

## **Military Resistance 8H7**



## **A Blinding Flash Of The Obvious #1: Look Who Doesn't Need U.S. Training**

Army Times  
Letters To The Editor  
8.9.2010

In the July 26 Army Times, Lt. Gen. (Bill) Caldwell dwells on the fact that the current Afghan army is illiterate and “their overall intellectual capacity and capability ... never going to be able to grow and develop ... as an army.” (“Literacy among hurdles in training Afghan forces, general says”)

This problem could be resolved a lot easier and with less expense than using our military to raise the literacy rate.

Find out who is training the illiterate Taliban forces and how are they being trained to function as a fighting machine.

Col. Robert L. Vidrick Sr. (ret.)  
Mechanicsville, Va.

# **A Blinding Flash Of The Obvious #2: “American Public Support For The Afghan War And US President Barack Obama's Handing Of The Conflict Has Hit An All-Time Low”**

[Thanks to Michael Letwin, New York City Labor Against The War & Military Resistance, who sent this in.]

August 3rd, 2010 By Agence France-Presse

WASHINGTON — American public support for the Afghan war and US President Barack Obama's handing of the conflict has hit an all-time low after the leak of secret military documents, a poll showed Tuesday.

Obama's overall ratings also declined to a new low, with only 41 percent of Americans saying they approved of his performance, according to the USA Today/Gallup poll -- his worst showing since taking office in January 2009.

The percentage of Americans who say the United States made a mistake in sending troops to Afghanistan rose to 43 percent, compared to 38 percent before the release of tens of thousands of classified documents on the war.

Public confidence in Obama's war policy has also plunged to 36 percent, down from 48 percent in February survey, the poll said.

Growing public doubt about the Afghan war came as the death toll for US troops in July hit a record high of 66.

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## **IRAQ WAR REPORTS**

### **Resistance Action**

Aug 8 (Reuters)

A roadside bomb went off near an Iraqi army patrol, wounding two soldiers, in northern Mosul, 390 km (240 miles) north of Baghdad, police said.

Two policemen were killed and 5 policemen wounded, when a car bomb exploded in the middle of Ramadi, 100 km (60 miles) west of Baghdad, police said.

A roadside bomb went off near a police traffic officers patrol, wounding four of them in Baghdad's northern Kadhimiya district.

A car bomb went off near a police patrol in Saqlawiya district, an outskirts district of Falluja, 50 km (32 miles) west of Baghdad, police said. Two police officers, one a major, were amongst the wounded.

Two policemen were wounded when a car bomb exploded near a police patrol west of Falluja, police and a medical source said. The sources said the two policemen were seriously wounded.

A roadside bomb wounded three police officers as they examined the scene of a previous explosion which had targeted the convoy of the governor of Mosul in an assassination attempt, police said. Police said no one was wounded in the convoy of governor Atheel al-Nujaifi, who was heading to his office.

A roadside bomb wounded two traffic police officers close to a bus terminal in Bayaa District, a southwestern district of Baghdad, police said.

A roadside bomb wounded two traffic police officers in Baghdad's northern Kadhimiya district, police said.

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## **Obama's Lying Bullshit Reeks On: Despite Agreement With Iraq Government To Get Out Of "Urban Areas," U.S. Combat Troops Occupying Urban Areas**



**A U.S. soldier takes up a defence position during a patrol in Karbala, 80 km (50 miles) south of Baghdad, August 7, 2010. [Karbala is the capital of Karbala Governorate, with an estimated population of 572,300 people - Wikipedia.] Photo: REUTERS/Mushtaq Muhammed**

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# **Obama's Lying Bullshit Reeks On: Despite Agreement With Iraq Government To Get Out Of "Urban Areas," U.S. Combat Troops Occupying Urban Areas**



8.8.2010: A US soldier patrols at the site of an insurgent attack in Ramadi.  
[Ramadi's population has been stated as 444,582 - Wikipedia.] (AFP/Azhar Shallal)

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## **AFGHANISTAN WAR REPORTS**

### **MURRIETA: Fallen Marine Passionate For Job**

July 26, 2010 By JENNIFER KABBANY - For The Californian

There were a lot of things Murrieta resident Christopher Eastman, 28, loved to do. He loved to hang out with his daughter, Joy. He loved to snowboard. He loved to work outdoors.

But most of all, said his wife of six years, he loved being a Marine.

So as Gaby Eastman, 28 ---- who is 7 months pregnant with their second child ---- mourns the loss of her husband, a gunnery sergeant killed by a bomb explosion in Afghanistan on July 18, she said it's important to remember his passion for the Marine Corps.

"He chose this," said Gaby Eastman, herself a former Marine. "We knew this job was dangerous. He did die, but he died doing what he loved."

She described Christopher Eastman, who enlisted in 2000, as funny in a smart aleck sort of way; a guy who cried when he found out the gender of their second child during a sonogram (it's a girl); and someone who didn't think twice about enrolling in explosive ordnance disposal school.

"He just wanted it," Gaby Eastman said. "We were both supportive of the choice. He was so confident, and I just had faith in him."

A native Alaskan, Christopher Eastman was deployed to Afghanistan in April. He previously served a tour in Iraq from February through September 2008.

Eastman was killed while working on a bomb site in Now Zad, Afghanistan, a military spokesman told The Anchorage Daily News. The bomb may have been detonated by insurgents while the Camp Pendleton Marine was working at the site, the paper reported.

