

Military Resistance 8J2

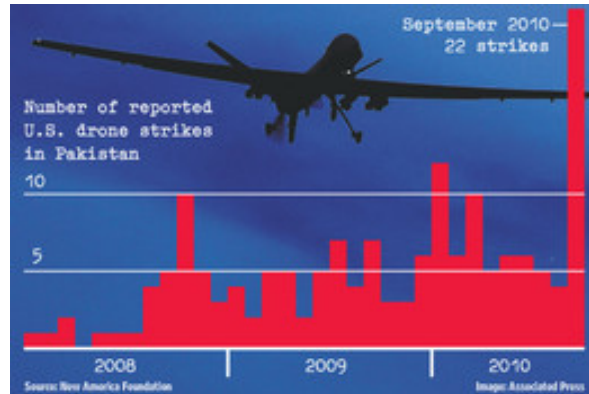
HOW MANY MORE FOR OBAMA'S WARS?



A U.S. Army medevac crew member attempts to revive a Marine fatally wounded in an IED blast near the town of Marjah in Helmand province August 22, 2010. Photo: REUTERS/Bob Strong

**Suicidal Stupidity In Command:
The Traitor Obama and General
Betrayus Escalate The War On
Pakistan:
In Order To Attack Inside Pakistan
“The U.S. Military Is Secretly
Diverting Aerial Drones And
Weaponry From The Afghan
Battlefront”**

“U.S. Officials Said There Is Now Less Concern About Upsetting The Pakistanis Than There Was A Few Months Ago”



OCTOBER 2, 2010 By ADAM ENTOUS, JULIAN E. BARNES And SIOBHAN GORMAN, Wall St. Journal [Excerpts]

WASHINGTON—The U.S. military is secretly diverting aerial drones and weaponry from the Afghan battlefield to significantly expand the CIA's campaign against militants in their Pakistani havens.

In recent months, the military has loaned Predator and Reaper drones to the Central Intelligence Agency to give the agency more firepower to target and bombard militants on the Afghan border.

The additional drones helped the CIA escalate the number of strikes in Pakistan in September. The agency averaged five strikes a week in September, up from an average of two to three per week.

The Pentagon and CIA have ramped up their purchases of drones, but they aren't being built fast enough to meet the rapid rise in demand.

U.S. officials said there is now less concern about upsetting the Pakistanis than there was a few months ago, and that the U.S. is being more aggressive in its response to immediate threats from across the border.

“You have to deal with the sanctuaries,” Senate Foreign Relations Committee Chairman John Kerry (D., Mass.) said after meeting with Pakistan's foreign minister, Shah Mehmood Qureshi, in Washington this week.

“It's not the only answer, but it's critical to both homeland security and force protection in Afghanistan.”

The idea of funneling military resources through the CIA was broached during last year's Afghanistan-Pakistan policy review, officials say. The shift in military resources was spearheaded by CIA Director Leon Panetta and Defense Secretary Robert Gates, a

former CIA director himself. It also has the backing of the chairman of the Joint Chiefs of Staff, Adm. Mike Mullen, and the new commander of allied forces in Afghanistan, Gen. David Petraeus.

Mr. Gates helped smooth over initial dissent among some at the Pentagon who argued that the drones were needed in Afghanistan to attack the Taliban.

Since taking command in Afghanistan in July, Gen. Petraeus has placed greater focus on the tribal areas of Pakistan, according to military and other government officials.

In addition to drone aircraft, officials said the military was sharing targeting information with the CIA from surveillance over-flights.

IRAQ WAR REPORTS

All Hail The Wise Leader Obama, The Sun And Moon Of Our Empire, Who Has Ended Combat In Iraq



In this undated image made from a video posted on an insurgent website, a Humvee is struck by an explosion in an incident that militia Asaib Ahl al-Haq claims was an attack on U.S. troops on Sept. 15, 2010 in Basra, Iraq. Nearly four minutes of shaky, hand-held video clips show roadside bombs hitting U.S. convoys, a battery of Katyusha rockets and a soldier who appeared to be downed by sniper fire. (AP Photo)

THIS IS HOW OBAMA BRINGS THE TROOPS HOME FROM IRAQ: BRING THEM ALL HOME NOW, ALIVE



The remains of Army Pvt. James F. McClamrock, Sept. 9, 2010 at Dover Air Force Base, Del. McClamrock, 22, of Huntersville, N.C., died Sept. 7 in Balad, Iraq of wounds sustained from small arms fire. (AP Photo/Steve Ruark)

AFGHANISTAN WAR REPORTS

Family Mourns N.J. Navy SEAL

September 24, 2010 By MATTHEW McGRATH, Courier Post

TOMS RIVER — Alan Miranda will always remember his older brother's charity.

Denis Miranda would help his parents, Christian and Patricia, by sending them money. He would remind his two younger brothers about the sacrifices they made to help raise them.

"He always wanted to give to my parents, he always always gave everything he could," Alan Miranda said. "He was always there for us."

Denis Miranda, 24, a Navy SEAL who reached the rank of petty officer third class, was killed Tuesday with three other sailors and five soldiers in a helicopter crash in Afghanistan.

Not so long ago, Alan Miranda was “chatting it up” with brother Denis on the phone.

Denis Miranda was walking down the street in Fayetteville, N.C., at the time. He suddenly stopped the conversation, asked his brother to hold on and dropped the phone to his side.

Waiting on the other end of the line, Alan heard his brother asking a homeless man: Do you need anything?

Alan then heard an unfamiliar voice: “I could really use something to eat.”

