



# The Old Ironsides Report



Monday, March 22, 2004

## 'Ready First' Brigade helping Iraq's heavy lifters

**Cpl. Benjamin Cossel, 122nd MPAD**

BAGHDAD, Iraq -- As part of an on-going effort to build a better Iraq, the 1st Brigade Combat Team, 1st Armored Division, has given financial and engineering support to the renovation of the Iraqi Olympic Weightlifting Team's training facility.

Throughout Baghdad, brigade commanders have been tasked to identify projects within their operating areas that would benefit from American or nongovernmental agency financial and engineering support.

The Iraqi Olympic Team's training facilities fall within the "Ready First" Brigade's purview of the Rusafa and Aadhamiya districts of Baghdad.

"When we first got to the city, the Olympic facilities were in complete disarray. Buildings were destroyed, equipment had been looted and a good portion of the athletes had already left the country," said Col. Peter R. Mansoor, 1st Brigade Combat Team commander.

According to published reports, Uday Hussein, son of former regime leader Saddam Hussein, decimated Iraq's Olympic training facilities and programs. Athletes who didn't win medals were killed, imprisoned, or tortured. Many left the country in hopes of competing elsewhere.

"We worked with Ahmed Al-Samori, the head of the interim Iraqi Olympic Committee, and determined that Iraq's best chance for a medal at Athens, Greece, was the weightlifting team," Mansoor said. "In order for the team to be competitive, we needed to renovate the facility."

Soldiers from the 1st Battalion, 36th Infantry Regiment, made the initial assessment of the existing facilities.

After an appraisal of the facility was made, \$36,000 was provided by the division under the Commander's Emergency Response Program, said Staff Sgt. Blanche A. Woffindale, B Company, 489th Civil Affairs Battalion. The project was authorized in February and work began.

Members of the Iraqi weightlifting team said they were pleased with the progress made so far and training hard in the renovated facility.

The athletes are lifting upwards of 30-40 tons a day, said Tiras Odisho, Iraq's National Olympic Committee director.

Iraq's highest hope for a medal at Athens rests on the compact, powerhouse shoulders of a lifter known as Muhammad. He has already made the 2004 Olympic Team at a qualifying tournament in Vancouver, Canada earlier this year.

The team travels first to Bulgaria then to Kazakhstan in



**Harder, member of the Iraqi Olympic Weightlifting Team, lifts 205 kilos (451 pounds) at the new training facility in the Mustinsiria area of Baghdad March 16.**

a series of Olympic qualifying tournaments.

Harder, a member of the team, recently set a world record that unfortunately didn't count. The lift was performed during a training session that was captured on film by a Cable News Network television crew.

During a progress review of the facilities conducted March 16, Harder lifted an impressive 205 kilograms (451 lbs).

"Having been in Iraq for almost a year now, it is very clear that sports has a great future," said Mansoor.

All colleges in Iraq will begin implementing weightlifting programs at the freshman and sophomore level with the help of donations of 30 sets of weightlifting equipment also being provided by the division.

Plans are currently in the works to start a weightlifting program for the women's team which may to compete in a series of meets to be held in Qatar in 2006.

"Nothing will make us prouder than to see you march into the stadium in Athens under the Iraqi flag," Mansoor told the athletes.

## NEWS...

### Insurgent Attack Kills 2 U.S. GIs in Iraq

BAGHDAD, Iraq (AP) - Insurgents fired a rocket at U.S. troops in western Iraq, killing two soldiers, while in Baghdad rockets fired toward the U.S.-led coalition headquarters Sunday killed two Iraqi civilians and injured a U.S. soldier, U.S. officials said. The attack in Baghdad came a day after the first anniversary of the start of the war that ousted Saddam Hussein.

