



The Old Ironsides Report

Monday, April 19, 2004



Bell pledges support for 1 AD Soldiers, families

BAGHDAD, Iraq – U.S. Army, Europe's commanding general has pledged his and his staff's support for 1st Armored Division Soldiers and their families during the division's continuing service in Iraq.

Every agency within USAREUR will work to provide support to deployed Soldiers' families, said Gen. B.B. Bell, USAREUR commanding general, in a "Bell Sends" message to Soldiers and family members.

And when their mission is complete, USAREUR will work to get Soldiers home quickly, he said.

"In the meantime, I want you to know that all the leaders here in Europe, from your Rear Detachment Commanders, through your BSB (base support battalions), ASG (area support groups), and V Corps, to Headquarters, United States Army Europe, will work tirelessly on your behalf to ensure we meet your needs," he said.

"We will not let you down," he said.

USAREUR leaders at every level will continue to provide information about the division, community services and programs for families, Bell said.

The general said the division's Soldiers are still needed to continue their work in ensuring a safe and stable country for the people of Iraq.

"The decision to extend the division was made by commanders in the field, with the full recognition of the additional sacrifices the additional service in Iraq will require," he said.

"Old Ironsides Soldiers have spent the last year working to bring peace and democracy to the citizens of Iraq," he said. "Your troopers have achieved phenomenal success in this most noble mission, while proving to be exceptional Soldiers, warriors, and patriots."

That mission will continue for about 90 days beyond the scheduled yearlong deployment, he said. It will take about 30 days more for the Soldiers to redeploy to back to their home stations in Germany.

Other units will be brought in to replace the division if the U.S. Central Command's commanding general, Gen. John Abizaid, says troops are still needed.

Speaking at a news conference in Baghdad April 8, Abizaid said Task Force 1st Armored Division Soldiers are battle hardened, know the Iraqi people and have strong relationships with local leaders and residents, Abizaid said.

"We have some of the most experienced and battle-ready troops currently on the ground," he said. "This is a slow campaign. We are trying hard not to harm innocent civilians. We will use U.S. and coalition troops as needed to get the job done."



Gen. B. B. Bell, U.S. Army, Europe commanding general.

There are about 25,000 Soldiers from Task Force 1st Armored Division and about 15,000 Soldiers from the 1st Cavalry Division serving in Baghdad. The Cavalry Division assumed control of the city April 15.

There are about 134,000 military personnel in Iraq, up from 120,000 in November.

Abizaid said the current unstable situation in Iraq is due to insurgents who do not want to see a free and prosperous Iraq. Members of these bands include small groups of former Saddam Hussein loyalists, militiamen, terrorists and religious extremists. Battles between these groups and coalition forces have taken place in Baghdad and southern Iraqi cities of Najaf, Kufah and Nasiriyah.

"I feel it is a small group of people, anti-democratic in their outlook, that are trying to stop the forward movement of the Iraqi people," Abizaid said.

This deployment has "been filled with enormous sacrifices on their (Soldiers') part and certainly on yours. You are all our heroes," Bell said.

"All of us in United States Army, Europe and the entire Nation are deeply grateful for your continuing sacrifices," he said. "Thank you and God bless you and your incredible Soldiers."

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NEWS...

Five Marines Die in Iraq Border Fighting

BAGHDAD, Iraq (AP) - Five U.S. Marines died in an ambush on the Syrian border, triggering a battle with hundreds of guerrillas and pushing the number Americans killed in combat this month to 99. Reports of the battle - in an area that had seen little fighting previously - came as Spain's prime minister ordered Spanish troops withdrawn from Iraq as soon as possible. Prime Minister Jose Luis Rodriguez Zapatero had run for office on a promise to withdraw the forces, but the timing of the announcement was unexpected.

Rice: U.S. Bracing for Terror Before Polls

WASHINGTON (AP) - The United States is bracing for possible terrorist attacks before the November presidential election, national security adviser Condoleezza Rice said Sunday. The opportunity for terrorists to try to influence the election, as was the case last month in Spain, appears to be an opportunity that would "be too good to pass up for them," Rice said.

