

Koreans put kick into Bagram morning PT

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

BAGRAM, Afghanistan – Some mornings, service members can be seen kicking and punching and heard yelling at the Bagram Civic Center. Don't get this confused with Billy Blank's Tai-Bo; it's far from that.

A group of Korean Marines from the 924th Republic of Korea Medical Group give coalition service members an alternative to normal physical training by offering them lessons in the Korean martial art of Tae Kwon Do.

"Tae Kwon Do can help you develop physically, gain confidence and relieve combat stress," Tae Kwon Do head instructor 1st Lt. Jae-Neung Lee said, about

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Spc. Elton Thomas, HHC, 10th Mnt. Div. strikes the kicking pads as part of his early morning Tae Kwon Do training. Korean Marines offer an hour-long session for service members on Bagram.

Qatar provides rest and relaxation for combat troops

Story and photo by Sgt. Stephanie Hall
4th Public Affairs Detachment

CAMPASSAYLIYAH, Qatar – U.S. service members engaged in Operations Enduring Freedom and Iraqi Freedom are given the opportunity to take four days away from the harsh realities of war, combat and separation from loved ones with a program set up by the U.S. Army Forces Central Command and Morale, Welfare and Recreation at Camp As Sayliyah in Qatar.

"There's always been some sort of rest and relaxation program to allow soldiers to get away and relax, so they're refreshed, and they can go back to the tough times of the battle," said Capt. Brian M. Simmons, assistant director of operations and plans at ARCENT Qatar.

This program began July 18, and on a daily basis, 150 soldiers arrive from their respective task force areas of operation to begin their four-day pass, said Simmons. About 120 troops come from Iraq and the other 30 come from Afghanistan, he said. "To date, we've had over 4,400 troops go through this program."

For the U.S. troops serving in Operations Enduring Freedom and Iraqi Freedom, the rest and relaxation is in Qatar because "ARCENT, Qatar is away from everything, and it's a pretty safe environment for troops to go off post," said Simmons.

The MWR sanctioned trips off post include day trips to a five-story European-style mall, several different hotels with the chance to relax on the beaches of the sterling-blue Persian Gulf, dining at five-star

restaurants, and the chance to see the sights and experience life in Doha, the capital city of Qatar.

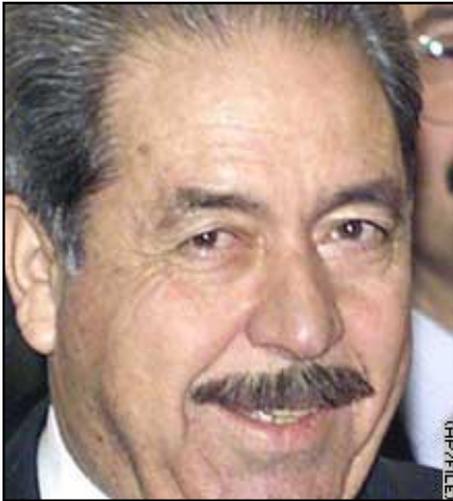
"Doha, Qatar is a pretty city with a lot of different assets to take on, and a lot of different venues for the soldiers," said Simmons.

For those who want to stay on base, the program also offers a myriad of opportunities for self-indulgence. "While I'm here, I'm going all out," said Sgt. Aliya T. Diaab, a medic with Headquarters and Headquarters Company, 10th Mountain Division, Coalition Joint Task Force-180. She spent an entire morning being pampered at the base's day spa with a massage, manicure and pedicure.

Even though there is a dining facility

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World News (Compiled from CNN.com)



Al-Majid is now in U.S. custody.

U.S. nabs Iraq's 'Chemical Ali'

BAGHDAD, Iraq – Ali Hassan al-Majid, known as “Chemical Ali,” a cousin of Saddam Hussein and the man thought to have ordered the 1988 chemical attack on Kurds, is in U.S. custody, the U.S. military said Thursday.

More than 5,000 Kurds are believed to have died in the attack.

Al-Majid was taken into custody several days ago, the military said. The circumstances of his capture were not immediately available.

