin Cossel, 122nd MPAD

Using the distinct loud speaker mounted to the top of their vehicle, part of the mission of a Tactical Psychological Operations Team is to broadcast pre-recorded and live messages to an area they patrol.

Working in more confrontational missions, the distinctive Psyop vehicle with a large speaker atop broadcasts surrender appeals, reminding the enemy of their severe numerical disadvantage and the likelihood of death.

To close with and destroy a target by conventional means is a tangible objective with little room for nuance and subtlety, the polar opposite of a typical PSYOP mission.

Working within a community, cultivating relationships and trust takes time. Results of working within a village are not always immediate and often tracking those results is difficult.

Dismounting their vehicles and walking through the streets, PSYOP team members contact people directly: in their shops, homes and on the streets. Often, a

PSYOP team is first into a village to assess the moods and opinions of the local population. For many citizens, this is their first face-to-face meeting with American Soldiers.

"The Army realized the potential power a credible information source could be on the battlefield, but only if that information source was credible, not spreading lies and propaganda," Urbanski said.

"It's really important that every Soldier understand that they, too, play an important role in the PSYOP mission," Urbanski continued. "You go out and punch an Iraqi citizen in the nose, that's a negative PSYOP encounter. You go out and give children candy, or have a cup of tea with a local, that's a positive PSYOP encounter. We all have a part in this."

Mortar Spurs Medical Changes

By Sgt. Rebekah-mae Bruns
39th Bde. PAO

TAJI, Iraq-- It's 5 a.m. and the cry for a "Medic!" goes out across the morning darkness. There are loud explosions, mortars detonating.

"You hear them scream 'Medic!' and you go," said Sgt. Susan Hoffmeister, a petite 24-year-old Soldier, from Newport, Ark.

A mass casualty is something most hope they never have to experience. Yet it happened for Hoffmeister and fellow Soldiers when they received mortar attacks in Taji that killed four, seriously wounded six and left 23 other Soldiers with minor injuries.

The recent losses suffered by Hoffmeister's Support Battalion in the 39th Brigade Combat Team (BCT) haven't been easy. In fact they are tragic, but as they struggle to make sense of the events, they are sharing what works and what doesn't on the battlefield. They are lending their experiences to help other medics operate more effectively in the event of a mass casualty.

Traveling to Baghdad, the team of medics recently helped the Oregon National Guards 2nd Battalion, 162nd Infantry, tear apart and re-organize their aid station. The Arkansas Guardsmen offered to assist using their les-

sons learned to help Oregon Soldiers avoid problems in the future.

"They saw we were split up with our trauma and sick call room," said 1st Lt. Marvin McAllister, 36, from Lincoln City, Ore. "So supplies and personnel were divided."

Dividing assets created logistical problems and a routine sick call can turn into a life and death situation said 1st Lt. Robin Lowery, a 39th Brigade physician's assistant from Little Rock, Ark.

"It's difficult to coordinate when you're running back and forth," Lowery said.

They also discovered it was easier to have everything in kits; Airway kits, circulation kits, bleeding control kits, and IV kits. all of it made and ready for quick access.

"Mostly it was just putting the equipment where it could most easily be used," Lowery said. "It was going back to the ABCs and basic life-saving skills."

But the improvements won't stop there. As the war in Iraq moves forward, so will the medics' ideas for competent and resourceful treatment.

"No matter when it happens, how it happens, or who it happens to," Hoffmeister said. "You will always find things to improve upon."

New Sports Complex Opens Up in Al Rashid District

By Cpl. Bill Putnam
122nd MPAD

AL RASHID DISTRICT-- A new sports complex opened here May 1 that will provide this district with something it's never had before -- a dedicated sports area.

A few months ago this area was a large open field covered in trash. Now residents of this area can play soccer, basketball and volleyball or play on playground equipment.

Almost 800 kids and adults swarmed the new Al Dura Sports Complex, complete with a regulation-sized soccer pitch, full-sized basketball court and new playground equipment. Soldiers of Company C, 1st Battalion, 8th Cavalry Regiment handed out t-shirts and calendars to the Iraqis who attended the grand opening of the sports complex.

To mark the occasion, a ribbon-cutting ceremony took place, conducted by Col. Stephen Lanza, commander of the 1st Cavalry Division's 5th Brigade Combat Team, and Sami Sharif, the Al Rashid District Advisory Council chairman. Teams from the neighborhood and the Iraqi Civil

Defense Corps also played a game on the new pitch.

Soldiers from Charlie, 1st of the 8th Cavalry, passed out 2,000 t-shirts that read "Prosperity, Peace, Iraq" on them and almost 500 calendars with art by Iraqi school children decorating the pages. These Soldiers being the same ones who patrolled the neighborhood around the complex.

"It's a welcome change, a good day," said Capt. William Privette, C Co.'s commander, as he watched kids clamor for t-shirts from his Soldiers. "If we could we have more days like this, it's going to be a shorter year."

Privette and the men in his company are down in this neighborhood on a daily basis. They see the poverty and the kids playing in mud and trash. Privette said the new complex will show "our willingness to co-operate and show a safe environment."

"Which is every chance we can get in and get ahead of the insurgents in and around here," he said, "and show that message to

the people, the better we are."