### Peace Rallies Mark Iraq War Anniversary

NEW YORK (AP) - Hundreds of thousands of people around the world rallied against the U.S. presence in Iraq on the first anniversary of the war Saturday, in protests that retained the anger, if not the size, of demonstrations held before the invasion began. Protesters filled more than a dozen police-lined blocks in Manhattan, calling on President Bush to bring home U.S. troops serving in Iraq. Mayor Michael Bloomberg estimated the crowd at about 30,000, but organizers said later that number had grown to more than 100,000.

### al-Qaida No. 2: We Have Briefcase Nukes

SYDNEY, Australia (AP) - Osama bin Laden's terror network claims to have bought ready-made nuclear weapons on the black market in central Asia, the biographer of al-Qaida's No. 2 leader was quoted as telling an Australian television station. In an interview scheduled to be televised on Monday, Pakistani journalist Hamid Mir said Ayman al-Zawahri claimed that "smart briefcase bombs" were available on the black market.

### Afghan Aviation Minister Assassinated

KABUL, Afghanistan (AP) - Gunmen killed Afghan aviation minister Mirwais Sadiq on Sunday afternoon in the western city of Herat, the latest assassination to rock the country's shaky U.S.-backed government. The unidentified attackers shot Sadiq in his car in Afghanistan's main western city.

### Peace Deal Sought With Pakistan Militants

WANA, Pakistan (AP) - Pakistani forces agreed Sunday to allow a 25-member tribal council free passage into a battle zone in an effort to negotiate a peace deal with local elders sheltering hundreds of al-Qaida fighters, but insisted they would never back off a demand that the militants be handed over. The military believes a "high-value" target is hunkered down in the besieged area in South Waziristan.

### Wal-Mart Tops Fortune 500 List Again

NEW YORK (AP) - A tail wind of improving economic conditions blew many major companies to record revenues in 2003, but none was able to knock Wal-Mart Stores Inc. off the top of the Fortune 500 list. With sales of almost \$259 billion, the late Sam Walton's global chain of general stores topped the list of the nation's largest publicly traded companies for the third straight year.

## In other news...

### Muslim Veil Could Cut Cancer Risk?

RIYADH (Reuters) - Veiled women are protecting more than their modesty -- they are also less prone to nose and throat cancers because their veils screen out viruses, a Canadian doctor was quoted Friday as saying.

Professor Kamal Malaker said women in Saudi Arabia, many of whom wear a full face-covering veil, suffered a low rate of the Epstein Barr Virus which causes nasopharyngeal cancer.

"The hijab (veil) is a protection against upper respiratory tract infection," the Saudi Gazette quoted Malaker as saying. "In the kingdom, nasopharyngeal throat cancer ailment is very low among women as compared to men."

"It is interesting how a very simple social custom can have a profound effect on a human's life," said Malaker, head of radiation oncology at King Abdul Aziz hospital in the conservative Muslim kingdom.

### Man Seeks \$65,000 for Flawed Alimony Ruling

STOCKHOLM (Reuters) - A Swedish man who paid alimony for 13 years for a child he knew was not his has been proven right and now wants half a million crowns (\$65,000) in compensation, a newspaper reported on Thursday.

The man, 70, had a brief affair with the boy's mother in the late 1960s, the daily Expressen said. After giving birth, the woman told a court the man was the father. A blood test did not rule out paternity and the court ordered alimony.

For 13 years the man paid up and met the boy regularly. He remained convinced he was not the father and last year asked the boy, now 34, to take a DNA test to settle the matter.

The test showed he could not be the father. "It feels incredibly good, it confirms what I've known all these years," Expressen, which did not identify the man, quoted him as saying.

## Thought for the day...

### Persistence

The hymn with chorus, "Hold the fort, for I am coming", was based upon an incident that occurred in Altoma Pass during the American Civil War. Besieged by the Confederate Army, the Union fort under General Corse refused to surrender. Although they had many casualties, the defenders fought on despite their seemingly hopeless situation. Just as all appeared lost, a white flag was seen across the valley, some 20 miles away, signaling the message, "Hold the fort, for I am coming."

General Sherman was marching to the relief of the beleaguered and faithful defenders.