Meanwhile, Secretary of State Colin Powell said Thursday the United States was looking into a new U.N. resolution that “might call on member states to do more” to bolster security in Iraq.

The diplomatic move comes in the wake of Tuesday’s bombing in Baghdad that killed at least 23 people, including Sergio Vieira de Mello, the top U.N. envoy in Iraq.

Authorities tracking down leads into the bombing think remnants of Saddam’s regime, foreign terrorists or the al Qaeda-linked Ansar al-Islam could have been responsible.

While there has been no confirmed claim of responsibility, Al Arabiya, the Arabic-language TV channel, said it received a claim of responsibility from a group calling itself the “Armed Vanguard of the Second Mohammed Army.”

The report said the “statement promised to make war on all foreigners and do similar acts.”

U.S. officials hunting for weapons of mass destruction, a key pretext for the war against

Iraq, hope “Chemical Ali” will provide information about them.

So far, nearly four months after President Bush announced the end of the major phase of the war, such weaponry the Bush administration claims was harbored by Saddam has not been found.



A vehicle burns in Gaza City after Thursday's Israeli missile attack.

Hamas ends cease-fire

GAZACITY, Israel – Two Palestinian militant groups ended their temporary cease-fire with Israel on Thursday after Israel killed a senior Hamas leader in a missile attack in Gaza.

Hamas called off its cease-fire and demanded Palestinian Authority Prime Minister Mahmoud Abbas resign.

Al Aqsa Martyrs Brigades, the militant offshoot of Palestinian Authority President Yasser Arafat’s Fatah movement, also said Thursday its cease-fire was no longer in effect and vowed to strike Israel. A third group, Islamic Jihad, said it was reassessing its commitment to the cease-fire.

The Palestinian Authority, which had been planning to rein in Hamas and other groups after this week’s deadly suicide bombing in Jerusalem, said it is rethinking a crackdown on militants after the Israeli raid Thursday in Gaza City.

“Now everything is put on hold,” said Elias Zananiri, a spokesman for Palestinian Security Minister Muhammad Dahlan.

In Gaza, Hamas spokesman Ismael Hania called for Abbas to step down, saying he had been ineffective.

Abbas called the Israeli airstrike an “ugly crime” that was “against peace and the peace process.”

Israel warned it cannot make further moves along the U.S.-backed “road map” to

peace unless “substantial and meaningful” steps are taken against militants staging attacks such as Tuesday night’s suicide bombing that killed 20 people on a Jerusalem bus. Hamas and Islamic Jihad claimed responsibility for the attack.



The blast demolished three floors of the U.N.'s Baghdad headquarters.

Baghdad bombing prompts aid pullout Thursday

BAGHDAD, Iraq – The shock waves from the bombing of the United Nations headquarters in Baghdad continue to be felt with aid groups saying they are pulling out their staff.

U.N. Secretary-General Kofi Annan had pledged the world body will press ahead with its efforts to restore order in Iraq despite Tuesday’s strike that killed at least 23 people, including the U.N.’s top envoy in Iraq.

But both the World Bank and International Monetary Fund, which had been coordinating attempts to assess the shattered country’s needs before a donors’ conference in Spain in October, said they had ordered staff to leave. It was too early to say when they would return.

Officials have also said pledges of more than \$5 billion will be needed to keep the floundering economy afloat in 2004 alone.

Authorities are now more vigilant about security in light of the attack.

At the scene of the blast, soldiers conducted a controlled explosion Thursday to demolish a portion of the roof that was hanging tenuously, posing a danger to searchers looking for more human remains in the rubble. Two people are still unaccounted for.

U.S.-Latin American drug program recreated

Story by Gerry J. Gilmore
American Forces Press Service

BOGOTA, Colombia – A U.S.-Latin American aerial drug interdiction program that had been conducted over the skies of countries like Colombia has been reinstated, U.S. Defense Secretary Donald H. Rumsfeld announced Aug. 19.

