



# Ironhorse Desert News



## Striking back: Raids disrupt regime loyalists

Story by Spc. Bronwyn Meyer

TIKRIT, Iraq – Troops are taking to the streets of Saddam Hussein's hometown to uncover a web of bank rollers, leaders, and organizers of insurgent groups responsible for hit-and-run attacks on coalition forces.

Soldiers of the 4<sup>th</sup> Infantry Division, part of Task Force Ironhorse, are using novel methods to counter covert attacks involving improvised explosive devices and rocket-propelled grenades.

"We are targeting the cell leadership or members of the cell," said Capt. Timothy Morrow, a 1<sup>st</sup> Battalion, 22<sup>nd</sup> Infantry intelligence officer from Lewistown, Pa. "If we get the suspect, we take him out of the puzzle and this causes turmoil in the organization."

The infantry battalion is going after the big players, bomb makers, financial backers of resistance cells and

the leadership of these groups. Money apparently is very important to these groups, so the soldiers of 1-22 are intent on stopping the cash flow.

"If you pay someone \$2,000 to conduct an attack, that is a significant impact on their life," said Maj. Bryan Luke, the battalion's operations officer and a Mobile, Ala. native.

The battalion is also going after the organizers of these groups and trying to thwart the leadership.

"We have conducted several raids against the leadership and we have disrupted them," Luke said. "As we are more successful in disrupting (the groups') activities, the frequency of the attacks will decrease.

Although direct fire attacks have decreased in recent months, the number of IED and RPG attacks has risen, said Luke.

"There are a lot of little groups of resistance fighters" who align themselves with the old regime, Morrow said.

The 1-22 has taken on the challenge of stopping the extreme loyalists.

"Our mission is these attacks right now," Morrow said. "Our mission is to stop them."

Coalition forces in Tikrit are moving in on these resistance leaders to end the violence that has plagued the city since the former regime fell.

Once a suspect is identified, troops move in.

**--RAIDS continued on page 4**



Photo by Staff Sgt. Craig Pickett

A soldier from 1<sup>st</sup> Battalion, 22<sup>nd</sup> Infantry, opens files on a computer during a raid of a residence in Tikrit.

## Tuberculosis clinic receives clean bill of health

Story by Staff Sgt. David Bennett

TIKRIT, Iraq – Members of the 4<sup>th</sup> Infantry Division and Tikrit's health community have collaborated to bring better care to area residents afflicted with tuberculosis.

The doors of the newly renovated Tuberculosis and Chest Disease Center in the Salal Ad Din province, where Tikrit is located, were opened last week.

Dr. Thamer Kaduim Yousif, manager of the clinic, said the clinic treats about six patients per day. As part of the \$30,000 project, a number of capital improvements were made. A local contractor renovated a teaching room in the clinic, supplied new sanitary sewer lines, rebuilt the clinic's laboratory, and installed new air conditioners.

The work took four weeks to

complete.

The clinic is the only one in the province dedicated to treating tuberculosis, though general treatment clinics have expanded their healthcare to accommodate tuberculosis patients outside Tikrit.

"We opened many clinics in many areas, Yousif said.

Tuberculosis is a persistent

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# Soldier chooses Army over Opera

Story by Master Sgt. Dave Johnson

FORWARD OPERATING BASE IRONHORSE, TIKRIT, Iraq – Sgt. Jennifer Estes is living for a second time in the austere conditions of the desert. The first time was Saudi Arabia. This time it's in Iraq.

However, her love of music has been a close companion wherever she goes.

Estes faced a dilemma in 1990 when she considered accepting a music scholarship to Ohio State University, or enlisting in the U.S. Army to support Operation Desert Shield, and later Operation Desert Storm.

She chose the latter.

“I did it for the cause,” said Estes. “I wanted my mother to be proud of me.”

Estes grew up an Air Force dependent, living between Columbus' Rickenbacker Air National Guard and Wright-Patterson Air Force Base in Dayton, Ohio. Her mother, Jackie Sims, is a career Defense Supply Construction Center and Defense Logistics Agency employee.

Her father served his career in the Air Force

Estes said having a strong military family influenced her values.

“I want to teach my children honor and Army values,” said Estes.

She worked in logistics during Operation Desert Storm. Now she works as an aide for the Command Sergeant Major of 4<sup>th</sup> Infantry Division.

“I travel a lot with the CSM,” Estes said. “I get to work on issues that affect soldiers, so I like my job.”

Her travels have taken her all over Iraq. She has traveled on helicopters from place to place to meet with soldiers.

