



Ironhorse Desert News



Ironhorse medical training one of a kind

Story by Sgt. Troy Chatwin

FORWARD OPERATING BASE IRONHORSE, TIKRIT, Iraq – The medics of Task Force Ironhorse sharpened their life-saving skills at the only medical training center in Iraq recognized by both the U.S. Army Medical Center School and the National Registry for Emergency Medical Technicians.



Cpl. Marcus Barkley, of Headquarters and Headquarters Company, 223 Engineer Battalion, and classmates practice intubating a dummy during the EMT certification class.

Photo by Sgt. Troy Chatwin

When the 4th Infantry Division arrived in Iraq, there were no plans for the training. However, due to the length of the deployment, Sgt. 1st Class Royel Johnson, the EMT Coordinator for the Division Surgeon, developed a training program based on his Fort Hood course after receiving approval from all the necessary authorities.

“I had to transfer the equipment from Ft. Hood to Iraq, make several trips to Baghdad for classroom supplies, and have Internet stations set up to take the National Registry exams,” said Johnson, a native of Marianna, Ark. “The hard part was having the exams sent from the States to Iraq. These are well-guarded exams.”

As a result, the EMT course at Ironhorse is the first in Iraq and the first is of its kind to be accredited by both medical organizations. A class of 26 graduated Oct. 25.

Topics covered during the 20-day, hands-on course include airway management, patient assessment, shock treatment, traction and splint applications, abdominal, pelvis, head and spinal injuries, and legalities of patient treatment.

--EMT continued on page 5

Suspected arms dealer, weapons netted in raid

Story by Staff Sgt. David Bennett
AL BUHESMA, Iraq – Members of an engineer unit, part of Task Force Ironhorse, detained a suspected arms dealer and two others Oct. 27 in a pre-dawn raid in a rural area outside this sleepy village.

Soldiers from B Company, 4th Engineer Battalion of Fort Carson, recovered from the house a bounty of weapons, including how-to manuals, wiring and batteries to make improvised explosive devices. The engineers are attached to 1st Battalion, 8th Infantry Regiment.

The devices, commonly referred to as IEDs, are planted along roads and supply routes routinely to disable military convoys. IEDs have killed

or injured several Task Force Ironhorse soldiers in the last few weeks.

According to Pfc. Daniel T. Byrnes, a 4th Engineer Battalion driver from Grimes, Iowa, the information on the suspected weapons dealer came from intelligence provided by Iraqi citizens.

Besides materials to fabricate the makeshift bombs, the engineer platoon recovered seven AK-47 machine guns, about 4,000 rounds of ammunition, a 9 mm pistol, three sets of night vision devices, sights for firing rocket-propelled grenades and assorted military gear.

--RAID continued on page 6



Photo by Staff Sgt. David Bennett

Spc. Josh Dempsey (left), a mechanic from Nacogdoches, Texas, and Spc. Joshua Greenwood, an engineer from Brush, Colo. — both from B Company, 4th Engineer Battalion, — inspect weapons and equipment captured in a morning raid of a suspected arms dealer living south of Balad.



1-44th ADA continues role in Operation Pencil Box

Story by Staff Sgt. David Bennett

TIKRIT, Iraq – Operation Pencil Box is going strong and one of Task Force Ironhorse’s burliest units is making it’s own contribution.

Recently, 1st Battalion, 44th Air Defense Artillery delivered chalkboards, notebooks and other school supplies to Al-Aflath School for Girls. The initiative to give supplies to schools in Task Force Ironhorse’s area of operation is running at a rapid rate and more donated supplies are coming in from donors from across the U.S.

These particular provisions were gathered by families and supporters of the air defense unit, said Lt. Col. Rick Starkey, battalion commander and Huntington, W. Va. native. However, more will be coming.

“This is a small portion of what will be distributed in the future,” Starkey said.

Siaha Hani, assistant headmistress of the school, said that supplies are fine, but hopes that hostilities between Coalition forces and Saddam Hussein loyalists end so students can learn in a more peaceful atmosphere.

“We need safety and security, not just in Tikrit, but all of the states in Iraq,” she said through an interpreter.

For now, the Coalition can concentrate on giving students sufficient learning tools, said Sgt. Jason Pitre, assistant administrator of division operations for 1-44th ADA.

“It’s good because we’re helping out the students and the teachers,” said the Anderson, a S.C. native. “The more materials we give them, the better their education.”