“He bought this dude bread and cold cuts which would last him a lot longer than a burger,” Alan Miranda said. “That’s the type of person my brother was. He would walk into a grocery store, which he had no intention of going to, to buy someone food.”

After Denis Miranda gave the homeless man his food, he wished him a good night and told him to stay warm.

Denis Miranda the third armed services member from Toms River, and eighth person from Ocean County, to be killed in wars in Iraq and Afghanistan.

Miranda wasn't in Afghanistan long. He was deployed from Virginia Beach on Sept. 12, Alan Miranda said.

Before Denis Miranda was deployed, he proposed to his girlfriend of three years, Lacy Cromwell, who is also a sailor. The couple first met at training in Florida, but got into a relationship later.

Denis Miranda enlisted in the Navy in 2003. Before becoming a SEAL in 2007, he served at Patrol Squadron 8 in Jacksonville, Fla.

Mesa Soldier Killed In Afghanistan Served In Korea

Sept. 20, 2010 by Jim Walsh, Arizona Republic

A young mother who grew up on an east Mesa dairy farm is the latest Arizona service member killed in the wars in Iraq and Afghanistan.

Barbara Vieyra, 22, died Saturday after her U.S. Army military police unit was attacked with an improvised explosive device and rocket-propelled grenade fire in Kunar province, Afghanistan, according to the U.S. Department of Defense.

Vieyra, a 2006 graduate of Skyline High School in Mesa, was an expert marksman who had served previously in Korea, according to a spokesman at Fort Hood, Texas. She was the first southeast Valley woman killed in either conflict.

"She had a very sweet personality, very quiet, very respectful," said Ellie Rael a school security liason at Skyline High. "She loved her country and was very patriotic."

Rael said she knew Barbara and her younger sister, Guadalupe, who graduated a year later in 2007. She said Barbara loved painting and played on the junior varsity softball team during her sophomore year.

Barbara Vieyra was the mother of a little girl. The girl was not identified in a photo released by the military, but Vieyra's My Space page says her name is Evelyn. The My Space page also features one of Barbara's drawings of Our Lady of Guadalupe.

"She was very faithful to Our Lady of Guadalupe," Rael said. "According to her teacher, she was a great artist."

Vieyra was the mother of a little girl and listed competitive swimming and dancing as among her interests on Facebook.

Vieyra was the second Skyline graduate killed in one of the Middle East wars. Jeremiah W. Robinson, 20, was killed Oct. 6, 2005 in Iraq.

"It was just a very sad feeling over me," Rael said, when asked how she reacted to learning about Vieyra's death. "This is our second student killed at the school. I was very despondent."

Barbara Feenstra of C-Bar Dairy said Barbara's father, Raul, has worked at the dairy for 24 years as an assistant herdsman. She said Raul and his wife, Elizabeth, were devastated when they were notified Saturday by the military about their daughter's death and had flown to Delaware to identify her body.

"We're just grieving along with them," Feenstra said. "She was a hero who gave her life for her country, the ultimate sacrifice."

Feenstra said she did not know Vieyra well, but cannot speak highly enough about her family and her father. She described him as a quiet, hardworking man and an ideal employee.

"They're just a very close family," Feenstra said. "And now she's not here anymore. This is a great family, solid as rocks. We had a chance to talk to them Saturday. It just devastated the family."

As of Memorial Day, 22 men from the southeast Valley who listed Mesa, Chandler, Gilbert, Tempe or Ahwatukee Foothills as their hometown had been killed in Afghanistan or Iraq, according to a list compiled by The Arizona Republic.

Vieyra was assigned to the 720th Military Police Battalion, 89th Military Police Brigade. She was posthumously awarded the Bronze Star and the Purple Heart. She also had been awarded the Army Commendation Medal, according to a military spokesman.

Fallen Utah Soldier Sgt. Aaron Kramer Returns Home, Escorted By Twin Brother



The remains of Sgt. Aaron Kramer arrive at the Utah Air National Guard Base in Salt Lake City on Thursday. Laura Seitz, Deseret News

Sept. 23, 2010 By Steve Fidel, Deseret News

COTTONWOOD HEIGHTS — Army Sgt. Aaron Kramer's family is preparing for his Saturday funeral now that the body of the 22-year-old soldier, killed in Afghanistan Sept. 16, has been returned to Utah.

The Utah Air National Guard hosted a brief ceremony Thursday at its base on the east side of the Salt Lake City International Airport. More than 200 Air Guard members stood at attention as a chartered jet rolled up in front of the base operations center at 11 a.m.

The first person out of the plane was the fallen soldier's twin brother, Sgt. Brandon Kramer, who recently returned from Iraq and got permission to escort his brother's casket home from Dover Air Force Base in Delaware.

The twins joined the Army after high school — Aaron assigned to the 2nd Brigade, 101st Airborne Division out of Fort Campbell, Kentucky, and Brandon assigned to the 1st Brigade Combat Team, 82nd Airborne Division, out of Fort Bragg, N.C. They served in Iraq, then simultaneously served in both of the United States' battle zones: Brandon in Iraq and Aaron in Afghanistan.

Brandon stood at attention at the nose of the chartered jet as the flight crew lowered the casket onto a cart on the tarmac on Thursday.

Their parents, Richard and Shannon, Aaron's wife, Jackie, Aaron's older sister, Jennifer, and her husband and two sons somberly made their way toward the casket at the side of the small jet. Brandon joined them, and the mother of the two soldiers leaned over the casket, embracing it, as extended family joined the group.

The family spent about 15 minutes on the tarmac before an Army Reserve honor guard carried the casket to a waiting hearse.