Standing not far from Privette was a man who wears two hats here in Iraq. Col. Kendall Cox is not only the commander of the 1st Cavalry Division's Engineer Brigade, he's also the division's Governance Support Team commander. The GST works with the Baghdad city government to facilitate projects like the complex, he said.

Standing and watching the soccer, game Cox said the complex opening shows the people who live in the area that Soldiers really care about them.

"And that's probably the most important thing that they understand," he said. "We're not here to engage in combat operations with them."

"Personally, I think this right here shows we care about who they are as individuals, trying to provide for their opportunity to enjoy some of the things they do normally, which is play soccer," Cox said.

More importantly the complex shows Americans and Iraqis working together, he added.

"We're partners, we're not



By Cpl. Bill Putnam, 122nd MPAD
Pfc. Dominic Carruth, a mechanic in 1st Battalion, 8th Cavalry Regiment, and Suffolk, Va. native, passes out t-shirts to some of the 800 people attending the grand opening of the Al Dura Sports Complex May 1.

their enemies," Cox said.

The hundreds of kids running around the complex with the t-shirts and calendars showed Cox the Army is making a difference here. If, for instance, no one came out to see the opening, then Cox said he would've been concerned.

"When they come out like

this and are anxious to shake your hand, and smile at you, they want to talk to you," Cox said. "It really tells me they want us here and appreciate what we do for them and that ultimately we're moving in the right direction."

Watching the game with a few friends was Tas Abaz, the supervisor for youth activities in the Al Rashid District. Wearing a green and red jump suit with "Iraq" stenciled on the front and an Iraqi flag on the back, Abaz said there was no sports complex here, or anywhere, in Al Rashid during the Hussein Regime.

"These kids that you see around didn't have specific areas they could have fun and play sports," Abaz said. Resources for sports, he explained, were concentrated up at the national level for Olympic teams during the Hussein regime. There was nothing for the regular citizens. Now, the residents have something, he said.

"Iraqi citizens, they all love the sports, especially ... soccer," he said. "We thank the Americans and Coalition Forces to help us build this community."

FIRST TEAM

5th BCT Soldiers Search a Suspicious Vehicle in Baghdad's Al Rashid District



By Cpl. Bill Putnam, 122nd MPAD

Spc. Timothy Bryant, a cannon crew member in Charlie Battery, 2nd Battalion, 82nd Field Artillery Regiment, covers a fellow Soldier during a snap Traffic Control Point in Baghdad's Al Rashid District May 9. Bryant's platoon was conducting a regular patrol of their area when they received a radio call telling them to inspect the vehicle. Battery C is attached to Task Force 1st Battalion, 21st Field Artillery, a unit in the 1st Cavalry Division's 5th Brigade Combat Team.

Soldiers Help Soldiers Cope

Continued from Page 5
out here; you cannot stop."

The team said after an incident, the Soldiers affected need time to figure out what has happened and talk to their battle buddies. Chaplains and the CSC team are always there to talk with as well, Norley said.

For most Soldiers, the healing process takes approximately 72 hours to get back to full duty, McClenen said. According to the Army doctrine covering combat stress, an average of 85 percent of Soldiers recover from combat stress. Nearly 100 percent of Second Brigade troops are returning to duty after 72 hours with few symptoms of combat stress, McClenen said. He also said, those who need more time to get back to normal are counseled individually.

"You can never prepare for this kind of event," Norley said. "You could be the toughest guy on the block and you can't prepare for the kind of stuff you see over here. [The Soldiers] deserve to come back and continue to be heroes, and they shouldn't feel shameful that they got freaked out.

Whatever their reaction is, it's normal."

The Soldiers are getting back to the mission, with the help of their battle buddies, leadership, chaplains and the CSC team, McClenen said.

"We have seen over 400 people for combat stress in the two months we have been here," he said. "And we haven't lost a single Soldier to it. No one has had to go [home]."

McClenen said that commanders have been more than willing to let their Soldiers work with the CSC team.

"[Unit commanders] understand that if we can talk to their Soldiers, they get to take every single one of them home," he said. "That's our goal at this point; take everyone home we took with us."

The team loves to help Soldiers and give them back their motivation for the mission.

"There are so many of us out here, and you would be surprised at how many people feel alone," Norley said. "There's not that one somebody they can talk to, and if I'm that one person for 20,000 people, I'm honored to do it."

Iraqi Culture

Page 12

May 28, 2004

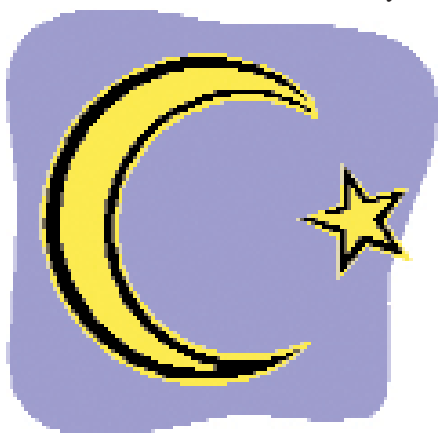
Cultural Awareness Key to Successful Operations

By Staff Sgt. Pat O'Halloran
1st Cav. Div. G-5 Ops. NCOIC

Submerging into a new culture brings challenges, as most Soldiers can attest. Language and customs developed over thousands of years are never easy to learn.

Attempting to decipher a foreign culture while conducting combat operations adds a dimension and suspicion to what may otherwise be normal, everyday interactions.