Aside from four Tikrit schools the 1-44th ADA

Desert News Staff: TF PAO--Lt. Col. Bill MacDonald, DPAO--Maj. Josslyn Aberle, Editor--Staff Sgt. David Bennett, PAO Sgt. Maj.--Master Sgt. Robert Cargie, Layout--Spc. Melissa Walther, Contributors: Staff Sgt. David Bennett, Sgt. Troy Chatwin, Spc. Benjamin Kibbey Spc. Bronwyn Meyer, Spc. Samuel Soza
Contact PAO at DMAIN for comments, questions or contributions--534-9808 or 4ID_PAO@id4.army.smil.mil or tfironhorsepao@yahoo.com



Photo by Spc. Melissa Walther

Staff Sgt. Gregory Stalker and fellow members of F Company, 106th Aviation unload packages of school supplies from a CH-47 helicopter at Camp Speicher.



Photo by Staff Sgt. David Bennett

A teacher at the Al-Aflath School for Girls in Tikrit passes out school supplies Oct. 22, 2003 as part of the 1st Battalion, 44th Air Defense Artillery’s contribution to Operation Pencil Box.

has adopted as part of Operation Pencil Box, the battalion is also renovating a park and an apartment complex in the city. Starkey said the additional tasks are changing its image as just a force protection unit.

“Our new slogan is ‘1-44th Air Defense Artillery – More than air defense,’ and we’ve definitely done more than air defense,” Starkey said.



Iraqi radio stations discover voice of freedom

Story by Spc. Samuel A. Soza

TIKRIT, Iraq – While Iraq moves closer to becoming a free and democratic nation, residents, once oppressed under Saddam Hussein, are finding new forms of expression. One of the strongest forms resonates across the airwaves.

With help from the Task Force Ironhorse, the city of Tikrit will soon be listening to a new AM radio station, as well as an FM outlet. The city's only television station will follow shortly. According to those involved, the mediums can be a channel of free speech for city residents.

"When we first got here, the tower was the only thing in good shape," said Staff Sgt. Paul Robertson, detachment sergeant for the 362nd Psychological Operations Company, an Army Reserve unit from Fayetteville, Ark.

Robertson, 30, who was born in Fayetteville, has been working for many weeks with Abdul Karter, director of media for the stations, by obtaining funding for station improvements.

The 51-year-old director said the FM/television site was "bombed and damaged" during the war but the AM radio site with only a single tower and no buildings for a base of operations, remained untouched.

Wrecked offices were repaired at the FM station, while new buildings were erected at the AM site. Radio towers at both stations were fitted with new, one kilowatt transmitters

and generators were purchased for both sites.

Still a work in progress, the stations' cost so far, about \$250,000, is being provided mainly through Task Force Ironhorse and the Iraqi Media Network, Iraq's largest media employer, according to Robertson.

The most difficult part about the project has been obtaining the actual equipment needed.

"When we first got here, the tower was the only thing in good shape."

--Staff Sgt. Paul Robertson

"There's no Radio Shack," Robertson said. "If a two-cent fuse blows, it takes a few days to get a replacement. We've done a lot of hunting and scrounging."

The stations are being transformed from basic relay stations into facilities capable of producing and broadcasting their own programming, Robertson said.

During Hussein's reign, all television and radio programming was broadcast from Baghdad and sent through the countless relay stations throughout Iraq.

"The Ministry of Information before had people that only guarded the stations and couldn't inject their own messages,"

Robertson said.

Karter, an electrical engineer by trade, was head of the technicians that built and maintained relay sites around the Salah Ad Din province.

Now, having taken up responsibility for the stations in Tikrit, Karter is learning concepts such as producing and getting advertising and also how to deal with reporters and other media.

He plans to work with IMN to provide programming and allow him time to inject his own choice of programs such as movies, sports and, for the first time in Tikrit, local news.

"We will have interviews with officials, talk to local people about how they feel, if they have complaints," Karter said, speaking through an interpreter.

Already, the number of Iraqis in Tikrit who have satellite TV has shot up 80 percent since the beginning of the year when it was illegal.

"Why does Abdul do this when he could make more money, working somewhere else?" asked Robertson. "He does it so that Iraq will have a free media."

Karter, even after receiving threats from former regime loyalists, realizes the need for Iraq to experience what is occurring in the rest of the world and to exercise their new opportunities.

"Life is coming for the new generation," he said.



Saying goodbye difficult for some returning from leave

Story by Spc. Bronwyn Meyer

FORWARD OPERATING BASE IRONHORSE, TIKRIT, Iraq – For those fortunate enough to take leave, the fairy tale of civilian life ends as soon troops say goodbye to their loved ones for a second time.