A funeral is set for Wednesday morning at Camp Pendleton, Gaby Eastman said.

The Oceanside military base is where the couple lived for more than a year before buying their first home together in Murrieta nearly two years ago.

They met in Hawaii and dated for two years before Eastman proposed on Valentine's Day in 2004, Gaby Eastman said.

"He made dinner in the barracks, which is kind of illegal," she said. "I wanted to be a firefighter, and he got me a little Build-A-Bear firefighter ... and said, 'Will you marry me,' and got on his knees."

Gaby Eastman was a Marine from 2000 to 2004. This year marked a decade of service for Christopher Eastman, whom family and friends called Chris.

"I got out after four years and he kept going," she said. "He wanted to make it a career. He just loved being a Marine."

In 2005, Gaby Eastman got pregnant, but the birth of their daughter in December of that year was tough. Joy was born via emergency C-section very pale, with labored breathing

and a swollen belly. Doctors did some tests and discovered the infant had some sort of tumor in her liver.

"She almost passed away," Gaby Eastman said, adding that after six months of medicine, therapies and mini-surgeries, her daughter pulled through. "She was like a miracle baby."

Throughout the whole ordeal, Christopher Eastman was supportive and constantly at his family's side.

"He was definitely the rock, yeah," Gaby Eastman said.

Joy, now 4, was named after Chris' mother, who adopted him and his two brothers, Gaby Eastman said. Gaby Eastman said her husband was so inspired by his adoption that he wanted to adopt a child, too.

That idea is now shelved, she said. She is focusing on delivering her second child in September, and wants to continue with nursing school, she said.

"I am just grateful for all my family and friends and all the support that I am getting," she said. Short-term plans include the funeral. Family and friends are already flying in.

Gaby Eastman said her husband will be remembered as a responsible, respectful and loving man.

"He really loved me," she said. "He was an awesome man."

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## **Resistance Action; Fuel Tankers Burned Near Herat**



Burning fuel tankers outside Herat, west of Kabul, Afghanistan, Aug. 8, 2010. Two police officers died in the attack. (AP Photo/Reza Shirmohammadi)



Aug 8 AFP

An attacker struck a fuel convoy in the western Afghan city of Herat Sunday killing four police, while a second bomb blast hit a police convoy in southern Kandahar, officials said.

The car bomb hit on the road to Herat's airport, said deputy provincial police chief Delawar Shah Delawar.

"Four policemen were martyred and another officer was wounded," said Ziauddin Mahmmodi, deputy police chief for western Afghanistan.

Eyewitnesses told an AFP reporter at the scene that the bomber drove his explosives-laden car into the police convoy.

Two fuel tankers were alight at the scene, along with a damaged police pick-up truck.

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In Kandahar city, explosives fixed to a parked motorcycle detonated as a prison police convoy passed, injuring one policeman, deputy provincial police chief Fazel Ahmad Shairzad told AFP.

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## **NEW GENERAL ORDER NO. 1: PACK UP GO HOME**



A U.S. soldier from the 2nd Brigade of the 101st Airborne Division jumps over a wall into grape plants on a patrol toward COP Nolen, Arghandab Valley, Kandahar, Afghanistan, Tuesday, July 20, 2010. (AP Photo/Rodrigo Abd)



A U.S. soldier of the 2nd Brigade of the 101st Airborne Division hacks at undergrowth outside the walls of Combat Outpost Nolen, Arghandab Valley, in Kandahar, Afghanistan, July 22, 2010. (AP Photo/Rodrigo Abd)

## **NEED SOME TRUTH? CHECK OUT TRAVELING SOLDIER**

**Traveling Soldier is the publication of the Military Resistance Organization.**

**Telling the truth - about the occupations or the criminals running the government in Washington - is the first reason for Traveling Soldier.**

**But we want to do more than tell the truth; we want to report on the resistance to Imperial wars inside the armed forces.**

**Our goal is for Traveling Soldier to become the thread that ties working-class people inside the armed services together. We want this newsletter to be a weapon to help you organize resistance within the armed forces.**

**If you like what you've read, we hope that you'll join with us in building a network of active duty organizers. <http://www.traveling-soldier.org/>**

**And join with Iraq Veterans Against the War to end the occupations and bring all troops home now! ([www.ivaw.org/](http://www.ivaw.org/))**



## **MILITARY NEWS**

**NOT ANOTHER DAY  
NOT ANOTHER DOLLAR  
NOT ANOTHER LIFE**



The coffin of U.S. Army Spc. Scott Anthony Andrews of Fall River, Mass., at Holy Name Church in Fall River, Mass., July 3, 2010. Andrews was killed in Afghanistan on June 21, 2010. (AP Photo/Robert E. Klein)

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**Harass The Brass!!!  
Col. Allen, Fort Hood, TX,  
Will Deploy Wounded Troops,  
Unless...  
You Call and Harass the 3rd ACR  
Brass!!!**

Action: Call now through August 25 9:00 am through at 5:00pm

Location Fort Hood, TX

8.7.10 Created By Under The Hood Cafe

The 3rd Armored Cavalry Regiment is preparing to deploy later this month.

Among the 5K troops they are sending to the "winding down" war in Iraq are hundreds of wounded warriors!

These Soldiers have already survived the fight, but Col. Allen, the Regimental commander, will put them back in harms way unless YOU ACT NOW TO STOP HIM!

Call and Harass the 3rd ACR Brass!!!

They need to hear your voice now.

