

Army Civil Affairs ‘building bridges’

Story and photo by Sgt. Greg Heath
4th Public Affairs Detachment

KAPISA, Afghanistan – Army soldiers from Civil Affairs Team A, 504th Civil Affairs Battalion (Airborne), got to enjoy the results of nearly eight months of coordination and planning when they attended the ceremony marking the reopening of the rebuilt Gulbhar Bridge yesterday here.

The bridge, which crosses the Panshir River and serves as a vital trade route and thruway between Kapisa and Parwan provinces, was destroyed in late 2001 by fleeing Taliban forces.



Col. Kurt McNeely and the governor of Kapisa cut the ribbon signifying the opening of the Gulbhar Bridge. The bridge serves as a main thruway and major trade route for Kapisa.

The Civil Affairs team became involved in the project when Kapisa’s governor appealed to them for assistance.

C.A. Team A, based out of Bagram Air Base, works in five-man teams and visit local provinces and villages and function as a liaison between the U.S. military and the host

nation. The team works through three locally hired interpreters to speak to province governors, and then the team does assessments of the villages’ greatest needs.

“Basically we’re the team on the ground,

————— See **BRIDGES**, Page 3

DFACs bring servicemember new option

Story by
Pfc. Kelly Hunt
4th Public Affairs Detachment

BAGRAM, Afghanistan -- Soldiers tired of eating the same MREs for lunch everyday are getting a welcomed change. Beginning Saturday, the North, Dragon and Viper DFAC’s, managed by Brown and Root, will be open from 1130-1300 local time for lunch. The DFAC’s will provide a self-serve buffet of hot soup and sandwiches for troops, said Air Force Maj. Brian Bennett, Defense Contract Management Agency.

The added meal has been in the works for the past few months, said Bennett who

knows how important this option is to the troops at Bagram.

“I think it’s a good thing to have, it’s been long overdue and I think the troops are really looking forward to getting away from MRE’s,” he said.

And Bennett was right. Spc. Amie Linville, 433rd Personnel Support Battalion from Indiana, is one of the many troops stationed here who is more than ready to trade her standard microwavable dish in for a real meal.

“For four months we’ve been saying that they need to serve lunch at the DFAC,” said Linville. “Ramen noodles and Beefaroni get really old and it’s not very healthy so I’m

really excited.”

“It’s about time they started serving lunches,” said Sgt. Corey Fox, 23rd Adjutant General Postal, Headquarter and Headquarter Company. “Even if it’s soup and sandwiches, being given the option not to eat MRE’s everyday is great for the troops.”

The meal itself is not the only reason this addition is good for the troops, said Bennett. “It’s a social event basically. The thing that’s hurting here at Bagram is that troops really don’t have anywhere to unwind so this is going help boost morale as well.”

“When troops go to breakfast and din-

————— See **DFAC**, Page 4

World News (Compiled from CNN.com)



British Prime Minister Tony Blair addressed Congress Thursday about the issues of the War in Iraq.

Blair, Bush defend war

WASHINGTON — British Prime Minister Tony Blair told Congress Thursday afternoon that the September 11 terror attacks were a prologue to a larger battle that continued with the war in Iraq.

“There never has been a time when the power of America has been so necessary or misunderstood,” Blair said to loud applause.

Blair, under pressure at home over his support for U.S. policy in Iraq, is the first British prime minister to address a joint meeting of Congress since Margaret Thatcher in 1985.

Blair spoke of global values and trans-Atlantic relations. He told Congress that intervention by the United States and Great Britain in global conflicts has a positive effect.

“There is no more dangerous theory in international politics than that we need to balance the power of America with other competitive powers; different poles around which nations gather,” he said. “It is dangerous because it is not rivalry but partnership we need; a common will and a shared purpose in the face of a common threat.”

He also called on world leaders to support efforts for positive change, particularly in Afghanistan and the Middle East.

Smallpox still a threat

WASHINGTON — A top federal health official worries that Americans have been “lulled into a false sense of security” about the threat of smallpox, because biological agents have not yet been found in Iraq.

The need to prepare for an attack is just

as urgent, Dr. Julie Gerberding, director of the Centers for Disease Control and Prevention, said Wednesday.