As James Corbett once said, "Fight one more round. When your arms are so tired that you can hardly lift your hands to come on guard, fight one more round. When your nose is bleeding and your eyes are black and you are so tired that you wish your opponent would crack you one on the jaw and put you to sleep, fight one more round – remembering that the man who always fights one more round is never whipped"

## Today in History...

### March 22, 1820: NAVAL HERO KILLED IN DUEL

(HISTORYCHANNEL.COM) U.S. Navy officer Stephen Decatur, hero of the Barbary Wars, is mortally wounded in a duel with disgraced Navy Commodore James Barron at Bladensburg, Maryland. Although once friends, Decatur sat on the court-martial that suspended Barron from the Navy for five years in 1808 and later opposed his reinstatement, leading to a fatal quarrel between the two men.

Born in Maryland in 1779, Stephen Decatur was reared in the traditions of the sea and in 1789 joined the United States Navy as a midshipman aboard the new frigate, *United States*. That year, he saw action in the so-called quasi-war with France and in 1799 was commissioned a lieutenant. Five years later, during the Tripolitan War, he became the most lauded American naval hero since John Paul Jones.

In 1801, President Thomas Jefferson ordered U.S. Navy vessels to the Mediterranean Sea in protest of continuing raids against U.S. ships by pirates from the Barbary states--Morocco, Algeria, Tunis, and Tripolitania. Sustained action began in June 1803, and in October the U.S. frigate *Philadelphia* ran aground near Tripoli and was captured by Tripolitan gunboats. The Americans feared that the well-constructed warship would be used as a model for building future Tripolitan frigates, and on February 16, 1804, Stephen Decatur led a daring expedition into Tripoli harbor to destroy the captured vessel.

After disguising himself and his men as Maltese sailors, Decatur's force stole into Tripoli harbor and boarded the *Philadelphia*, which was guarded by Tripolitans quickly overpowered by the Americans. After setting fire to the frigate, Decatur and his men escaped without the loss of a single American. The *Philadelphia* subsequently exploded when its gunpowder reserve was lit by the spreading fire. Famed British Admiral Horatio Nelson hailed the exploit as the "most bold and daring act of the age," and Decatur was promoted to captain. In August 1804, Decatur returned to Tripoli Harbor as part of a larger American offensive and emerged as a hero again during the Battle of the Gunboats, which saw hand-to-hand combat between the Americans and the Tripolitans.

In 1807, Commodore James Barron, who fought alongside Decatur in the Tripolitan War, aroused considerable controversy when he failed to resist a British attack on his flagship, the *Chesapeake*. Decatur sat on the court-martial that passed a verdict expelling Barron from the Navy for five years. This began the dispute between Decatur and Barron that would end 13 years later on the dueling grounds in Maryland.

In the War of 1812, Decatur distinguished himself again when, as commander of the USS *United States*, he captured the British ship of war *Macedonian* off the Madeira Islands. Barron, meanwhile, was overseas when his Navy expulsion ended in 1813 and did not return to the United States to fight in the ongoing war with England. This led to fresh criticism of Barron from Decatur, who later used his influence to prevent Barron's reinstatement in the Navy.

In June 1815, Decatur returned to the Mediterranean to lead U.S. forces in the Algerian War, the second Barbary conflict. By December, Decatur forced the dey (military ruler) of Algiers to sign a peace treaty that ended American tribute to Algeria. Upon his return to the United States, he was honored at a banquet in which he made a very famous toast: "Our country! In her intercourse with foreign nations may she always be in the right; but our country, right or wrong!"

Appointed to the Navy Board of Commissioners, Decatur arrived in Washington in 1816, where he became a prominent citizen and lived a satisfying life politically, economically, and socially. In 1818, however, dark clouds began to gather when he vocally opposed Barron's reinstatement into the Navy. The already strained relations between the two men deteriorated, and in March 1822 Decatur agreed to Barron's request to meet for a duel. Dueling, though generally frowned on, was still acceptable among Navy men. On March 22, at Bladensburg in Maryland, Decatur and Barron lifted their guns, fired, and each man hit his target. Decatur died several hours later in Washington, and the nation mourned the loss of the great naval hero. Barron recovered from his wounds and was reinstated into the Navy in 1821 with diminished rank.