**Tell them you oppose the deployment of Soldiers with Post Traumatic Stress Disorder, Traumatic Brain Injury and other physical and mental disabilities related to repeated deployment.**

**Tell them they are issuing criminal orders and you will see to it they are held accountable unless they do what is clearly right and not deploy wounded warriors.**

**Below is a full list of 3rd ACR commanders.**

**CALL EACH AND EVERY ONE OF THEM. These calls matter!**

**We've seen calls make the difference before, and besides, we're not even asking you to be nice.**

**Let them know that you're angry, or heartbroken or disgusted.**

**They need to know they WON'T get away with this.**

PHONE NUMBERS:

\*3rd ACR (Armory Calvary Division)\*  
Regimental Commander - Col. Allen (254) 553-3526  
Command Sgt. Major Jonathan J. Hunt (254) 287-0598

\*1st Squadron 3rd ACR\*  
Commander - Lt. Col. David A. Gregg (254) 288-0623  
Command Sgt. Major Charles Q. Taylor (254) 288-0577

\*2nd Squadron 3rd ACR\*  
Commander - Lt. Col. Bryan J. Mullins (254) 285-5066  
Command Sgt Major Roger L. Heinze (254) 285-5107

\*3rd Squadron 3rd ACR  
Commander - Lt. Col. Scott Gerber (254) 618-8740  
Command Sgt. Major Guitaud Leandre (254) 553-3659

\*4th Squadron 3rd ACR  
Commander - Lt. Col. Dale E. Watson (254) 288-7423  
Command Sgt. Major Kevin M. Rubio (254) 553-3443

\*3rd Support Squadron\*

XO - Lt. Col. Timothy D. Luedeking (254) 553-3408

**Call between 9 a.m. and 5 p.m. Monday through Friday and ask for whatever commander you're ringing by name.**

If they won't speak to you, leave them a message or call back.

If you get ANYONE'S ear, let them hear it!

**No matter where you are in the country or the world for that matter, this is a way you can make a difference.**

**Just pick up your phone and help us Harass the Brass!!!**

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## **IVAW Has Joined The Bradley Manning Support Network**

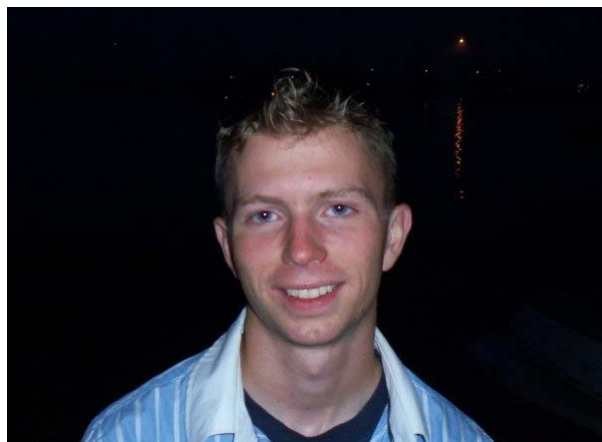


From: IVAW

To: Military Resistance Newsletter

Sent: August 06, 2010 8:16 PM

Subject: Defense Cmte for alleged Wikileaks whistle-blower Bradley Manning



IVAW has joined the **Bradley Manning Support Network**, an ad hoc, international grassroots effort working to support Army Private Bradley Manning, age 22, alleged to have blown the whistle on U.S. war crimes. Manning is accused of leaking the

"Collateral Murder" cockpit video released in April, depicting the killing of 11 civilians, including 2 Reuters journalists in Iraq.

While Manning has been unjustly arrested for exposing this war crime, no one in the military has been charged in the killings of these civilians. The government also may be investigating his connection to the recent release of 92,000 war documents to Wikileaks which expose the brutality and futility of the Afghanistan occupation.

**Your help is needed to raise funds for Bradley's legal defense.** As veterans and active duty service members who have been working since 2004 to expose the human costs of the occupations, we feel that Bradley Manning is a soldier of conscience and has demonstrated extreme courage.

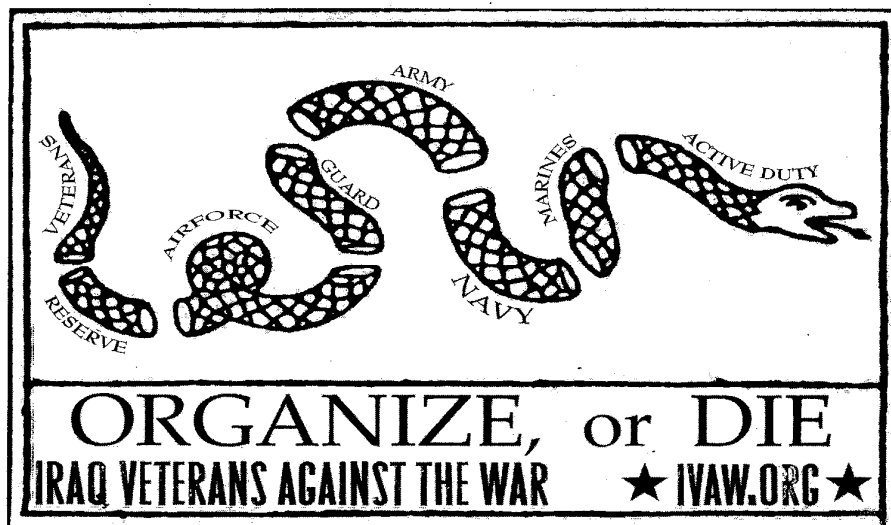
### **Exposing war crimes is not a crime.**

Since Bradley's arrest, he has issued no formal public statements, but in the on-line conversation that got him arrested, he stated that he felt it was in the public interest to expose what is happening in our theaters of war, and that he would be willing to face life in prison or even execution for exposing the truth. Daniel Ellsberg, IVAW Advisory Board member and the famed whistleblower behind the Pentagon Papers, has heralded Manning as a hero.