Fifty members of the Patriot Guard Riders lined the path, carrying American flags that snapped in the breeze. The motorcycle group was formed to help show respect at events like the one at the airport, and later at the funeral, said ride captain Matt Munk. "We only come when the immediate family asks us to," he said. "This is what we were formed for — to shield and protect the family."

"Our hearts are just full," Aaron Kramer's uncle and family spokesman, Dallan Sohm, said as a police motorcade was escorting the family and fallen soldier away from the base. "I have deep feelings for the sacrifice he made," said Sohm, an Army National Guard special forces veteran. "I'm very proud."

According to the family, Aaron Kramer was leading his squad when enemy forces attacked a base they were guarding. He was shot in the ensuing gun battle and died either during a helicopter transport or after reaching a military hospital in Kabul.

His sister said he had been injured by a roadside bomb just four weeks before the injury that cost him his life.

A recurring theme with the family as they talk about their fallen soldier is the relationship he had with his brother.

"They've never been separated," said Sohm. "He had no words" as the family huddled on the tarmac, "Only tears." As for Aaron, "I think he would say 'thank you,'" the uncle said.

Sohm said Brandon had been determined to escort the body home since hearing of his brother's death. "He didn't know how to go about it, but he stuck with it until he got the orders approved."

The family plans a viewing Friday from 6-8 p.m. at the LDS Church meetinghouse at 2522 E. 6710 South. Funeral services are scheduled Saturday at 11 a.m. in the chapel with a second viewing the hour before the funeral. Interment will be at Wasatch Lawn Memorial Park.

Fort Carson Soldier Dies On First Wedding Anniversary

September 21, 2010 By LANCE BENZEL, The Gazette

A Fort Carson soldier from Los Angeles was killed by a roadside bomb Thursday, on the first anniversary of his wedding day.

Spc. Timothy L. Johnson, 24, was pronounced dead at a hospital in Kandahar only hours after the attack.

"He deployed on my birthday and died on our anniversary," said Brittany Johnson of Colorado Springs.

The attack happened in the Arghandab River Valley in southern Afghanistan, the site of an Aug. 30 roadside bombing that claimed the lives of five of Johnson's comrades in the 1st Brigade Combat Team, 4th Infantry Division.

He joined the Army in November 2007. The Defense Department listed his hometown as Randolph, N.Y., but his wife said Johnson grew up in Los Angeles.

Johnson served an earlier deployment in Iraq that ended in March 2009. His decorations included the Army Commendation Medal.

Johnson and his wife, both creative writers, met through a blogging website. Their story began with mutual admiration, with each commenting on the other's thoughts and poems, then blossomed into what Brittany Johnson called "a true love story."

Brittany Johnson said she was struck by how Johnson's writing explored weighty topics - the nature of love, the meaning of death - yet in person he was joyful and laid back.

"When I think of him, all I can think of is how happy he was, and how happy he made others around him," she said. "I was in heaven with him. I still am. Even though he's gone, he's still with me. That will never go away."

Johnson is also survived by his mother, Cheryl Johnson of Los Angeles, and two older siblings, Tanisha and Thomas.

Funeral arrangements are pending.

Johnson is the ninth soldier from the 1st Brigade to die in the line of duty since the unit left for Afghanistan beginning in late July. He is the 59th soldier from post to die in Afghanistan. An additional 257 have died in Iraq.

Family Mourns Navy SEAL

September 24, 2010 Tina Marie Macias, The Advertiser

SCOTT — Gene and Lucille Smith were enjoying a mild afternoon, when the unthinkable happened — two Navy officers knocked on their door with solemn faces.

"It was a shock," Lucille said. "Gene was outside, and he came through the back door crying. I thought he had hurt himself, and I said, 'What's wrong?' and he said, 'Adam got killed in an accident in Afghanistan.'" "

Adam, Gene and Lucille's grandson, is Petty Officer 2nd Class Adam Olin Smith. He was a hardworking, dedicated Navy SEAL, who was among nine U.S. troops killed in a helicopter crash Tuesday in southern Afghanistan. He attended Acadiana High School.

The cause of the crash is under investigation. It is the deadliest since May 2006.

"Adam died excited about going over there and serving and helping to protect his country," said Lucille, 72.

Gene, 75, added: "He had found a home. He was going to make a career out of it."

Adam, 26, had been in Afghanistan for less than a month, his grandparents said.

He grew up in Missouri and had a brother, two sisters and eight half-siblings. Family troubles with a new stepfather send him to Scott for part of his high school career.

He spent two years — January 2000 through December 2001 — living with his grandparents and attending Acadiana High School. He played on the school's basketball team. He held down a job at the same time.

"He went home for Christmas (during his senior year), and his friends talked him into staying up there and finishing school," Lucille said.

Adam was a 2002 graduate of Bevier High School in Bevier, Mo. He entered the Navy in October 2004.

He studied at the Naval Air Technical Training Command in Pensacola, Fla., and then reported to Navy Special Warfare Command in March 2005, according to the Navy. He has been awarded the Joint Service Achievement Medal and the Navy and Marine Corps Achievement Medal, among others.

Adam was a little smaller than the other recruits, but he ended up being one of 32 out of about 300 who graduated from SEAL training. He left training with an extra 20 pounds of muscle, Gene said.

When Adam went through hell week, he had to stand in water and hold heavy objects, and row boats for several hours at a time, Gene said.

Adam's focus and determination got him through training.

