

Freedom Watch

April 14, 2003 ❖ Published in the interest of those serving in Operation Enduring Freedom ❖ Bagram, Afghanistan

Afghans killed when coalition bomb misses

Compiled by 109th Mobile Public Affairs Detachment

BAGRAM — Eleven Afghan civilians were killed and one was wounded April 9 when a bomb, dropped by coalition aircraft, landed on a house on the outskirts of Shkin, near the Pakistani border

Coalition forces never intentionally target civilian locations, officials said.

The incident occurred when enemy forces attacked an Afghan Militia Force checkpoint near the Shkin firebase in Paktika province just before midnight last night. Four members of the Afghan Militia Force were wounded in the attack. A quick reaction force from Shkin responded and pursued the attackers toward the border. Close air support was requested and U.S. Marine Corps AV-8 Harriers responded.

Two groups of five to 10 enemy personnel were spotted and the Harriers engaged one group with cannon fire.

Another group of enemy forces was identified and close air support attempted to engage them with a GBU-16, a 1,000-pound laser-guided bomb. That bomb missed the intended target and landed on the house. The circumstances of the bombing are being investigated, officials said.

No coalition forces were injured in the attack. The four wounded AMF soldiers and the wounded civilian were medically evacuated to Salerno Forward Operating Base.



Photo by Tech. Sgt. Adam Johnston

Homecourt advantage ...

Wase, a local Afghan spikes the ball on Airman 1st Class Brandon White (left), Staff Sgt. Joseph Vialpando and Master Sgt. Jeffrey Kipp during a pickup volleyball game Sunday in Air Force Village. Wase's team, a locally contracted trash crew, beat the Air Force team 2-1. White and Vialpando are security forces members with the 455th Expeditionary Security Forces Squadron and are normally assigned to the 824th Security Forces Squadron at Moody Air Force Base, Ga. Kipp is an air traffic controller with the 455th Expeditionary Operations Group normally assigned to the 157th Air Refueling Wing with the New Hampshire Air National Guard out of Newington, N.H.

PT in Bagram, what to watch for

Story by Pfc. Christina Carde
11th Public Affairs Detachment

BAGRAM, Afghanistan – In addition to being tactically ready, proficient in occupation and mission capable, one of the most important jobs servicemembers have is maintaining physical fitness.

Even though PT should be a part of everyone's daily schedule, there are certain things troops need to be aware of when stationed or deployed in the areas outside of the U.S.

"In Bagram, the altitude is between four to five thousand feet higher than in the states," said Sgt. Rommel Tawatao, preventive medicine specialist, 791st Preventive Medicine Detachment, Stanton, Calif. "Because of the high elevation, different stresses are

placed on the body while doing PT than would be back at home station."

When a troop deploys or is reassigned to an area with high altitudes, they should be granted time to acclimatize before being required to take a record PT test, according to Field Manual 21-20, chapter 12, environmental considerations. If a servicemember leaves the area of high elevation for more than 14 days, they should be granted twice the amount of time of their absence, not to exceed 30 days to reacclimatize.

In certain areas of the world, high altitudes are not the only areas of concern.

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World News (Compiled from CNN.com)



Army Spc. Shoshana Johnson is escorted by U.S. soldiers to a waiting C-130 transport plane at an air base in Iraq, Sunday.

Seven U.S. POWs freed in Iraq

TIKRIT— U.S. Marines advancing on Tikrit — the last major Iraqi city not under coalition control — freed seven U.S. prisoners of war Sunday before racing to the front.

The POWs were recovered by Marines who had been sent into Samarra to keep traffic from interfering with an armored column approaching the battle, Brig. Gen. John Kelly told Matthew Fisher, a reporter with Canada's National Post newspaper. Samarra is about 75 miles north of Baghdad.

An Iraqi policeman approached the Marines and asked if they had come for the prisoners. He led the Marines to a nearby building, Fisher reported, where they found the seven Americans guarded by at least one Iraqi soldier.

The Marines surrounded the prisoners to assure them they wouldn't be abandoned and gave them fresh clothes, Fisher said. They were given first aid and then whisked away on Army helicopters to a coalition air base 65 miles south of Baghdad.

U.S. Central Command identified the freed POWs as Spc. Joseph Hudson, Sgt. James Riley, Spc. Shoshana Johnson, Spc. Edgar Hernandez and Pfc. Patrick Miller — members of a convoy from the U.S. Army's 507th Maintenance Company that was ambushed March 23 near Nasiriya — and Chief War-rant Officers Ronald Young Jr. and David S.

Williams, pilots who were captured March 24 after their Apache helicopter gun ship went down south of Baghdad.

Sporadic fighting in Tikrit

TIKRIT—U.S. Marines on Sunday battled Iraqi forces in Tikrit, but the fighting has been sporadic, according to Fisher.