Returning to theater is a harsh reality for some soldiers who may feel depressed after coming back to their unit. However, proactive steps can be taken to curb those feelings of sadness and loss so soldiers can make a smoother transition from civilian life to deployed living, said Capt. Marc Houck, 85th Medical Detachment combat stress team leader and a clinical psychologist from Fremont, Mich.

Leave is like half time in a football game, explained Houck.

“Sometimes after half time, a team that is doing well can fizzle, and we don’t want that to happen,” Houck said.

When a soldier goes home and then returns for the remainder of a deployment, the transition can be hard, so combating depression and anxiety should begin before the half time begins, he said.

For starters, soldiers are required to attend a suicide prevention and reunion briefing, said 1st Sgt. Richard Leary, first sergeant for the 4th Military Police Company. The briefing helps to prepare soldiers for saying goodbye to their families again, said the New Bern, N.C. resident.

Preparing to say goodbye to family also means preparing them for the inevitable departure.

Soldiers should not spend leave dwelling on saying goodbye, advises Houck. Instead, they should enjoy the time they have with family. As leave time winds up, soldiers should prepare loved ones, he said.

During this talk, emphasize what went well about the visit, and do not bring up problems, whether old or new, Houck said.

Once a soldier is back on the ground in theater, there are ways to deal with any lingering sadness.

Troops need to realize that it is normal to have a let down after returning from leave, said Maj. James Caraway, deputy chaplain for 4th Infantry

Division and a San Antonio native.

A routine will help soldiers readjust to the drastic change from home life to life in a combat zone.

Eating regular meals, physical training and getting enough sleep helps, Caraway said. Troops should also schedule time to unwind.

“If it is all work all the time, people break down after a while,” Houck said.

Soldiers must be prepared to jump back into the mission after leave. Two weeks away can leave many soldiers running to catch up with the latest events and changes in mission.

Those returning from leave need to ask leadership about changes or what missions he or she should be preparing for, Houck said.

Leaders can make the transition easier for a soldier. Welcoming a soldier back into the fold is very important, Caraway said.

“The best thing for senior leaders is to re-engage that individual. Let them know that they are a part of a family, a unit,” he said.

Soldiers returning may also need a little time to readjust before they are thrown back in the mix. Again, leadership is key.

“Leaders should allow their soldiers a little bit of time to get reacquainted with their peers, their mission, with the climate,” Houck said. “If it can be avoided, I wouldn’t throw the soldiers back in at 100 percent the day they get back on the ground here.”

Depression that lasts for more than a few days and affects a soldier’s work, concentration, hygiene habits or sleep may indicate a more serious problem, Houck said.

The soldier should be referred to the stress management team or the chaplain for help before the problem “snowball,” he said.

Returning from leave will be hard for many soldiers but preparing for this hardship can help a soldier cope.

“Prepare for the possibility that you may feel a little bit down when you get back,” Houck said. “The separation is a loss and remember that you will bounce back from that.”



--EMT continued from page 1

The course is based on, "lecture, then practice the technique, and a hands-on exam for 13 different skill stations," Johnson said. "There are 35 quizzes and eight module exams." Each of which the students must score 84 percent for a passing grade.

Army medics must take at least 160 hours of refresher training in several areas every two years in order to maintain accreditation by the National Registry for EMTs.

For medics who have been in the career field longer, there is another reason for attending the course.

"The MOS has changed from 91 Bravo to 91 Whiskey and includes six more weeks of EMT training," said Johnson. "My goal is to have 80 percent of the approximately 475 medics in the division certified by the end of the deployment."

Because of this recent change, all Army medics are required to undergo EMT training. In addition, medics are required to take classes in Basic Trauma Life Support and Trauma Advanced Individual Medical Skills.

"We don't get to do this very often," said Spc. Allen Goulding, a medic from Joplin, Mo. with Headquarters and Headquarters Company, 3rd Battalion, 67th Armor. "It's good to get the training before we need it."

Another classmate concurred.

"This training is good because it helps me to know how to respond to things I see here," said Spc. Corey

McKinney, a scout platoon medic from Macon, Ga. assigned to the 299th Engineering Battalion. "If one of my buddies was stuck in a vehicle because of an RPG attack, I would know how to respond."



Photo by Sgt. Troy Chatwin

Spc. Angel Padilla, of E Company, 704th Division Support Battalion (right) and Spc. Corey McKinney, from Headquarters and Headquarters Company, 299 Engineer Battalion, place neck and back supports on another soldier during a simulated automobile accident.