Hamas Appoints New Leader After Slaying

GAZA CITY, Gaza Strip (AP) - Hamas secretly appointed a new Gaza Strip chief early Sunday, but refused to reveal his identity following Israel's assassination of two previous Hamas leaders in less than a month. Israel assassinated Hamas leader Abdel Aziz Rantisi in a missile strike on his car on Saturday, part of its declared campaign to wipe out the Islamic militant group's leadership ahead of a planned Israeli withdrawal from the Gaza Strip. Two of Rantisi's bodyguards were also killed in the attack.

U.S. Officer Recovering From U.N. Shootout

KOSOVSKA MITROVICA, Serbia-Montenegro (AP) - A U.S. officer was in serious condition Sunday, a day after a Jordanian policeman shot into a group of U.N. police officers in a prison compound in Kosovo. Two Americans and the Jordanian assailant were killed and 10 U.S. officers were wounded in the gunbattle. The seriously wounded officer was taken to neighboring Macedonia for surgery, said Maj. Chris Cole, a spokesman for the U.S. peacekeepers in the province. The officer's identity was not provided.

Thought for the day...

Stamina

When somebody asked Marshal Foch how he managed to 'win' World War I, he is reported to have said; "By smoking my pipe, not getting excited, and reserving all my strength for the task at hand."

Life is a marathon and not a wind sprint. Or in the words of James C. Hume, success is derived not from "impulsive bravado, but unyielding stamina."

In other news...

Gladiators March in Rome for Anniversary

ROME (AP) -- Hundreds of fans of ancient Rome dressed up as gladiators and marched by the ruins of the forums Sunday to mark the birthday of the city, which legend says was founded on April 21, 2,757 years ago.

The actual anniversary is Wednesday, but the "gladiators," armed with spears and sporting helmets, turned out to stroll down Via dei Fori Imperiali, which is closed to traffic on Sundays.

The boulevard leads to the Colosseum, Rome's monument which hosted bloody gladiatorial combat to the thrill of the masses in the city's ancient days of glory.

The enthusiasts came from as far away as the United States, Hungary, France and Germany.

Legend has it that Rome was founded by twin brothers, Romulus and Remus, on April 21, 753 B.C.

"I'm retired military from the United States Air Force and this is my hobby," said Dan Hight, from Utah and dressed up as Vespasian, the emperor who began construction of the Colosseum during his rule from 69-79 A.D.

Others dressed up as Roman senators and legionaries. Leading the marchers was a young woman dressed a vestal virgin, a select group of young girls whose duties included tending the sacred fire.

Robber Called Ahead to Order Heist at KFC

PITTSBURGH (AP) -- "One felony, extra crispy, please." City police on Friday said they were looking for a man who called a KFC restaurant and placed an unusual takeout order - a robbery.

The man called the restaurant March 31 and told the manager he was a police officer. The caller told the manager that a robber was on his way to the store and that the store employees should cooperate so nobody would get hurt. Police planned to grab the robber as he left the store, the caller said.

Moments later, a robber showed up and took \$200, but no police arrived to arrest him - fueling police suspicion that the telephone "cop" and restaurant robber are the same person.

Police said at a news conference Friday they believe the same man is responsible for at least 10 other robberies in the city since late January. The other stores weren't called ahead of time.

The robber was caught on video at the KFC, and the images match a description given in the other heists.

Experts Stress Post-Exercise Nutrition

Carbohydrates may be considered evil in this age of the low-carb diet revolution, but the nutrient plays an important role in helping athletes recover from strenuous exercise.

Two decades of research have shown that consuming carbs after a hard workout rebuilds worn muscles and primes the body for the next training. Failure to eat the right food after exercise - or worse - skipping the post-exercise meal altogether can harm your body.

Today in history...

April 19, 1861: FIRST BLOOD IN THE U.S. CIVIL WAR

(HISTORYCHANNEL.COM) On April 19, 1861, the first blood of the American Civil War is shed when a secessionist mob in Baltimore attacks Massachusetts troops bound for Washington, D.C. Four soldiers and 12 rioters were killed.

