Crossed Sabers

www.hood.army.mil/1stcavdiv/ "Telling the First Team's Story" Wednesday, June 1, 2005

(Photo by Spc. Nicole Kojetin 1CD Public Affairs)

Lt. General Thomas Metz, commanding general of Fort Hood and III Corps, and Maj. Gen. Peter Chiarelli, 1st Cavalry Division commanding general, unfurl the colors at the division's Uncasing Ceremony on Cooper Field May 25. During the ceremony, First Team troops celebrated their return from Iraq and mourned the Soldiers lost during their year-long deployment to Baghdad.

Uncasing Marks Division's Return

By Spc. Joshua McPhie
1CD Public Affairs

The 1st Cavalry Division marked its official return from Iraq May 25, by uncasing the division colors at a ceremony on the division's parade field.

The division colors had been cased since Feb. 27, when the division turned over its mission in Baghdad to the 3rd Infantry Division.

"We cased the color when we successfully accomplished the mission over there and it was time for us to go," said Command Sgt. Maj. Neil Ciotola, the division's senior noncommissioned officer. "Now, not only do we uncase the color to officially acknowledge the return of the 1st Cavalry Division, but also in a sense, to acknowledge the next chapter in the lifecycle of the 1st Cavalry Division.

"It's an honor for me to uncase the color," Ciotola said. "To me, not only do I remain a part of this organization's great history just by virtue of wearing this uniform and being in this position, but when I look at the color I realize that I'm a part of it and it's a part of me from that point on."

"The uncasing of our colors is merely symbolic of what has been a fact since April 2, when the last Soldier of the 1st Cav set foot on this very field," said Maj. Gen. Peter Chiarelli, commanding general of the 1st Cavalry Division.

During the ceremony Chiarelli and Lt. Gen. Thomas F. Metz, commanding general of Fort Hood and III Corps, recognized the accomplishments and sacrifice of the division while in Iraq.

"To the soldiers standing on the field today and those Soldiers not with us that you represent, your nation, your families,

See Uncasing Page 9

Back from Iraq, Aim is the Same

For many, May 25 was an emotional day. Heads were bowed, Stetsons in hand as 169 names of our fallen were called out on Cooper Field, a final roll call for the heroes of Task Force Baghdad at a ceremony announcing the 1st Cavalry Division's official return home.

They were sons, daughters, brothers, sisters, fathers and mothers. They were our friends.

They won't be forgotten. Each of the 169 who made the ultimate sacrifice for Task Force Baghdad left behind loved ones. They left undying memories with those who remain.

For those of us who returned, we also carry back memories – of hardship, struggle, fear and fatigue. But we also remember camaraderie, friendship and the sense of purpose and pride that comes with wearing our uniform in harm's way, and earning the Army's largest patch on our right shoulder sleeve.

Senior leaders throughout the Army have lauded the division's efforts since its return from Iraq. To the American public, we are heroes.

"Operation Homecoming" is complete. Now, it's time to get down to business again.

Our mission is to ready ourselves for the next field of battle. Each of us has a focus. For the editorial staff of this publication, our focus is on you – the troopers of this division.

The mission of a public affairs staff is pretty unique in the military: our charter is to tell the Army's story, through the written word and broadcast media. The 1st Cavalry Division's public affairs shop is no different: we're here to tell the First Team story.

Trigger Pull

Master Sgt. Dave Larsen

This publication, "Crossed Sabers," follows on the heels of two highly successful deployed publications – "Cav Country," judged the Army's top field newspaper for 2004, and "The Daily Charge," an electronic newsletter posted on the division's "Cavnet" in Iraq and on our website here in central Texas.

We'll distribute this publication electronically … first, monthly, and as we add more personnel over the coming year we'll produce this twice-monthly and eventually every week.

I encourage leaders at all levels of command to contact us. We're here to provide coverage of your training events and the people who make up our division. In time, journalists will be assigned to every brigade headquarters, making it even easier for us to tell your stories. In the meantime, contact me to get coverage. I'm on the base global e-mail – *david.larsen@hood.army.mil* – or you can call me at 287-9400.

Call us and e-mail us with your story ideas. Almost more importantly, print out and post this publication in your day rooms and on company bulletin boards.

Some of these items will make print in other publications, but some will not. "Crossed Sabers" is our publication, and it will be a means for senior leaders (in future issues) to discuss the issues facing the 1st Cavalry Division as we transform ourselves for the next deployment. In future issues, you'll see commentaries from the division's commanding general and command sergeant major in this space. I'll probably go back to writing sports columns.

Your stories will fill the rest of the pages.

When the final name of our fallen comrades was called and "Taps" played soulfully by a single bugler May 25, we all donned our Stetsons again, putting a final page in our book of memories from Operation Iraqi Freedom II.