Rumsfeld, accompanied by Colombian Minister of Defense Marta Lucia Ramirez de Rincon, said President Bush had reauthorized the program. It had been suspended for two years after a plane carrying an American missionary was shot down in Peru.

Air interdiction “is a regional issue” that affects all of Latin America, Rumsfeld pointed out, involving efforts to eradicate the sale and distribution of “drugs, as well as weapons.”

Rumsfeld also met with numerous senior Colombian officials, including Ramirez de Rincon, President Alvaro Uribe and Gen. Jorge Enrique Mora Rangel, commander of Colombia’s armed forces.

The U.S. defense secretary said he was impressed with the Colombian government’s “conviction, passion and determination” in fighting narcoterrorism over the past year since Uribe took office Aug. 7, 2002.

Rumsfeld drew a parallel between Colombia’s struggle against the narcoterrorists who are funding the insurgent FARC terror group and the broader war on world terrorism.

“It is a global war” that affects myriad nations, including Colombia, the secretary said, noting the United States is “proud to be partners with Colombia in addressing the global war on terrorism.”

The United States, Rumsfeld said, is committed to assist nations such as Colombia in combating terrorism. He pointed out that America and its Latin American neighbors share a common interest to keep the Western Hemisphere free from the specters of terrorism and drug and weapons trafficking.

Bagram Air Base MWR presents

1530Z at the MWR Building: “For A Few Dollars More.” Two bounty hunters with completely different intentions team up to track down a Western outlaw.



Tomorrow’s movie will be “A Fistful of Dollars.”

Local weather

TWO-DAY REGIONAL WEATHER FORECAST:

	<i>Today</i>	<i>Saturday</i>
Bagram:	Mostly clear H: 93F L: 68F	Mostly clear H: 93F L: 68F
Kandahar:	Dusty H: 100F L: 75F	Dusty H: 102F L: 72F
Kabul:	Partly cloudy H: 93F L: 68F	Mostly clear H: 93F L: 68F
Uzbekistan:	Clear H: 98F L: 60F	Clear H: 99F L: 56F

Weather forecast courtesy of the Bagram Combat Weather Team

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the benefits for service members while deployed.

At the lessons they teach the new students various combinations of punches and kicks and also sets of controlled stances, called poomsae.

Along with teaching Tae Kwon Do fundamentals, the instructors also mix in sprints, cardio exercises and one-on-one training to give the service members a rigorous workout.

Most of the Korean Marines started Tae Kwon Do training at a very young age and continue it while in the military. They bring those years of training to other coalition soldiers, most of whom are beginners, just getting their first taste of the martial art.

Spc. Elton Thomas, Headquarters and Headquarters Company, 10th Mountain Division, joined up as soon as he arrived in Afghanistan more than four months ago.

"It teaches you to be patient with yourself," he said, regarding the large number of movements you have to memorize, but his favorite aspect of Tae Kwon Do is kicking and its by-product, stress relief.

"You can take frustrations out from the past day on the kicking pad," he said, referring to the portion of the training where

students perform different combinations of kicks on striking pads held by instructors.

For newcomers and old hands alike, the hour-long lessons can be grueling.

"I have to change shirts during every lesson," said Spc. Rowland Valderrama, 3654th Maintenance Co., due to the massive amount of sweating caused by the workout.

And he's not the only one, but he says he doesn't mind it because the Korean instructors try to get the most out of their students.

"The Marine Tae Kwon Do instructors are motivated, so it gets you motivated," He said.

For Sgt. Christopher Huff, 3654th Maint. Co., the best part of going to Tae Kwon Do is the camaraderie shared by the instructors and students.

"I like being with a group of people who share a common interest in Tae Kwon Do," he said. "The people around you is what makes it for me."

Although there is a language barrier, it hasn't stopped the soldiers and instructors from becoming friends during the deployment.

"The friendship you gain is so absolutely incredible, it's my favorite part," said Spc. Jennifer Madden, 213th Area Support Group, who was awarded a free Tae

Kwon Do uniform for repeatedly coming out to the classes and showing a desire to improve.

