

The North Star

Serving Task Force Marne
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Mental health program supports Soldiers

By Pvt. Zachary Zuber
3SBCT, 2nd Inf Div PAO

A new initiative to preemptively identify and ease mental health issues for Soldiers during deployment is being implemented throughout Task Force Marne beginning in April.

The Primary Care Behavioral Health Initiative utilizes medics and initial medical care providers to screen for potential mental health issues. It was created by Maj. Keith M. Lemmon, surgeon for 1st Squadron, 14th Cavalry Regiment, 3rd Stryker Brigade Combat Team, 2nd Infantry Division.

The program was designed to establish more trusting

relationships between Soldiers, creating a comfortable outlet to speak of any mental or emotional issue they face while deployed. These new methods are designed to empower the young medics and physician's assistants who already develop a close connection to the Soldiers. Educating caregivers about subtle indicators of a personality change may draw attention to a small problem a Soldier may be dealing with prior to the situation becoming a crisis.

"I'm an adolescent medicine specialist, and one of the biggest tenets of adolescent medicine is that there is usually something going on in a young adult's life that



Photo by Pvt. Zachary Zuber, 3SBCT, 2nd Inf. Div. PAO

Specialist Erica Humphries, mental health tech for TF Marne, provides a patient's view during a training scenario for the Primary Care Behavioral Health seminar held at FOB Warhorse.

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Deployed couple find strength through each other, faith

By Spc. Dustin Gautney,
2BCT, 3rd Inf. Div. PAO

Marriage can hold many different opportunities, adventures, difficulties, and strengths for both spouses. However for one 2nd Heavy Brigade Combat Team, 3rd Infantry Division couple deployed to Iraq, adventure and strength comes from their deployment together.

"Well it definitely saves you money off the cost of internet," said Chief Warrant Officer Doris Santiago, 2-3 Brigade Troops Battalion, 2HBCT, jokingly.

"When you want to unwind after work or just need to talk to someone," she said. "My husband is there unlike

other deployments."

"It is easier than waiting in line to buy a phone card," said Chief Warrant Officer Eliud Santiago, Headquarters and Headquarters Company, 2nd HBCT, in agreement with his wife.

Both Santiago's agreed that the most prevalent benefit of being deployed together was the strength and support that their spouse can give every day.

"There are still hard times; with both of us here in Iraq it is difficult for our children not having a parent with

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Photo by Spc. Jessica Rohr, 135th Mobile Public Affairs Det.
A Soldier with 41BCT, 1st ID is hypnotized to be a lifeguard by hypnotist Chuck Milligan during a show at COB Speicher, April 8.

Hypnotist Chuck Milligan performs at COB Speicher

By Spc. Jessica Rohr
 135th Mobile PA Det.

A free comedic hypnosis show was held at the North Morale, Welfare and Recreation center on Contingency Operating Base Speicher, April 8.

Chuck Milligan, a hypnotist from San Diego, Calif., is on his fifth tour in Iraq to entertain servicemembers and civilians.

The show started with a total of 22 volunteers from the audience wanting to be hypnotized. After an extensive process of concentration and relaxation, a third of the participants became fully engulfed by Chuck Milligan's hypnotism. Some participants were so relaxed they fell out of their

chairs without waking up.

Milligan started out with little mind benders, such as turning up the heat in the room, or making it so frigid, participants clung to each other for warmth.

The hypnotized started to smell one another as Milligan persuaded them that the person to their right smelled awful, to then having that person smell like the best fragrance ever.

The night went on as Milligan had certain participants convinced they had a particular duty to perform at the mention of a single word. With the command 'water,' one such hypnotized participant ran to the edge of the

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is a bigger threat to their health," said Maj. Lemmon. "The concept here is that we do a psychosocial interview to get to know them, and when we ask them about emotional and behavioral health, things will come out that wouldn't normally without that relationship."

"We still treat a sprained ankle or cold, but we also establish this [aid station] as a place they can come when they are having emotional and behavioral issues."

Originally the concept of the program was to combat the everyday stresses that Soldiers experience by helping to provide them with coping tools before their problems can escalate to violent or suicidal actions. The easiest place to introduce this concept and nurture a trusting relationship is during the initial level of care, with the medics that take part in missions side-by-side with those they treat.