Soon, we'll don Kevlar again. When we do, we'll have new stories to tell. Honor us with the opportunity to tell yours.

(Photo by Spc. Nicole Kojetin 1CD Public Affairs)

Soldiers bow their heads in rememberance of their fallen comrades during the division uncasing ceremony May 25 on Cooper Field.

Commanding General: Maj. Gen. Peter Chiarelli
Public Affairs Officer: Lt. Col. James Hutton
Command Information Officer: Master Sgt. Dave Larsen
Editor: Spc. Joshua McPhie
Staff: Sgt. Christina Rockhill, Spc. Nicole Kojetin, Pfc. Charles Maib
Contact *Crossed Sabers* at 287-6162, 287-9400 or *david.larsen@hood.army.mil.*

***Crossed Sabers* is an authorized publication for members of the U.S. Army. Contents of *Crossed Sabers* 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 *Crossed Sabers* is prepared, edited, provided and approved by the 1st Cavalry Division Public Affairs Office.**

Silver Star Winner

Hero Faces New Battleground at Home

By Spc. Joshua McPhie
1CD Public Affairs

(Photo by Spc. Joshua McPhie, 1CD Public Affairs)

Spc. Andrew Lamkin throws the football with his daughter, Lena, age 20 months, in their Killeen, Texas back yard.

When Spc. Andrew Lamkin left Iraq in October for leave, he expected to be back there in a few weeks. Instead, his newborn son's illness, and his new status as a single father, kept him stateside. He had traded in the hazardous life of a combat medic in Iraq for the rigors of raising two children under the age of two.

Despite his shortened tour, the time he did spend in Iraq was remarkable. While serving as a medic with Company A, 2nd Battalion, 5th Cavalry Regiment, Lamkin put himself in harm's way to treat his fellow Soldiers day after day. One of those days was so extraordinary, he was awarded a Silver Star for his actions.

On Sept. 5, 2004, Lamkin's unit came under fire while on a rooftop in Baghdad's Sadr City district. During the fighting a Soldier on an adjacent rooftop was shot in the arm. Lamkin rushed from his concealed position to give aid to the wounded Soldier. Unable to adequately treat the wounded Soldier due to the incoming fire, Lamkin looked for a better place to move his patient.

Noticing a locked door, Lamkin rammed into it, knocking the door off it's hinges. He then dragged the Soldier out of the direct fire until he could be evacuated.

Less than an hour later, another Soldier in the unit was shot in the head. Lamkin ran to the fallen Soldier and began to treat him. With another Soldier's help, Lamkin moved the wounded soldier to a less exposed part of the roof. The new position began to take heavy fire from insurgents across the street and Lamkin used his body to shield his patient while he worked to stabilize him. Lamkin then helped carry the Soldier, under fire, down three flights of stairs to the evacuation vehicle. During the fighting, Lamkin also provided cover fire for his comrades, killing six insurgents.

Lamkin's actions didn't come as a surprise for the Soldiers who served with him.

"It didn't really surprise me because I know professional level," said Spc. Marco Rosas, Lamkin's roommate in Iraq. "He was just concerned about everyone more than himself."

He said Lamkin deserves the Silver Star not only for his actions that day but also for the work he did every day.

"He was always taking care of the guys, not only out in the sector but also during his personal time," Rosas said.

"I've known him since he came in the unit," said Sgt. William Lunsford, a team leader with Company A, 2-5. "He's the best medic I've ever seen. He was out there every day with us. We all trusted him with our lives."

"You know if someone gets hurt he'll be there," said Pfc. Jared Farr "It sucked when he left."

Rosas said he also felt a difference when Lamkin went home.

"There was a big empty space. We were very close," Rosas said.

Upon his return, Lamkin's job was to fill the void left in his children's lives. He said when he first got home to his children, he felt guilty about having been gone. He started buying them things all the time as a way to make up for not being there.

Now, he says, he only wants to make sure his children are raised properly.

Lamkin is putting all his energy into raising his children, Lena, 20 months, and son A.J., six months. A.J. was only a month old when he got home.

"He was born when I was over there so he's a new face," Lamkin said.

His days are spent much like any other Soldier, but once he gets home, Lamkin's time is devoted to A.J and Lena. After he comes home from physical training in the morning, he

See Lamkin Page 10

Aviation Brigade Wins Top Honors

By Sgt. Christina Rockhill
1CD Public Affairs

"Those unsung heroes are our young mechanics and young crew chiefs that were working long, long hours behind to scenes to make things happen."

Col. James McConville
4th Brigade commander

The 4th Brigade Combat Team of the 1st Cavalry Division was named the "Outstanding Aviation Unit of the Year" for 2004 by the Army Aviation Association of America.