Sexual harassment classes educate, protect soldiers

Story by Spc. Melissa Walther

FORWARD OPERATING BASE IRONHORSE, TIKRIT, Iraq – Not all wars are fought on the battlefield. Some are fought in the classroom, including the Army's battle against sexual harassment.

"We want to be proactive," said Sgt. 1st Class David Estrada, Headquarters and Headquarters Company, 4th Infantry Division's Equal Opportunity advisor.

Through a series of classes and refresher courses, the Army is trying to take the proactive approach and stop sexual harassment before it starts through education.

The Prevention of Sexual

Harassment, Consideration of Others/Equal Opportunity Training Program, teaches soldiers what sexual harassment is and how to deal with it, as well as the consequences.

Rooting out sexual harassment has been a long-standing goal of the Army, and the hope is that through education, it will be reduced, Estrada said.

Soldiers learn that military and civilian harassment can be verbal, nonverbal or physical. The Army's Equal Opportunity program applies to everyone, everywhere, regardless of whether the offense happens on post or off, on duty or off.

All it takes is for one person to

feel uncomfortable about a situation for a complaint to be filed.

"If you're with a group of people telling jokes of a sexual nature, just look around you and think before you speak," said Estrada, while teaching the course.

There are several recommended ways of dealing with sexual harassment including keeping a diary or writing a letter to the offender.

People should always try to resolve the problem at the lowest possible level first, he said.

Sexual harassment violates acceptable standards held by the Army and Department of Defense and is not tolerated, Estrada said.



Memorial honors fallen comrade



Photo by Spc. Benjamin Kibbey

Colleagues stop in front of a memorial honoring Capt. John Robert Teal, Medical Planner with 2nd Brigade, 4th Infantry Division Oct. 27, 2003, in Balad, Iraq. Teal was killed by improvised explosive device Oct. 23 as he returned in a convoy after meeting with local Iraqi officials.

--RAID continued from page 1

While some weapons were discovered hidden in bags of wheat on the property, a majority of the items were found buried in orchards behind the house.

“He had more holes dug like he was awaiting more supplies,” said Staff Sgt. Shane Werst, a squad leader with B Company and a native of Lake Forest, Calif.

Werst said some of the confiscated weapons and ammunition would be turned over to the local police department for its use, while the more destructive items would be destroyed.

Byrnes said the well-organized raid sends a message that more and more operations are being conducted to rid the area of assailants who attack Coalition forces.

“It’s sufficient because we’re taking an arms dealer off the street,” he said.

Ironhorse soldiers celebrate Halloween in style

Story by Spc. Bronwyn Meyer

FORWARD OPERATING BASE IRONHORSE, TIKRIT, Iraq – It was a monster bash for soldiers in the 418th Civil Affairs Battalion who celebrated Halloween in Tikrit.

Troops celebrated with a cookout, scary movies, music and a costume contest.

Spongebob Squarepants, four soldiers dressed in drag, a mummy, and Fidel Castro all made appearances at the party, but a civil affairs officer dressed as Alfalfa took home the best costume award.

“It will be the best non-alcoholic party of the year,” said Capt. Amanda Owens, a 418th supply and maintenance officer and Kansas City, Mo. native.

Owens organized the party to give her troops a much-needed break, she said.

Sergeant Jeong Ko, a 418th administrative specialist from Santa Barbara, Calif., was the disc jockey for the party. Ko, dressed as a Hooters girl, spun a variety of scary and pop tunes for troops to dance.

“We’re going to play some Halloween music and bring the festivities to where it belongs - the soldiers,”

said Ko.

Troops may miss holidays with their family this year, but a handful did celebrate with their Army family.

“We’re going to play scary movies and eat candy until we get sick and enjoy each other’s company,” said Carlson.



Photo by Spc. Bronwyn Meyer

Lt. Col. James Suriano, commander of 418th Civil Affairs Battalion and Maj. John Williamson, who oversees civil affairs for 3rd Brigade, show off their costumes.





Local News



Religious Services at FOB Ironhorse

Sunday:

0930 -- Protestant

1100 -- Gospel

1200 -- LDS

1300 -- Catholic

Wednesday:

1830 -- Prayer and Praise

1900 -- Bible Study

Friday:

1225 -- Muslim

1930 -- Jewish

Praise and worship

A praise and worship service will be held every Sunday at 1800 in the Band Rehearsal hall located at Division Main.

For more information, contact your chaplain.