Bradley faces up to 52 years in prison if convicted of the current charges against him (not to mention additional charges if it is found he is connected to the latest leak of documents). His legal fees will be significant as he faces the weight of our entire government against him. Supporters estimate that we will need to raise a bare minimum of \$50,000 to get him the best legal defense.

### **This is where you come in.**

Please consider supporting Bradley Manning's legal defense fund today. [Click here to make a donation.](#) You can also check out the website [bradleymanning.org](http://bradleymanning.org), where you can purchase cool shirts, buttons, and posters that will also support his legal defense.



## **DO YOU HAVE A FRIEND OR RELATIVE IN THE MILITARY?**

Forward Military Resistance along, or send us the address if you wish and we'll send it regularly. Whether in Afghanistan, Iraq or stuck on a base in the USA, this is extra important for your service friend, too often cut off from access to encouraging news of growing resistance to the wars, inside the armed services and at home. Send email requests to address up top or write to: The Military Resistance, Box 126, 2576 Broadway, New York, N.Y. 10025-5657. Phone: 888.711.2550

## **Coffee Strong August Newsletter**



From: [contact@coffeestrong.org](mailto:contact@coffeestrong.org)  
To: Military Resistance Newsletter  
Sent: August 06, 2010  
Subject: August Newsletter

### **Coffee Strong Veterans Celebrate the Arts!**

Cesario Lario Exhibit:

**You are invited to attend the Capitol Hill Art Festival, where a CS vet will display a sampling of drawings, unique sculptures, and photography. Additionally, Cesario will inspire you with Rachmaninov's Third Opus at 6 pm (downstairs).**

**Here are the details:**

**August 12th 5-8pm  
1633 17th Ave (By The Radio Towers On Cap Hill)  
Seattle, Washington**

Coffee Strong will be a beneficiary of the arts sold by Cesario:



“I want to make beautiful things. I can’t seem to help making art. If my art can also help local non-profits out, then that is wonderful. I want my art to encourage people to become sustaining donors to COFFEE STRONG. They will have my artwork to remind them of the contribution they have made toward making the world into a more peaceful place.”

Coffee Strong features a variety of music in their concerts. Watch the calendar for open-mike events, and meet some talented veterans. Join us next month for an update on music skills coming to Coffee Strong.

“The arts, specifically music, are immensely healing forces for veterans. Through making and listening to music we are able to shut out some of the darkness. That is why we have so many shows at Coffee Strong.”

Seth Manzel, GI Voice—Coffee Strong Executive Director

## **Gifts From Coffee Strong Supporters**

An incredible gift of one hundred book titles, a rich mix of political history and fiction, now line the Coffee Strong library shelves.

Our check-out system is easy to use, and returning soldiers are invited to come explore the titles. We deeply appreciate the donation by “Grupo Cervantes” –a West Seattle-based writing and discussion group.

A few interesting titles include:

The Painted Drum, by Louise Erdrich

Reproductive Rights in a Global Context, by Lara Knudsen

the curious incident of the dog in the night-time, by mark haddon

Catching the Light: The Entwined History of Light and Mind, by Arthur Zajonc

Columbia Jail Journal, by James Monaghan

Darkness at Noon, by Arthur Koestler

Elites in Latin America, by Seymour Lipset

If you enjoy Columbia Jail Journal, the editor also recommends Barbara Kingsolver’s “The Lacuna,” which details the anti-Communist years in the US through a very interesting diary of an American who grew up in Mexico.

## **More Thanks**

This month we extend a heartfelt thanks to Wendy Tanowitz who helped with writing several of the seven grants we've received. Her tenacity and patience are deeply appreciated!

Thank each of you for supporting the advertising campaign, which is still underway. If you haven't donated, online donations will be matched with funds from the Lucky Seven Foundation! Coffee Strong would like to hear more of the innovative ideas we are hearing for your summer fundraisers.

Send us a line [contact@coffeestrong.org](mailto:contact@coffeestrong.org) describing how you go about bringing together your friends and family to support soldiers returning from Afghanistan. We'll share those ideas and inspire more matching funds.

Why is the advertising campaign vital to Coffee Strong?

We have a full page ad to get information to returning soldiers about the support services we offer, GI Rights counseling and referrals to affordable or free counseling services.

## **Family Members Of Returning Soldiers**

Should you have a soldier returning from the Middle East, you may be aware that s/he is having difficulty with readjusting to civilian life. If domestic violence, abusive or threatening behavior, or Post-Traumatic Stress are issues in your family...Coffee Strong vets can offer effective support. Coffee Strong doors are open 12 hours a day, and you can call the Manager or send a request for specific support at [contact@coffeestrong.org](mailto:contact@coffeestrong.org).

## **Seeking Baristas!**

If you enjoy conversation with people, and serving soldiers and veterans coffee drinks, we would love to talk with you. Shifts are generally four hours a day, with some flexibility, and training is provided! Baristas receive coaching post-training, and an orientation manual. Stop by and talk with our volunteers. Or email [contact@coffeestrong.org](mailto:contact@coffeestrong.org).

