



FREEDOM WATCH



July 30, 2002

Published in the interest of those serving in Operation Enduring Freedom

Bagram, Afghanistan

News briefs

(Compiled from CNN.com)

Ambushed soldiers receive medical care

BAGRAM AIR BASE, Afghanistan — Five U.S. soldiers were wounded Saturday after being ambushed while conducting a reconnaissance mission 12 kilometers east of Khowst. All five soldiers were initially brought here for medical treatment after which time three were subsequently evacuated to the American military hospital in Landstuhl, Germany, for further treatment. The two remaining soldiers here were expected to be released Monday.

SOF team discover weapons cache

BAGRAM AIR BASE, Afghanistan — A U.S. Special forces team discovered a sizable cache of weapons at Deh Rahwod Saturday buried within the confines of their own fire base compound. Some of the contents included 20 grenades and 36 cases of varying types of machine gun ammo.

Prevention is key to healthy force

Story & photo by Spc. Erica Leigh Foley
28th Public Affairs Detachment

KARSHI-KHAN-ABAD, Uzbekistan — A three-soldier team makes up quite a force when it comes to preventative medicine in Karshi-Khanabad, Uzbekistan.

“Our job is to ensure the other troops can perform their job by keeping them healthy,” said Sgt. 1st Class Sam Osborne, 227th Medical Detachment (Preventative Medicine), out of Fort Lewis, Wash. “We maintain the fighting force.”

Maintaining the health of the soldiers, Marines and airmen in theater is a multi-faceted

task Osborne said. The 227th not only tests the water to make sure it’s safe to use, they check the food served, insects for diseases in the area and monitor the temperature to keep commanders informed of the current heat category.

One of their responsibilities is to test the water – and not just the temperature before shower time either. They make sure the water is potable and safe.

After being pumped out of a well, the water goes through a purification procedure before the team tests it.

“We take a sample of the water being used and



Spc. Chris White checks the arthropods found in the bug traps placed around the base for identification.

See MED, Page 2

MWR offers digital message to send home

By Spc. Erica Leigh Foley
28th Public Affairs Detachment

KARSHI-KHANABAD, Uzbekistan — Blanca Martinez checks her mailbox in Glendale, Airz., daily to retrieve the usual junk mail and possibly a letter from her son who is stationed in Karshi-Khanabad, Uzbekistan in support of Operation Enduring Freedom.

Although she receives letters and phone calls regularly from her son, mechanic Victor

Martinez, 65th Military Police Company, out of Fort Bragg, N.C., this time he sent something a little different — a little better.

He sent his smile, song and love neatly packed in a digital video disc provided by the Morale, Welfare and Recreation center at K2.

The discs and equipment for the soldiers use are available 24 hours a day, seven days a week.

“This is a great way to keep the morale up for the folks back

home,” said Arthur Chandler, MWR manager. “This gives the soldiers another way to send messages to their loved ones.”

The messages are recorded in an isolated room with a computer, camera, chair and the soldier.

Martinez has news to share with his family that he doesn’t want to break over the phone.

He is being extended for the fifth time and knows his mother

See DVD, Page 3

MED, from Page 1

check it for chlorine, Ph and total dissolved solids (minerals)," said Spc. Chris White, preventative medicine technician.

Checking the levels of chlorine is important to Osborne said.

"We check the chlorine level, if there is not enough, it won't kill the microorganisms, and if there is too much the soldiers won't use it."

In addition, to the chlorine checks, they monitor the Ph balance, which measures the base and acid levels within the water. Next the TDS are inspected — the levels of salt and minerals, such as magnesium, the water contains.

The water temperature is monitored because it too can have a profound influence on the effectiveness of the chlorine. If the water is too hot, the chlorine will evaporate eliminating its value to the process.

Bacteria are also a concern for the soldier's safety. A bacteriological sample is gathered from not only the drinking water but from the shower spouts, the sinks and the bladders used to hold the water before use.

"We collect a bacteriological sample and incubate it for 24 hours at 37 degrees Celsius," White said.

A growth medium that allows the bacteria to thrive is added to the sample. If bacteria are present, they will eat the medium and produce a colorful waste material that will flag those waters and alert the technicians of the bacteria's presence.

In addition to checking drinking water, the medical detachment also has a part in checking food as well. The Veterinary team takes care of checking food before it's cooked, the 227th checks it after preparation.

"We check the temperatures of potentially hazardous foods like chicken," said Osborne. "We monitor it after and while it's being cooked. It needs to be checked to make sure it's maintained at the correct temperature that will retard bacterial growth."

Checks of the food are done to ensure that it is properly prepared, stored and that there is no cross-contamination.

Entomological surveys are also performed by the medical team to determine if there is a diseased arthropod threat in each section of the theater.