“It concerns me very much that people have been lulled into a false sense of security about the smallpox threat,” Gerberding said in an interview. “Nothing has changed our estimate about the threat of smallpox.”

She added that plans for the vaccination program began last summer and were not tied to Iraq. While a bioterror attack with the virus was not considered likely, she said, “the consequences of an attack were so severe we had to be prepared ... no matter what happened in Iraq.”



Troops from both sides have been facing each other off across the border for 50 years.

Koreans fire across border

SEOUL, South Korea — South and North Korean troops have briefly exchanged gunfire in the heavily fortified Demilitarized Zone that divides the peninsula.

The rare exchange — the first on the border since November 2001 — occurred as Beijing said it would visit Washington to talk about North Korea’s nuclear ambitions.

At 6.10 a.m. South Korean time Thursday (2110 GMT Wednesday), North Korean soldiers fired four rounds from a military outpost, the South’s joint chiefs of staff said in a statement.

South Korea broadcast warnings telling the North they were violating an armistice that ended the Korean War and retaliated by firing 17 rounds back.

North Korea has yet to issue a statement on the incident near the South Korean town of Yonchon, but officials from the South said there were no casualties on their side.

A.U.N. Military Armistice Commission is

heading to the border, which bristles with watchtowers, razor wire, landmines, tank-traps and heavy weaponry, to assess the situation and find out whether the incident was intentional or accidental.

Earlier this year, North Korean jets entered South Korean space, in a bid to test the South’s defense force, analysts said.



A .22-caliber Derringer was “artfully hidden” inside the bear, said a TSA official.

Orlando airport screeners find loaded gun in teddy bear

WASHINGTON — Screeners at a passenger checkpoint at the Orlando International Airport last Friday found a loaded handgun hidden inside a stuffed teddy bear belonging to a 10-year-old boy, the Transportation Security Administration has told CNN.

The boy was part of a family of five that had been on vacation in Orlando and was returning home to Ohio, the TSA said.

“The family reported it had been given to the child at a hotel in Orlando two days earlier,” TSA spokesman Robert Johnson said.

The .22-caliber Derringer, according to another TSA official, was “artfully hidden” inside the bear.

Screeners became suspicious after the teddy bear was x-rayed, and a small hole was found on the bottom of the stuffed toy, the official said.

Johnson said the FBI is examining who gave the child the bear and why.

BRIDGES, from Page 1

the one's eating the dust," said Maj. Mark Cepiel, C.A. Team A Chief.

This particular C.A. team focuses on Overseas Humanitarian Disaster and Civic Action (OHDACA), according to Cepiel.

"That is how we help the Islamic transitional government and how we're helping to get everything back the way it was prewar conditions," Cepiel said.

Team A labeled the bridge rebuilding mission a highest priority because of the devastating effect it had on Kapisa province's capacity for further economic growth and its ability to receive other humanitarian assistance.

Before the bridge was reopened, the alternate route to deliver supplies to the province was going through the mountains.

"We tried to have windows delivered to Kapisa for a



Civil Affairs helped coordinate the rebuilding of the Gulbhar bridge, reuniting two provinces.

new school before the bridge was rebuilt and they would have to carry the pieces through the mountains on donkeys," said Sgt. Hugh Carew, C.A. Team A. "With the bridge, trucks can drive the materials over in no time. Without it the supplies could take three weeks to get there."

Once the bridge contract was awarded the actual rebuilding took four months to complete. The bridge reconnect Afghan provinces, but it also helped bring the U.S. military and Coalition Forces closer to the Afghan citizens.

"(Building the bridge) is going to help enhance the relationship," Carew said. "It makes me feel great, I'm making a difference in these peoples lives. All they've known for 23 years is war and fighting. Not only are we a deterrent to people fighting but we're also helping them build their country up."

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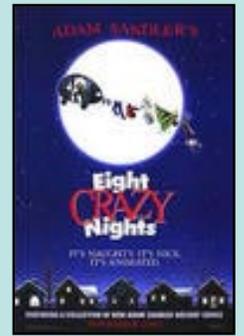


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Bagram Air Base MWR presents

1530Z at the MWR Building: "Eight Crazy Nights." Davey Stone, a 33-year old party animal, finds himself in trouble with the law after his wild ways go too far. In keeping with the holiday spirit, the judge gives Davey one last chance at redemption-spend the holiday performing community service as the assistant referee for the youth basketball league or go to jail.