One week earlier, on April 12, the Civil War began when Confederate shore batteries opened fire on Union-held Fort Sumter in South Carolina's Charleston Bay. During a 34-hour period, 50 Confederate guns and mortars launched more than 4,000 rounds at the poorly supplied fort. The fort's garrison returned fire, but lacking men, ammunition, and food, it was forced to surrender on April 13. There were no casualties in the fighting, but one federal soldier was killed the next day when a store of gunpowder was accidentally ignited during the firing of the final surrender salute. Two other federal soldiers were wounded, one mortally.

On April 15, President Abraham Lincoln issued a public proclamation calling for 75,000 volunteer soldiers to help put down the Southern "insurrection." Northern states responded enthusiastically to the call, and within days the 6th Massachusetts Regiment was en route to Washington. On April 19, the troops arrived in Baltimore, Maryland, by train, disembarked, and boarded horse-drawn cars that were to take them across the city to where the rail line picked up again. Secessionist sympathy was strong in Maryland, a border state where slavery was legal, and an angry mob of secessionists gathered to confront the Yankee troops.

Hoping to prevent the regiment from reaching the railroad station, and thus Washington, the mob blocked the carriages, and the troops were forced to continue on foot. The mob followed close behind and then, joined by other rioters, surrounded the regiment. Jeering turned to brick and stone throwing, and several federal troops responded by firing into the crowd. In the ensuing mayhem, the troops fought their way to the train station, taking and inflicting more casualties. At the terminal, the infantrymen were aided by Baltimore police, who held the crowd back and allowed them to board their train and escape. Much of their equipment was left behind. Four soldiers and 12 rioters were killed in what is generally regarded as the first bloodshed of the Civil War.

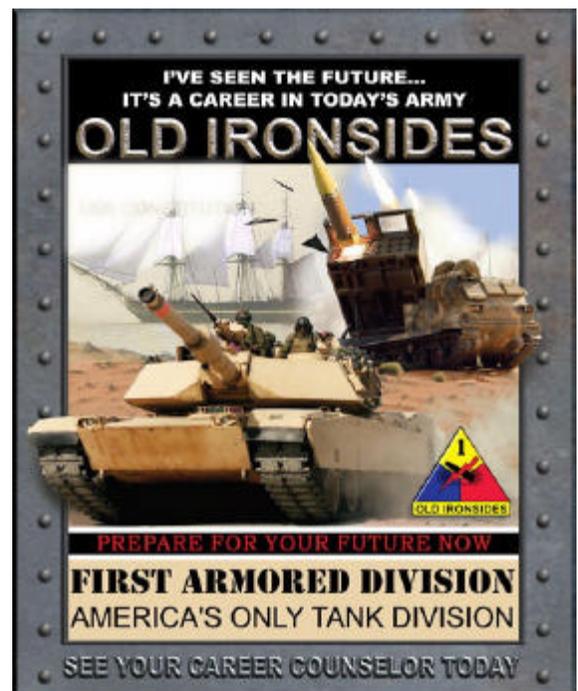
Maryland officials demanded that no more federal troops be sent through the state, and secessionists destroyed rail bridges and telegraph lines to Washington to hinder the federal war effort. In May, Union troops occupied Baltimore, and martial law was declared. The federal occupation of Baltimore, and of other strategic points in Maryland, continued throughout the war. Because western Marylanders and workingmen supported the Union, and because federal authorities often jailed secessionist politicians, Maryland never voted for secession. Slavery was abolished in Maryland in 1864, the year before the Civil War's end. Eventually, more than 50,000 Marylanders fought for the Union while about 22,000 volunteered for the Confederacy.

Legal Services Return

Legal Assistance is once again available for soldiers on the Baghdad International Airport, although the location has changed. Soldiers are advised to review their Powers of Attorney - they may be nearing their expiration date. Individual soldiers in need of a power of attorney, a will, basic legal advice, or just a listening ear, should stop by the Legal Support Center located on the 2nd floor of "Hotel California." Hours of operation are from 9 a.m. to 6 p.m., 7 days a week.