For the instructors, all the satisfaction for teaching the class comes with meeting all of the students who come out to learn.

"We do it because we like meeting people from different ethnic and cultural backgrounds, and we get to make new friends and develop good relationships with the Tae kwon Do students," Lee said. "After work we get together and exchange culture and learn many things from each other."

During their deployment Lee and the other instructors made many friends, but they're rotating back to Korea on Saturday.

A new group will resume the Tae Kwon Do classes in early September.

Lee has one wish for the students he's leaving behind.

"One day I hope that some of the soldiers can work hard enough with the next group to eventually achieve the level of black belt, that's my hope."

Tae Kwon Do classes are held in the Bagram Civic Center next to the gym on Tuesdays, Thursdays and Saturdays at 6 a.m. (L)

The classes will resume in early September and are open to anyone.

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on base, troops who get a little weary of military chow and desire a taste of home can sink their teeth into foods from Burger King and Subway, or have pizza and gourmet-style coffee and pastries offered at the camp.

"The base here is just an exceptional base that has exceptional services and support to meet the demand of the soldiers," said Simmons.

It's those services that provide a much-needed break for troops who are in a combat environment for longer than 90 days. In Afghanistan, soldiers who need that break can contact their local operations office.

"Working 12 hours a day, seven days a week, does get stressful, and sometimes you just need to get away," said Spc. Jamie M. Nugent, HHC, 10th Mt. Div., CJTF-180. She said before she left, "I (was) up to the point where I (was) about to lose my mind, and this right here just makes me feel a lot better."



Sgt. Lehua G. Pittman, HHC, 10th Mt. Div. (right), admires potential souvenirs at a gift shop at a hotel in Doha, Qatar while on R and R.

On her last day of rest and relaxation, she said that the trip helped her to feel fresh, and now "it's time for me to go to work."



Coalition Sports Zone

(Compiled from ESPN.com)



Pete Sampras (right) hasn't played since beating Andre Agassi in last year's U.S. Open final.

Sampras to officially retire at U.S. Open

NEW YORK – Pete Sampras is making his retirement official and he will be honored with a ceremony at the U.S. Open.

Sampras hasn't played a match since winning his record 14th major title at the 2002 U.S. Open, although he never came out and formally said he was retiring.

That will change Monday at a news conference he will hold before a tribute at Arthur Ashe Stadium on the first night of this year's Open, Sampras' representatives said in an e-mailed release.

Sampras has withdrawn from every event this season but remains ranked — currently 35th — because he never officially quit.

His last match was a 6-3, 6-4, 5-7, 6-4 victory over old foe Andre

Agassi in the U.S. Open final on Sept. 8. It gave Sampras his fifth Open title and, at 31, made him the tournament's oldest winner since 1970.

At the postmatch news conference, Sampras alternated between sounding as though he were ready to hang up his racket and ready to get back to work.

"I'm going to have to weigh it up in the next couple months to see where I'm at. To beat a rival like Andre, in a storybook ending, it might be nice to stop," Sampras said at the time.

"But," he added, "I still want to compete, you know? I still love to play."

Part of what made that victory so special to Sampras was that he hadn't won a tournament of any sort in more than two years. He entered that U.S. Open seeded 17th and with a 20-17 match record for the year.

"I wanted to stop on my terms," Sampras said after beating Agassi. "That was one thing I promised myself, even though I was struggling this year and hearing this and that. I deserved to stop on my own terms."

Thirst obeyed, James signs with Sprite

ESPN – First came a \$90 million endorsement deal with Nike. Then, a \$5 million partnership with Upper Deck.

On Thursday, LeBron James pumped millions more into his portfolio by signing a six-year marketing deal with Coca-Cola that will pay him more than \$2 million per year. Sources said it is the largest beverage deal signed by a basketball player. Jeff Gordon's deal with Pepsi and Dale Earnhardt Jr.'s deal with Budweiser are believed to be higher.