Turkey Trot

5k Road Race will be held 0900 Nov. 27.

Sign up every Wed. and Sat, 1130-1330 at the DFAC starting Oct. 15. Deadline is Nov. 26.

Free T-shirts for the first 350 entrants.

For more information, contact Capt. Fortner at 534-7511 or 1st Lt. Noll at 530-6469.

Sponsored by 124th Signal Battalion and 1-44 Air Defense Artillery Battalion.



Weather Forecast

Monday: High: 79 F
Low: 55 F
Winds: N 10 MPH
Mostly Sunny

Tuesday: High: 80 F
Low: 55 F
Winds: N 6 MPH
Mostly Sunny

Wednesday: High: 81 F
Low: 56 F
Winds: N 6 MPH
Partly Cloudy

Thursday: High: 83 F
Low: 59 F
Winds: NE 6 MPH
Partly Cloudy

Friday: High: 82 F
Low: 60 F
Winds: NE 6 MPH
Mostly Cloudy

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.

- 3 Nov.: A Man Apart
- 4 Nov.: Basic
- 5 Nov.: The Matrix Reloaded
- 6 Nov.: Shanghi Knights
- 7 Nov.: National Security
- 8 Nov.: End of Days
- 9 Nov.: The Hulk

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

Reunion/Suicide Prevention Briefs

Briefs will now be held once a week, Wednesday at 1000 in the Chapel/Movie Theater at the Soldiers Inn.

Briefs must be given before a soldier goes on mid-term leave.

Emergency individual briefings can be arranged through the chaplain's office.

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

Christmas Mail

To ensure your letters and packages get to the States before Christmas, send them no later than:

- 6 Nov.** Parcel Post
- 13 Nov.** SAM Parcels
- 26 Nov.** Parcel Airlift Mail
- 4 Dec.** First Class Letters/Cards/Priority

If you receive insured packages that are damaged, keep all the packing material, wrappers, insurance endorsement or label and addresses.



World News

AUSTIN - The nation's next round of military base closures could be the "biggest, baddest" ever, but Texas installations will still benefit by absorbing troops shuttled home from overseas assignments, an aide to U.S. Sen. Kay Bailey Hutchison predicted.

DENVER - Gov. Bill Owens unveiled Thursday a \$13.3 billion budget for 2004-05 and advocated selling future tobacco-settlement funds for an upfront, lump sum to shore up key state programs such as education.

DENVER - Ancient tooth enamel and tiny chunks of thigh bone allowed Colorado College geochemist Henry Fricke and his colleagues to trace the origin of a 5,200-year-old frozen mummy known as the Alpine Iceman.

WASHINGTON (Reuters) - The U.S. economy rocketed ahead at its fastest pace in nearly two decades in the third quarter as consumers, their wallets fattened by tax cuts, went on a buying spree, the government said.

WASHINGTON (AP) - Need some help navigating the Net? Your best consultant might be a kid. Today's children and teens are so computer savvy and comfortable online that they've become technology pacesetters, two new government studies show.

SEATTLE (AP) - The man suspected of being the Green River Killer has agreed to plead guilty next week to the murders of 48 women in a deal that would spare him from execution, two sources told The Associated Press.

Sports

NFL Standings

American Football Conference

East

New England (6-2)
Miami (5-3)
Buffalo (4-4)
NY Jets (2-6)

North

Baltimore (5-3)
Cincinnati (3-5)
Cleveland (3-5)
Pittsburgh (2-6)

South

Indianapolis (7-1)
Tennessee (6-2)
Houston (3-5)
Jacksonville (1-7)

West

Kansas City (8-0)
Denver (5-3)
Oakland (2-6)
San Diego (1-7)

National Football Conference

East

Dallas (6-2)
Philadelphia (5-3)
NY Giants (4-4)
Washington (3-5)

North

Minnesota (6-2)
Green Bay (4-4)
Chicago (3-5)
Detroit (2-6)

South

Carolina (6-2)
Tampa Bay (4-4)
New Orleans (4-5)
Atlanta (1-7)

West

Seattle (6-2)
St. Louis (5-3)
San Francisco (4-5)
Arizona (3-5)

NFL Sunday's Games:

Chicago 20, San Diego 7
NY Giants 31, NY Jets 28
New Orleans 17, Tampa Bay 14
Baltimore 24, Jacksonville 17
Indianapolis 23, Miami 17
Detroit 23, Oakland 13
Houston 14, Carolina 10
Arizona 17, Cincinnati 14
Seattle 23, Pittsburgh 16
Philadelphia 23, Atlanta 16
San Francisco 30, St. Louis 10
Dallas 21, Washington 14
Green Bay 30, Minnesota 27