If more practical, units may request a dedicated "JAG day" and have Legal Assistance visit the unit itself.

Additionally, if you have had to cancel your travel plans as a result of 1AD's extension, Legal Assistance is initiating a campaign to try and help soldiers obtain refunds. For further information, please contact SPC Redulla, SGT Matsudo, or CPT Dohn at 551-0694.



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myafn.net TV SCHEDULES: MONDAY, APRIL 19, 2004

As of: Sunday, April 18, 2004 9:29:03 PM

Start Time	SPORTS	ATLANTIC	SPECTRUM	PACIFIC	NEWS	Start Time
00:00	CART AUTO RACING - TOYOTA GRAND PRIX OF LONG BEACH		AMERICAN IDOL (TVG):		CNN SUNDAY	00:00
01:00			AMERICAN IDOL (TVG):	ESPNEWS	MEET THE PRESS	01:00
01:30			THE TWILIGHT ZONE (TVPG): - DEATHS-HEAD REVISITED	ESPNEWS		01:30
02:00		ESPNEWS	22ND ANNUAL COUNTRY SHOWDOWN	ESPNEWS	TIM RUSSERT	02:00
02:30	SPORTSCENTER	ESPNEWS		ESPNEWS		02:30
03:00	BASEBALL TONIGHT	NBA - PLAYOFFS - 1ST ROUND GM 1: NEW ORLEANS HORNETS @ MIAMI HEAT	THE WILD THORNBERRYS (TVY): - GOLD FEVER	SESAME STREET	FOX REPORT	03:00
03:30			THE FAIRLY ODDPARENTS			03:30
04:00	MLB - OAKLAND ATHLETICS @ ANAHEIM ANGELS		THE SIMPSONS (TVPG): - BART'S FRIEND FALLS IN LOVE	DORA THE EXPLORER (TVY): - STUCK TRUCK	THIS WEEK	04:00
04:30			THE COSBY SHOW (TVG): - PLANNING PARENTHOOD	WHEEL OF FORTUNE (TVG):		04:30
05:00			AVERAGE JOE (TV14): - LET THE GAMES BEGIN!	THE DR. PHIL SHOW (TVPG):	DATELINE INTERNATIONAL	05:00
05:30		WWE SMACKDOWN! (TV14):				05:30
06:00			LAW & ORDER: SPECIAL VICTIMS UNIT (TV14): - STOLEN	THE OPRAH WINFREY SHOW (TVPG):	60 MINUTES	06:00
06:30		AMERICA'S BLACK FORUM				06:30
07:00	SPORTSCENTER	MEET THE PRESS	THE NEW DETECTIVES (TV14): - RANDOM TARGETS	HEADLINE NEWS	CNN PRESENTS	07:00
07:30				JUDGE JUDY (TVPG):		07:30
08:00		HEADLINE NEWS	NOVA (TVPG): - BUILDING BIG: TUNNELS	ACCESS HOLLYWOOD	LARRY KING LIVE	08:00
08:25				GUIDING LIGHT (TV14):		08:25
08:30	BASEBALL TONIGHT	ESPNEWS				08:30
09:00		SESAME STREET	DEVIL'S ARITHMETIC		CNN SUNDAY NIGHT	09:00
09:13				GENERAL HOSPITAL (TV14):		09:13
09:30	SPORTSCENTER					09:30
10:00		DORA THE EXPLORER (TVY): - STUCK TRUCK		LILO & STITCH: THE ANIMATED SERIES (TVG): - SPODYHEAD	ACCESS HOLLYWOOD	10:00
10:30		WHEEL OF FORTUNE (TVG):		DIGIMON: DIGITAL MONSTERS (TVY7): - THE CREST OF SINCERITY		10:30