"From the very beginning we said we wanted a company that would be willing to allow LeBron to transcend the athletic world," James' agent, Aaron Goodwin, said Thursday. "The fact that he is endorsing a lifestyle as well as an athletic brand is evidence of that."

Coca-Cola announced it will use James in campaigns for both its Sprite and Powerade brands, which will include special LeBron packaging. Powerade is second to Gatorade in sports-drink sales with about 14 percent of the market. Gatorade owns 83 percent.

It is believed that James will receive some sort of additional compensation should Powerade grow during the endorsement deal.

"I've been drinking Sprite and Powerade for a long time," James said in a statement released Thursday. "I have always admired the way Sprite and Powerade spoke to young people and athletes, and I can't wait to be a part of it."

Coca-Cola has not announced any change in its relationship with endorser Kobe Bryant, who has been charged with sexually assaulting a 19-year-old Colorado woman. Bryant, who endorses the Sprite brand, has a contract with Coca-Cola that runs through 2005.

Negotiations for the deal with James began well before Bryant's legal troubles arose. Bryant's Sprite ads stopped running in early July, around the time his situation was made public, but Coca-Cola officials have said that a phasing out of those ads was part of the original plan.

Sports on local Armed Forces Network TV

Saturday's schedule (AFN Sports)

- Golf: NEC Invitational 0000L
- MLB Seattle Mariners @ Boston Red Sox 0330L
- MLB Chicago Cubs @ Arizona Diamondbacks 0630L
- College GameDay Season Preview 0930L
- SportsCenter 1030L
- NASCAR Busch Series 1130L
- SportsCenter 1430L
- Boxing: Kassim Ouma vs Carlos Bojorquez Silver 1530L
- College Football Magazine 1830L
- SportsCenter 1930L
- Motorcycle Racing 2030L
- PGA NEC Invitational 2230L

Sunday's schedule (AFN Sports)

- Action Sports 0230L
- SportsCenter 0330L
- College Football California vs Kansas State 0415L
- SportsCenter 0715L
- U.S. Amateur Golf Championship 0830L
- College Football Grambling State @ San Jose State 1130L
- 2003 Little League World Series 1530L
- Baseball Tonight 1800L
- NFL Live 1900L
- SportsCenter 1930L
- Action Sports 2100L
- MLB Oakland A's @ Toronto Blue Jays 2130L

Afghanistan Hot Topics



(Compiled by CJTF-180 Public Affairs)

New commander of NATO force in Afghanistan says Kabul relatively safe

KABUL, Afghanistan (*Associated Press*) – A week after taking up his new post, the commander of NATO troops in Afghanistan’s capital said Wednesday the city is relatively secure.

But Lt.-Gen. Gotz Gliemeroth of Germany warned terrorist attacks are “always pending” in the troubled city. “I cannot exclude that there will be an additional number of potential terrorists having infiltrated the city, preparing whatever attack,” Gliemeroth said. “But our current estimate is that the situation is under control.”

NATO last week took over the 5,000-strong force, including about 2,000 Canadians, from Germany and the Netherlands, ending the search to find a “lead nation” to command the effort.

The move marked the alliance’s first operation outside Europe.

“For NATO, this mission means a departure, since it’s active proof of the way in which the North Atlantic Treaty (Organization) is adapting to meet the new challenges in today’s world,” Gliemeroth said.

The 30-country force in Afghanistan was established in December 2001 in the wake of the U.S.-led war that toppled the Taliban, which had granted a safe haven to accused terrorist mastermind Osama bin Laden and his al-Qaida network.

The mission - to bolster security in Kabul - remains unchanged, Gliemeroth said. The troops are patrolling the city in armored cars and Jeeps, exactly as their predecessors did.

A key near-term aim will be ensuring security for the loya jirga, or grand council, that is to meet in Kabul in October to debate and approve the country’s new constitution.

Afghan government troops capture six Taliban fighters, weapons Thursday

KANDAHAR, Afghanistan (*Associated Press*) – Afghan security forces seized weapons and captured six Taliban fighters in a search for insurgents traveling on motorbikes and camels in a rugged region of central Uruzgan province, provincial Gov. Jan Mohammed Khan said Thursday.