NCAA Football

North Texas 21, Troy St. 0
Boise St. 50, Brigham Young 12
South Florida 24, Cincinnati 17
(11) Michigan 27, (9) Michigan St. 20
Connecticut 41, West. Michigan 27
(13) Iowa 41, Illinois 10
Utah 45, Air Force 43
(16) Texas 31, (12) Nebraska 7
Maryland 59, North Carolina 21
(18) Purdue 34, Northwestern 14
(20) Mississippi 43, South Carolina 40
(25) Pittsburgh 24, Boston College 13
West Virginia 36, UCF 18
Cent. Michigan 38, East. Michigan 10
Navy 35, Tulane 17
Texas A&M 45, Kansas 33
(24) Minnesota 55, Indiana 7
Memphis 41, East Carolina 24
(21) Northern Illinois 48, Ball St. 23
Kansas St. 38, Baylor 10
Auburn 73, LA Monroe 7
(5) Florida St. 37, Notre Dame 0
Hawaii 13, San Jose St. 10
Southern Miss. 48, LA Lafayette 3
Rice 52, Nevada 42
Wyoming 35, Colorado St. 28
Utah St. 41, Middle Tenn. St. 20
Fresno St. 20, South Methodist 11
NC State 51, Virginia 37

Wake Forest 45, Clemson 17
Stanford 21, UCLA 14
(1) Oklahoma 52, (14) Ok. St. 9
California 51, Arizona St. 23
(23) Florida 16, (4) Georgia 13
(8) Ohio St. 21, Penn St. 20
UAB 24, Army 9
Oregon St. 52, Arizona 23
(19) Tennessee 23, Duke 6
Marshall 42, Akron 24
Tulsa 56, UTEP 28
(3) USC 43, (6) Washington St. 16
Toledo 56, Buffalo 29
Arkansas St. 28, New Mexico St. 24
Arkansas 71, Kentucky 63
Texas Tech 26, Colorado 21
(10) VA Tech 31, (2) Miami (Fla) 7
(7) LSU 49, Louisiana Tech 10
UNLV 37, New Mexico 35
Washington 42, Oregon 10

National Hockey League

Eastern Conference Standings

(Team, W-L-T, Pt.)
Atlantic
Philadelphia 5-2-3, 14
New Jersey 5-3-2 12
NY Islanders (5-3-2 12)
NY Rangers (4-3-2, 10)
Pittsburgh (3-4-3, 9)
Northeast
Boston (6-2-2, 16)
Buffalo (6-5-1, 13)
Montreal (6-6-0, 12)
Ottawa (5-2-1, 12)
Toronto (4-4-2, 11)
Southeast
Tampa Bay (7-0-1, 15)
Atlanta (5-3-2, 13)
Florida (4-6-2, 10)
Carolina (2-4-4, 8)
Washington (2-8-1, 5)
Western Conference
Central
St. Louis (6-3-0, 13)
Detroit (5-5-1, 13)

Chicago (4-5-3, 11)
Nashville (4-5-1, 9)
Columbus (3-7-0, 7)
Northwest
Vancouver (7-2-2, 16)
Calgary (5-4-0, 11)
Minnesota (5-6-1, 11)
Colorado (5-5-0, 10)
Edmonton (4-5-1, 9)
Pacific
Dallas (6-4-1, 13)
Los Angeles (5-5-0, 10)
Anaheim (4-6-1, 10)
Phoenix (3-5-3, 9)
San Jose (2-5-4, 8)

NHL Scores

Sunday

Colorado 3, NY Rangers 2 (OT)
Toronto 2, Carolina 1
San Jose 2, Atlanta 2 (OT)
Nashville 3, Dallas 7
Anaheim 1, Chicago 3

Other News

NASCAR

Dale Earnhardt Jr. has his mojo back, just in time for the season to end. Earnhardt passed Jimmie Johnson for the lead with 51 laps remaining and stayed out front through a series of restarts to win Sunday's Checker Auto Parts 500 at Phoenix International Raceway. Series leader Matt Kenseth finished sixth but saw his lead over second-place Earnhardt cut from 258 to 228 points.

NBA

Kobe Bryant scored a game-high 21 points to lead the Lakers to an 87-72 win over the Warriors on Sunday night. Bryant showed no ill effects from the sore right knee that kept him out of the Lakers' season-opening win against Dallas.