"When you look at what

medics do, taking care of our Soldiers, if medics can deal with these issues as well that's accomplishing the mission of taking care of the health of Soldiers," said Maj. Lemmon. "Traditionally that has not been a medic's job, but with a program like this they can do even more good in an environment where there are not many trauma incidents for them to take care of."

Once a trial period was completed with the 1/14th Cav. at Forward Operating Base Cobra, the initiative was presented to division medical and mental health officers for implementation throughout USD-N. With the help of Maj. Jacob Richardson, Task Force Marne behavioral health officer, the program is now being introduced to medical teams from each brigade in the division.

"We [the division medical officers] decided, based on Maj. Lemmon's brief to us, that we wanted to push this

program out to the division," said Maj. Richardson.

"I am participating actively with the founders, collaborating, adding some behavioral health tweaks for the course."

In order to introduce this new process to an entire division of medical care providers, conferences will be held at a central FOB within each brigade in the division.

At each seminar, medics and officers from the respective battalions will learn methods designed to identify any potential mental health issues early and be given the tools to train their colleagues.

"We are providing 'train-the-trainer' seminars for the different units and once they receive the initial introduction, we are giving them four weeks to go back and train their units," said Maj. Richardson. "Once that is complete the program can be implemented immediately for the Soldiers."

After the introduction of the program, it will be reviewed to assess its affects on Soldiers, and acceptance among the Task Force Marne medical providers. Success in the program will be measured by an increase in patients assisted, and a decrease in violent or suicidal incidents. If proven effective, the new process could easily be continued by medical professionals after their deployment is finished.

"I am definitely looking at the big picture, and I'm very excited for the potential of this system," said Maj. Richardson. "There is great potential for this to be carried into the garrison environment and a wider spectrum."

Once Task Force Marne has proven the difference it can make, the Primary Care Behavioral Health Initiative could become an essential tool to ensure better mental and emotional healthcare for Soldiers.

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stage, and thought he was an authoritative lifeguard, wearing a very real whistle and yellow ducky flotation device. He screamed at the audience, who he thought was in his pool, "Hey, hey! Stop peeing in the pool. Get out," after furiously blowing his whistle at them.

Manipulating how people count was so simple under hypnosis that one participant believed that the number three no longer existed.

Another hypnotized participant was made to believe there were two twos within the counting system. When these two met, things became comical. After trying to teach the other their counting system, the first participant stated, "He's an idiot ... I don't know what school he went to."

To bring the show to a close, Chuck Milligan put Pfc. Roxanne Geiler, a medic at the troop medi-

cal clinic from Company C, 701st Brigade Support Battalion, 4th Infantry Brigade Combat Team, 1st Infantry Division, into one of the deepest states of relaxation and concentration possible in order to twist and turn her hand a full turn and a half without causing any pain or waking her up.

To those who still doubt the legitimacy of hypnosis, Milligan said,

"Hypnosis is a natural human phenomenon that happens to every person at night. Every time you go to sleep and every time you wake up, you pass right through it.

And it's just a natural

human phenomenon that I have taken and turned into entertainment."

After the show, Chuck Milligan thanked audience members for attending his show and for their efforts in Iraq.

Having served as a sniper with 3rd Force Recon, Marine Corps in Vietnam, Milligan knows what his show means to the troops.

"I have a pretty extensive military back ground myself," said Milligan.

"I know what tours meant that came through and entertained us. It's an opportunity for me to give back to the military, some of what I got out of it."

"Working seven-days-a-week, always being around noncommissioned officers and officers, makes this a nice break," said Pfc. Burton. "It's nice to come out and connect with an audience of different ranks in a non-military way."



Photo by Spc. Jessica Rohr, 135th Mobile Public Affairs Det.

Hypnotist Chuck Milligan demonstrates the power of hypnosis by hypnotizing Pfc. Roxanne Geiler, a medic from Co. C, 701st BSB, 4th IBCT, 1st ID.

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Photo by Spc. Gregory Gieske, 2BCT, 3rd Inf. Div. PAO

Chief Warrant Officer Delores Santiago and Eliud Santiago serve together with 2HBCT, 3rd ID.

them," said Chief Warrant Officer Doris Santiago. Of the couple's four children, who currently stay with family back home, Chief Warrant Officer Eliud Santiago said,

"We find strength through each other and God to keep our children safe."