## 1ST ARMORED DIVISION RETENTION

### OPERATION IRAQI FREEDOM REDEPLOYMENT SUPPORT



TAKE ADVANTAGE OF THE TAX FREE LUMP SUM DEPLOYMENT BONUS  
(When the wheels go up heading back to Germany the money goes away)

#### EXAMPLES OF BONUS PAYMENTS:

|               | 3YR REUP  | 4YR REUP  | 5YR REUP    | 6YR REUP    |
|---------------|-----------|-----------|-------------|-------------|
| SPC W/3 YEARS | \$4317.00 | \$6650.00 | \$8547.00   | \$10,000.00 |
| SGT W/6 YEARS | \$2663.00 | \$7457.00 | \$9588.00   | \$10,000.00 |
| SSG W/8 YEARS | \$3145.00 | \$7925.00 | \$10,000.00 | \$10,000.00 |

\*BONUS PAYMENTS VARY BASED UPON THE NUMBER OF YEARS REENLISTED FOR AND THE NUMBER OF MONTHS PRIOR TO ORIGINAL ETS SOLDIER REENLISTS. THESE FIGURES ARE BASED UPON A SOLDIER REENLISTING 6 MONTHS PRIOR TO ORIGINAL ETS DATE. SEE YOUR CAREER COUNSELOR TO FIND OUT HOW MUCH MONEY YOU ARE ENTITLED TO.