Two of the arrested guerrillas were local commanders before a U.S.-led coalition toppled the Taliban in late 2001, Khan said.

The confiscated weapons included 40 rocket launchers, four AK-47 rifles and six grenades, he said.

Khan identified one of the commanders as Mullah Sharafuddin. The other leader was not named.

The operation in the district, also called Uruzgan, was launched after the area’s top police official was killed in a recent ambush blamed on Taliban fighters.

Uruzgan district is about 175 kilometers (108 miles) northeast of Kandahar.

As many as 15 U.S. soldiers and 200 Afghan troops were initially

involved in the operation. But Khan said additional troops were sent to the area from other districts in the province, and now 700 Afghan security forces were scouring the area for the rebels.

“According to our information, the Taliban have motorbikes and camels for transportation,” Khan said.

Khan said nearly 200 Taliban fighters were hiding in the hills of Uruzgan district.

U.S. ‘Special Ops’ Soldier Killed in Afghanistan

PAKTIKA PROVINCE, Afghanistan (*Reuters*) – A U.S. special operations soldier died from wounds received in Afghanistan, the U.S. military said on Thursday.

“A special operations service member died as a result of injuries received during operations in the vicinity of Orgun, in Paktika Province, Afghanistan yesterday,” the statement on the U.S. military’s Central Command Web site.

It said the soldier’s name was being withheld pending notification of next of kin.

The statement comes after earlier comments from U.S. military officials who said a U.S. soldier had been lightly wounded after a bomb exploded in a separate incident somewhere else in Paktika province.

NAMAKEMONO
AMERICAN COMICS
GETTING OLD!

I RECENTLY CELEBRATED MY 27TH BIRTHDAY AND THE OLDEST OF AGE ARE SHEDDING THEIR UGLY HAIR!

27 IS NOT ONLY MY AGE, BUT IT IS ALSO THE NUMBER OF HOURS I COUNT IN THE BANK EVERY DAY.

27 IS ALSO THE NUMBER OF CROW'S FEET APPEARING AS I STRAIN TO READ MY FAVORITE COMICS.

WANT A HEARTY LAUGH? HERE'S ONE: THIS IS MINE!

CANARD NEWSMAGAZINE SPOOKING NANNY...

MY SIX-PACK HAS NOW TURNED INTO A KEG.

MY FRIEND'S HAIR CHANGED... (IT CAN'T BE A RANDOM OCCURRENCE! BUT NEITHER HAS MY WORK ETHIC. BUT FIRST I'LL WATCH A LITTLE TELEVISION!)

THE 35-YEAR-OLD DEPENDS AT WORK HAVE NO IDEA WHAT I'M TALKING ABOUT!

MY GIRL FRIEND PLUCKED MY FIRST GRAY HAIR THE OTHER DAY...

AT LEAST AT 27 I ONLY HAVE 20 MORE YEARS UNTIL RETIREMENT!

KEVIN KILGORE

kevin_kilgore@hotmail.com By Kevin Kilgore

Laugh Support

British crossword

(Courtesy of QUIZLAND.com)