At night, three times a week, there are eight traps set out around camp. The traps are set out in hopes of snagging local arthropods with medical significance.

"We put the traps out for mosquitoes, sandflies and other arthropods," Osborne

said.

Mosquitoes and sand flies both generate a substantial amount of interest with the preventative medicine team because of the diseases they have to potential to carry. Mosquitoes can transmit malaria and sandflies can transmit leishmaniasis.

Keeping the warriors pest-free is also a job for these technicians. From the blood sucking and biting to the small rodents like mice, the 227th is here to protect soldiers from unwanted encounters. They spray the outside of tents to repel insects and give out mousetraps upon request. The responsibility falls in the capable hands of the 227th to monitor the threat. When called for, they use aggressive control measures, Osborne said.

The wet bulb globe temperature is how commanders know what heat category soldiers are in

and what the work schedule should be.

There are three thermometer readings that are recorded on an hourly basis by the medical staff — the humidity, air and black globe. The humidity thermometer does, as one would expect, measures how hot it feels with the humidity factored into the reading. The ambient air temperature is measured by the dry bulb and the black globe lets the technicians know how hot it feels without the wind factored in. All of these are important to know and have an effect of the work-rest cycle the commanders' implement for their troops.

From the food they eat and water they drink, to the mosquitoes that bite them, our soldiers are looked out for and taken care of.

"We are the soldier's shield from disease and non-battle injuries," White said.



Photo by Staff Sgt. Rhonda M. Lawson

Happy birthday, Chaplain's Corp!

The Chaplains staff at Bagram Air Base celebrated the Chaplain Corps' 227th birthday with a prayer breakfast at the Viper City Dining Facility. The program included prayers for wisdom, strength, those in authority and the country of Afghanistan, as well as special music from the Bagram Gospel Choir and the Collective Protestant Chapel Choir, pictured at left.

DVD, from Page 1
will be less than excited.

To soften the blow, he said it would be better to tell her on a DVD so she can see his smiling face.

“I figure if she sees my million-dollar smile, she’ll see that I am all right; it will be a little easier on her,” said Martinez.

As he takes his seat in the small room, Chandler gives him instructions on how to start recording and how to stop.

With a grin Martinez strums his guitar.

He sings a song about his life since he enlisted in the Army. With a little bit of humor and set to a country beat he sings the news of

his extension on the deployment. So, although the message is something Blanca probably didn’t want to hear, she gets to see her son’s smiling face letting her know that he is all right and in good spirits.

“I figure if she sees my million-dollar smile, she’ll see that I am all right.”

— Spc.
Victor Martinez,
65th MP Co.

Soldiers can send messages from one to five minutes long and the soldiers may send as many as they please.

The DVD service has been put to good use, Chandler said.

“We have at least 30 DVDs made by soldiers daily.”

With the help from the MWR Center, soldiers are making their deployment easier on the loved ones back home by keeping in touch through all means available.

HIND SIGHT

1729

City of Baltimore, Md., founded

1839

Slave rebels lead takeover of slave ship *Amistad*

1975

Teamsters boss Jimmy Hoffa disappears in suburban Detroit

1976

Japanese beat Russia for Olympic gold in women’s volleyball

1991

MTV announces it will split into three channels in 1993

Local weather

TWO-DAY REGIONAL WEATHER REPORT:

	<i>Today</i>	<i>Wednesday</i>
Bagram:	<i>Showers</i> H: 95F L: 66F	<i>Showers</i> H: 95F L: 66F
Khandahar:	<i>Dusty</i> H: 108F L: 72F	<i>Dusty</i> H: 108F L: 70F
Kabul:	<i>Haze</i> H: 93F L: 63F	<i>Haze</i> H: 93F L: 64F
Uzbekistan:	<i>Sunny</i> H: 100F L: 64F	<i>Sunny</i> H: 101F L: 65F

Weather forecast courtesy of the Bagram Combat Weather Team

FREEDOM WATCH

Freedom Watch falls under the supervision of the Combined Joint Task Force - 180.

- ❖ CJTF - 180 Commanding General — Lt. Gen. Dan McNeill
- ❖ CJTF - 180 Command Sergeant Major — Command Sgt. Maj. Steven R. England
- ❖ Public Affairs Officer — Col. Roger King
- ❖ Public Affairs Sergeant Major — Sgt. Maj. C.J. Costello

Freedom Watch, an Army newspaper publication, is produced by the 28th Public Affairs Detachment at Bagram Air Base, Afghanistan.

- ❖ Commander — Capt. Timothy Beninato
- ❖ NCOIC — Staff Sgt. Rhonda M. Lawson
- ❖ Editor — Sgt. Reeba Critser
- ❖ Sports Editor — Spc. Alfredo Jimenez Jr.
- ❖ Journalists — Spc. Jason Allgood, Spc. Erica Leigh Foley, Pfc. Nathan Akridge and Pfc. Eleazar Craig.