**"STAY STRONG, STAY PROUD, STAY 1AD"**

# The Old Ironsides Report March 22, 2004

myafn.net TV SCHEDULES: MONDAY, MARCH 22, 2004

As of: Sunday, March 21, 2004 9:10:00 PM

| Start Time | SPORTS  | ATLANTIC  | SPECTRUM   | PACIFIC  | NEWS                         | Start Time |
|------------|---|---|--|--|------------------------------|------------|
| 00:00      |   |   | AMERICAN IDOL (TVG):   |  | CNN SUNDAY                   | 00:00      |
| 00:30      | ESPNEWS   | MEN'S COLLEGE BASKETBALL - NCAA CHAMPIONSHIP - SECOND ROUND: WISCONSIN OR RICHMOND VS PITTSBURGH OR CENTRAL FLORIDA |  | MEN'S COLLEGE BASKETBALL - NCAA CHAMPIONSHIP - SECOND ROUND: PROVIDENCE OR PACIFIC VS KANSAS OR ILLINOIS-CHICAGO |                              | 00:30      |
| 01:00      | AFL - ORLANDO PREDATORS @ CHICAGO RUSH                      |   |  |  | MEET THE PRESS               | 01:00      |
| 02:00      |   |   | AMERICAN IDOL (TVG):   |  | TIM RUSSERT                  | 02:00      |
| 03:00      |   | HEADLINE NEWS   | ROCKET POWER (TVY): - TWISTER'S HAT/ TITO-THON                 | DORA: THE EXPLORER (TVY): - SCHOOL PET   | FOX REPORT                   | 03:00      |
| 03:30      | PGA TOUR - BAY HILL INVITATIONAL: FINAL ROUND               | SEINFELD (TV14): - THE PILOT (PT. 1)/ THE PILOT (PT. 2)   | THE FAIRLY ODDPARENTS (TVY): - BOYS IN THE BAND/ THE HEX GAMES | WHEEL OF FORTUNE (TVG):  |                              | 03:30      |
| 04:00      |   |   | THE SIMPSONS (TVPG): - WHEN FLANDERS FAILED                    | THE DR. PHIL SHOW (TVPG):  | THIS WEEK                    | 04:00      |
| 04:30      |   | ENTERTAINMENT TONIGHT (TVPG):   | THE COSBY SHOW (TVG): - MAN TALK                               |  |                              | 04:30      |
| 05:00      |   |   | BUFFY THE VAMPIRE SLAYER (TV14): - TOUCHED                     | THE OPRAH WINFREY SHOW (TVPG):   | DATELINE INTERNATIONAL       | 05:00      |
| 05:30      |   | WWE SMACKDOWN! (TV14):  |  |  |                              | 05:30      |
| 06:00      |   |   | LAW & ORDER (TV14): - JUDGE DREAD                              | HEADLINE NEWS  | 60 MINUTES                   | 06:00      |
| 06:30      |   | AMERICA'S BLACK FORUM   |  | JUDGE JUDY (TVPG):   |                              | 06:30      |
| 07:00      | ESPNEWS   | MEET THE PRESS  | THE NEW DETECTIVES (TV14): - TOXIC DEATH                       | ACCESS HOLLYWOOD   | CNN PRESENTS                 | 07:00      |
| 07:25      |   |   |  | GUIDING LIGHT (TV14):  |                              | 07:25      |
| 07:30      | NBA - DALLAS MAVERICKS @ NEW JERSEY NETS                    |   |  |  |                              | 07:30      |
| 08:00      |   | HEADLINE NEWS   | MONSTER GARAGE (TVPG): - SNOWMOBILE                            |  | LARRY KING LIVE              | 08:00      |
| 08:13      |   |   |  | GENERAL HOSPITAL (TV14):   |                              | 08:13      |
| 08:30      |   | ESPNEWS   |  |  |                              | 08:30      |
| 09:00      |   | SESAME STREET   | THE SIXTH SENSE  | LILO & STITCH: THE ANIMATED SERIES (TVG): - CANNONBALL   | AT LARGE WITH GERALDO RIVERA | 09:00      |
| 09:30      |   |   |  | DIGIMON: DIGITAL MONSTERS (TVY7): - THE LEGEND OF THE DIGIDESTINED   |                              | 09:30      |
| 10:00      | ESPNEWS   | DORA: THE EXPLORER (TVY): - SCHOOL PET  |  | DRAGONFLY TV (YR. 1)   | ACCESS HOLLYWOOD             | 10:00      |
| 10:30      | ESPNEWS   | WHEEL OF FORTUNE (TVG):   |  | EVEN STEVENS (TVG): - A WEAK FIRST WEEK  |                              | 10:30      |
| 11:00      | TENNIS - PACIFIC LIFE OPEN: WOMEN'S FINALS                  | THE DR. PHIL SHOW (TVPG):   | ROCKET POWER (TVY): - TWISTER'S HAT/ TITO-THON                 | JEOPARDY! (TVG):   | BELTWAY BOYS                 | 11:00      |
| 11:30      |   |   | THE FAIRLY ODDPARENTS (TVY): - BOYS IN THE BAND/ THE HEX GAMES | HEADLINE NEWS  | FOX NEWS WATCH               | 11:30      |