**POLITICIANS CAN'T BE COUNTED ON TO HALT  
THE BLOODSHED**

**THE TROOPS HAVE THE POWER TO STOP THE  
WARS**

# **Rx For Death:**

# Escalating Fatalities “Mostly Involving Legal Medications Prescribed By Military Doctors” “In Vietnam, The Enemy Turned Our People Into Drug Addicts. This Time, Caregivers Are Doing It”

8.9.2010 By Andrew Tilghman and Brendan McGarry, Army Times [Excerpts]

It happens on average once every five days — an active duty service member is found dead from an accidental drug or alcohol overdose.

And the number has roughly tripled since 2001, a Military Times investigation has found.

The fatalities, mostly involving legal medications prescribed by military doctors, come at a time when troops' prescription drug use is soaring.

Many troops are taking multiple drugs simultaneously. Orders for common pain and psychiatric medications nearly doubled from 2001 through 2009, according to Defense Logistics Agency data.

And the Army on July 29 reported that the amount of stimulants prescribed to soldiers more than doubled from fiscal 2006 through 2009.

Death records show the military reported at least 68 accidental drug deaths in 2009, up from 24 in 2001. In total, at least 430 troops have died from drug use — or, in a small number of cases, alcohol use — during the past decade.

Still, at least a third of the accidental overdose deaths specifically involved some type of narcotic painkiller, the investigation reveals.

Opioids in high doses, or when mixed with alcohol or other drugs, can depress the central nervous system, sometimes fatally. About one in seven soldiers is currently prescribed some form of opiate, according to the Army.

**Opioids are particularly dangerous, experts say, when combined with another class of drugs called benzodiazepines, or “benzos.”**

With names like alprazolam (brand name Xanax) and diazepam (Valium), these drugs are commonly prescribed to treat anxiety, including post-traumatic stress disorder. However, benzodiazepines increase the respiratory-depressant effect of narcotics. Taken together improperly, they can stop the respiratory system entirely.

**According to the military data, at least two dozen deaths involved a combination of opioids and benzodiazepines.**

“One thing we’ve learned in the last decade is that the effect of opioids, like methadone, is enhanced when it’s co-ingested with a benzodiazepine,” said Dr. Bruce Goldberger, a professor and director of toxicology at the University of Florida.

Some experts peg the spike in prescription-drug use to the tens of thousands of physically and mentally wounded returning from two war fronts over the past decade.

Dr. Lynn Webster, medical director of Lifetree Clinical Research and Pain Clinic in Salt Lake City, who has written extensively about safe prescribing practices, encouraged family members to be extra vigilant and closely monitor loved ones on these medications, particularly at night. Be on the lookout for heavy snoring or long pauses between breaths, he said.

“These are signs that happen prior to dying,” he said. “Family members can fail to recognize that this is an impending calamity.”

Drug deaths have become an urgent concern for the Army in recent years.

The Army has recorded a spate of drug-related deaths in the Warrior Transition Units, the specialty-care units created to provide troubled soldiers with close supervision. At least 30 soldiers in the WTUs have died since 2007.

The Army report released July 29 on suicides and the health of the force found that 74 soldiers died of drug overdoses in 2009 alone, a rate of 13 per 100,000 active-duty soldiers, somewhat higher than civilian rate.

**A key risk factor, Army officials say, is the simultaneous use of numerous drugs at once, known as “polypharmacy.”**

**Noel Koch, former deputy under-secretary of defense for wounded warrior care and transition policy at the Pentagon, said he saw “repeated evidence of excessive drug use” at military treatment facilities across the country during his brief tenure.**

**Koch, who was asked to resign his post in April for reasons that remain unclear, said he briefed senior military leaders on his concerns about drug use among troops.**

**“You’d be staring at kids, you’d get this 50-meter stare. You’d have to raise your voice to get their attention,” he said.**

**“In Vietnam, the enemy turned our people into drug addicts. This time, caregivers are doing it.”**

**MORE:**

**“The Army’s Suicides Are Tied To A Larger Ill — Prescription Drug Use And Abuse”**

**“Roughly One Third Of Army Suicides Involve Prescription Drugs”**

**“Years Of Wholesale Dispensing Of Prescription Drugs Have Created An Armywide Drug Abuse Epidemic”**

**“Anti-Depressants May Increase Suicidal Thoughts Or Behavior, Particularly Among Young Adults”**

8.9.2010 By Andrew Tilghman, Army Times [Excerpts]

Years of wholesale dispensing of prescription drugs have created an Armywide drug abuse epidemic — and the Army brass is blaming itself for letting it spiral out of control.

That’s the conclusion of Army Vice Chief of Staff Gen. Peter Chiarelli, who set out to take a hard look at the Army’s suicide problem.

What he found was the Army’s suicides are tied to a larger ill — prescription drug use and abuse.

Drugs are a key factor in many of the Army’s suicides, accidental deaths and criminal investigations, according to the Army report released by Chiarelli on July 29.

“We face an Armywide problem,” Chiarelli, the Army’s vice chief of staff, wrote in an introduction letter to the sweeping 350-page report.

Army doctors may be inadvertently contributing to the force’s drug problem, the report concluded.



Currently there is no time-limit placed on prescriptions usage. "As a result, the soldier may use, abuse or distribute the drug long after the medical condition for which the drug was prescribed has resolved," according to the report.