"I asked him how he got through that, and he said, 'Grandpa, I just thought of one thing at a time,' he said, 'Whatever we were doing, I just focused on that,'" he said,

They last saw him at a family reunion in August, and Gene tears up when talking about Adam's good nature.

This was Adam's second tour of duty. His first was in Iraq two years earlier — the same time his brother, Andy, served as an Army soldier.

After Adam returned, he enrolled in sniper school in Indiana and invited his father and Gene to graduation. Gene and Lucille were visiting Missouri, but Gene was short on cash.

“He said, 'Grandpa, I got my re-up bonus,' and he paid my way up there,” Gene said, holding back tears. “We went up and was able to spend the weekend with him and go out on the firing range. ... That's a good memory.”

Fallen Soldier's Family Honors His Memory

09/21/10 Rebecca Trylch, WJRT

SAGINAW COUNTY

The family of a Saginaw County soldier killed in Afghanistan will honor him tonight.

Army Spc. De'Angelo Snow died last Thursday when a roadside bomb exploded.

He graduated from Buena Vista High School in 2008.

Snow's family is holding two candlelight vigils in his honor tonight. Earlier today, they spoke about his life and legacy.

The veteran's prized car sits outside his mother's house draped with flags and balloons. His mother, Deloris Snow, proudly wears a shirt that honors his sacrifice.

She says her son joined the military for a better life. “When he saw that things was getting rough out here, he said, 'Momma, I could do something with myself,’” she said.

Deloris says her son's death came as shock. He had just left for Afghanistan in June. “That's my first son. That's my baby, but I'm proud of my baby.”

Cousin Cynthia Ballard remembers Snow as one of a kind. “Artistic, kind-hearted, mannerable, loving.”

De'Angelo's family says he had a true talent. These are drawings his mother saved from his junior high years. One picture shows a woman crying with the Twin Towers in the reflection of her glasses.

De'Angelo's family hopes his commitment to his country will inspire others.

“I want him to shine out here to make everybody see that these kids could grow up to be somebody, and they could do something with themself,” Deloris said.

Before De'Angelo left, he gave his mom one last gift—a picture of praying hands with dog tags draped over them. “I guess that was his sign that momma I’m okay. And that’s how I take it. I look at it he’s OK. I know where he’s at.”

The first vigil is set to start at 8 p.m. in the 3600 Block of North Brookwood. The family will then move to the 500 block of South 23rd, outside the home where Snow’s father, Barnell Amos, was killed last year.

Snow’s funeral is planned for next Tuesday.

Soldier Killed On 9th Deployment

September 21, 2010 WTVD

A Fort Bragg Special Operations soldier who truly dedicated his life to fighting for America won't make it home.

The Pentagon says 30-year-old Sergeant 1st Class Ronald “Aaron” Grider died after being hit by machine gun fire September 18 during a combat operation in Konduz Province, Afghanistan.

He leaves behind a wife and young daughter.

His is a story of unbelievable courage, bravery, and dedication. It was his ninth military deployment overseas.

He went seven times to Iraq and twice to Afghanistan.

Friends say he was always happy and always smiling. He was a spiritual family man, an outdoorsman, and a music lover.

“He had a great smile. Even if you were in a bad mood, he would be one person who could put you in an excellent mood,” said former classmate Shanna Combes.

Grider grew up in Brighton, Illinois and graduated from Civic Memorial High School. Friends and former teachers say he was always putting other people first.

“Just a fun kid to be around, fun in class. He’d run by and give you a hug for no reason and then take off running,” offered former science teacher and track coach Frank Grasier.

Just months after graduation, Grider enlisted in the Army as an infantryman. It was clear he wanted to be a soldier.

He was soon assigned to Charlie Company, 2nd Battalion, 504th Parachute Infantry Regiment at Fort Bragg.

Three years later, he attended 82nd Airborne Division Pre-Ranger Course, subsequently attending and graduating from Ranger School in May 2000.

SFC. Grider was assigned as a scout team leader in March 2002 to Headquarters and Headquarters Company, 2nd Bn., 504th Parachute Infantry Regiment, and served in this capacity for seven months before being reassigned to Fort Benning, Georgia.

In October 2002, SFC. Grider was assigned as a rifle team leader to Co. A, 1st Bn., 75th Ranger Regiment, transitioning to squad leader in October 2004. While assigned to Alpha Company, SFC. Grider deployed once to Afghanistan for Operation Enduring Freedom and three times to Operation Iraqi Freedom.

SFC. Grider was assigned in November 2005 as a special operations team member, United States Army Special Operations Command (Airborne), Fort Bragg, N.C. For five years he performed this duty, deploying four times to Operation Iraqi Freedom and once more to Afghanistan for Operation Enduring Freedom.

His honors include three Bronze Star Medals and a Purple Heart.

“Aaron was such a fine young man it really makes it tough. It's going to be a great loss for this community, the country and especially for his friends and family,” offered former wrestling coach Steve Bradley.

Grider's body arrived at Dover Air Force Base Monday. His final resting place is not yet known.

Grider is survived by his wife, Brittany Grider of Carthage, N.C., daughter Catie-Anne of Raleigh, N.C., and his parents Ron Grider of Brighton, Ill. and Rita Grider of St. Louis, Ill.