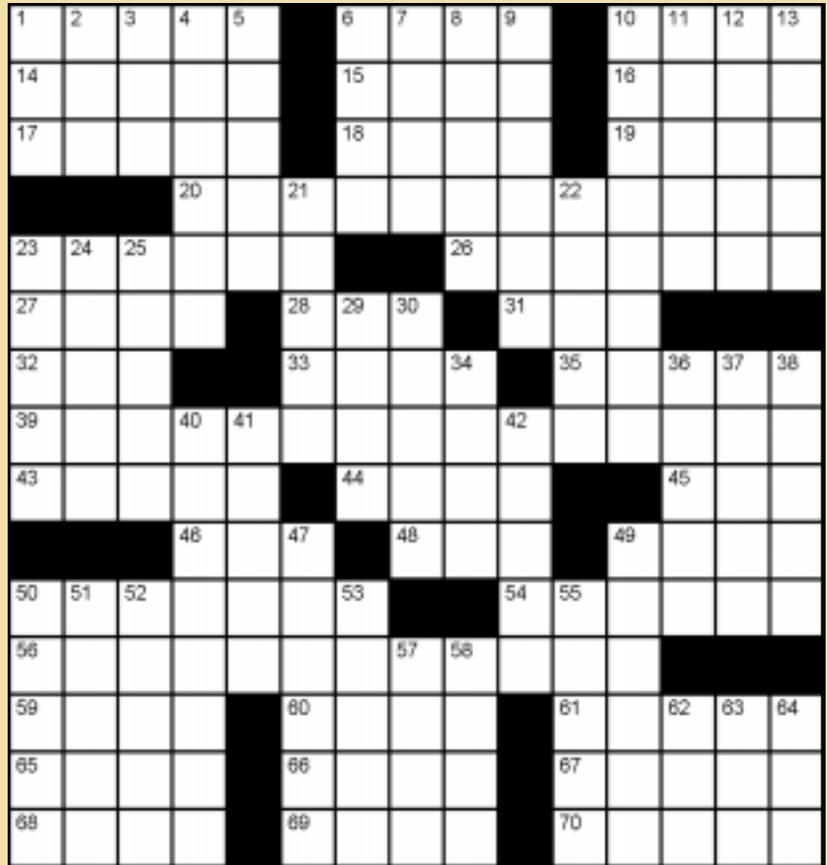
Across

- 1. Take in or let out
- 6. Dalmatian's marking
- 10. Like two peas in ___
- 14. Swiss miss
- 15. Walk off with
- 16. Burn a bit
- 17. Savory jelly
- 18. Nation in an '80s war
- 19. ___ d'Azur
- 20. Clams for '60s British invaders?
- 23. Yachter's lodging
- 26. Sunday speeches
- 27. Car loan figs.
- 28. Tick off
- 31. Eminem's genre
- 32. President pro ___
- 33. A Ponderosa son
- 35. In the vicinity
- 39. Clear of difficulties, like '60s British invaders?

- 43. One of the Carpenters
- 44. Billing unit, for some
- 45. Grab a bite
- 46. Matterhorn, e.g.
- 48. Javits Center architect
- 49. Cracker spread
- 50. Algonquian language
- 54. Pianist's exercises
- 56. Some frat boys for '60s British invaders?
- 59. Polynesian carving
- 60. Trig ratio
- 61. Lagoon's boundary
- 65. Author Bagnold or Blyton
- 66. Keynesian subj.
- 67. Brown tone
- 68. Baseball's Sandberg
- 69. Tear to pieces
- 70. Nursery purchase

Down

- 1. "Gotcha!"



- 2. Bandleader Brown
- 3. Bellboy's bonus
- 4. Formal decrees
- 5. Nouveau ___
- 6. Use a swizzle stick
- 7. Catherine ___ (Henry VIII's sixth)
- 8. Signs off on
- 9. Less at ease
- 10. Fait ___
- 11. Record player, for short
- 12. Like Cheerios
- 13. Get decked out
- 21. Philanthropist Yale
- 22. Sprinter's milieu
- 23. Dyeing method
- 24. "Pagliacci," e.g.
- 25. Strong suit?
- 29. ___ IRA
- 30. Block, legally
- 34. Andrew of "Melrose Place"
- 36. Hoopster Shaq
- 37. Do figure eights
- 38. ___ Park, Colo.
- 40. Semimonthly ocean phenomenon
- 41. Dental restoration
- 42. IRA-establishing legislation
- 47. Sci-fi weapon
- 49. Soft hue
- 50. More fitting
- 51. Like much Seattle weather
- 52. Alan of "Catch-22"
- 53. Getting chilled
- 55. Envelope closer
- 57. Barge ___ (interrupt)
- 58. Patch up
- 62. ___-Locka, Fla.
- 63. Writer ___ Yutang
- 64. Long. crosser

Solutions will be posted in Saturday's Freedom Watch