Two wars and the high-operational tempo have imposed severe stress on individual soldiers. But perhaps equally important is what the report calls "the lost art of garrison leadership" resulting from the Army's unyielding focus on prosecuting two wars.

The report's findings included:

**About one-third of all soldiers are taking a prescription medication and 14 percent — or one in seven — of the entire Army population currently has a prescription for an opiate pain killer.**

**Roughly one third of Army suicides involve prescription drugs.**

**Prescription drugs have caused an estimated 139 Army deaths from 2006 through 2009.**

**Only 18 percent of Army drug test samples are actually tested for prescription drug abuse.**

The report contains dozens of vignettes spotlighting individual soldiers who were prescribed drug "cocktails," instances of where drugs contributed to suicides and accidental deaths, and examples of leadership failures to identify and track troubled soldiers.

The scope of the drug problem in today's Army is distinct from those linked to past wars. During the Vietnam era some 40 years ago, many troops were using illegal drugs like marijuana and heroin, which were both commonly found in Southeast Asia at the time.

The Army's new report, however, places more emphasis on prescription drugs as a problem among today's troops.

The report includes dozens of recommendations for Army leaders.

Army doctors should impose a one-year expiration date on all prescriptions to prevent soldiers from continuing to obtain dangerous drugs after they are no longer medically necessary, the report said.

The Army medical command should research the link between anti-depressants and suicide. Although outside research has shown "contradicting" results, there is some evidence suggesting that anti-depressants — in particular Paxil, also known as paroxetine — may increase suicidal thoughts or behavior, particularly among young adults.

The Army should "conduct research to identify appropriate antidepressant medications that are beneficial to the treatment of depression and anxiety, but that will not increase risk for suicidal behavior," the report recommends.

**MORE:**

**“The Overall Army Suicide Rate In Fiscal 2009 Was 20.2 Per 100,000, Marking The First Time The Army Has Eclipsed The National Suicide Rate Of 19.2 Per 100,000”  
General Says “The Wars Have Caused Leaders To Lose Sight Of The Needs Of Their Soldiers”**

8.9.2010 By Kelly Kennedy, Army Times [Excerpts]

After releasing a 300-page report designed to address the Army's record suicide rates, Gen. Peter Chiarelli, the service's vice chief, acknowledged that the wars have caused leaders to lose sight of the needs of their soldiers.

Chiarelli said Army leadership made the wars in Iraq and Afghanistan its first priority, but that means sergeants have learned more about training for war than about the personal resources their troops may need, such as financial assistance or substance-abuse counseling.

“We prioritized, as you would want us to, to fight our nation's wars,” Chiarelli said during a Pentagon briefing July 29. “Now as we come back ... it's time for the Army to take a long look at itself.”

Last fiscal year, 239 soldiers killed themselves; 160 of them were on active duty. Another 146 soldiers died due to high-risk activities, including 74 drug overdoses. And 1,713 soldiers tried to kill themselves, but were saved by a friend or by medical intervention.

The overall Army suicide rate in fiscal 2009 was 20.2 per 100,000, marking the first time the Army has eclipsed the national suicide rate of 19.2 per 100,000.

But the Army rate has been rising markedly since 2007.

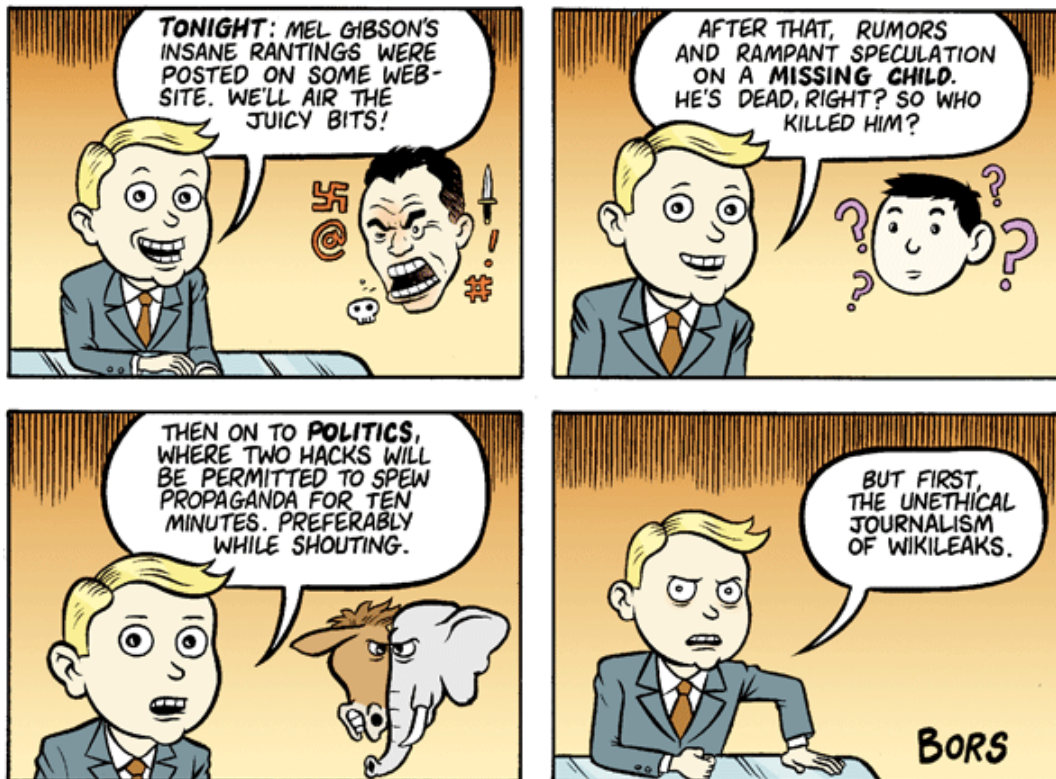
The cracks have grown wide enough that one chapter of the report is called, “The Lost Art of Leadership in Garrison.”