Tomorrow's movie will be "Darkness Falls."

Local weather

TWO-DAY REGIONAL WEATHER FORECAST:

	<i>Today</i>	<i>Saturday</i>
Bagram:	Scattered Thndstrm H: 99F L: 72F	Mostly Clear H: 97F L: 72F
Kandahar:	Dusty H: 108F L: 81F	Dusty H: 109F L: 79F
Kabul:	Scattered Thndstrm H: 97F L: 64F	Haze H: 95F L: 64F
Uzbekistan:	Sunny H: 107F L: 67F	Sunny H: 109F L: 69F

Weather forecast courtesy of the Bagram Combat Weather Team

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ner, it's time to get together and relax. This gives them another opportunity to do that," he said. "We're working towards a more stable environment."

The addition meal is expected to go over

Watch your tobacco habit go up in smoke

Story by Sgt. Stephanie Hall
4th Public Affairs Detachment

BAGRAM, Afghanistan – The simple acts of lighting a cigarette, bringing it up to your lips and inhaling it can potentially cause a lifetime of health problems, lung cancer and even death.

"It's just the habit of it," said Capt. John Weeden, 452nd Combat Support Hospital. "A lot of people start because of peer pressure, then the nicotine catches up to them, and it becomes a habit."

"It's the same thing with the dippers and the chewers," he said.

If you want to quit, the 1835th Combat Stress Control has a way, but "you have to want to quit," said Weeden. The combat stress team offers a weekly class at the Combat Stress Clinic to assist those who want to quit.

Spc. Amy, Krueger, 452nd Cbt. Spt. Hosp., had a desire to quit, and she did after seven years of smoking. Now she teaches the class. "I think that the fact that I use to be a smoker helps them relate to me, and me relate to them better," she said. It's better than having "someone who just pretends they might know what they are talking about."

The classes are held every Wednesday

so well with the troops that plans are already being made to add a forth meal to the program.

"A midnight meal (may be added) for those troops that just can't sleep or who have night rotations," said Bennett. "We

should see that as soon as a month or two."

Even further down the road, the DFAC may be open at all hours to give troops a place to come grab snacks and beverages, said Bennett.



The 1835th Combat Stress Control is helping servicemembers kick the habit.

at 1300L. It is an educational class about the hazards of smoking and dipping and the benefits of quitting. After the class, a doctor and nurse are available to assess the troop, and if necessary, to prescribe and dispense the pill, patch or gum as means to help ebb nicotine cravings.

Krueger said teaching the classes have really helped her as well as others. "When I teach, I can put my personal experience onto it," said Krueger.

She said that the biggest reason why people quit is the health issues.

"Not that we don't do other things that are bad for us, but I think this is one that is definitely one of the worst," she said. "I think that people are caring more about their health; more about the money they are spending. I look at (smoking) now as dirty, nasty, gross and disgusting."

There are some extra obstacles to quitting in this environment, said Weeden. "There are a lot of stressors here because the troops are away from home, they do get shot at and they have to adjust to adverse conditions from what they're use to."

And because nicotine does have a soothing effect, personnel often smoke and dip just to feel that soothing effect and relieve those stressors, said Weeden. "How you handle that (obstacle) will determine your

success," said Weeden. "I give the soldier extra credit who does quit in this environment because of that extra stress."

The sooner you quit, the better the health gains, said Weeden. Twenty minutes after you stop smoking, your blood pressure starts getting closer to normal said Weeden. After so many days and weeks and months, your body starts to repair itself a little bit. "After so many years, you won't be a 100 percent of a non-smoker, but you will be close," said Weeden. "It all depends on the damage that you've done already."

Krueger said that certain people find it a little easier to quit here because alcohol is not allowed. "I know that a lot of the times, alcohol and cigarettes are related," said Krueger. "It's a lot harder to not smoke when you're drinking. If you're not drinking here, you can get a good head start," she said. So, if you quit here, and you don't drink until you get home, then you will already have a six-month head start, she said. Then, it'll then be so much easier to stay smoke-free once you go back to that bar scene, club or any other smoking environment, said Krueger.