“I'm really busy, but I like knowing I'm helping soldiers when I'm out there,” Estes said.

Every day brings changes in duties for Estes, who keeps the CSM's calendar, coordinates the travel plans, follows up on actions for soldiers and keeps the office running smoothly.

One thing that does not change is the weather. The weather in Iraq is much different



Photo by Master Sgt. Debra Bingham

Sgt. Jennifer Estes displays her Ohio State University Buckeyes shirt in Tikrit, Iraq.

than in Ohio.

“I miss the four seasons of Ohio,” Estes said. “But, I made the right decision 13 years ago when I had to choose between music and the Army.”

With the personal sacrifice required for a deployment, many soldiers wonder why she chose the arid environment over the posh surroundings of campus life.

Estes answers them each time without hesitation.

“Music is a hobby now,” she said. “I'm a soldier.”

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# Soldiers make friends with northern Iraqis

Story by Staff Sgt. Craig Pickett

KHANAQIN, Iraq —Many towns in Iraq become deserted after dark. U.S. soldiers drive down streets, wary of everybody and everything. In one northern town however, things are different as members of 1<sup>st</sup> Battalion, 17<sup>th</sup> Field Artillery have taken a different approach to the town in which they live.

They venture into the marketplace during the busy hours and sometimes well after dark. With a limited security force, the soldiers roam up and down the main street, peering into shops and saying hello to the many passersby.

“Once a day we are in the town,” said Capt. Robert Walker, commander of Charlie Battery. “They see us out there enjoying their company. We are not just a force presence moving through town.”

The artillerymen from Fort Sill, Okla., make a point to stroll through town for the simple pleasure of getting to know the locals. They will occasionally stop for tea or soda at one of the many merchants lining the streets and filling the small shops in the center of town.

“The people are real friendly,” said Pfc.



Story by Staff Sgt. Craig Pickett

Pfc. Terrence Pointe, with Headquarters and Headquarters Battery, 1-17th Field Artillery, stands watch as his fellow soldiers shop along the crowded street in Khanaqin, Iraq.

Terrence Pointe, with Headquarters and Headquarters Battery. Pointe, a forward observer, enjoys the opportunity to get out and see the people of Iraq.

Khanaqin is comprised mostly of Kurdish, Turkoman, and other Arabic people. The sentiment toward Americans is much different there than in the Sunni Triangle, which encompasses the area between the cities of Tikrit, Ramadi and Baghdad.

The people of Khanaqin are happy to welcome Americans into their shops or attempt to talk with them on the streets. Many of the soldiers play with the kids or buy small trinkets.

Walker attributes much of their success to their interaction with the local residents. Not only do they go into the market day or night, they have also trained much of Khanaqin’s police force and its border patrol.

“The police are very proud of their uniforms and wear them even when off duty,” said Walker, as he waved to a group on the street.

The soldiers’ goodwill has created a relaxed atmosphere where locals don’t fear soldiers and soldiers don’t fear the people of Khanaqin. Together, they are bringing Iraq one step closer to a peaceful, productive country.



Photo by Staff Sgt. Craig Pickett

Capt. Robert Walker, commander of Charlie Battery, 1-17th Field Artillery and Maj. Charles Chenoweth, plans officer for the 1-17th, enjoy an orange soda in a small shop in Khanaqin during a late night visit to the crowded marketplace.



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problem in Tikrit, where more than 3,000 cases are recorded annually. Yousif said the clinic is still recovering from a spike in active tuberculosis cases from the late 1990s when the state failed to supply enough drugs to combat the condition.

“We have a lot of cases, especially in the district areas,” Yousif said.

According to Garza, tuberculosis, which is highly contagious, is easily spread in Tikrit because of large families who live in small houses.

Yousif said now there are plenty of drugs to treat those affected, and the rehabbed clinic will make treatment more efficient as well.

Lieutenant Col. Kirk Eggleston, 4<sup>th</sup> Infantry Division’s Task Force Ironhorse division surgeon, said, the Coalition’s effort to provide more medical supplies has resulted in 1,500 tons of additional provisions to the Tikrit healthcare system during the last six months. However, the bigger challenge is convincing local physicians to ask the state’s Ministry of Health for the medical supplies they need, rather than waiting for the state to dole out a regular

**--RAID continued from page 1**

With a bang to the door, soldiers flood the potential insurgents’ house, and sift through every room searching



Photo by Staff Sgt. Craig Pickett

A soldier from 1<sup>st</sup> Battalion, 22<sup>nd</sup> Infantry sifts through documents during a raid of a house in Tikrit.

for weapons and evidence.