Understanding the complexities can bear fruit in a number of ways: a



willingness to work with coalition forces; volunteering information; introductions to key leaders.

Courtesy

In a recent, non-scientific survey of local Baghdad residents, a view of the local residents toward U.S. Soldiers was that they seem more verbally abusive and outwardly aggressive toward them. Given the recent upsurge in violence directed at coalition forces, it is understandable that Soldiers may want to take a heavy hand in their dealings with local citizens.

But while not detracting from the mission at hand, keeping cool and refraining from abusive or profane language can go a long way toward keeping the local populace behind us.

Many times, the inability to follow U.S. instructions stems from a language barrier rather than defiance toward Soldiers.

Proper or improper behavior is unlikely to sway the small minority attempting to use violence as its means

of detracting the U.S. from its goal of a free, democratic Iraq.

On the other hand, nothing positive can be gained from screaming or cursing at locals. Continued abuse by coalition troops will only turn potential friends and supporters into potential enemies.

Professional Relationships

What we may perceive as avoiding discussion of a difficult topic may actually be laying the groundwork for frank talks, according to the "Iraq Country Handbook," published by the Department of Defense.

Rather than jumping right into a meeting, oftentimes an Iraqi will use initial professional meetings as social gatherings. This is because in professional settings, "Arabs operate by personal relations more than by time constraints, mission requirements, or professional skills," according to the handbook.

Refreshments and polite conversation emphasize the protocol of the initial meetings. These rarely include any



substantive talks. When business is addressed, it is usually done at a later meeting, or even dinner.

Of course, this runs counter to what is done in U.S. society, and especially in the military. In our world, a meeting without an agenda is a waste of time. In the Middle East world, it is inherent that leaders at all levels understand that an introductory meeting without an agenda, if possible given the mission constraints, may actually lead to a more productive, long-term working relationship.

Some Useful Arabic Phrases

Questions

What? - *maa*
When? - *mata*
Where? - *AYNa*
Which? - *aiya*
Who? - *man*
Why? - *liMAZA*
How much/many? - *kaam*

machine gun - *reSHASHa*
military - *askeRIya*
mine - *allaGHAM*
mortar - *haWEN*
rifle - *BOONdook*
tank - *daBABA*
weapon - *saLAH*

Other Phrases

What is this? - *Ma HAZa*
This is mine. - *HAZa li*
This is not mine. - *HAZa LAIsa li*
What does this mean? - *Ma MA'Na HAZa*
I understand - *anna AFhaam*
I don't understand - *anna la AFhaam*

Military Terms

aircraft - *ta'aREH*
airfield - *maTAR*
ammunition - *zakhiREH*
Army - *jaish*
gun - *maadFA*
handgrenade - *KOONbaleh alyedeWIya*
helicopter - *heliKOPter*

Can you help me? - *MOOMkin tiSA'ADni*
near - *kaRIB*
far - *ba'baid*
correct - *saHIa*
wrong - *Galat*
knife - *sakHIIna*
map - *sooq*
radio - *RADio*

39th Brigade Combat Team: on Patrol in Taji

Continued from Page 10
trash day," yelled Cunningham from the top of his gun turret.

"Hey, it's spring cleaning," replied O'Toole.

O'Toole is Cunningham's platoon sergeant but the relationship between O'Toole and his Soldiers is like that of a brothers. O'Toole being the older brother and mentor. He makes sure everyone has their ammunition, food and proper equipment, but the responsibility is larger than he originally anticipated.

"I'm the overall safety for the guys both physically and mentally," O'Toole said. "If they get hurt..."

Back in the states, O'Toole is a high-school-shop teacher who often lets his students know he dropped out of college.

"I tell them on purpose that I dropped out of college twice because I want them to know 'average Joe' can rise above," he said.

The comparisons between his Soldiers and students are similar - but the stakes are higher in a place where his lessons can mean the difference between living and dying.

"Instead of grades, you're dealing with life and death,"

O'Toole said. "You can't let them get a failing grade in combat."

As they roll into the small village of concrete buildings, children swarm the area waving. They're like kids in a grocery store tugging on a mother's dress as they ask for candy, money and water; anything from the Soldiers.

This is an area they routinely patrol. So like any neighborhood, they have come to know some of the faces.

"Hey, where's my little kid?" yelled O'Toole. "He's a punk rocker. I liked him."

"He's probably out throwing rocks in windows right now," said Cunningham with a devilish grin.

A few moments later Cunningham lets out a yell,

"Oooouch! That little kid hit me with a rock!"

"Calm down," said O'Toole laughing.

Sitting in the turret behind a machine gun, Cunningham often finds himself the target of rock throwing - some friendly, some not. He gets a kick out of the kids, but also feels offended by their sometimes overly aggressive playfulness.

"I kind of take it personal because I wave at them," Cunningham said.

As they continue down the small, crowded dirt road a man carrying an AK-47 rifle across his back notices the Soldiers in approaching vehicles. He quickly drops his weapon and makes an attempt to melt into the crowd unnoticed. But it's too late as E troop has already seen him.

The Soldiers quickly stop the vehicles and decide to check it out. Iraqi civilians are allowed to have one weapon as long as they have a gun permit from the police.

As Soldiers farther up the convoy check it out, Cunningham, O'Toole and the other Soldiers pull security.