The forces would engage Iraqi fighters for five or 10 minutes at a time, followed by a lull of an hour or so, he said.

A "fairly large core" of about 2,500 Iraqi soldiers — the apparent last vestige of Iraq's army and Republican Guard — "looks as if it is prepared to fight an urban battle" with the Marines, Fisher told CNN.

"Whether Saddam Hussein is alive or not, his regime still lives in this town," he said.

A large number of Cobra attack helicopters were engaging Iraqi forces inside Tikrit, and some 250 armored vehicles from the 1st Marine Expeditionary Force had entered the north-central city as well, Fisher said. Fisher is embedded with Marines sent to Tikrit.

Gen. Tommy Franks, commander in chief of the U.S. Central Command, told CNN's Wolf Blitzer that the Iraqi army has been destroyed and "there is no regime command and control." But he said that pockets of paramilitary and foreign fighters remain throughout the country.



U.S. Marines guard the entrance to the Palestine Hotel in Baghdad, Iraq.

Marines arrest three after fight

BAGHDAD—U.S. Marines took three men into custody Monday after a firefight near the Palestine Hotel in central

Baghdad.

The firefight lasted more than two hours at the hotel, which has been a base for much of the non-Iraqi news media. Last week, two journalists were killed in a U.S. attack on the hotel. At the time, U.S. Central Command said U.S. forces came under "significant enemy fire."

The Marines said the three men in custody are suspected of carrying out sniper-style shootings from a nearby building. Marines said the men were guards at a club and had been hiding in a building next to a gas station on Firdos Square, across from the hotel.

The men were shown on Arabic-language networks Al-Jazeera and Al Arabiya kneeling on the ground with their hands tied. The footage showed Marines surrounding them. One of the men was bleeding from his forehead.

Abu Dhabi TV said the men had been arrested by the Marines but were innocent and that the club they guarded was where Iraqi police have been meeting to restart a police force.

U.S. Marines agreed Saturday to work with Iraqi police in an effort to restore law and order in the city.

SARS claims 5 in Hong Kong

HONG KONG—Health officials confirmed Sunday that five additional people in Hong Kong have died from SARS, or severe acute respiratory syndrome, and 42 others have contracted the disease.

The death toll from the rare form of pneumonia is 40 in Hong Kong, according to Dr. P.Y. Lam, Hong Kong's deputy director of health.

The World Health Organization reported Saturday that it has tallied 2,960 cases of the disease, including 119 deaths.

The WHO declared a global alert March 12 and recommended people cancel nonessential travel to affected areas.

Travelers to mainland China, Hong Kong, Singapore and Vietnam, or people who have had close contact with a SARS-infected person are considered at risk.

U.S. News (Compiled from CNN.com)

Protests target World Bank, IMF

WASHINGTON — Hundreds of activists peacefully demonstrated Sunday against alleged abuses of large American corporations and international lending agencies, saying their policies are harmful to poor people in Latin America and elsewhere.

The protest, aimed especially against the World Bank and the 184-nation International Monetary Fund, was much smaller than similar ones in recent years and was without the violent clashes with police that have marked other such protests.

No incidents or arrests are reported.

The marchers carried signs denouncing the IMF and World Bank. Others carried banners protesting the war in Iraq and what some characterized as U.S. imperialism.

“Mobilize for Global Justice,” read a banner leading the marchers as the protest snaked through downtown Washington, ending up at a small park near the World Bank and IMF headquarters. Police cordoned off the park, preventing demonstrators from getting closer. Somewhere around 1,000 people started the march. By the time the marchers reached the park, their numbers had dwindled to a few hundred.

Many of the protests seemed to be holdovers from similarly small anti-war marches on Saturday.

World Bank and IMF officials maintain their policies strive to help poverty-stricken nations by fostering development.

Man suspected in five deaths

PHOENIX — Police have arrested a man in connection with the deaths of five suspected prostitutes over the past nine months.

Police say Corey Morris, 24, admitted involvement in five deaths, including a woman whose body was found this weekend behind the backyard camper of Morris’s uncle. Morris is being held on suspicion of murder, and charges are pending.

Since July, the bodies of six women have been found in the Garfield neighborhood north of the Arizona Diamondbacks’ stadium — just blocks from Phoenix’s red light district on East Van Buren Street.

The death of a woman whose body was found December 9th just a few miles south of the neighborhood is no longer believed to be connected to Morris.

Autopsies on four of the women show they died of cocaine overdoses.

“We believe Morris was basically picking up the women on Van Buren Street, taking them back to the

RV, having sex and doing cocaine,” said Phoenix Police Detective Tony Morales.

Morales said he could not yet discuss how the women were killed, but said investigators are certain the deaths are homicides.

Prosecutors want murder conviction reinstated

SAN FRANCISCO — Prosecutors have asked an appeals court to reinstate a woman’s murder conviction in the dog-mauling death of a neighbor.