Col. James McConville, the brigade's commander, said he was humbled to receive the award but was surprised because it is not usually given to a brigade.

"It's usually given at a battalion level," he said. "The only reason I was willing to accept at the brigade level was because I had so many great battalions that each and every one of them could have won it themselves.

"By accepting this award at brigade level it allows everyone to share in the successes that they all had and they all earned."

McConville's brigade flew more hours than any other aviation unit in OIF I or OIF II. He said the hard work of his Soldiers, both on the ground and in the air, contributed to winning the award.

"I think it was a team effort," he said. "We have a lot of unsung heroes, and those unsung heroes are our young mechanics and young crew chiefs that were working long, long hours behind to scenes to make things happen. All these folks [were] working long hard days to get that helicopter in the right place at the right time, so it can provide that timely and responsive support to the ground maneuver commanders."

McConville will travel to Orlando, Fla. to accept the award May 10.

"I think it's recognition of what a lot of great young Soldiers did for the past year serving their country," he said.

"When I go there I will accept it on their behalf, because they did extraordinary things and they provided unprecedented lethal and agile aviation support to the ground maneuver commanders."

Cavalry Aviators Gain New Commander, Name

By Spc. Joshua McPhie
1CD Public Affairs

The 1st Cavalry Division's 4th Brigade Combat Team got more than just a new commander at their change of command ceremony May 26, they also got a new name. The 4th BCT was deactivated and renamed the 1st Air Cavalry Brigade.

Col. James McConville transferred command of the Cav's aviation brigade to Col. Daniel Shanahan after over seeing the uncasing of the brigade's new colors.

Maj. Gen Peter Chiarelli, the division's commanding general, recognized the accomplishments and contributions of the brigade and McConville during the division's deployment.

"The aviation brigade calculated measures that enabled them to free air assets to provide escorts and conduct hundreds of other mission's simultaneously," he said. "And they made it look easy."

He commended the brigade's and battalions' leadership for saving lives through air support.

Chiarelli also recalled an experience that showed the influence of 4th Brigade during the division's deployment.

"On one occasion I asked a young fuel truck driver how his unit was able to deliver fuel and other important supplies without taking losses," Chiarelli said.

"He had one word for me, air. For a brief moment I thought he was talking about the pressure in his truck tires," Chiarelli said.

"How could a 77F, fuel handler, mean anything else? Instead he was

See Aviators Page 11

(Photo by Spc. Joshua McPhie, 1CD Public Affairs)

(Right to Left) Maj. Gen. Peter Chiarelli, 1st Cavalry Division commanding general, passes the 1st Air Cavalry Brigade colors to Col. Daniel Shanahan while outgoing commander, Col. James McConville watches during the brigade change of command May 26 on Cooper Field.

First Team Soldiers Vie for First

By Spc. Joshua McPhie
1CD Public Affairs

Being part of the 1st Cavalry Division isn't always hard work, sometimes it also involves playing hard.

Playing hard is just what the division did to celebrate their return to Fort Hood.

The division held the Cav Olympics May 11 and 12 and gave the majority of the Soldiers two days off to compete in a variety of events.

"This is another opportunity for Soldiers to do something fun now that we're back from Iraq," said Lt. Col. James Fischer, the event organizer.

Division leadership saw the Olympics as a way to promote teamwork, camaraderie and help the Soldiers reintegrate back into life at Fort Hood. Their timing couldn't have been better, since May 13 was Fort Hood's Tribute to Our Heroes celebration.

"It was a logical time to have it," Fischer said.

Event organizers did run into a few speed bumps along the way.

Since many Soldiers were on leave during the weeks prior to the Cav Olympics, getting the word out proved to be a challenge.

Soldiers got the word and turned in droves to cheer on their units. Most events had good spectator participation, but basketball was the most popular event among the fans, Fischer said.

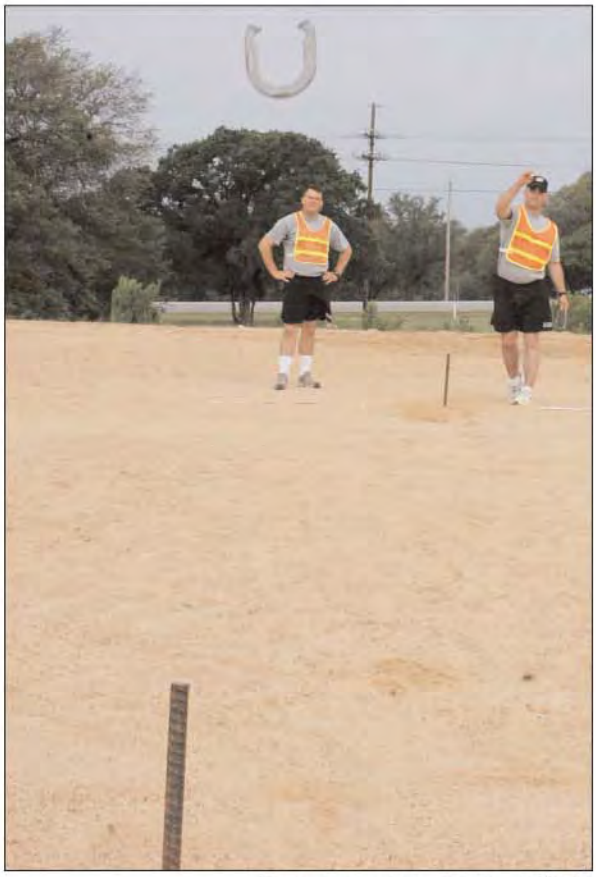
"Every Soldier that I saw was having fun," he said.