Having met each other about three-years-ago through online military connections, the couple quickly found their soul mates within each other.

"She was stationed in Savannah, and I was at Fort Stewart; after talking to each other for awhile online we thought it would be fun go on a date; from there we just hit it off," said Chief Warrant Officer Eliud Santiago.

For both Santiago's this was their first deployment with a dual military spouse as well as having that spouse deploy with them.

"We've both been previously married, but having a spouse that is a servicemember has been a blessing," said

Chief Warrant Officer Doris Santiago.

"Oh, definitely," agreed Chief Warrant Officer Eliud Santiago. "It's the small things, we both understand what we go through on a daily basis, whether it is work issues, or things like military jargon, we can easily relate to each other; and it is a good thing she is also my best friend."

The Santiagos' both agree they are privileged to have been deployed together.

"We count our blessings that we've had the privilege of being deployed together, because it might not be that way next time we deploy," said Chief Warrant Officer Eliud Santiago.

For the Santiagos', communication and faith has been their strength, for both their children and themselves.

"We are a christian Family, and thank God for all that we have and the blessing of being able to stay together during the deployment," said Chief Warrant Officer Doris Santiago.

Task Force Marne Heroes of the North



Specialist Gaktong Dapwatda of Minneapolis, is with Forward Support Company, 130th Engineer Brigade. He performs superbly and goes above and beyond his duties as the unit supply specialist by standing in as the supply sergeant and armorer. For the last month, Spc. Dapwatda has held these positions, ensuring that unit property book reconciliation actions, sensitive items and cyclic inventories are completed to standard and on time. As well as being the link between mission supply needs and the base supply point, he has coordinated with the product manager - sets, kits, outfits and tools to put on order more than 200 lines of shortages for the company's Forward Repair System as well as countless other tool shortages. Specialist Dapwatda has also performed and coordinated for maintenance and services for 53 weapons in the absence of the company armorer. His expertise, attention to detail, and never quit attitude towards any situation is what makes him an invaluable asset to accomplishing the Company's missions and is the reason he is an excellent choice for today's Task Force Marne Hero of the North.



Private First Class Stuart Elliott of Charlotte, N.C., is with 209th Aviation Support Battalion, 25th Combat Aviation Brigade, 25th Infantry Division. He is a test equipment operator and maintainer and distinguished himself during the design and construction of a MI-17 helicopter mockup for the Iraqi Forces. His strong work ethic and attention to detail were contributing factors to the build team's ability to replicate a MI-17 nearly to scale. The mockup MI-17 is another force multiplier that the Iraqi Forces can use to train and expand their knowledge of aviation operations. Private First Class Elliott's positive contributions partnership with the Iraqi forces compliments the TF Marne mission and will have a lasting impact on their training. His efforts will facilitate the building of a self-reliant force and make him most worthy of selection as today's Task Force Marne Hero of the North.



Senior Airman Ross Walker, of East Providence, Rhode Island, is part of the Tactical Air Control Party supporting 1st Brigade Combat Team, 1st Armored Division. Despite being the most junior member, he proved integral in the coordination and control of an F-16 show-of-force for the Combined Security Force graduation ceremony. He deconflicted F-16s from participating Kiowa and Blackhawks while still allowing normal airfield operations. He quickly worked last minute changes with the brigade aviation element for a lower altitude to ensure maximum effects for the event. Additionally, Senior Airman Walker was the sole controller for the first transmission of Iraqi Air Force full motion video to the Kirkuk Combined Coordination Center. He expertly directed an Iraqi aircrew over all Kirkuk checkpoints to demonstrate the invaluable intelligence support available to the Iraqi Army, Police and Peshmerga. Senior Airman Walker's expert knowledge of air ground integration and tactical air control have proven vital to the empowerment of partner forces and make him a clear choice as a Task Force Marne Hero of the North.

Ninewa province erects Iraq's largest statue of Jesus Christ

Cultural Tidbit Special to the North Star

Kara Gosh, a town in the Al-hamdaniyah district, Ninewa province, has completed the largest statue of Jesus Christ in Iraq.

A source construction of the statue took about 45 days. The monument is made out of bricks, plaster, cement

and other supporting materials to strengthen the statue.

The statue is located at a point close to the town guard station, near the Nofal Social Club.