The people in the crowd are quick to point out the man who had the weapon. But it turns out he has a permit so all is well and the Soldiers, as a friendly reminder, tell him to make sure he always carries the permit.

They load back up in the vehicles and continue down the road. It's time to head back and get some sleep before the next patrol in a few hours. But then again, measuring time is almost impossible.

"The days are weeks, the hours are days," O'Toole said. "That's what it feels like."

Visit us Online at www.hood.army.mil/1stcavdiv/



By Spc. Andy Miller, 122nd MPAD

Pfc. Jenna Clark, a finance specialist with the 15th FB helps Pfc. Latosha Gates and Pfc. Natosha Gates sign up for the SDP offered at Camp Victory North. The Gates', who are both information systems operation analysts, said the program will help them save money, giving them something to fall back on in the future.

More Money...More Money...More Money!

By Spc. Andy Miller
122nd MPAD

CAMP VICTORY NORTH-- Deployed to Baghdad? Enjoying the extra cash? Want some more?

The Savings Deposit Program (SDP) allows Soldiers to earn 2.5 percent quarterly, and 10 percent annual interest on amounts up to \$10,000. This added monetary benefit is available to all 1st Cavalry Division Soldiers deployed to Baghdad.

The program offers a real benefit to Soldiers, according to Sgt. Rhonda Hatton, a finance clerk with the 15th Finance Battalion. The SDP offers Soldiers rates that are higher than average for a savings account.

"There are very few places you are going to find that without any risk to your own money," Hatton said.

Soldiers are eligible for SDP after serving 30 consecutive days in the combat zone. After those 30 days, they can sign up by the 10th of any month, and the interest will count for that entire month. A Soldier who signs up after the 10th, however, won't begin to accrue interest until the beginning of the following month. The interest continues to accrue for 90 days after the Soldier leaves the combat zone.

Soldiers who sign up through the 15th FB can write

a check, or bring cash. Active duty Soldiers can also choose to have an allotment automatically deducted from their wages. The money they put into the SDP account remains tax-free, however, the interest on the money is taxable.

"I think it's a good benefit for the Soldiers, and this is the only place you can do it," Hatton said. "It helps [Soldiers] save their money. There is a lot of junk that can be bought, but [with SDP] they stick their money in an allotment or check and put it somewhere that will benefit them later. Instead of going out and spending all of their money on knick knacks, collectibles and treasures from Iraq.

Pfc. Jenna Clark, a finance specialist with the 15th FB, plans to sign up for the program herself. Her bank at home offers a .6 percent interest rate on savings accounts. It's a really good deal offered to Soldiers to help ease the stress of being deployed and being away from home, she said.

Pfc. Latosha Gates, information systems operations analyst with 1st Cav. Div. Headquarters, said she was going to sign up for SDP as a way to save extra money.

"I want to have something to fall back on just in case I need something," Gates said. "It forces me to not spend all my money at once."

Financial Management Tips

"No matter who you are, making informed decisions about what to do with your money will help build a more stable financial future for you and your family." - Alan Greenspan

Take Charge

It's possible to meet your financial goals, whether your income is small, medium or large. By looking for good information on managing your finances, along with choosing to budget, save and use credit wisely, you can:

- Buy a home.
- Send your child to college.
- Start a business.
- Pay off debts.
- Put money away for a rainy day.
- Save for retirement.

No matter who you are, you can take charge of your financial future. Start today! To get you started, here are some simple tips.

Set Goals

Most people who have money didn't get it overnight. They set goals and worked hard to reach them. Write down your short-term and long-term goals. An example of a short-term goal is saving up for holiday gifts; a long-term goal is saving for a home.

- Set due dates for reaching your goals.
- Be realistic.
- Be flexible. (It's OK to adjust your goals and strategies.)
- Go back and look at your goals after six months to check your progress.

Develop a Budget

Find out where your money is going. Unless you're tracking your money, it's probably not going where you really want it to. Write down your total monthly take-home pay. Then list your monthly expenses. At the end of the month, subtract those expenses from your total pay.

- Look for places to save.
- Use this information to set a monthly budget that includes saving.
- Review how things are going each month.

Start Saving

Small amounts of money saved regularly add up fast. Compound interest, which lets you earn interest on interest, will make your savings grow even faster. Open a savings account. Have part of your paycheck deposited directly into your savings account every month.

- Shop for the best interest rates.
 - Understand all fees and charges.
 - Take advantage of your company's 401 (k) or invest in an IRA (individual retirement account).
 - As your income rises, increase the percentage you save.
 - Know that the greater potential profit on an investment, the greater the potential risk of losing money.
- TIP: The earlier in life you start saving, the more you'll have later.

Get the Best Deal

When you borrow money, you have a right and a responsibility to know all the loan's terms and conditions. Ask questions and compare interest rates and fees. Know what's at stake if you don't make your payments. Before you borrow money, ask these questions:

- What is the interest rate?
- What are all the fees?
- How much will I have paid in interest when the loan is paid off?
- Can I pay it off early without penalty?
- Also, shop around and compare. Don't get taken.
- Question an offer that makes borrowing sound too good to be true.
- Always read and understand the fine print.
- Seek help if you need it.