BEEN ON THE JOB TOO LONG: HOME, NOW

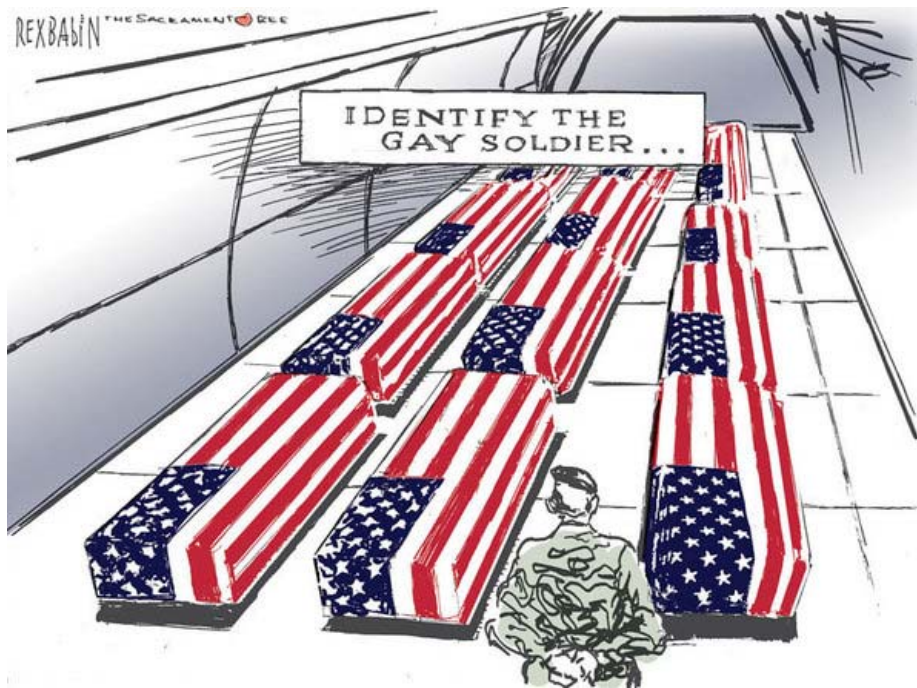


A U.S. Marine from 1st Light Armoured Reconnaissance Battalion after arriving on an early patrol in Tactical Control Point 4, Taghaz village in Helmand September 8, 2010. REUTERS/Erik de Castro



U.S. Marines from 1st Light Armoured Reconnaissance Battalion, Alpha Company at Tactical Control Point 2 in Helmand, September 9, 2010. REUTERS/Erik de Castro

MILITARY NEWS



[Thanks to Phil G, who sent this in.]

Four Suicides In A Week Rock Fort Hood

Suicide Prevention Programs Are “Not Effective”

“You Don’t Get Counseling, You Get Medication”

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

September 29, 2010 By James C. McKinley Jr., The New York Times [Excerpts]

HOUSTON — Four veterans of the conflicts in Iraq and Afghanistan died this week from what appeared to be self-inflicted gunshot wounds at Fort Hood in central Texas, raising the toll of soldiers who died here at their own hands to a record level and alarming Army commanders.

So far this year, Army officials have confirmed that 14 soldiers at Fort Hood have committed suicide.

Six others are believed to have taken their own lives but a final determination has yet to be made. The highest number of suicides at Fort Hood occurred in 2008, when 14 soldiers killed themselves, said Christopher Haug, a military spokesman.

About 46,000 to 50,000 active officers and soldiers work at the base at any given time, making this year’s suicide rate about four times the national average, which the Centers for Disease Control and Prevention estimates at 11.5 deaths per 100,000 people.

On Sunday, Sgt. Michael Timothy Franklin and his wife, Jesse Ann Franklin, were found fatally shot in their house on the base.

Army investigators said they believed that Sergeant Franklin, who was 31 and had served two tours in Iraq, killed his wife and then turned the gun on himself. The couple had two small children.

Mr. Haug said that the general did not believe that additional measures were necessary to stop the trend and that the base already had an extensive suicide-prevention program.

But advocates for soldiers who have suffered mental breakdowns said the programs were not effective.

Cynthia Thomas runs the Under the Hood Café, an organization of antiwar activists and veterans who provide referrals for soldiers to mental health professionals. She said a

stigma remained among soldiers about seeking help from Army counselors for suicidal thoughts or other mental problems.

And those soldiers who do seek counseling are often given medication [translation: drugs] and put back on duty, she said.

“You don’t get counseling, you get medication,” Ms. Thomas said. “These soldiers are breaking.”

MORE:

[From GI SPECIAL 6G17: 7.29.08]

Confirmed!
**“Only One Treatment Method —
Exposure Therapy — Has Been
Proven To Help PTSD In Studies
By Objective Researchers”**
**Previous Research Finding
Confirmed By Atlanta V.A. Test
Program;**
**“81% Showing ‘Clinically Significant
Improvement,’ Which Was Still At 81 %
Six Months Later”**

July 28, 2008 By Kelly Kennedy, Army Times

Three new studies looking at combat stress have found group exposure therapy seems to work, that troops with traumatic brain injuries are more likely to have post-traumatic stress disorder, and that stress debriefings held after traumatic events don’t appear to prevent PTSD.

The research comes as the Department of Veterans Affairs works to find the best treatment methods for combat veterans.

It follows a report by Rand Corp. that showed only one treatment method — exposure therapy — has been proven to help PTSD in studies by objective researchers.

The first study looked at a program that had been in place for four years at the Atlanta VA Medical Center. The center's Posttraumatic Stress Disorder Clinical Team began researching group-based exposure treatment.

Past studies have shown group therapy to be ineffective on veterans with PTSD, but authors of this study, published in the April issue of the Journal of Traumatic Stress, said the amount of exposure therapy — 60 hours — in this group may be the key to why it works.

First, nine to 11 people get to know each other and talk about their experiences before they joined the military. Then, they spend several weeks talking about their wartime experiences.