Having fun was one thing everyone participating in the Cav Olympics seemed to agree on.

"We had a lot of fun," Spc. Mark Vaughn, Company D, 115th Forward Support Battalion said. "It's good to do something different besides work everyday."

Vaughn played softball and horseshoes and watched his unit

See Olympics Page 6



(Photos by Spc. Joshua McPhie, 1CD PAO)

(Above) Staff Sgt. Willard Smith, 1-82 Field Artillery, sends his horseshoe skywards as he tries to keep his team winning during the horseshoe tournament May 12 near the Sports USA ball fields while his opponent watches.

(Left) Staff Sgt. David Campbell swings for the fences during the 1st Cavalry Division Olympics softball tournament May 11. Campbell and his teammates from 2nd Battalion 12th Cavalry Regiment beat the 8th Engineer Battalion 20-10 during the first game of the tournament held at the Sports USA ball fields.

Cavalry Fun Days Trigger Remembrance

By Spc. Nicole Kojetin
1CD Public Affairs

Cheers and laughter were plentiful during the 1st Cavalry Division's Olympics May 11 and 12 but for two Soldiers the event was bitter-sweet.

Sgt. Stan Vincent and Spc. Andrew Hernandez worked together and became close friends while they maintained 1st Battalion 7th Cavalry Regiment's tactical vehicles in Iraq.

(Photo by Spc. Nicole Kojetin 1CD Public Affairs)

Staff Sgt. Michael Stewart, 545th MP Company, hollers as he strains to pull his opponents over the line during the tug of war competition during the Cav Olympics.

The two days of sports that ranged from horseshoes to flag football gave the recently returned troops the opportunity to socialize and with their fellow Soldiers.

"True camaraderie was built while we were in Iraq," said Vincent, who returned the first week of March. "The Cav. Olympics and the [Tribute to our Heroes Ceremony] are like mini reunions for us. These are the last events that we can experience as 1-7 Cav which makes it really special. Our original crew is being divided and integrated into different units."

Both Hernandez and Vincent planned on taking full advantage of the break from work to get used to being back in the United States, and the physical activity gave the Soldiers a way to release their stress.

"I ran the mile relay team race, 400-meter race, 200-meter race and the 100-meter race," Hernandez says. "The weird thing is that when I hear the gun go off I really just want to hit the deck, but it just motivates me to run all that much faster because the adrenaline is pumping."

Although they still have stress enhanced reactions to loud noises, they are glad to be home.

"It is great to see the 'Welcome Home Heroes' signs all over the community," Hernandez said.

"It gives you a great since of apparition," he added.

The San Antonio native said the best part was to be able to come back to his three kids unlike some of their teammates who were killed while in a convoy.

"How many people can say that they had the experience to work with real heroes… the kind of heroes who were willing to put their life on the line right along with you? I can say that," said Hernandez.

"I want to integrate that dedication into my life," he said.

Vincent had also vowed to never forget.

"No matter where you go in the Army, you never forget your friends," Vincent said.

The Pennsylvania native decided to make his devotion to his fallen comrades permanent by tattooing a scroll with the names of the fallen on his shoulder.

"It was an honor to work with the Soldiers on my team," Vincent said.

"That is part of the reason I plan to stay in for the rest of my life or until I am forced out," he said.

Olympics

From Page 5

compete in the soccer tournament.

He said he would like to see more of the Cav Olympics.

"I wish they would do that every year," he said.

Fischer said an annual event might be a possibility.

"It's possible we'll expand this next year," he said.

Despite its popularity, not everyone got time off to participate in the festivities. Spc. Jared Ellis, 13th Signal Battalion, worked both days of the Olympics as a medic at the soccer tournament, treating minor injuries.

"So far it's just been strains and sprains," he said. In between injuries, Ellis was able to watch some of the games, something that was very different from the usual duties he performed as a medic.

"It's a lot different from anything I've done," he said.