Learn More About Money

There's a lot to learn about money, and there's plenty of free information available. The Federal Reserve education web site, www.federalreserveeducation.org, offers personal financial education information and links to many useful resources. Look for organizations in your community that can help you learn more about setting financial goals, budgeting, saving, using credit wisely and getting the best deal. Here are some possibilities:

- Nonprofit credit counseling service
- Library
- Community college
- Bank or credit union
- Nonprofit community development corporation
- Nonprofit housing organization
- Religious organization
- Senior citizen center
- Employee assistance program
- Cooperative extension service



A Place For Soldiers To Get Away

By Spc. Jan Critchfield
122nd MPAD

FORWARD OPERATING BASE HEADHUNTER-- After a long, sweaty patrol through Baghdad's back alleys and crowded streets, what could be better for the Soldiers of Forward Operating Base Headhunter than to sit back, unwind, and enjoy a cold one with a few friends?

With FOB Headhunter's barracks filled to the gills, the former 1st Armored Division's break rooms and broom closets became 1st Cavalry Division Soldiers' living quarters. The First Team Soldiers had no room to have a spot to get out of the sun and kick back, until 1st Battalion, 9th Cavalry Regiment Command Sgt. Major Donald Felt stepped up to the plate.

"The previous unit that was assigned to this FOB started a contract to build an MWR building, the preface of which was to have half as a gymnasium and half of it as a restaurant," Felt said. "We moved into the FOB on the 2nd of April [and] the building was just finished, but the gymnasium and the restaurant

were not finished at that time. So we continued that process so we could open up a facility for the Soldiers to visit and get a meal other than the mess hall."

That initial idea turned into what is now a restaurant called Planet Headhunter, an Iraqi-run burger and pizza joint with a calm, café-like ambiance. A patio is also being added for those that would like to have a smoke with their meal.

On the grand opening, May 5, Soldiers were fed free food from the FOB's new café.

"Basically, it's an Iraqi business operating here on the FOB," Felt said. "It's going to open at ten in the morning and close at nine at night which is helpful because we only have lunch served on the FOB three days a week. The

other days Soldiers eat MREs [meals ready-to-eat]. Of course, that isn't very popular, so having an alternate selection for them is a good thing."

The idea of having half of the building as a gym worked out, as the equipment they previously had was moved.

"The previous unit had a

"Projects like these allow the Soldiers to step out of the rubble and out of the grey of cement and barriers...and have a little bit better of a quality of life."

-Command Sgt. Maj. Donald Felt
1-9 Cav. Command Sgt. Maj.



By Spc. Jan Critchfield, 122nd MPAD

1st Cavalry Division Soldiers of Forward Operating Base Headhunter chow down on burgers and sodas the opening day of the new restaurant, Planet Headhunter. Just next door to Planet Headhunter is Toby's Favorite Bar, a non-alcoholic beer bar where Soldiers can take a load off and enjoy a cold one.

gym in a tent, so we moved the equipment into the [building]. We purchased some additional equipment such as a treadmill, stair climber and bicycles.

"In the process of doing that, we noticed that the gym was very big and decided to put [in] a wall and [to further] partition the building so that we could open a bar. Of course, a near-beer bar," he added with a chuckle.

"It gives a Soldier somewhere to go and for a moment, at least, step out of Baghdad. Our intent was to have this remind

them of home," he said.

"The camaraderie that develops from them being able to relax, sit around a table, throw back a near-beer and talk about things, that's what's important."

Felt is also leading a spirited campaign to try and convince country music megastar Toby Keith to visit FOB Headhunter and play a few songs for the troops.

"Right now the bar is called 'Toby's Favorite Bar,'" Felt said proudly. "We've named the bar after Toby Keith because we

appreciate the patriotism of the songs Toby Keith has sung in the last few years."

"Hopefully, someday we can get Toby Keith to visit FOB Headhunter and sing a concert for our troops," Felt added.

On the horizon, FOB Headhunter hopes to add a coffee shop and a theatre to their ever-growing Iraqi home.

"Projects like these allow the Soldiers to step out of the rubble and out of the grey of cement and barriers...and have a little bit better of a quality of life," he said.

Gala Brings Touch of Asian Culture to Victory North

By Capt. Mitch Zornes
122nd MPAD

CAMP VICTORY NORTH-- Camp Victory North's Equal Opportunity (EO) Office sponsored an Asian Pacific American (APA) Heritage celebration at various locations around Camp Victory North, May 15. The day-long festivities included a

5K fun run, ethnic delicacies and various types of dance and song which made the event a success.

Over 300 civilian and military attendees participated in the 5K run with trophies awarded to the first, second, and third place male and female finishers. 1ST Cavalry Division Equal Opportunity/Asian Pacific



By Cpt. Mitch Zornes, 122nd MPAD

Tinikling is the national dance of the Philippines and was performed during the Asian Pacific Heritage celebration that took place at Victory North May 15, 2004.