The house is searched from top to bottom as troops try to find C-4, dynamite, blasting caps, AK-47s, and “electric components that are unusual,” said Luke.

The efforts to stop these attacks have taken on greater importance as the Coalition force’s casualty toll mounts.

“I lost a good friend the other day” said Staff Sgt. Carlton Certain, a 1-22 Infantry supply sergeant and Gainesville, Fla. native. “The more bomb makers we take off the street, the safer it will be for everyone.”

The attacks are also taking a toll on the coalition forces’ mission of rebuilding Iraq, Luke said.

“If all my soldiers weren’t



Photo by Staff Sgt. David Bennett

Captain Alex Garza, (left) medical team chief with the 418th Civil Affairs Battalion, and Lt. Col. Kirk Eggleston, (center) Division Surgeon with 4<sup>th</sup> Infantry Division, listen as Dr. Thamer Kadum Yousif explains the latest teaching topics at the newly renovated Tuberculosis and Chest Clinic in Tikrit.

allotment. “Most of it is getting them out of their old habits,” said the Eggleston, a resident of Killeen, Texas. “It’s going to take some time.”

involved in security, they could be helping rebuild the country,” Luke said. “Revitalization of the economy is where they impact the most.”

Coalition forces are focused on stopping these attacks, but are also intent on rebuilding the country and jump-starting the economy. Revitalization may be the key to winning the insurgents over and showing them how life can be in a free country.

“I think we are going to win with the Internet and satellite TV,” said Morrow. “(The Iraqis) have heard rumors of how good life can be.”

In the meantime, the raids will continue and so will the rebuilding of Iraq.



# Ironhorse runners train hard, win big

Story by Spc. Samuel Soza

FORWARD OPERATING BASE IRONHORSE, TIKRIT, Iraq – Sergeant 1<sup>st</sup> Class Reuben V. Tull, Jr., a platoon sergeant for A Company, 124<sup>th</sup> Signal Battalion celebrated his birthday early by placing first in the 10K race Oct. 3.

The Fayetteville, N.C. native, who turned 43-years-old Oct. 5, posted a winning time of 36 minutes, 48 seconds.

Although foot surgery has kept him from racing for last two years, Tull has participated his share of races in his 18 years in the Army.

At a 10-mile relay race at Fort Huachuca, Ariz., Tull and nine teammates, representing the 4<sup>th</sup> Infantry Division at Fort Hood, Texas, won the event with ease.

“The 10K is my specialty race,” he said. “You have more time to relax and get into a pace. You can hold back some energy to battle it out at the end.”

He also said that he trains for distance by running for a certain amount of time instead of deciding a distance beforehand.

“My longest runs are on Sunday. I run for about an hour,” Tull said. “Other days I run for about 30 to 40 minutes.”

FORWARD OPERATING BASE IRONHORSE, TIKRIT, Iraq – The first female to cross the finish line in the 10K run hosted by 4<sup>th</sup> Infantry Division’s Morale Welfare and Recreation office, Sgt. Iguina Mariel, of D Company, 1<sup>st</sup> Battalion, 44<sup>th</sup> Air Defense Artillery Regiment, is always on the go.

Mariel, 30, supply clerk for the Fort Hood-based unit,



Photo by Spc. Samuel Soza

Female winner of the race, Sgt. Iguina Mariel runs every morning to stay in shape.



Photo by Spc. Samuel Soza

Sgt. 1<sup>st</sup> Class Ruben Tull takes time out of his busy day to train.

Training in Panama is where Tull met his wife. He’s hoping to be able to take leave sometime in December so he can see his son and be with his 10 year-old daughter on her birthday.

Being a sergeant first class means that Tull has a lot of responsibilities that he must plan his training around. He said he is thankful that his supervisors give him so much support.

“Running is my heart,” Tull said. “I love running.”

is a native of Vega Baja, Puerto Rico.

Her normal routine consists of keeping her unit supplied with the necessary parts, while keeping track of supplies.

However, when her night shift is over, Mariel takes to the road early in the morning.

“Every morning I run six miles,” Mariel said. “A lot of people help. They motivate me and get me up to run.”

Running is her hobby while serving here in Iraq and her recent victory is the result of daily practice. It paid off in the race Oct. 3 with her win.

Mariel is married and is hoping to be able to take mid-tour leave sometime in December to visit her young son.

“He is 3 years and 5 months,” she said. “I’ve been counting.”