The Division held a closing ceremony May 12 and presented trophies to the event winners and an overall Cav Olympics winner, 1-82 Field Artillery.

Reunion Registration Still Availible

By Spc. Joshua McPhie
1CD Public Affairs

It may be too late to register early for the 1st Cavalry Division Association's reunion, but but all is not lost.

Current and former First Team Soldiers can still register for the reunion, but should hurry before the individual events fill up.

"In order to attend the reunion, you first have to be a member of the 1st Cavalry Division Association, that's only a $10 lifetime membership, so it's not a big expense," said Dennis Webster, 1st Cavalry Division Association executive director. "Then you need to register with the reunion to attend the events that you want to, because seating will be limited at some of the events."

The association's 58th annual reunion will be June 22 to 26. A registration fee is required for association members.

There is no registration fee for family members accompanying association members or for widows.

The registration fee through May 15 is $15 for association members and $10 for association members who are currently serving on active duty.

Registration after May 15 is an additional $10. Most events have their own fee per person, in addition to the registration fee. The registration form is available at the association's reunion web page *www.first-team.us/alumniae/reunion/*.

Cancellation requests must be received by the association by 5 p.m. June 17 to be eligible for a refund.

The reunion kicks off at 1 p.m. June 22 and continues until 10 a.m. June 26. The reunion headquarters will be at the Plaza Hotel in Killeen.

The association will run a reunion room there where people can go to meet up with old friends. Drinks in the reunion room are free, with donations helping offset the cost.

Some units will also host their own hospitality suites. The reunion, however, is not just about catching up with old comrades.

"It gives an opportunity for our veterans who have come back from all wars and all periods of the Cav service to come back to the home of the division and welcome home the newest veterans of the division from Iraq," Webster said.

Wednesday's only scheduled event is registration, but the reunion room will be open. Thursday's events include the association's welcoming mixer and the 5th Cavalry sponsored Sweetheart Dance.

"Friday is what we call division day," Webster said."

It starts off with a unit breakfast where the veterans will have breakfast in a tent on the parade field. That will be held in conjunction with a division run.

Friday's other events include vehicle displays, visits to regimental areas, tours at the horse detachment, war era luncheons, a retreat ceremony and a Texas barbecue.

"In the evening hours, at Hood Stadium, their will be a historic tableau, which tells the history of the cavalry from its horse days to the present day. That's always a major event," Webster said.

"It's put on by the Soldiers of the division and includes the division band and horse cavalry detachment," he said. "It's really popular with the veterans who can come back and point to a piece of equipment on the field and say 'that's what we used,' so they really enjoy it."

(File Photo)

Allan MacDonald and other Cav alumni watch as the division runs down Battalion Ave. during the 56th 1st Cavalry Division Association Reunion held in June 2003.

Saturday, the events continue with a general membership meeting, unit luncheons and a banquet with the 1st Cavalry Division Commander General giving the State of the Division address.

Sunday morning's activities open with a group breakfast and closes with a memorial ceremony.

The Killeen Convention and Visitors Bureau has also prepared two tours, a 'Wild about Waco' tour of Waco and Crawford, June 22 and a 'Lawmakers and Legends' tour of Austin, June 23. They are scheduled to not interfere with any other ticketed events during the reunion. More information on the tours can be found on the association's reunion web page.

To find out more about the reunion or the association visit the 1st Cavalry Division Association website *www.1cda.org,* call them at (254) 547-6537 or e-mail them at *firstcav@1cda.org.*

Heat Injuries Problematic but Preventable

By Spc. Joshua McPhie
1CD Public Affairs

It's that special time of year again, when spring begins to change to summer and the temperature rises. Unfortunately, as the summer temperatures rise, so does the frequency of heat injuries in Soldiers.

"Historically, hot weather has posed a significant threat to the health of Soldiers," said Capt. William Porter, who is in charge of preventive medicine for 1st Cavalry Division surgeon's office.

Some of the more common heat injuries are sunburn, heat rash, heat cramps, heat exhaustion and heat stroke. The Office of the Army Surgeon General said that from 2003 through 2004, 2,676 Soldiers suffered summer heat injuries. Most of those were minor injuries, but 294 Soldiers required hospitalization.

"Heat injuries can be very serious and are entirely preventable," Porter said. "Awareness and aggressive prevention of heat injuries will ensure that our Soldiers stay healthy and are able to safely and successfully complete their mission."

To manage the risk from heat injuries, leaders should identify and monitor Soldiers at risk for heat injuries.

"Small unit leaders represent the first line of defense against heat injuries," Porter said. "Individuals who are overweight or are unable to run 2 miles in less than 16 minutes, implying poor general fitness, are at increased risk of developing heat injuries and should be watched carefully during periods of hot weather."