A total of 93 Vietnam veterans, four Gulf War veterans, one Korean War veteran and two Iraq war veterans took part in the study, with 81 percent showing “clinically significant improvement,” which was still at 81 percent six months later.

And the study found something else: VA clinicians indicated to researchers that they do not use exposure therapy out of concern for possible increases in suicide ideation, hospitalizations and dropout rates, but “we found the opposite to be true,” the study's authors said.

Many patients said hearing others' traumatic experiences evoked painful recall of what had happened to them, but “none reported any negative lasting effects, and many indicated that this process helped them put their own experience into better perspective,” the study said.

For example, one-third of the group members said they had frozen under fire. “Learning how common this was helped reduce the shame and guilt that many patients had felt for decades,” researchers said.

MORE: From GI SPECIAL 6E15: 5.24.08:

**This Information Could Save
Your Sanity, Or Your Life:
If Somebody Tries To Drug You Or A
Buddy Or Family Member, The Fact
The Information Below Appeared In**

Army Times Can Be A Powerful Weapon Of Self-Defense

Comment: T

Because of the extreme importance of this information to every member of the armed forces, for or against the war, it is being reprinted again from a previous GI Special.

This news report below makes clear that there is now new evidence based research about what works and what doesn't work for troops experiencing PTSD.

The credibility and importance of this research -- initiated by the Department of Veterans Affairs -- is underlined by publication of the findings in Army Times, rather than appearing on some obscure web site or other as somebody or other's opinion.

The V.A. has long practiced drugging troops with all kinds of very dangerous pills as a "treatment" for PTSD. As this article documents, that's useless. And dangerous: overdoses can kill. Benzodiazepines [Valium & Librium are well known examples] are viscerously addictive and potentially deadly drugs handed out to troops like bags of popcorn.

As the article below reports, the only effective treatment for PTSD so far is "exposure therapy; reliving a traumatic experience by writing or talking about it."

A lot of quacks, including at V.A. facilities as well as privately, are hustling other bullshit phony treatments, ranging from moving your eyeballs around to eating herbs and weeds.

Excuse a personal note, but I've been working professionally with traumatic stress survivors for over 30 years, both military and civilian, both at VA and private facilities, and can testify that the research finding reported in this article is 100% right: the only effective treatment for PTSD so far is "reliving a traumatic experience by writing or talking about it."

But you don't have to believe that.

Here's the report, from Army Times.

Assuming you give a shit about whether troops live or die, send it around, word for word, and be sure to mention it comes from Army Times in case some idiot thinks you sucked it out of your thumb.

Most important, if somebody in command or at the V.A. tries to drug you or a buddy or family member, the fact this information appeared in Army Times can be a powerful weapon of self-defense:

“Research Has Not Shown Serotonin Re-Uptake Inhibitors, Such As Prozac, Zoloft Or Celexa, To Be Effective In Treating PTSD”
“Exposure Therapy -- Reliving A Traumatic Experience By Writing Or Talking About It -- Is The Only Therapy Proved Effective By Independent Research”

April 14, 2008 By Kelly Kennedy, Army Times [Excerpts]

“Problems related to getting troops adequate mental health treatment cannot be resolved unless two issues — stigma and access — are addressed,” Todd Bowers, director of government affairs for Iraq and Afghanistan Veterans of America, told the House Veterans’ Affairs subcommittee on health on April 1.

Almost 59,000 veterans of the wars in Iraq and Afghanistan have been diagnosed with PTSD by the Department of Veterans Affairs. Army post-deployment health assessments have found that 20 percent of active-duty and 40 percent of reserve-component troops had symptoms of PTSD, and some experts say the real numbers could be much higher.

But because PTSD hasn’t been addressed until fairly recently — the first scientific paper about the disorder in veterans of the 1991 Persian Gulf War didn’t come out until five years after that war ended — VA and Pentagon officials say much needs to be done to determine good screening techniques and therapies.

“This is the first war where DoD and VA recognized the psychological impact going in,” said Army Col. Charles Hoge, chief of psychiatry and neuroscience at the Walter Reed Institute of Research.

Combat vets are not sleeping, experience startle reactions and are hyper-alert.

“All of these things that we label as symptoms are things they need in combat,” Hoge said. “No sooner are they transitioned back home than they’re right back in rotation.”

At the House hearing, Hoge said an Army assessment last summer showed that the numbers of soldiers with PTSD is going up with each deployment.

“There’s a direct connection between mental health and multiple deployments,” he said, adding that troops also need more time between deployments.

David Matcher, of the Institute of Medicine’s Committee on Treatment of Posttraumatic Stress Disorder, said a recent study found that research has not shown serotonin re-uptake inhibitors, such as Prozac, Zoloft or Celexa, to be effective in treating PTSD.

Exposure therapy — reliving a traumatic experience by writing or talking about it — is the only therapy proved effective by independent research, he said.

Other treatments exist, but they have been tested mainly by the same people who developed them.

That’s an important point because the Defense Department and VA use several such methods, including group and drug therapy, to treat combat veterans.

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

Congress Is Giving Service Members And Veterans More Time — Until Dec. 3 — To Apply For The Extra Pay That Is Owed Them For Stop-Loss

Oct 1, 2010 By Rick Maze - Staff writer, Army Times

Congress is giving service members and veterans a little more time — until Dec. 3 — to apply for the extra pay that is owed them if their active service was involuntarily extended between the 9/11 terrorist attacks and Sept. 30, 2008.

The extension is included in the temporary appropriations bill, HR 3081, approved by Congress in a late-night session on Sept. 29.