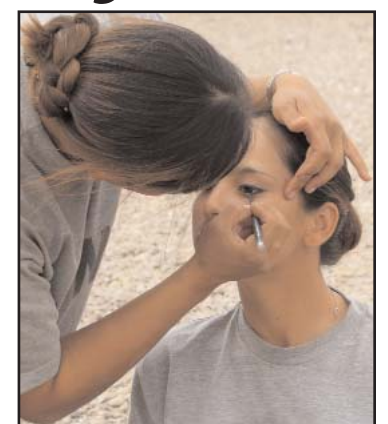
Heritage T-shirts were given to all participants. The race concluded with a first place showing by Capt. Elizabeth Evens, Commander of HHC Engineer Brigade, 1st Cav. Div., with a time of 21 minutes, 51 seconds and Spc. Stephen Philips, 1st Cav. Div. G6 section, with a time of 17 minutes, 15 seconds. Spc. Josephina Obregon, HHC 1st Cav. Div., and Spc. Paul Abernathy, 501st MP Co., took the second place positions while Capt. Elizabeth Young and Capt. Timothy Mahoney, both of the 95th Military Police Battalion, finished third.

The day continued with a mid-day meal served at all three Dining Facilities (DFACs) which included fried rice, sweet and sour pork, egg rolls, and other Asian dishes.

The main event took place in the evening outside the Antelope DFAC with a colorful

Asian-Pacific review taking center stage. Sgt. Andrea Scott, 1st Cav. Div. Band, began the show by singing the National Anthem. Sergeant First Class Mar Lagat and Capt. Joseph Glaeser, both of 411th Engineer Battalion, were the night's Master's of Ceremonies, and introduced the dancing and songs performed by groups that represented Hawaii, Samoa, Tahiti, Guam, the Philippines, and Micronesia. Much to the delight of the crowd, warriors danced and chanted while female soldiers performed the hula and sang.

During breaks in the floor show, prizes were awarded for correct answers to cultural awareness questions put to the audience. Prizes included gift certificates and other items donated by AAFES. The night's festivities were enhanced by the 1st Cav. Div. Band playing



By Cpt. Mitch Zornes, 122nd MPAD

During Victory North's Asian Pacific Heritage celebration, Soldiers apply make-up to other Soldiers who will star in the show.

pacific island music to accompany the performances.

Everything from the stage construction to the elaborate costumes showed the many hours of work that went into making the event a success. One Soldier summed up it up by saying, "I was so entertained, I almost forgot I was in Baghdad."

In Remembrance

May 28, 2004

Page 15

Farewell to Fallen Comrades in Arms...



By Spc. Marie Whitney, 122nd MPAD

(Above) Soldiers from the 91st Engineer Battalion, 1st Cavalry Division line up holding their guide-ons in respect for Spc. Ervin Caradine, Jr. and Pvt. Jeremy Drexler, also of the 91st Engineer Bt. Caradine and Drexler were killed when their vehicle was attacked on May 2, 2004.

(At right) Soldiers pay their respects to Caradine and Drexler of 3rd Platoon, B Company, 91st Engineer Battalion, 1st Cavalry Division, during their memorial that took place at the Engineers' Battalion Headquarters on Camp Black Jack on May 5th, 2004.



Memorial Service Honors Fallen 39th Soldier

By 1st Lt. Chris Heathscott
39th BCT PAO

BAGHDAD-- "This is a day that I've come to dread, ever since I took command," said Lt. Col. Kendall Penn, commander of the 1st Battalion, 153rd Infantry Regiment, 39th Brigade Combat Team, during the fourth memorial service held by the 39th Brigade since its troops deployed in March. "It's a day that frankly I hoped I would never have to live to see."

Just three days earlier on May 6, Staff Sgt. Hensley Box Jr., of Camden, Ark., became the seventh Arkansas National Guardsman to lose his life to Operation Iraqi Freedom II. It was the first loss for the battalion, which is serving under the 3rd Brigade Combat Team of the 1st Cavalry Division.

Early that Thursday morning, an individual refusing to stop his vehicle at a 1-153rd checkpoint required Box to use force to stop the approaching threat. Standing his post to stop the potential vehicle-borne improvised explosive device from entering his checkpoint, proved to be a legitimate and life-saving duty. Once force was applied to stop the charging weapon, the vehicle's explosives detonated, killing the driver and

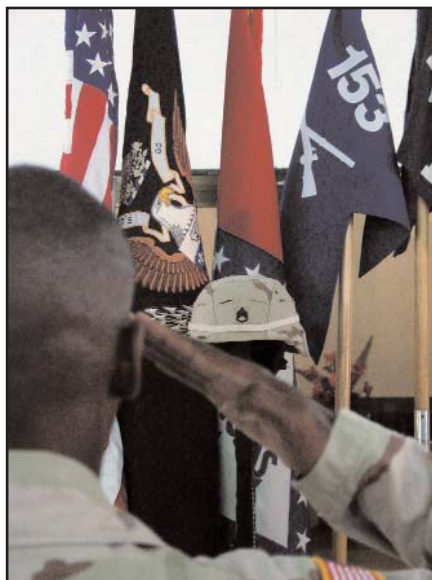
fatally wounding Box.

"That vehicle never reached it's target. It actually saved the lives of many of us in this room today...and countless Iraqi civilians," said Capt. Lynn Martin, the commander of Company D, 1-153 Inf., in reference to Box's efforts to stop the vehicle.

"His willingness to stand there and do his duty, even though it cost him his life, not only saved the lives of many of his fellow Soldiers, but I think he was also defined in the pure sense of...the word 'hero,'" Penn said.

With hundreds of Soldiers listening in silence, a somber mood filled the building as leaders in the Battalion stood one

after the other to speak on how Box personified each of the seven Army Values: Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage.