A lack of acclimatization, increased exertion, minor illnesses, lack of adequate rest, medications, the use of excessive alcohol, increased age and a prior heat injury are also risk factors for heat injuries, Porter said.

The use of dietary supplements is another important risk factor that Soldiers and leaders should know about.

"Many of these products are promoted using terms like "weight-loss," "fat burning," or "energy enhancing" and contain caffeine or other stimulants," Porter cautioned. "These supplements can dramatically increase the risk of developing a heat injury and their alleged benefits do not outweigh the risk of becoming a heat casualty."

Leaders should also identify and assess heat-related hazards that may affect their Soldiers both on and off duty.

One of the most simple control measures is proper hydration.

"Anyone who has served in the modern military can probably remember a time when they were sternly told to 'drink water,'" Porter said. "This simple control measure, maintaining an adequate level of hydration, is highly effective in preventing heat injuries."

High temperatures deplete the body's water supply. Drinking water replenishes losses and keeps the body's systems functioning properly, Porter said. Drinks that contain caffeine or alcohol do not replenish the body's water supply as effectively and should be used in moderation, or avoided entirely, during hot weather.

If prevention fails and Soldiers begin to develop symptoms that suggest a heat injury, they should be closely monitored.

Soldiers who complain of dizziness, headache, nausea, weakness, fatigue or muscle cramps should be removed from training, provided adequate water to drink and given some time to rest in a cool environment, Porter said.

"If their condition continues to decline or they experience confusion, agitation, vomiting, or a weakened pulse, possible signs of heat stroke, they should be immediately evaluated by medical personnel," he said. Failure to act quickly in caring for an individual with these symptoms can result in catastrophic results."

Soldiers or leaders with questions about supplements can get more information about them from the U.S. Army's Center for Health Promotion and Preventive Medicine website *http://chppm-www.apgea.army.mil/dhpw/Wellness/dietary.aspx*.

For resources that can assist leaders in managing risks caused by extreme temperatures, visit *http://chppm-www.apgea.army.mil/heat/*.

(Photo by Spc. Joshua McPhie 1CD Public Affairs)

Sgt. Rolando Ferreras drinks water to keep hydrated. Drinking water helps replenish losses and keeps the body's systems functioning.

(Photo by Spc. Joshua McPhie, 1CD Public Affairs)

During the uncasing ceremony at Cooper Field, May 25, a commemorative statue was unveiled honoring the sacrifice and service of the 1st Cavalry Division troops serving in Baghdad during Operation Iraqi Freedom II. The statue will be the centerpiece of a memorial for the Soldiers who died during the deployment.

Uncasing

From Page 1

your communities and your fellow Soldiers are proud of what you have done," Chiarelli said. "For the remainder of your lives, whether you chose to follow a 30-year career in uniform of reenter civilian life, you take with you the understanding of the realities of combat duty. You have no romantic notions of war. You understand the true meaning of selfless service and sacrifice. You felt the sting of battle. You've persevered. You've overcome. You've dealt with hardship. You've honored your fellow citizens by your service. You have won."

III Corps commanding general also praised the division for their efforts in Iraq, and said the determination, professionalism and courage of today's Soldier will win on any future battlefield in the Global War on Terrorism.

"We will prevail in this test of wills," Metz said. "We will prevail because of these Soldiers standing here before you and others just like them."

Metz also conveyed the gratitude of Chief of Staff of the Army Gen. Peter J. Schoomaker.

"It was hard, but you carried out your mission with dignity, courage and compassion, providing comfort and security for others through your sacrifice," Schoomaker wrote in a letter read by Metz. "The 1st Cavalry Division's service in operation Iraqi Freedom epitomizes the finest traditions of the United States Army."

The ceremony also served as a reminder of the First Team troops who were killed during the division's deployment. Nearly 350 family members of Soldiers killed in Iraq attended the uncasing. Metz and Chiarelli acknowledged the sacrifice made by the fallen troopers.

"Our country owes each of you a debt which can never be fully paid," Metz said. "Your loved ones paid the ultimate price for a noble cause."

"As part of today's ceremony we recognize that 169 of our brothers and sisters gave their lives for their county," Chiarelli said. "Each of these national treasures left behind family and friends, in addition to their fellow Soldiers who relish their memory and are dedicated to preserving that memory forever. To a person, your Soldiers served with as much distinction as any who have worn this uniform in our nation's history. We grieve their loss and take solace with the thought of the huge difference they made in their short lives."

Chiarelli and Metz unveiled a statue honoring the sacrifice the 1st Cavalry Division Soldiers who served in support of Operation Iraqi Freedom II. The statue will be the centerpiece of a memorial for the Soldiers who died during the deployment. The memorial will be built on the southeast corner of Cooper Field later this year.

"Today we are proud to present the first part of a memorial to be displayed," Chiarelli said.