Whether you quit smoking and chewing for yourself, your family or anything else, or whether it is here or back home, both Weeden and Krueger strongly believe that the health benefits of quitting are too good to pass up.



Coalition Sports Zone

(Compiled from ESPN.com)



Tiger Woods struggled off the tee, hitting many of his second shots out of deep rough.

After rough opening, Woods scrambles to 73

SANDWICH, England — A lost ball by Tiger Woods. A triumphant return for Greg Norman. A stunning struggle for Ernie Els. And by the way, who is Hennie Otto?

Meet the leader in the first round of a British Open that was as unpredictable as the quirky links on which it was played.

Sunshine, rain and a steady blast of wind off Sandwich Bay produced a slew of surprises, none more than the sight of Otto, a 27-year-old South African, making one long putt after another at Royal St. George's for a 3-under 68.

Otto, who had to qualify for the British Open earlier this week, took a one-stroke lead over Norman and Davis Love III after both of them bogeyed the 18th for a 69.

The only other players to break par were S.K. Ho and Fredrik

Jacobson, who played bogey free despite 35 mph gusts late in the afternoon.

Otto was thrilled with the first tee time of the day — 6:30 a.m. — because the forecast was for thunderstorms in the afternoon. He got to Royal St. George's and it was raining.

Go figure.

"You've got to relax and take what the course gives you," Otto said.

Royal St. George's certainly doled it out.

Woods hit his opening tee shot in the right rough, and 25 officials scouring a patch of thick grass the size of a kiddie pool never found it. The lost ball led to a triple bogey, and he had to play the final four holes in 2-under just to shoot 73.

DA to make decision on Kobe

EAGLE, Colo. — The district attorney said he will announce Friday whether charges will be filed against Los Angeles Lakers star Kobe Bryant, who has been accused of sexually assaulting a woman.

The announcement will be made at 5 p.m. ET at the county's justice center, Betty Nestor of the county district attorney's office announced Thursday.

Prosecutor Mark Hurlbert would not be available for comment until then, she said.

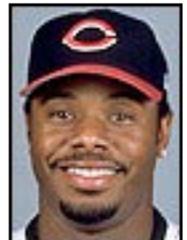
Bryant, 24, turned himself in to authorities July 4. The 19-year-old woman alleged he attacked her at the Lodge & Spa at Cordillera in nearby Edwards on June 30.

His attorney has said the five-time NBA All-Star is innocent and was in Colorado for knee surgery at a Vail clinic. In a brief interview with the *Los Angeles Times*, Bryant said he "would never do something like that."

Bryant attended the ESPY Awards in Los Angeles on Wednesday night, but avoided the media in his first public appearance since his arrest. He sat in the audience smiling and laughing with his wife, Vanessa.

Oft-injured Reds center fielder hurt again

CINCINNATI — Ken Griffey Jr. will miss the rest of the season after hurting his right ankle Thursday night, the latest in a string of injuries for the former All-Star.



Griffey

The Cincinnati Reds center fielder ruptured a tendon while running out a double in the sixth inning of a 5-4 loss to the Houston Astros.

Griffey will have surgery Friday at The Good Samaritan Hospital, the Reds said, with team physician Dr. Timothy Kremchek and foot and ankle specialist Dr.

Sports on local Armed Forces Network TV

Saturday's schedule (AFN Sports)

- 2003 Tour de France 1130L
- SportsCenter ESPN 1400L
- MLB St. Louis Cardinals @ Los Angeles Dodgers 1500L
- ESPNNews 1800L
- British Open: Third Round 1730L
- SportsCenter ESPN 2030L
- MLB Houston Astros @ Cincinnati Reds 2130L
- ESPNNews 0000L
- MLB St. Louis Cardinals @ Los Angeles Dodgers 0030L
- MLB Seattle Mariners @ Kansas City Royals 0330L
- 2003 Great Outdoor Games 0430L

Sunday's schedule (AFN Sports)

- 2003 FED Cup: Italy vs USA 1130L
- SportsCenter ESPN 1430L
- MLB Baseball Tonight 1530L
- ESPNNews 1600L
- British Open: Final Round 1630L
- ESPNNews 2200L
- MLB Seattle Mariners @ Kansas City Royals 2230L
- Horse Racing: Delaware Handicap 0130L
- ESPNNews 0230L
- MLB Baseball Tonight 0330L
- MLB St. Louis Cardinals @ Los Angeles Dodgers 0430L
- ESPN 0730L

SPORTS, from Page 5

James Amis operating.