It is in the bill that passed at the urging of Rep. Betty Sutton, D-Ohio, because only about 40 percent of the people held in the service under stop loss orders have applied for and received the \$500-per-month allowance for the extension of their service.

The stop-loss allowance is a \$500 payment for every month in which a person was under orders to remain on active duty beyond their separation or retirement date. Retroactive payments covering the period of Sept. 11, 2001, through Sept. 30, 2008, were authorized by Congress last year, with a one-year eligibility period that was set to expire on Oct. 21. But only about 59,000 of the 145,000 people the Defense Department believes are due money have had their payments approved.

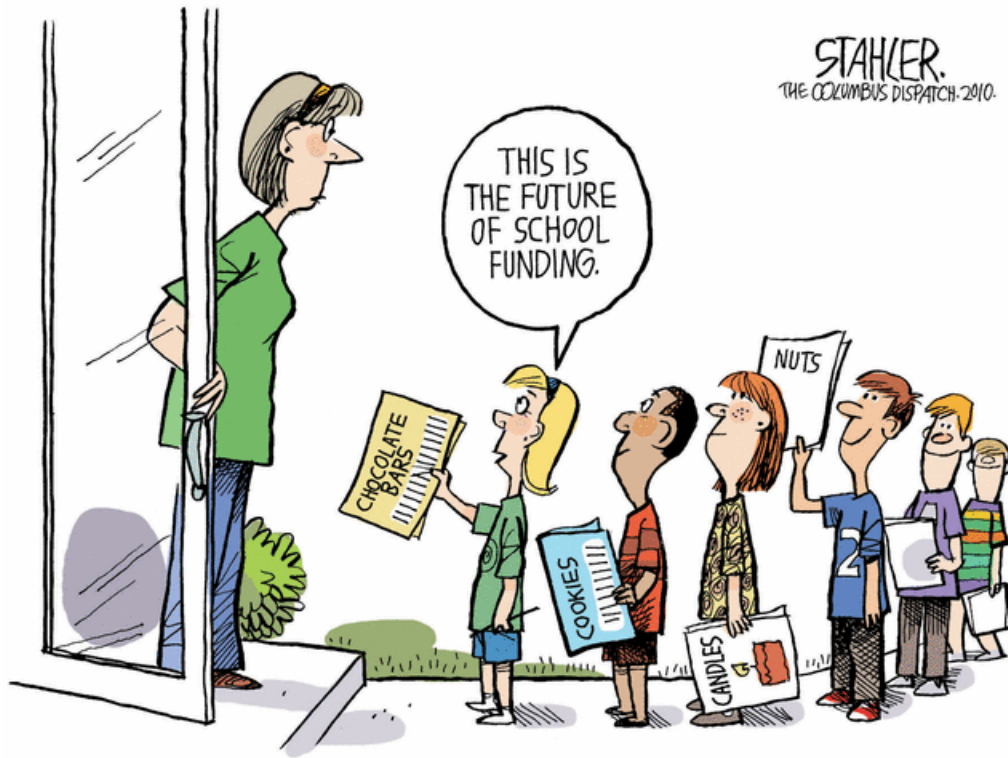
The extension does not change the basic rule that service members who were stop-lossed need to provide documentation that they were held on active duty. Sutton aides said retroactive payments also may be due to the families of deceased service members.

DANGER: POLITICIANS AT WORK



“The single largest failure of the anti-war movement at this point is the lack of outreach to the troops.” Tim Goodrich, Iraq Veterans Against The War

CLASS WAR REPORTS



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**When You Eat Del Monte, You're Eating Shit:
Enraged Dockworkers "Threw Del Monte Pineapples Into The Delaware River"**

"The Company Has A Long History Of Labor And Human Rights Abuses In Countries Where It Does Business"



September 29, 2010 By Lee Sustar, Socialist Worker [Excerpts]

IN THE biggest job action on the East Coast docks in decades, seaports outside of New York and Philadelphia were largely shut down September 28 as part of a fight to stop food giant Del Monte from moving longshore work to a nonunion operator.

Members of International Longshoremen's Association (ILA) Local 1291 set up picket lines in Camden, N.J., and nearby ports across the river from Philadelphia, as well as at Port Elizabeth and Port Newark, also in New Jersey.

Despite legal action by employers, the job action looked set to continue as the day drew to a close.

The action was spurred by Del Monte Fresh Produce Co.'s decision to move its 75 fruit shipments per year from the quasi-governmental South Jersey Port Corp. to the privately held Gloucester Terminals, owned by Leo Holt, an operator with a long history of clashes with the ILA.

If Holt and Del Monte have their way, more than 200 unionized workers with wages of about \$17 to \$31 per hour will be replaced by workers making as little as \$8.50 to \$10 per hour, union officials say. According to the ILA, the Gloucester City terminal has a company union called Dockworkers No. 1, which pays wages and benefits far below ILA rates.

But if Holt is taking a shot at the ILA, it's because Del Monte is giving him the ammunition to do so.

According to the Philadelphia Inquirer, the transnational corporation turned down an offer from South Jersey Port Corp. for free additional acreage, a reduction on its annual lease from \$1.4 million to \$1 million, and the capping of the company's electricity bill at \$700,000 per year--little more than half the previous year's total.

Even an offer of \$5 million in wage concessions by the ILA—including a 25 percent wage cut and reduction in benefits—wasn't enough. Del Monte wouldn't take “yes” for an answer.

“This is a devastating blow for us,” Local 1291 Secretary-Treasurer Martin Mascuilli told reporters. “We met the terms of Del Monte's proposal, seriously undermining our manning levels and wages, and it still was not enough.”