The state attorney general’s office said Friday that a judge used the wrong legal test for murder when he overruled a jury’s verdict, sentencing Marjorie Knoller to four years in jail for involuntary manslaughter. She had faced

15 years to life for second-degree murder. Knoller and her husband, Robert Noel, were caring for a pair of Presa Canarios when the 120-pound dogs, Bane and Hera, attacked and killed Diane Whipple, 33, outside her apartment in January 2001. The dogs were later destroyed.

Superior Court Judge James Warren ruled in June he couldn’t uphold the jury’s murder verdict because the evidence failed to show Knoller knew the dogs were likely to kill someone.

Bush postpones Canadian summit

WASHINGTON — President Bush is putting off a trip to Canada.

The White House confirmed Sunday that the president is postponing a summit with Canadian Prime Minister Jean

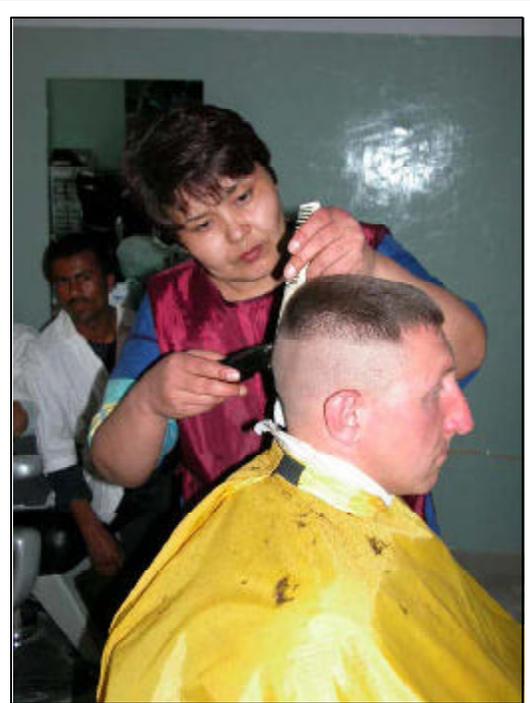


Photo by Spc. Debralee P. Crankshaw

New arrival ...

Anara Abdramoba, an Army and Air Force Exchange Service beautician, cuts a servicemember's hair. Two beauticians arrived Friday to cut mainly women's hair, but also cut men's. A third beautician should arrive soon.

Chretien, originally planned for May 5.

“The postponement is due to the president’s ongoing obligations to help the people of Iraq build a nation that is whole, free and at peace. President Bush and Prime Minister Chretien look forward to accomplishing these goals that both share,” White House spokesman Ari Fleischer said in a statement.

Spokeswoman for Prime Minister Chretien, Frederique Tsai, said by telephone, “The two administrations agreed to postpone [the summit] because of the war in Iraq.”

Though the White House requested the postponement, the Canadian government doesn’t see the move as a snub.

Canada has pledged \$100 million (Canadian) for reconstruction and humanitarian aid for Iraq.

PT, from Page 1

“One big problem here in Bagram is the dust,” said Tawatao. “We have been conducting tests to see exactly what is in the dust here, so we know what people are inhaling.”

According to the manual, pollutants in the air and dust have negative effects on the body. When substances such as carbon monoxide or ecoli are inhaled through the mouth, it can irritate air passageways in the lungs and also eyes.

Once the respiratory tract is affected, it makes the person less capable of performing aerobically, according to the manual.

Even though inhaling dust is almost unavoidable in a place like Bagram, there are ways you can prevent the dust from affecting your lungs.

“If you are going to run on Disney Drive, try to do it early in the morning or in the evening,” said Tawatao. “These are the times of day that the dust is still settled and there are no vehicles on the roads. This reduces the chance of inhaling dangerous substances.”

“Wearing a mask while running is another precaution you can take to prevent excessive dust inhalation,” he added. “Alternate forms of cardio such as riding a bike or using other cardio machines are good substitutes to running.”

Even with the different environmental factors that affect physical fitness, Tawatao said it’s important to do PT regardless of where troops are.

“In environments like these when the weather gets hot, drinking water is very important. The more PT you do, the more water you’ll drink,” said Tawatao. “Doing PT is also a good way to relieve stress. It is definitely essential in this environment.”

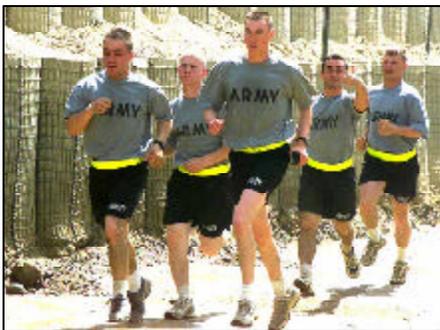


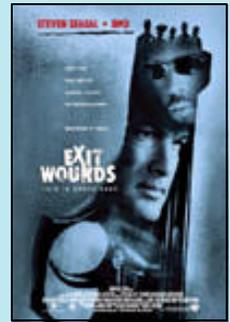
Photo by Pfc. Christina Carde

When doing cardiovascular activity in dusty or highly polluted environments, running in the morning or in the evening or wearing a mask can prevent respiratory problems.