Griffey was placed on the 15-day disabled list.

Cincinnati said he also will have arthroscopic reconstructive surgery on his right shoulder in about two weeks. He dislocated the shoulder April 5 while diving for a ball and was on the disabled list until May 12.



Lance Armstrong got a pre-stage pep talk from movie star Arnold Schwarzenegger on Thursday.

Flecha wins stage; Armstrong still holds edge

TOULOUSE, France — Lance Armstrong clung to his slim overall lead Thursday after one of the Tour de France's least punishing legs, finishing the stage 29th as he saved his energy for a crucial individual time trial.

Keeping the overall lead means the four-time champion will wear the yellow jersey in Friday's time trial, when riders race against the clock.

With key rivals nipping at his heels, Armstrong said it may be the most important time trial he has ever raced in the Tour.

"The standings are very close," conceded Armstrong, who is trying for a record-tying fifth title.

Thursday's 95.2-mile stage, a relatively flat and short trajectory along southern France from Narbonne to Toulouse, was won by Spanish rider Juan Antonio Flecha, competing in his first Tour. Dutch cyclist Bram De Groot finished second, and Spanish rider Isidro Nozal was third.

"It's incredible, but I want to dedicate my win to my whole team," Flecha, who rides for *iBanesto.com*, said his powerful sprint to the finish.

Thursday's stage gave lesser-known riders a chance to grab the spotlight as the Tour's overall front-runners stayed behind, trying to avoid crashing.

Armstrong is 21 seconds ahead of his nearest rival, Alexandre Vinokourov of Kazakhstan in the overall standings. Vinokourov finished 30th in the 11th stage.

The 1997 Tour winner, Jan Ullrich, finished in 22nd place, Span-

ish rider Francisco Mancebo was 23rd and Iban Mayo of Spain was 33rd. American Tyler Hamilton, who is competing despite a broken collarbone — finished 44th.

Actor Arnold Schwarzenegger, who is following part of the Tour, returned the overall leader's yellow jersey to Armstrong when the 31-year-old Texan ascended the podium.

Washington recruiting restricted

SEATTLE — Washington's men's basketball program was docked one scholarship and placed on probation for two years by the NCAA on Thursday because of recruiting violations by an assistant coach.

The Huskies will have only 12 scholarships available this season. They also were placed under recruiting limitations and were ordered to develop a comprehensive educational program on NCAA legislation because of the violations by assistant Cameron Dollar.

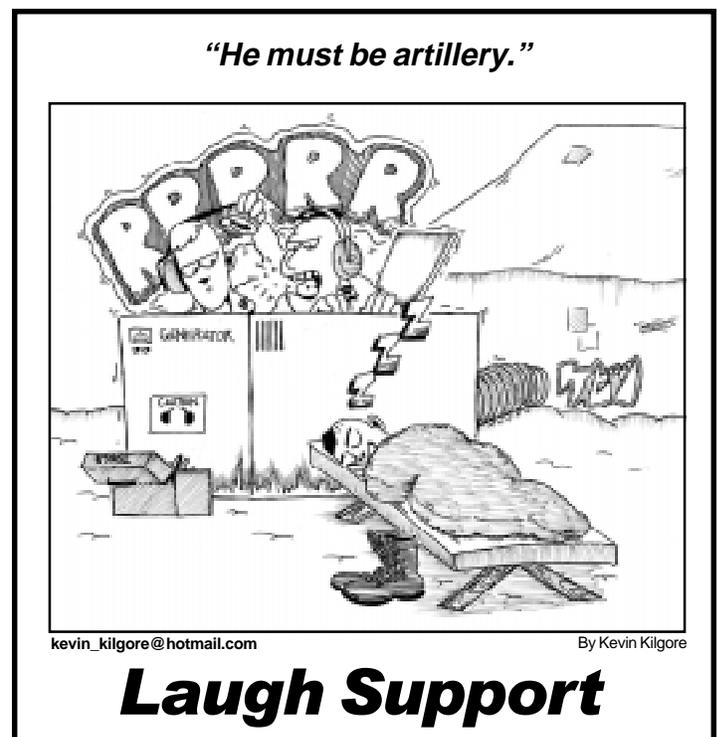
"The university had 13 major violations and two secondary violations," said Tom Yeager, chairman of the NCAA Division I Committee on Infractions, in a telephone conference call.