Although Mariel’s date to return home for good has not been determined, her hobby helps pass the time she is away from her family and relieves the stress related to her work.

“Run, it’s what I do,” she said.



# Class helps soldiers deal with stress

Story by Master Sgt. Dave Johnson

FORWARD OPERATING BASE IRONHORSE, TIKRIT, Iraq – Deployments can be a stressful time for servicemembers, especially in a combat zone. Worrying about family members and loved ones at home adds another portion of stress onto an already full plate.

That is when it's time to decompress.

Rest and relaxation are part of the decompression process, though it's not a step-by-step procedure. Rather it's part of a stress-relief method counselors use to help soldiers.

"Relaxation is an important part of decompression we emphasize," said Lt. Col. Gil Richardson, the 4<sup>th</sup> Infantry Division Chaplain. "They've been under the gun for a while. They're more attentive when they're here in a relaxed environment,"

There are different components to relaxation it seems.

"I teach relaxation response," said Assistant Division Chaplain, Capt. Anton Ciomperlik, a Vietnam veteran. "That is three to five breaths per minute. Breathe in through the nose, out through the mouth, and exhale slowly. That releases endorphins that help you unwind."

According to Ciomperlik, writing a journal is also an important part in decompression.

"Stress becomes more concrete when you write about it," he said.

One-on-one counseling and interaction with a chaplain facilitates the healing process. Ciomperlik said while many factors contribute to stress, loneliness and isolation are the primary ones.

"The military is very structured and soldiers don't have the same relationship with their squad leader as they do with their friends back home," Ciomperlik said. "It's nice to know you can share your thoughts in confidence with a human being – that's where a chaplain fits in."

Ciomperlik said about 60 percent of the soldiers he counsels are for combat stress. Since Ciomperlik is an experienced counselor, he uses different techniques with soldiers based upon

individual needs.

One technique is called differentiation.

"Differentiation is a procedure I work with soldiers on," said Ciomperlik. "I teach soldiers to distinguish between what they can and can not control, what's their responsibility and what is not their fault."

All soldiers have stress in their lives, regardless if it is combat-related or not, he said. Chaplains know this, so they offer counseling to everyone. If a soldier needs to speak with a chaplain, he or she can do so at any time.

"We're here 24-7," Ciomperlik said. "I've had soldiers knock on my door at two in the morning. I'm here for the soldiers."

Chaplains not only draw on their years of experience, but also on a body of lessons learned data on combat stress and family separation, he said.

"We know there is a mental block at about the three-to-four month duration of deployments," Ciomperlik said. "That's when soldiers question why they're here. They have needs and we're here to meet those needs."

The commanding general requires all soldiers who leave theatre early receive mandatory reunion and suicide prevention briefings. The briefings are aimed at helping soldiers and improve their quality of life.

A better quality of life for soldiers results in reduced stress and higher morale, which starts with effective communication between the soldier and loved ones back home.

"The three biggest morale issues I hear about from soldiers are internet, phone availability and mail," Ciomperlik said.

"If a soldier comes here and has not been able to call home for months, we'll arrange for a morale call on an iridium phone, if necessary," Ciomperlik said.

Communication with loved ones and personal counseling are major factors in soldiers being able to decompress.

"Help is out there," Richardson said. "If soldiers ask for it, we're here."



# Local News

## Religious Services at FOB Ironhorse

### Sunday:

9:30 a.m. -- Protestant

11:00 a.m. -- Gospel

Noon -- LDS

1:00 -- Catholic

### Wednesday:

6:30 p.m. -- Prayer and Praise

7:00 p.m. -- Bible Study

### Friday:

12:25 p.m. -- Muslim

7:30 p.m. -- Jewish

## Combat Stress Team

New Anger Management and Stress Management classes are being offered this month, located at the FOB Ironhorse Aid Station. Call 534-0161 for more information.

## Weather Forecast

**Monday:** High: 97 F  
Low: 68 F  
Winds: N 10 MPH  
Mostly Sunny

**Tuesday:** High: 97 F  
Low: 70 F  
Winds: N 10 MPH  
Mostly Sunny

**Wednesday:** High: 99 F  
Low: 69 F  
Winds: N 10 MPH  
Partly-Mostly Cloudy

**Thursday:** High: 97 F  
Low: 68 F  
Winds: NW 10 MPH  
Mostly Sunny

**Friday:** High: 94 F  
Low: 65 F  
Winds: NW 10-15 MPH  
Mostly Sunny

## Volley Ball Tournament

A two-day volley ball tournament is scheduled to be held Sunday, 26 Oct. and Monday, 27 Oct.