Chiarelli said Chapter 3 of the report, which gives details about soldiers who committed suicide, is an attempt at transparency.

Some of the scenarios seem familiar — a deployment, a break-up and a suicide. Some seem obvious — a private who deployed twice, had a history of suicidal gestures, had tried to kill his wife and himself, was diagnosed with deep depression and a personality disorder, threw away all of his possessions and euthanized his pet, and ultimately shot himself.

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## DANGER: POLITICIANS AT WORK



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**Welcome To The Occupied USA:  
New Yorkers Demonstrate Against Silly,  
Stupid, Fake “Terrorism” Case Invented  
By 100 Silly, Stupid, Fake  
“Counterterrorism Specialists”**

August 4, 2010 By Daphna Their, Socialist Worker [Excerpts]

By Daphna Thier, August 4, 2010

NEW YORK--About 30 protesters gathered on the steps of City Hall on July 21 to protest the FBI entrapment of "The Newburgh Four" -- four upstate residents arrested last year on charges of terrorism.

Activists chose this location for the protest because this is where Mayor Michael Bloomberg held a ceremony on May 22, 2009, to award certificates to 100 Homeland Security officers and counterterrorist specialists from the FBI, NYPD and state police, for the arrest of the four. That ceremony took place just two days after the arrest of James Cromitie, David Williams, Laguerre Payen and Onta Williams--and before their trial even began.

The FBI arrested the four African American men from Newburgh, N.Y., on charges of plotting to shoot down military planes and bomb synagogues. Immediately, the four were labeled terrorists in a media frenzy.

Since then, members of their families have lost their jobs, and their communities have shied away from them in fear.

Each defendant is an ex-offender, although none of them was ever convicted of a violent crime. With no real re-entry programs or job training, unemployment and poverty proved a harsh reality upon returning to Newburgh.

**Shahed Hussain, a government agent provocateur who is facing incarceration and possible deportation himself, evaded punishment by cooperating with the government in the entrapment of several individuals.**

**Hussain befriended the four in late April 2009, a month before their arrest.**

**With offers of money, marijuana, cars and vacations, he lured the four into collaborating on so-called "terror plots."**

**Government tapes of their conversations indicate that the men thought the whole plot was a stunt.**

**According to the Times Herald Record, Judge Colleen McMahon, who is presiding over the case, stated in a May 28, 2010, pre-trial hearing, "I have referred to the case for a number of months in the privacy of my chambers as the 'un-terrorism case'."**

The supporters gathering Wednesday in support of the Newburgh Four held signs and banners, and chanted for justice. A few speakers spoke to the crowd and the press. Among them was Shahina Siraj, whose son, Matin Siraj, was also targeted and entrapped by the same informant, as well as Alicia McWilliams, David Williams' aunt, who has been spearheading the campaign for the release of the four.

McWilliams demanded Mayor Bloomberg apologize and said, "I can't believe how lightly they (the politicians) are taking it. No one is speaking up for an African American family...Is this a new platform of slavery?...Is this how they are selling people?"

The trial is set for August 23, 2010, in Manhattan. For more information on the Newburgh Four, visit the Project SALAM Web site or e-mail [justiceforthenewburghfour@gmail.com](mailto:justiceforthenewburghfour@gmail.com).

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## **Puerto Rican P.O.W Free After 30 Years:**

**“The U.S. Maintains Its Colonial Power In Nearly Every Aspect Of The Puerto Rican Political And Economic Daily Life”**

**“Colonialism Is A Crime Against Which Oppressed People Have The Right To Fight”**



Carols Alberto Torres is welcomed by supporters in Chicago's Humboldt Park after his release from 30 years of prison. (Jonathan Lizardi)

**Puerto Rico is a colony--a territory that belongs to the U.S., but whose citizens don't have full rights, even to participate in national elections. Puerto Ricans can enlist in the military--they could be conscripted until the draft was ended--but their votes for the commander-in-chief don't count under the Electoral College system.**

August 4, 2010 By Rossana Rodriguez, Socialist Worker [Excerpts]



CARLOS ALBERTO Torres, the longest-serving Puerto Rican political prisoner in U.S. history, finally became a free man on July 26 after more than 30 years behind bars.

Torres was convicted of seditious conspiracy to overthrow the U.S. government by force.

In reality, he was found guilty of being a member of the Armed Forces of National Liberation (FALN, by its Spanish initials), an underground national liberation organization committed to fighting against U.S. colonialism in Puerto Rico and achieving self determination.

**During the 1970s, the FALN took responsibility for a number of bombings of buildings in the Chicago area, none of which resulted in injury or death.**

**Torres wasn't accused of taking part in the bombings, only of being a FALN member.**

Torres was arrested in April 1980 in Evanston, Ill., along with 10 other Puerto Rican activists.

This group and other FALN members arrested later were convicted and given sentences ranging from 35 years to life.