(Photo by Spc. Nicole Kojetin, 1CD Public Affairs)

Staff Sgt. Jay Fondren, who was injured while serving with 1st Cavalry Division in Iraq, feeds 11-month-old Micah while his wife Anne watches at the division's Uncasing Ceremony.

(Photo by Spc. Nicole Kojetin 1CD Public Affairs)

Got Milk?

Sgt. Matthew Delany, Headquarters, Headquarters Company, 1st Cavalry Division, sorts through Girl Scout cookies that were donated by the American International Companies from Dallas with the help from elementary schools all over Texas May 19.

Lamkin

From Page 3

makes breakfast and gets the kids ready for the day. When he comes home from work, Lamkin spends time playing with them, feeding them, cleaning them and cleaning up after them.

While difficult at first, he said he used to it.

"The nice thing was, I was (already) used to not sleeping," Lamkin said. "As long as you get them in a routine, it's pretty easy."

Despite the routine, Lamkin's children still keep him busy. He spends time teaching Lena that their cat, Kiki, needs to breathe, while A.J. tools around the house in his walker.

Most afternoons, Lena chases Kiki through the house, banishes Kiki from the house and carries Kiki around like a rag doll. Her bear hugs on the cat tend to be a bit too "loving." It earns her frequent reminders from Dad to be nice to the cat.

Even after the children go to bed, their father's time is still devoted to them.

"They go to bed around 8 or 9 and I get a little time to straighten up for the next day," Lamkin said.

The Army may see Lamkin as a hero, but all he wants is to be his children's father.

(Photo by Spc. Joshua McPhie 1CD Public Affairs)

Maj. Gen. Peter Chiarelli, 1st Cavalry Division Commander, pins the Silver Star on Spc. Andrew Lamkin during a ceremony March 25 at Fort Hood. Chiarelli is accompanied by Lt. Col. Gary Volesky, commander of the 2nd Battalion 5th Cavalry Regiment.

1st Cav Broadcast Journalists Garner Top Defense Award

Broadcast journalists from the 1st Cavalry Division public affairs office captured the Department of Defense's top award for journalistic excellence.

The Defense Information School at Fort Meade, Md announced the awarding of the DoD's Thomas Jefferson award to 1st Cavalry Division's public affairs office for best local television broadcast.

The broadcasters, led by Master Sgt. Dave Larsen, a career broadcast journalist and now non-commissioned officer-in-charge of the 1st Cavalry Division public affairs office, won the award based on products from the regular series Cav Country which aired weekly on KNCT-TV, the Public Broadcasting Service affiliate in Killeen, Texas after being sent from Iraq.

"Reporting on operations in Iraq was important for the families and our friends in central Texas," said Larsen, the show's host and a native of Milwaukee. "Hopefully our viewers were able to see how great their Soldiers were in a very demanding environment. They are truly the best."

The awards program is designed to "stimulate and reward excellence and professionalism in military print and broadcast media," according to the DINFOS website.

Contestants from all the services compete first for their own service award. Cav Country was judged to be the best local newscast in the Army. Each of the services then forward the winning productions to DINFOS, where they are judged by a panel of journalism leaders from commercial outlets.

According to the show's producer, broadcast journalist Sgt. Christina Rockhill, keeping families informed was especially gratifying.

"It was a great honor to be able to tell the First Team's story to all the families back home in Central Texas," the Endicott, N.Y. native said.

"This award is a very prestigious award in our career field and I'm so proud to be part of the public affairs team that made it happen," she added.

Significant contributions were also made by broadcast journalists Sgt. Elise Al Sharif and Spc. Jim DeWitt from the 122nd Mobile Public Affairs Detachment from the Washington State Army National Guard, which was attached to the 1st Cavalry Division public affairs office during Operation Iraqi Freedom II.

Larsen and Rockhill traveled to Fort Meade to formally accept the award.

(Photo by Spc. Joshua McPhie, 1CD Public Affairs)

Giddy-Up!

Maj. Gen Peter Chiarelli, 1st Cavalry Division commanding general, Brig. Gen. Jeffery W. Hammond, assistant division commander for support, Brig. Gen. Michael D Jones and Command Sgt. Maj. Neil Ciotola, the division's senior noncommissioned officer, review the troops during a farewell held for Hammond and Jones on the 1st Cavalry Division's parade field May 24 at Fort Hood. Both generals are moving to assignments in the Pentagon in Washington, D.C.

Aviators

From Page 4

referring to attack aviation," Chiarelli said. "That's how far air-ground integration was put down in the 1st Cavalry Division under Jim McConville."

McConville also recognized the brigade's contribution to saving lives.

"In this brigade we like to say 'We fly, Soldiers don't die,'" he said.