In accordance with AR 360-1, this Army newspaper is an authorized publication for members of the U.S. military overseas. Contents of *Freedom Watch* are not necessarily the official view of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Army.

All submissions are subject to editing for size and content by the 28th Public Affairs Detachment, located in Motel 6, CJTF - 180, Bagram Air Base.

To be added to the daily distribution list, e-mail reeba.critser@us.army.mil

Visit the CENTCOM Website to see the latest editions of *Freedom Watch* at www.centcom.mil/operations/CJTF%20180/cjtf180.htm

COALITION SPORTSZONE

The Day in Sports

(Compiled from ESPN.com)

Strike date still undetermined

Barring a surge of progress in labor talks this week, the executive board of the Major League Baseball Players' Association could confer by telephone by Friday to set a strike date, the earliest of which could be Aug. 16, the *Los Angeles Times* has reported.

There are several possible dates on which the players would strike, but Aug. 16 appears to be the front-runner, with Sept. 1 as the other likely choice, sources told *ESPN*.

Faulk signs seven-year contract with Rams

MACOMB, Ill. — Marshall Faulk signed a seven-year contract with the St. Louis Rams on Monday, a deal that will enable the running back to finish his career with the team.

Phils trade Rolen to Cardinals

PHILADELPHIA — Scott Rolen should be much happier in his new red uniform.

The slugging third baseman was traded to the St. Louis Cardinals in a five-player deal on Monday, ending a seven-year tenure with the Philadelphia Phillies that ended miserably.

Rolen and the organization have been at odds since he rejected a 10-year, \$140 million contract.

2002 Major League Leaders

Batting Average

1. L. Walker, Col	.363
2. I. Suzuki, Sea	.359
3. M. Sweeney, KC	.355
4. B. Bonds, SF	.343
5. J. Kent, SF	.335

Home runs

1. A. Rodriguez, Tex	32
2. S. Sosa, CHC	31
2. J. Thome, Cle	31
2. L. Berkman, Hou	31
5. B. Bonds, SF	28

Runs Batted In

1. L. Berkman, Hou	86
2. N. Garciaparra, Bos	85
3. A. Rodriguez, Tex	83
3. J. Giambi, NYY	83
3. M. Tejada, Oak	83

Wins

1. C. Schilling, Ariz	18-3
2. B. Zito, Oak	15-3
3. R. Johnson, Ariz	14-4
3. B. Colon, Cle/Mont	14-5
3. D. Lowe, Bost	14-5

Earned Run Average

1. D. Lowe, Bos	2.23
2. P. Martinez, Bos	2.50
3. G. Maddux, Atl	2.56
3. B. Colon, Cle/Mont	2.62
3. E. Dessens, Cin	2.68

Strikeouts

1. C. Schilling, Ariz	212
2. R. Johnson, Ariz	200
3. P. Martinez, Bos	169
3. A. Burnett, Fla	156
3. R. Oswalt, Hou	143

2002 Major League standings

American League East			GB
N.Y. Yankees	66-38	.635	-
Boston	61-42	.592	4.5
Baltimore	48-54	.471	17
American League Central			GB
Minnesota	64-42	.604	-
Chicago (AL)	50-56	.472	14
Cleveland	45-58	.437	17.5
American League West			GB
Seattle	64-42	.604	-
Anaheim	62-41	.602	.5
Oakland	60-45	.571	3.5
National League East			GB
Atlanta	67-38	.638	-
N.Y. Mets	54-50	.519	12.5
Montreal	52-53	.495	15
National League Central			GB
St. Louis	58-44	.569	-
Cincinnati	54-50	.519	5
Houston	53-51	.510	6
National League West			GB
Arizona	64-41	.590	-
Los Angeles	59-46	.564	5
San Francisco	58-47	.559	6

Monday scores

Tampa Bay 6-1 Baltimore
 Kansas City 4-1 Toronto
 N.Y. Yankees 9-2 Texas
 Anaheim 5-4 Boston, Top 9th
 Cleveland 8-6 Oakland, Btm 7th
 Seattle 4-3 Detroit

Today's schedule

Detroit at Seattle
 Arizona at Montreal
 San Francisco at Philadelphia
 Colorado at Pittsburgh
 St. Louis at Florida
 Los Angeles at Cincinnati
 Houston at N.Y. Mets
 Baltimore at Tampa Bay
 Milwaukee at Atlanta
 Toronto at Kansas City
 Chicago W. Sox at Minnesota
 N.Y. Yankees at Texas
 San Diego at Chicago Cubs
 Boston at Anaheim
 Cleveland at Oakland