Sign up now at the Task Force Ironhorse Soldier's Inn Information Desk.

Prizes will be awarded to the winners.

Registration deadline is Oct. 21.

## Sports Bar Happenings

Monday: Country and Western  
Tuesday: Football  
Wednesday: Oldies but Goodies  
Thursday: Variety Night  
Friday: R&B  
Saturday: Latin Night  
Sunday: Live Football

Open Sun. - Thurs.: 2000 - 2400  
Fri. - Sat.: 2000 - 0100

## Movie Schedule

Movies at the Task Force Ironhorse Soldier's Inn are shown at 11:00 a.m., 2:00 p.m. and 8:00 p.m.

Movies listed below are for the 8:00 p.m. showing only.

Sunday: Final Destination  
Monday: Road to Perdition  
Tuesday: The Core  
Wednesday: The Rock  
Thursday: DareDevil  
Friday: 2 Fast 2 Furious  
Saturday: The Haunted

Sunday's movies are shown at 2:00 p.m. and 8:00 p.m. only.



# World News

**NEW BRAUNFELS, Texas** -- So far, the victims of a midnight pumpkin tosser include two 18-wheelers, a tow truck and a family vehicle from Killeen, all struck in the darkness as they motored north up Interstate 35. The pumpkins were dropped on passing vehicles from an overpass. Police have no suspects.

**DENVER** -- A federal grand jury is reviewing evidence that former senior Qwest executives illegally took discounted stock from some vendors in exchange for directing business their way. The development comes as Qwest, dogged by an 18-month-old federal investigation of its accounting, is likely to finally file audited financial results for 2000-2002 by as early as next week. Qwest already has erased around \$2.5 billion of revenue and profits from 2000 and 2001.

**RAMALLAH, West Bank (AP)** - The new Palestinian premier has threatened to quit over a dispute with Yasser Arafat, leaving the leadership in turmoil and dampening hopes of reviving a stalled U.S.-backed Mideast peace plan.

**SEOUL, South Korea (AP)** - President Roh Moo-hyun on Monday proposed holding a national referendum in December to determine whether he has the public's trust, and said he would step down if he fares poorly.

**KRAKOW, Poland (AP)** - In concerts, masses and national television specials, Poles honored Pope John Paul II, their native son, as he marked his 25th year as leader of the world's Roman Catholics.

# Sports

## NFL Week 6

<b>Tampa Bay</b> at Washington	35 13
<b>Carolina</b> at Indianapolis	23 20
<b>NY Giants</b> at <b>New England</b>	6 17
<b>Houston</b> at <b>Tennessee</b>	17 38
<b>Kansas City</b> at Green Bay	40 34
<b>Oakland</b> at <b>Cleveland</b>	7 13
<b>Philadelphia</b> at <b>Dallas</b>	21 23
<b>Miami</b> at Jacksonville	24 10
<b>Chicago</b> at <b>New Orleans</b>	13 20
<b>Pittsburgh</b> at <b>Denver</b>	14 17
<b>Buffalo</b> at <b>NY Jets</b>	3 30
<b>Baltimore</b> at Arizona	26 18
<b>San Francisco</b> at <b>Seattle</b>	19 20

## NCAA Football

Virginia at Clemson	27 30
Miami (FL) at Florida State	22 14
Michigan State at Illinois	49 14
Syracuse at Virginia Tech	7 51
Kansas State at Oklahoma State	34 38
Aburn at Arkansas	10 3
Northern Illinois at Central Michigan	40 24
Oklahoma at Texas	65 13
Florida at LSU	19 7
Penn State at Purdue	14 28
Notre Dame at Pittsburgh	20 14
Nebraska at Missouri	24 41
Georgia at Tennessee	41 14

## Baseball Scores

### National League Championship

#### Cubs lead series 3-2

1. Tue, Oct 7 – **Florida 9**, Chi Cubs 8
2. Wed, Oct 8 – **Chi Cubs 12**, Florida 3
3. Fri, Oct 10 – **Chi Cubs 5**, Florida 4,
4. Sat, Oct 11 – **Chi Cubs 8**, Florida 3
5. Sun, Oct 12 – **Florida 4**, Chi Cubs 0

### American League Championship

#### Yankees lead series 2-1

1. Wed, Oct 8 – **Boston 5**, NY Yankees 2
2. Thu, Oct 9 – **NY Yankees 6**, Boston 2
3. Sat, Oct 11 – **NY Yankees 4**, Boston 3
4. Sun, Oct 12 – at Boston, Postponed