Bagram Air Base MWR presents

1530Z at the MWR building: “Exit Wounds.” Orin Boyd is a tough urban detective who pushed the law too far in order to serve it. He has been sent down-town to do time in the city’s worst precinct. It’s only a matter of time before he stumbles on the seeds of an inside drug operation.

Tomorrow’s movie will be “Joe Dirt.”



Local weather

TWO-DAY REGIONAL WEATHER FORECAST:

	<i>Today</i>	<i>Tuesday</i>
<u>Bagram:</u>	<i>Rain</i> H: 81F L: 50F	<i>Scattered showers</i> H: 79F L: 55F
<u>Kandahar:</u>	<i>Partly cloudy</i> H: 99F L: 64F	<i>Dust</i> H: 91F L: 68F
<u>Kabul:</u>	<i>Scattered Showers</i> H: 75F L: 45F	<i>Scattered showers</i> H: 79F L: 50F
<u>Uzbekistan:</u>	<i>Scattered Showers</i> H: 74F L: 50F	<i>Scattered showers</i> H: 63F L: 47F

Weather forecast courtesy of the Bagram Combat Weather Team

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Army, Air Force face off

Story and photos by
Spc. Debralee P. Crankshaw
11th Public Affairs Detachment

BAGRAM, Afghanistan — Six teams competed on Sunday in the first double elimination basketball tournament finals. The final teams were the Air Force Fire Department A team and Company B, 527th Engineer Battalion team. Company B had already been beaten once so they had to win two games to take the championship. After two games, Company B were the winners. Both teams received Air Force coins and the winners received a certificate.





Coalition Sports Zone

(Compiled from ESPN.com)



Mike Weir gets some jacket help from Tiger Woods.

Gritty In Green

AUGUSTA, Ga. — Masters history is filled with Sunday magic, the kind that Len Mattiace spun for 17 holes in the final round. He stood 8-under on the 18th tee Sunday, one par away from a 64, the same score that Gary Player shot in the final round to win in 1978. He had charged the way that Masters champions charge, eagling the par-5 13th to take the lead, then making birdies at the 15th and 16th to give himself a two-shot margin.

Augusta National has a place for players with imagination and a flair for the dramatic. It's the Butler Cabin, site of the green-jacket ceremony.

But The Masters also rewards grittiness, golfers who refuse to give in to its temptations.

That's how Nick Faldo won his third Masters in 1996, steadily hitting greens while Greg Norman imploded over the back nine. When Player won the first of his three Masters, in 1961, he got up and down out of a bunker for par at 18, and won by one when Arnold Palmer made a double bogey at the last.

Player let the other guy make the mistake.

Phil's Sunday best not good enough

The good news, Phil Mickelson fans, is that a left-hander won The Masters.

The good news is that Mickelson shot a five-birdie, one-bogey 68 in the crucible of a Sunday at Augusta National Golf Club.

That, unfortunately, is where the good news ended.

Mickelson, who began the day tied for fifth, four strokes out of the lead, had no answer for Len Mattiace's 65 or for Mike Weir's 68. He finished two strokes behind them at 5-under 283.

For the third consecutive year, Mickelson finished third.

"That's better than finishing fourth, I guess, but there's really no consolation out there," Mickelson said.

That's 0-for-43 in majors, if you're scoring at home. While it's way short of the 72 majors that Tom Kite played before he won the U.S. Open, that's not much consolation for Mickelson, either.

"Heading into today, I thought a 68 would do it, that it might very possibly do it. And two guys ran away.

They ran away with it, Weir and Mattiace. And I can't control what they do, but I thought that I played well today and I'm very pleased with 68."

Coming off a five-week paternity leave and a missed cut at Atlanta last week, Mickelson played better than he gave anyone reason to expect.

When he made a miraculous birdie at No. 2, it looked as if it might be his day.

Mickelson launched his drive into the woods, took a drop, then hit a driver off the pine straw to reach the edge of the green.

From there, 90 feet away, the man whose putter has always held a bit of magic made the putt.

"I thought that it was one of the best up-and-downs I've ever had in my career," Mickelson said.

However, he played the rest of the front side in even par. By the time he made a two-putt birdie from 25 feet at the par-5 13th, Mattiace had already reached 6-under.

Birdies at Nos. 15 and 18 moved him past his playing partner, Jim Furyk, into third place.

"Station weather, how can I help you?"

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By Kevin Kilgore

Laugh Support