The statue resembles the world's largest statue of Jesus Christ, located in Brazil, which is 32 meters in length.

Completion of construction was

only possible from donations of the people of Al-hamdaniyah.

The district is home to 50,000 Christians, in addition to more than 10,000 dislocated Christians from all over Iraq.

Editor's note: Nagim Jadou, a translator with TF Marne, contributed to this tidbit.

Safety Thought of the Week: Ground Guide Reminders

- > *Ensure drivers understand they must immediately stop if they lose sight of the ground guide or don't understand a signal.*
- > *Make sure everyone understands the basic signals to control vehicle drivers (don't forget about flashlight signals at night) found in Field Manual 21-60.*
- > *Position front ground guides to the left front of vehicles. Never allow a ground guide to walk directly in the vehicle's path.*
- > *When using two ground guides, they must maintain visual contact with each other. The front ground guide must stop the vehicle if he or she loses sight of the rear ground guide.*
- > *Ensure the ground guide, not the vehicle commander, is in charge of the vehicle. Whenever the vehicle is under the control of a ground guide, the only command the vehicle commander should issue to the driver is "stop".*



REGIONAL HEADLINES

Man escapes jail to buy cigarettes

United Press International

WOODBINE, Ga. - Authorities say an inmate who broke out of jail, then returned after stealing 14 packs of cigarettes, has been sentenced to 20 years.

Prosecutors told The Florida Times-Union inmate Harry Jackson, 26, escaped his cell at the Camden County Jail last year and went to the exercise yard to retrieve cigarettes he had expected would be tossed over a fence.

They say that when the contraband wasn't there, Jackson scaled the fence, broke a window at a convenience store and grabbed cigarette packs only to be arrested upon his return.

Jackson pleaded guilty to burglary and escape charges April 12. Prosecutors say he had been jailed on charges including driving with a suspended license. His lawyer, William Ashe, didn't immediately return a call seeking comment.

Coffee stand investigated for selling drugs

Seattlepi.com

MILL CREEK, Wash. - Some people take coffee with cream. Others with sugar.

Coffee drinks come tall, grande, venti, frozen, skinny, nonfat, heavy on the whip or with a pump of vanilla. Here's a new one: How about a triple tall "extra high" cappuccino?

Police believe a Mill Creek espresso stand may be the first in Snohomish County to offer lattes with a shot of marijuana on the side.

An undercover detective with the Snohomish Regional Drug Task Force last week twice purchased pot from the business, according to a search warrant affidavit filed April 9. It's a story that could rival the plot of the hit Showtime cable TV show "Weeds."

On the show, actress Mary-Louise Parker plays Nancy Botwin, a suburban soccer mom who starts selling pot to support her two boys and the family's standard of living.

The primary suspect in the Snohomish County case is an attractive Mill Creek woman, 46. She has not been arrested or charged so The Herald is not yet naming her. Photos of the woman posted on an Internet site show her posing with her handsome son.

The Mill Creek business appears to be a family affair. Police claim they purchased weed at the stand, south of the Silver Firs neighborhood, from both the woman and her son's girlfriend.

The investigation began within the past month when a confidential informant told detectives that the woman was selling more than coffee.

The informant told investigators that pot was available at both the woman's house and the stand, which is on the same property, police said.

An undercover detective went to

check things out for himself last week. He drove up and the woman took his order.

She reportedly walked over to her house and came back with a coffee cup holding just under .2 ounces of marijuana, police said.

The woman agreed to sell the detective more marijuana later that day. She said she had the illegal drugs pre-packed in small amounts in her home and that her son's girlfriend would be working, but she was in on the gig. The girlfriend was expecting the undercover detective when he returned, police said.

3rd ID TV series

Task Force Marne is currently hosting videographer Michael Jordan who is currently working on a 10-part television series that will run monthly on WJCL TV, Savannah beginning in May. The television show, called "Rock of the Marne", chronicles the current operations of 3rd Infantry Division Soldiers serving in Iraq. You can follow the progress of the series on the show's companion website at: www.3idtv.com.

Anti-Kidnapping tip:

Enter isolated areas using stealth and with sufficient forces to deter the threat's freedom of action

THE North Star

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2nd Heavy Brigade Combat Team,
3rd Infantry Division

3rd Stryker Brigade Combat Team,
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