**These prison terms were far out of proportion to the sentences that would have been given to defendants accused of similar crimes, but not affiliated to radical organizations. They were meant as punishment for the FALN members' revolutionary politics, pure and simple.**

**The FALN members declared themselves prisoners of war, arguing that the U.S. government was carrying out a military occupation of Puerto Rico, and that under international law, colonialism is a crime against which oppressed people have the right to fight.**

The seditious conspiracy charge has a long history of being applied to those who resist the U.S. occupation of Puerto Rico.

In the 1930s, it was used against Puerto Rican nationalists led by Pedro Albizu Campos after an uprising against the U.S.-imposed colonial government. It was also used in 1954 against four nationalists who carried out an armed attack inside the U.S. Capitol Building that wounded five congressmen.

In a sad irony, Lolita Lebrón, leader of the 1954 attack, died a few days after Torres' release. Lebrón was 89, but was still active until recently, taking part in demonstrations on the island in solidarity with the strike by students at the University of Puerto Rico.

**Prisoners of war like Torres and Lebrón were accused of being terrorists for using violence to challenge the power of the U.S. government.**

**But the violence of the U.S. against the Puerto Rican people, though mostly unknown to Americans, has been many times more deadly and vicious.**

Puerto Rico is a colony--a territory that belongs to the U.S., but whose citizens don't have full rights, even to participate in national elections. Puerto Ricans can enlist in the military--they could be conscripted until the draft was ended--but their votes for the commander-in-chief don't count under the Electoral College system.

During the more than 100 years that the U.S. has ruled Puerto Rico, the federal government has carried out a series of crimes that include experimenting with the chemical weapon Agent Orange, sterilizing approximately one-third of Puerto Rican women during the 1930s and 1970s, and using the islands of Culebra, and then Vieques, for military target practice for 60 years, at the cost of turning the land and water into a toxic waste dump and causing an increase in cancer rates among residents.

Puerto Rico's agricultural system was subordinated to the U.S. economy--basic crops that used to be grown on the island are now imported from the U.S.--and its education system is controlled by Washington. The U.S. maintains its colonial power in nearly every aspect of the Puerto Rican political and economic daily life.

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WHEN I was in high school, I and some other classmates formed a political organization for the independence of Puerto Rico. One of our first activities was to become part of the campaign to liberate the prisoners of war.

We divided the POW's names between us. That's how I met Dylcia Pagán, Carmen Valentín, Edwin Cortés, Luis Rosa and Oscar López Rivera. Some would call on special occasions, and we would talk.

These are the amazing people who have been surviving torture and mistreatment by a system that fears people like them.

Not only did the Puerto Rican political prisoners suffer disproportionately long sentences even though they were never accused of killing anyone, but the treatment they received in prison was degrading and abusive--a clear attempt to break them as human beings, and with that, their political convictions and spirit to struggle.

During their time in prison, the POWs were subject to constant searches, strip searches and transfers from one prison to another, without their families being notified.

**Oscar López Rivera, for example, spent more than seven years in solitary confinement for no justifiable reason, with no human contact besides prison guards.**

The FALN prisoners were leading members of their community before they were convicted.

Several helped found institutions that are centers of Puerto Rican culture in Chicago, such as Pedro Albizu Campos High School. All were activists against police brutality, discrimination and lack access to services for the poor, among many other causes.

In prison, they continued serving their community by teaching classes to other prisoners, ranging from literacy, Spanish, music, arts and fitness, and developing initiatives to improve the living conditions of the prisoners.

In 1999, most of the POWs were released after President Bill Clinton offered them clemency with the condition that they renounce violence. Because Carlos Alberto Torres had been on the FBI's most-wanted list during the 1970s, he was not included in the offer of clemency.

**Members of the Puerto Rican community in Chicago celebrated Torres' release last week, and he was also greeted as a hero when he returned to the island a few days later.**

**But the victory is bittersweet because Oscar López Rivera remains in prison. The campaign to free Oscar is expected to intensify its efforts to bring him home soon.**

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## CLASS WAR REPORTS



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**American Red Cross, CARE, Catholic Relief Services And Other Lying,**

# Blood-Sucking Parasites Pocketed Most Of The Money They Pretended Would Go For Haiti Relief

August 5, 2010 By Ashley Smith, Socialist Worker [Excerpts]

The Philanthropy News Digest reported in May that "roughly \$14.9 billion, or \$37,000 per displaced family, has been donated for Haiti earthquake relief efforts to date, much of it raised by the American Red Cross, CARE, Catholic Relief Services, the Clinton Bush Haiti Fund and the Clinton Foundation Haiti Fund.

"The Red Cross, for example, has raised \$444 million and spent about 25% of that amount; CARE has raised \$34.4 million and spent about 16 percent of that; CRS has raised \$165 million and spent 8 percent; and the Clinton Bush Fund and the Clinton Foundation have raised \$52 million combined, of which 13% has been spent."

Not only have many NGOs and charities spent only a fraction of what they raised off Haiti, but they also display what the Disaster Accountability Project calls a "shocking lack of transparency."

**According to the project's study of 197 organization that received donations for Haiti, only six provided factual situation reports, while 128 others, had no reports but only emotional appeals and anecdotes.**

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### Troops Invited:

Comments, arguments, articles, and letters from service men and women, and veterans, are especially welcome. Write to Box 126, 2576 Broadway, New York, N.Y. 10025-5657 or send email to [contact@militaryproject.org](mailto:contact@militaryproject.org): Name, I.D., withheld unless you request publication. Same address to unsubscribe.

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