11:00	PGA TOUR - MCI HERITAGE: FINAL ROUND	THE DR. PHIL SHOW (TVPG):	THE WILD THORNBERRYS (TVY): - GOLD FEVER	DRAGONFLY TV	BELTWAY BOYS	11:00
11:30			THE FAIRLY ODDPARENTS	EVEN STEVENS (TVG): - QUEST FOR COOLNESS	FOX NEWS WATCH	11:30
11:46		THE OPRAH WINFREY SHOW (TVPG):				11:46
12:00			THE SIMPSONS (TVPG): - BART'S FRIEND FALLS IN LOVE	JEOPARDY! (TVG):	BULLS & BEARS	12:00
12:30			THE COSBY SHOW (TVG): - PLANNING PARENTHOOD	HEADLINE NEWS	CAVUTO ON BUSINESS	12:30
12:35		GUIDING LIGHT (TV14):				12:35
12:52				PACIFIC REPORT		12:52
13:00			AVERAGE JOE (TV14): - LET THE GAMES BEGIN!	ESPNEWS	DATELINE NBC	13:00
13:17		GENERAL HOSPITAL (TV14):				13:17
13:30				HEADLINE NEWS		13:30
13:52				PACIFIC REPORT		13:52
14:00	SPORTSCENTER	HEADLINE NEWS	LAW & ORDER: SPECIAL VICTIMS UNIT (TV14): - STOLEN	60 MINUTES		14:00
14:30		JUDGE JUDY (TVPG):				14:30
15:00		TODAY	THE NEW DETECTIVES (TV14): - RANDOM TARGETS	NYPD BLUE (TV14): - 22 SKIDOO	GOOD MORNING AMERICA	15:00
15:30	NBA FASTBREAK					15:30
16:00	NBA - PLAYOFFS - 1ST ROUND GM 1: DENVER NUGGETS @ MINNESOTA TIMBERWOLVES		NOVA (TVPG): - BUILDING BIG: TUNNELS	WITHOUT A TRACE (TVPG): - HANG ON TO ME		16:00
17:00		LILO & STITCH: THE ANIMATED SERIES (TVG): - SPODYHEAD	DEVIL'S ARITHMETIC	HEADLINE NEWS	HEADLINE NEWS	17:00
17:22				PACIFIC REPORT		17:22
17:30		DIGIMON: DIGITAL MONSTERS (TVY7): - THE CREST OF SINCERITY		TONIGHT SHOW WITH JAY LENO (TVPG):	CHANNEL ONE	17:30
17:45					ABC WORLD NEWS THIS MORNING	17:45
18:00		DRAGONFLY TV			THE EARLY SHOW	18:00
18:30	ESPNEWS	EVEN STEVENS (TVG): - QUEST FOR COOLNESS		THE LATE SHOW WITH DAVID LETTERMAN (TVPG):		18:30
19:00	MLB - BOSTON RED SOX @ NY YANKEES	JEOPARDY! (TVG):	THE WILD THORNBERRYS (TVY): - GOLD FEVER			19:00
19:30		HEADLINE NEWS	THE FAIRLY ODDPARENTS	ACCESS HOLLYWOOD		19:30
20:00		ESPNEWS	THE SIMPSONS (TVPG): - BART'S FRIEND FALLS IN LOVE	BRIGHTON BEACH MEMOIRS	FOX NEWS LIVE	20:00
20:30		HEADLINE NEWS	THE COSBY SHOW (TVG): - PLANNING PARENTHOOD			20:30
21:00		60 MINUTES	AVERAGE JOE (TV14): - LET THE GAMES BEGIN!		DATELINE NBC	21:00
21:45				MIDNIGHT RUN		21:45
22:00	ESPNEWS	NYPD BLUE (TV14): - 22 SKIDOO	LAW & ORDER: SPECIAL VICTIMS UNIT (TV14): - STOLEN			22:00
22:30	ESPNEWS					22:30
23:00	SPORTS SPECIAL - SPORTSCENTER NFL DRAFT SPECIAL	WITHOUT A TRACE (TVPG): - HANG ON TO ME	THE NEW DETECTIVES (TV14): - RANDOM TARGETS		HEADLINE NEWS	23:00
23:30					INSIDE POLITICS	23:30