By 1st Lt. Chris Heathscott, 39th BCT PAO

A Soldier with the 1st Battalion, 153rd Infantry Regiment pays his respects to Staff Sgt. Hensley Box, Jr. of Camden, Ark., by presenting a slow, respectful salute to a display set up in his honor. Box was killed in action May 6 when a vehicle-borne improvised explosive device detonated.

bered by the people who served with him. I pray that the Lord will watch over his wife and his family at home, helping to guide them through this painful time."

Battalion Command Sgt.

Maj. Steven Veazey also addressed those in attendance with strong emotion created not only by the loss of a Soldier, but also by that of a friend.

"I stand before you as your command sergeant major...and I'm hurting," he said. "Sergeant Box always had a smile on his face. I drew strength from that. I draw from it now. He's more than just a Soldier in my battalion. To me, he was a friend."

At the conclusion of the leaders' vocalized respects, the battalion was called to attention for roll call. The call for Staff Sgt. Hensley Box, Jr. left the gathering in an emotional silence.

The void was then filled by the sound of the seven-man rifle team firing three volleys, followed by the playing of "Taps" as a salute to his honor.

As the Soldiers passed by a display set up in Box's honor, they rendered a slow, respectful salute. The challenge presented to them by Veazey, hopefully stuck firm in their minds.

"He wouldn't want us cowering down; he wouldn't want us letting this get the best of us. He would want us drawing strength from his death. He would want us drawing strength from the Soldier that he was."



Our Fallen Troops

PV2 Bradley Kritzer

PFC James Marshall

SGT Hesley Box

SGT Jeffrey Shaver

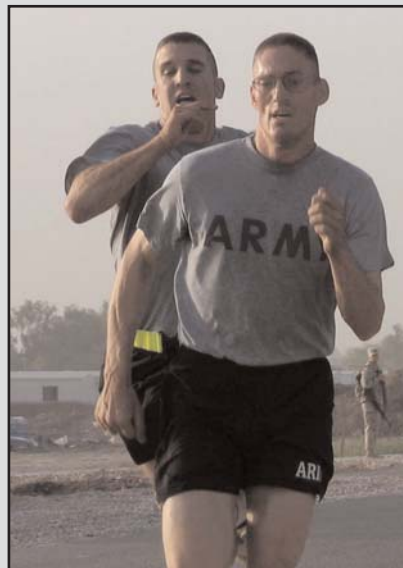
SSG Rene Ledesma

SSG Troy Miranda

**FIRST
TEAM**

To all of our fallen troopers; you are gone but not forgotten. We will continue the fight.

Soldiers Participate in 5K Fun Run



(Above left) Over 300 soldiers and civilian employees from Victory North came together for the 5K fun run in celebration of Asian Pacific Heritage Month during the May 15th festivities.

(Above right) Spc. Steven Philips, 1st CAV G6 Section edges out the competition with a time of 17 minutes 15 seconds to win first-place at the 5K fun run during Asian Pacific Heritage Month at Victory North Baghdad.

(Left) CPT Elizabeth Evans, Commander of HHC Engineer Brigade, the first female runner with a 21 minute and 51 second finish time and SPC Steven Philips, 1st CAV G6 Section, the first place male runner with a time of 17 minutes 15 seconds, congratulate each other on their wins at the completion of Victory North's 5K Asian Pacific Heritage Month fun run May 15th.



By Cpt. Mitch Zornes, 122nd MPAD

Unlike Most, Johnson Beats Father Time

Whenever I hear someone say, "You're not getting older, you're getting better," I usually think to myself, "Yeah, right!"

When I hit my thirties, little aches and pains crept into my life. All of a sudden, I couldn't run faster and jump higher... even with a new pair of PF Flyers.

Then I hit my forties. The days seem shorter now, but my two-mile run time is longer. I reminisce about the good old days... in my thirties. Go figure.

But every so often someone defies Father Time. Arizona Diamondbacks' hurler Randy Johnson is the latest example.

On the evening of May 18, a warm spring night in Atlanta, Johnson fired the 17th perfect game ever pitched in Major League Baseball history.

We're not talking good here. We're not talking just a no-hitter. We're talking about a perfect game. History was made. Johnson fanned 13 Braves, nearly half of the 27 straight batters he set down in order, en route to a 2-0 victory.

Johnson, 40, is the oldest pitcher to accomplish this feat. He's the first one to do it since the New York Yankees' David Cone

was perfect in July 1999.

Randy Johnson is already a lock to make it into Cooperstown. With his Cy Young Awards, and a World Series title already on his resume, this latest gem serves as the icing on the cake of a hall of fame career.

The 6-foot-10 inch Johnson broke into the majors with the Seattle Mariners as a wild, fireballing left-hander who intimidated major league hitters with his imposing size almost as much as his 100-mile-an-hour fastball. He threw a no-hitter while pitching for Seattle, way back in 1990.

Johnson's fastball is down into double-digits these days (high 90s!), but what has changed over the years is the control Johnson has over his pitches. Johnson continues to dominate at the major league level when other athletes are long-since retired, occupying their sofas and watching along with the rest of us, marveling at the Big Unit's skills.