Del Monte's hostility to the ILA should come as no surprise. The company has a long history of labor and human rights abuses in countries where it does business.

In Guatemala in 1999, five union activists were kidnapped and tortured for organizing on a Del Monte-owned banana plantation.

Again in 2008, three union activists were murdered at a banana plantation owned by Del Monte subsidiaries.

More recently, it took a lawsuit filed by the Southern Poverty Law Center to force Del Monte to pay back wages to immigrant guest-workers in Georgia.

NOW, DEL Monte is teaming up with Holt to take aim at the ILA in what amounts to a test of union strength in advance of the coast-wide contract due in 2012. If Del Monte and Holt may have expected the ILA to roll over, it may be because union members voted to accept concessions in a contract reopener last year after heavy pressure from international union leaders.

But the workers' anger was on display on Labor Day, when Local 1291 members threw Del Monte pineapples into the Delaware River to protest the company's plans.

And with the action on Tuesday, Del Monte, Holt and many of the world's leading container carriers have been hit with effective picket lines that represent some of the biggest job actions on the East Coast waterfront since the 1970s.

Teamsters honored picket lines, too.

The employers, predictably, cried foul. “We feel strongly that these actions by the ILA, in refusing to cross a non-bona-fide line, are a violation of the no-strike clause of our current collective bargaining agreement,” said Joseph Curto, president of the New York Shipping Association. “We further believe these actions are completely irresponsible, and accordingly, we will explore all possible remedies to end this illegal action.”

But according to the reform wing of the ILA, grouped in the Longshore Workers Coalition (LWC), a tough stand by the union is exactly what's needed.

“This is a crucial point for the ILA,” said Ken Riley, president of ILA Local 1422 in Charleston, S.C., and a key figure in the Del Monte fight. “If we don't make this turn now, we will have a problem, because we will soon go into one of our most serious contract negotiations in our history.”

Employer pressure on the ILA and its West Coast counterpart, the International Longshore and Warehouse Union, will grow in 2014 when the expansion of the Panama Canal is completed, allowing shippers to more easily play off workers in one port against another.

That's why the job action against Holt and Del Monte is so important, said Riley, a leader in the LWC who became a national figure in the U.S. labor movement a decade ago when members of his local waged a successful fight to defend the Charleston Five--longshore workers who were placed under house arrest for nothing more than walking a picket line.

As in the campaign for the Charleston Five, the International Dockworkers Council is rallying support for the Local 1291 workers from their counterparts in ports around the world, Riley said.

"This is very significant in that we really are drawing a line in the sand and saying, 'enough is enough,'" Riley added.

"We have been in a concessionary stance for much too long. The only way we are going to be able to maintain any standing in the union is that we have to fight back. That is what got us here, and that's what it will take to keep us here."

What you can do:

The ILA International has issued a leaflet [<http://www.ilaunion.org/pdf/Boycottll.pdf>] calling for a boycott of Del Monte goods. Messages of support can be sent to ILA Local 1291, 3460 N. Delaware Ave., Suite 101, Philadelphia, PA 19134. Call 215-425-5822 or fax 215-425-6938.

Capitalists At Work:

“The Top 0.1 Percent Of U.S. Taxpayers--The Wealthiest One In One Thousand--Have Seen The Share Of Their Income Paid In Total Federal Taxes Drop From 60 To 33.6%”

“Congress Has Steadily Reduced Tax Obligations For The Very Rich And Global Corporations”

“Despite Promises From The White House That This Would Be A ‘Summer Of Recovery,’ New Statistics On Poverty Show That Millions Of Americans Are Sinking Deeper”

October 1, 2010 By Nicole Colson, Socialist Worker [Excerpts]

Despite promises from the White House that this would be a “summer of recovery,” new statistics on poverty show that millions of Americans are sinking deeper, with no end in sight to their misery.

According to recent Census Bureau statistics, the percentage of Americans falling below the poverty line in 2009 was the highest it has been in 15 years--and the figure is certain to increase once again for this year.

Last year, an additional 4 million Americans fell under the official poverty line--which is set at a paltry \$10,830 in pretax cash income for single adult, or \$22,050 for a family of four.

That brings the total number of Americans now living in poverty to 43.6 million, or 14.3 percent of the population--one in every seven U.S. residents, and a full percentage point's increase over 2008.

The Census Bureau noted that the rise was especially steep for children--with one in five now living in poverty.

This was the largest year-to-year increase since poverty statistics started being kept.

Racial disparities are even more pronounced--25.8 percent of African Americans and 25.3 percent of Hispanics now live in official poverty.

OF COURSE, some households are doing just fine.

In September, Forbes magazine released its annual list of the 400 wealthiest Americans--and the group's net worth had jumped 8 percent from last year to a combined \$1.37 trillion. The industries that dominate the list--surprise, surprise--are finance, investment and real estate.

As Chuck Collins of the Institute for Policy Studies notes, “Over the last half century, Congress has steadily reduced tax obligations for the very rich and global corporations. Between 1960 and 2004, the top 0.1 percent of U.S. taxpayers--the wealthiest one in one thousand--have seen the share of their income paid in total federal taxes drop from 60 to 33.6 percent.”

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: Name, I.D., withheld unless you request publication. Same address to unsubscribe.



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

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

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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/)

Got an opinion? Comments from service men and women, and veterans, are especially welcome. Write to Box 126, 2576 Broadway, New York, N.Y. 10025-5657 or send to contact@militaryproject.org: Name, I.D., withheld unless you request identification published.

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