| 11:46      |   | THE OPRAH WINFREY SHOW (TVPG):  |  |  |                              | 11:46      |
| 11:52      |   |   |  | PACIFIC REPORT   |                              | 11:52      |
| 12:00      |   |   | THE SIMPSONS (TVPG): - WHEN FLANDERS FAILED                    | ESPNEWS  | BULLS & BEARS                | 12:00      |
| 12:30      |   |   | THE COSBY SHOW (TVG): - MAN TALK                               | HEADLINE NEWS  | AFNEWS ON ASSIGNMENT         | 12:30      |
| 12:35      |   | GUIDING LIGHT (TV14):   |  |  |                              | 12:35      |
| 12:52      |   |   |  | PACIFIC REPORT   |                              | 12:52      |
| 13:00      | TENNIS - PACIFIC LIFE OPEN: MEN'S FINALS                    |   | BUFFY THE VAMPIRE SLAYER (TV14): - TOUCHED                     | 60 MINUTES   | ACCESS HOLLYWOOD             | 13:00      |
| 13:17      |   | GENERAL HOSPITAL (TV14):  |  |  |                              | 13:17      |
| 14:00      |   | HEADLINE NEWS   | LAW & ORDER (TV14): - JUDGE DREAD                              | NYPD BLUE (TV14): - MEET THE GRANDPARENTS  | DATELINE NBC                 | 14:00      |
| 14:30      |   | JUDGE JUDY (TVPG):  |  |  |                              | 14:30      |
| 15:00      | SPORTSCENTER  | TODAY   | THE NEW DETECTIVES (TV14): - TOXIC DEATH                       | WITHOUT A TRACE (TVPG): - MIDNIGHT SUN   | GOOD MORNING AMERICA         | 15:00      |
| 16:00      |   |   | MONSTER GARAGE (TVPG): - SNOWMOBILE                            | HEADLINE NEWS  |                              | 16:00      |
| 16:22      |   |   |  | PACIFIC REPORT   |                              | 16:22      |
| 16:30      | NBA - HOUSTON ROCKETS @ SACRAMENTO KINGS                    |   |  | TONIGHT SHOW WITH JAY LENO (TVPG):   |                              | 16:30      |
| 17:00      |   | LILO & STITCH: THE ANIMATED SERIES (TVG): - CANNONBALL  | THE SIXTH SENSE  |  | HEADLINE NEWS                | 17:00      |
| 17:30      |   | DIGIMON: DIGITAL MONSTERS (TVY7): - THE LEGEND OF THE DIGIDESTINED  |  | THE LATE SHOW WITH DAVID LETTERMAN (TVPG):   | CHANNEL ONE                  | 17:30      |
| 17:45      |   |   |  |  | ABC WORLD NEWS THIS MORNING  | 17:45      |
| 18:00      |   | DRAGONFLY TV (YR. 1)  |  |  | THE EARLY SHOW               | 18:00      |
| 18:30      | NBA FASTBREAK   | EVEN STEVENS (TVG): - A WEAK FIRST WEEK   |  | ACCESS HOLLYWOOD   |                              | 18:30      |
| 19:00      | SPORTSCENTER  | JEOPARDY! (TVG):  | ROCKET POWER (TVY): - TWISTER'S HAT/ TITO-THON                 | E. T. THE EXTRA TERRESTRIAL  |                              | 19:00      |
| 19:30      |   | HEADLINE NEWS   | THE FAIRLY ODDPARENTS (TVY): - BOYS IN THE BAND/ THE HEX GAMES |  |                              | 19:30      |
| 20:00      |   | ESPNEWS   | THE SIMPSONS (TVPG): - WHEN FLANDERS FAILED                    |  | FOX NEWS LIVE                | 20:00      |
| 20:30      | NBA FASTBREAK   | HEADLINE NEWS   | THE COSBY SHOW (TVG): - MAN TALK                               |  |                              | 20:30      |
| 21:00      | MLB - SPRING TRAINING: ST. LOUIS CARDINALS @ ATLANTA BRAVES | 60 MINUTES  | BUFFY THE VAMPIRE SLAYER (TV14): - TOUCHED                     |  | DATELINE NBC                 | 21:00      |
| 21:15      |   |   |  | SEMPER FI  |                              | 21:15      |
| 22:00      |   | NYPD BLUE (TV14): - MEET THE GRANDPARENTS   | LAW & ORDER (TV14): - JUDGE DREAD                              |  | FOX NEWS LIVE                | 22:00      |
| 23:00      |   | WITHOUT A TRACE (TVPG): - MIDNIGHT SUN  | THE NEW DETECTIVES (TV14): - TOXIC DEATH                       | ESPNEWS: THE HOT LIST  | HEADLINE NEWS                | 23:00      |
| 23:30      |   |   |  | HEADLINE NEWS  | INSIDE POLITICS              | 23:30      |