The flip side of the aging issue comes from the professional boxing game. While George Foreman is contemplating another comeback

Commentary

MSG Dave Larsen

Sports Buff



at age 55, he's not my example of an athlete staying in his chosen sport past his prime. George may line up a couple of tomato cans to knock over for more free publicity for his grilling business, but it's not a serious attempt at recapturing his former glory. No, I'm talking about Roy Jones, Jr.

Several days before Johnson pitched his perfect no-no in Atlanta, Antonio Tarver, now the reigning World Boxing Council light-heavyweight champion, knocked Jones out cold... in just two rounds.

Actually, it was more like with one punch.

This is the second meeting between these two fighters. Less than a year ago, Jones won a highly contested 12-round decision over Tarver. Both fighters are 35 years old, but Jones has spent his

career punching faster and harder than anyone else in his weight classes. He almost never got hit.

Until now.

Knowing when to quit, to bow out gracefully, is something even many of the great ones in the sport couldn't figure out.

Roy Jones, Jr. can probably still duke it out with a lot of up and coming youngsters, but his age is showing now, and his title-holding days are behind him.

In the baseball world, I remember seeing Willie Mays floundering in centerfield on the Game of the Week in a New York Mets uniform, well past his prime. One of my all-time heroes, Hank Aaron closed out his career in Milwaukee... but in an oversized Brewer uniform as a designated hitter.

And me, I'll still never break the 14-minute mark on my two-mile run again (though I don't have the option of quitting just yet).

Randy Johnson, though, served up a shining moment for the geriatric, 40-something, arm-chair athletes of America: he proved, at least for one night in Atlanta, that like a fine, red wine, some of us do improve with time.

Cheers, Randy!

Standings

MLB
As of May 21, 2004



American League East Division

	W	L	Pct	GB
Boston	23	16	.590	--
New York	22	16	.579	0.5
Baltimore	19	16	.543	2
Toronto	17	23	.425	6.5
Tampa Bay	10	27	.270	12

Central Division

Minnesota	23	15	.605	--
Chicago Sox	21	17	.553	2
Detroit	19	19	.500	4
Cleveland	18	20	.474	5
Kansas City	12	24	.333	10

West Division

Anaheim	26	13	.667	--
Texas	22	16	.579	3.5
Oakland	20	18	.526	5.5
Seattle	13	25	.342	12.5

National League East Division

Florida	21	17	.553	--
Philadelphia	20	17	.541	0.5
New York	19	20	.487	2.5
Atlanta	17	20	.459	3.5
Montreal	14	25	.359	7.5

Central Division

Houston	23	15	.630	--
Chicago Cubs	22	16	.556	1
Cincinnati	20	18	.519	3
St. Louis	20	19	.500	3.5
Milwaukee	19	19	.481	4
Pittsburgh	17	18	.480	4.5

West Division

Los Angeles	22	15	.595	--
San Diego	21	17	.553	1.5
Colorado	17	21	.447	5.5
San Francisco	16	23	.410	7
Arizona	15	23	.395	7.5

Glossary:
W: Wins, L: Losses, PCT: Winning percentages, GB: Games back

NBA



As of May 21, 2004

Playoff Standings

Eastern Conference

Indiana vs. Miami

Indiana 94, Miami 81
Indiana 91, Miami 80
Miami 94, Indiana 87
Miami 100, Indiana 88
Indiana 94, Miami 83
Indiana 73, Miami 70
Indiana wins series 4-2

New Jersey vs. Detroit

Detroit 78, New Jersey 56
Detroit 95, New Jersey 80
New Jersey 82, Detroit 64
New Jersey 94, Detroit 79
New Jersey 127, Detroit 120, 3OT
Detroit 81, New Jersey 75
New Jersey 69, Detroit 90
Detroit wins series 4-3

Western Conference

L.A. Lakers vs. San Antonio

San Antonio 88, L.A. Lakers 78
San Antonio 95, L.A. Lakers 85
L.A. Lakers 105, San Antonio 81
L.A. Lakers 98, San Antonio 90
L.A. Lakers 74, San Antonio 73
L.A. Lakers 88, San Antonio 76
L.A. Lakers win series 4-2

Minnesota vs. Sacramento

Sacramento 104, Minnesota 98
Minnesota 94, Sacramento 89
Minnesota 114, Sacramento 89
Sacramento 87, Minnesota 98
Minnesota 86, Sacramento 89
Sacramento 104, Minnesota 98
Minnesota 83, Sacramento 80
Minnesota wins series 4-3

Conference Finals

Eastern Conference

Indiana vs. winner of New Jersey vs. Detroit

Western Conference

L.A. Lakers vs. winner of Minnesota vs. Sacramento

NHL



As of May 21, 2004

Eastern Conference Tampa Bay vs. Philadelphia

Tampa Bay 3, Philadelphia 1
Philadelphia 6, Tampa Bay 2
Tampa Bay 4, Philadelphia 1
Philadelphia 3, Tampa Bay 2
Tampa Bay 4, Philadelphia 2
Philadelphia 5, Tampa Bay 4
Saturday: Philadelphia at Tampa Bay
Series tied 3-3

Western Conference San Jose vs. Calgary

Calgary 4, San Jose 3, OT
Calgary 4, San Jose 1
San Jose 3, Calgary 0
San Jose 4, Calgary 2
Calgary 3, San Jose 1
Calgary 3, San Jose 1
Calgary wins series 4-2

NHL Cup Finals

Winner of 'Philly vs. Tampa' vs. Calgary