"The main issue is you had an assistant coach who was violating recruiting rules and that raised the ire of other basketball coaches out there on the recruiting trail," Yeager said. "So they turned him in."

Washington coach Lorenzo Romar agreed with the penalties.

"We accept the committee's decision and are determined to go from here," he said in a statement released by the university. "We have certainly learned from our mistakes and will be better off as a result of what we have learned from all of this. We're glad to see this finally put behind us and now we can move forward."

The Huskies will be on probation from Feb. 10, 2003, to Feb. 9, 2005. The Pacific-10 Conference had put them on probation for one year.



Compress crossword

(Courtesy of QUIZLAND.com)

Across

- 1. Enjoy the rink
- 6. Tummy trouble
- 11. Shelley's "Queen ___"
- 14. Filled with freight
- 15. Runs a 10K
- 16. Old TV's "You ___ There"
- 17. Fruity soft drink
- 19. "Get it?"
- 20. Lacking locks
- 21. "You betcha!"
- 22. Soldier's helmet, slangily
- 24. Toughened
- 26. It has a floor but no ceiling
- 27. Steiger or Stewart
- 28. NASA mission start
- 31. Adrien of cosmetics
- 34. Glide downhill
- 35. Play about Capote
- 36. Jack or joker
- 37. TV exec Arledge
- 38. Feeder filler
- 39. "___ had it!"
- 40. Unlike a dirt road
- 41. Gripped tightly
- 42. Like a ghost town
- 44. California wine, for short
- 45. Rowboat's rear
- 46. Rock's ___ Mode
- 50. Classic Chevy
- 52. Media mogul Turner
- 53. Auto or pluto follower
- 54. Bush Sr.'s former org.
- 55. Garden gourd
- 58. USNA grad
- 59. Basic principle
- 60. Old hat
- 61. ___ Moines, Iowa
- 62. ___ Park, Colo.

1	2	3	4	5		6	7	8	9	10		11	12	13	
14						15						16			
17						18						19			
20						21				22		23			
24					25			26							
				27			28						29	30	
31	32	33				34						35			
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42				43					44						
			45					46					47	48	49
50	51						52					53			
54					55		56				57				
58					59						60				
61					62						63				

63. ___ Wences

Down

- 1. Piggish sorts
- 2. Gold purity measure
- 3. Allan-___ (Robin Hood cohort)
- 4. Offered as a payment
- 5. A Siamese twin
- 6. Rainbow-shaped
- 7. Role for Robin Williams
- 8. Post-E.R. place
- 9. Precedent-setting trial
- 10. Most pasty-faced
- 11. Propositioners' letters
- 12. Square footage
- 13. Borscht base
- 18. Took a gander at
- 23. Musical Cole
- 25. Chat room chuckle
- 26. Chan portrayer Warner ___
- 28. Got on the ump

- 29. Set loose
- 30. Wascally Wabbit pursuer
- 31. Acetic or boric
- 32. Super review
- 33. Reporter's means of entrance
- 34. Witches' gathering
- 37. Commuters' routines, often
- 38. Cushy gig
- 40. Church dignitary
- 41. Dignitary, for short
- 43. H, in Greece
- 44. Last letters, in Britain
- 46. Fender flaws
- 47. Jeanne of "State Fair"
- 48. Must
- 49. Early anesthetic
- 50. Slathered frosting on
- 51. "Make ___ a double"
- 52. Sloth's hangout
- 56. Windsor's prov.
- 57. Oil amts.

Solutions will be posted in Saturday's Freedom Watch