He recounted some of the accomplishments of the units in the brigade during their time in Iraq. He also recounted an experience as the brigade was returning from its deployment.

"Task force attack was having an award ceremony, and I was going to handout some mission complete coins when all of a sudden some vehicles pulled up to the formation," McConville said. "An entourage with a man named Bo Jackson got out of the car. Bo wanted to meet some of the troops that had recently returned from combat and he found his way to our location.

"After Bo had shaken a lot of troops' hands and taken pictures with them he came up to me and said, 'You know colonel, most of these troops want to be professional athletes like me. But they don't know what I know. And what I know is they are the heroes and not us.'

"And then it hit me. Bo does know," McConville said. "He knows that you don't need to look for heroes in ballparks, or athletic fields or in concert halls. You can find them in right here in the First Team."

Shanahan briefly addressed the brigade and spoke of their future.

"There is one thing we all must realize," Shanahan said. "We have a great responsibility to ready this warrior brigade for the nation's next call."

He said the brigade would also prepare for the upcoming transformation of the division.

The brigade also held the change of command for its battalions at the same time, something Chiarelli acknowledges is unusual.

Combat Team Deactivates After Completing Mission

By Spc. Nicole Kojetin
1CD Public Affairs Office

(Photos by Spc. Nicole Kojetin 1CD Public Affairs)

Members of the 5th Brigade Combat Team command group watch the 1st Cavalry Division Band perform during the 5th BCT deactivation on Cooper Field at Fort Hood May 26. The "Red Team" activated February 2004 as a brigade combat team specifically to deploy for Operation Iraqi Freedom II and operate in the southern Baghdad district of Al Rashid.

Soldiers of the 5th Brigade Combat Team looked on from the stands as their leadership cased the colors for the final time on Cooper Field at Fort Hood during a deactivation ceremony May 26.

The "Red Team" and 515th Forward Support Battalion were activated February 2004 to command 1st Battalion 8th Cavalry Regiment, 1st Battalion 7th Cavalry Regiment and 1st Battalion 21st Cavalry Regiment and deployed to Baghdad, Iraq with 1st Cavalry Division for Operation Iraqi Freedom II knowing that their reign would be short.

"This unit was specifically designed to deploy to OIFII," said Maj. Gen. Peter Chiarelli, the 1st Cav. Div. commanding general. "We knew 16 months later it would deactivate."

While activated they worked hard to complete their mission.

Located in the Al Rashid district of Baghdad, the brigade provided security and civil assistance for the local population, conducting over 17,000 combat patrols against extremists. The district, also called "Little Vatican" because of the 127 mosques located in the area, was a hotbed for insurgents because of the lack of security and infrastructure, which was amplified by the high unemployment and poverty rates.

"There were no essential services in our area," Col. Stephen Lanza, 5th Brigade Combat Team Commander said. "No security … no police. It was not a mature area when we first took it over."

Their efforts were rewarded on Jan. 30, 2005 when 72 percent of the local population voted in the historical national election.

"We provided them and area where they felt comfortable and secure enough to go out and vote," Lanza said. "Something they hadn't done in 35 years."

However, the U.S. Soldiers did not accomplish this alone. They created help.

"Our brigade was the first brigade to have an Iraqi military battalion in our area of operation," Lanza said.

The Iraqi forces assisted in providing security for the area.

According to Lanza, when the local populace saw Iraqi forces helping, it gave them a sense of liberation, as well as proved that U.S. Soldiers were there to help them.

"The reason the civil operations were so effective was because we viewed them as part of engagement with non-lethal effects," Lanza said. "Some of the questions you get asked is, 'What are you doing for us?' (These) projects gave us that credibility."

Lt. Col. James Hevel, commander of 515th Forward Support Battalion, and Command Sgt. Maj. Lawrence Lewis, 515th FSB command sergeant major, case the battalion's colors during the 5th Brigade Combat Team's deactivation May 26. The brigade combat team known as the "Red Team" was activated 16 months ago from elements of the 1st Cavalry Division's artillery brigade.

Some of the feats accomplished by 5th BCT were the completion of 20 kilometers of new sewer pipes and 200 sewer stations, providing drinking water, and the competition of 200 kilometers of roads, which benefited both the civilians and the Soldiers, allowing security forces the opportunity to block insurgents from coming into the sector.

Many of the projects will have long-lasting effects, helping the future productivity of Baghdad, such as providing irrigation to agricultural areas, providing over 500-tons of seeds and fertilizer, building a sewing factory and creating eight clinics, including the largest clinic in Baghdad. All of these projects helped the economy by providing the funding and contracting out the work to Iraqi companies.

These humanitarian activities also made it easier to get intelligence information from cooperative civilians.

These feats could not have been completed without the commitment of every "Red Team" Soldier, and will not be lost because the team disbanded.