

## GI SPECIAL 2#B61



US soldiers from the 1st Infantry Division salute their dead comrade, Specialist Edgar Daclan of the 1-77 Armored, who was killed on 10 September 2004, during a memorial service at a US military base in Balad, north of Baghdad.(AFP/Jewel Samad)

# The Lie Stops Here

TO: GI Special

From: **Mike Hastie U.S. Army Medic Vietnam 1970-71**

**"Secrecy is maintained not to keep the opposition - the CIA's euphemistic term for the enemy - from knowing what's going on, because the enemy usually does know. Secrecy exists to keep you, the American public, from knowing what is going on, because in many ways, you are the real enemy."**

**Victor Marchetti**

**Author of: The CIA and the Cult of Intelligence**

**I read G.I. Special 2#B60, and I was once again reading about the Vietnam War.**

**How do you tell the American people this war in Iraq is the same recipe of soup in a different bowl?**

This is very sad for so many of us Vietnam veterans, because we somehow failed to teach this generation the truth about the Vietnam War.

**Everything about Vietnam was a lie. I'm talking about the whole damn thing. It was the biggest dog and pony occupation of all time.**

**And, this war in Iraq is a Xerox copy. Different uniform, different country, but the exact same lies and deceptions.**

My biggest revelation in Vietnam was that I was the enemy! I cannot remember having one thought, or one conversation in Vietnam that had anything to do with, "Operation Vietnamese Freedom." **Our theme song in Vietnam was, "We got to get out of this place." PERIOD.**

**By the time I left Vietnam in 1971, we all knew the war was Bull Shit! And if you were not sure, all you had to do was ask someone.**

**There was no cause, no mission, no objective, and no shit. G.I. go home was the truth that everyone knew.**

When I was processing out of Vietnam a couple of days before I left country, I was staying in a transit barracks. We were waiting for the results of the urinalysis test for drugs. G.I. heroin addiction was rampant.

**You would not believe what American soldiers were writing on the walls about General Westmoreland, Johnson, Nixon, and the rest of the gangsters that were selling "Protection," to the American people.**

**Their anger and rage was the truth about the Vietnam War. It's that great piece of raw literature that will never be published.** As they say in the military, what happens in the field, stays in the field.

I have a friend who was in Vietnam a year before I was there, and he had a great revelation in Vietnam that put it all together for him in one moment. He was a ground controller, giving pilots their directions, before dropping their B-52 pay loads. He finally realized he was giving information directing air strikes over civilian targets. At that point, he lost it, and started running around the perimeter acting crazy. (An abnormal reaction to an abnormal situation is normal behavior.)

The only problem was, he didn't understand that. The next day, he walked into the orderly room, and told his CO that his tour in Vietnam was over. And if they didn't like that, they could shoot him. **One of the great heroes of the Vietnam War.**

**Years later I wrote this: You do not bring the enemy to the peace table by just killing military combatants. You ultimately bring the enemy to the peace table by killing innocent civilians. They are military targets. The primary goal of the aggressor nation is to break the spirit of the people, and its ability to defend its homeland.**

This strategy is as old as warfare itself. What happens in the field, stays in the field.

**That was true for me, and countless veterans I have met over the years. Geneva convention rules are for fools. The American people don't have a clue. George**

**Bush is just another lying Richard Nixon. There is nothing new under the sun. The people who don't know that, are the people who have never had their belief system wasted.**

**I am a man of honor, and for that truth, I am proud of myself. I gave 110% in Vietnam, and no one will ever be able to take that away from me. And, there are 58,000 Americans on the Vietnam Veterans Memorial in Washington, D.C. that are standing beside me.**

**80% of my life is over with, and I have nothing left to loose.**

**The Lie Stops Here.**

Mike Hastie U.S. Army Medic Vietnam 1970-71  
I-R-A-Q  
(I Remember Another Quagmire)

**Do you have a friend or relative in the service? Forward this E-MAIL along, or send us the address if you wish and we'll send it regularly.** Whether in 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 war, at home and in Iraq, and information about other social protest movements here in the USA. **Send requests to address up top.**

## **IRAQ WAR REPORTS:**

### **DoD Identifies Marine Casualty**

September 13, 2004 U.S. Department of Defense News Release No. 892-04

The Department of Defense announced today the death of a Marine,

1<sup>st</sup> Lt. Alexander E. Wetherbee, 27, of Fairfax, Va., died Sept. 12 from injuries received from enemy action in Al Anbar Province, Iraq. Wetherbee was assigned to 3<sup>rd</sup> Assault Amphibian Battalion, 1st Marine Division, I Marine Expeditionary Force, Camp Pendleton, Calif.

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### **Occupation Reeling From Weekends' Fierce Resistance Attacks:**

# Headquarters Hit, Damage Not Revealed; "Maybe I Made A Mistake By Coming Here."

13 September 2004 By Sabrina Tavernise, The New York Times & 12 September 2004 By Ibon Villedelabertia, Reuters & By Jackie Spinner, Washington Post Staff Writer

**American forces appear to be facing a guerrilla insurgency that is more sophisticated and more widespread than ever before.** Last month, attacks on American forces reached their highest level since the war began, an average of 87 per day.

**The attacks were the most widespread in months, seeming to demonstrate the growing power of the insurgency and heightening the sense of uncertainty and chaos in the capital at a time when American forces have already ceded control to insurgents in a number of cities outside of Baghdad.**

**"We've seen a tremendous increase in the number of attacks," said Brigadier General Erv Lessel, a U.S. military spokesman.**

**The violence, which began before dawn, all but paralyzed this country's capital city,** where portions of several central highways were closed, and traffic slowed to a crawl.

**For nearly two hours, central Baghdad sounded as if heavy combat had returned to the city, with the steady thud of mortar rounds matched by the booms of return fire.**

Starting Saturday night, witnesses said, insurgents fired a series of mortar shells into the International Zone, a heavily fortified area in central Baghdad where the Iraqi government and the American Embassy are based. The area is often the target of mortar fire, but rarely has the bombardment been so persistent and intense. About a dozen rounds were fired into the area through the night, said Tahir Rahim, a Pakistani who works as a chef there.

**"It was like an earthquake," said Mr. Rahim, who came to Iraq in July. "For months I was not scared, and today I woke up and thought maybe I made a mistake by coming here."**

***American officials were not immediately able to provide details on damage or casualties in the area on Sunday night.***

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# “All Hell Is Breaking Loose” “Insurgent Enclaves” Spreading

Sept. 12, 2004 By Scott Johnson and Babak Dehghanpisheh, Newsweek

**A senior Iraqi official sees no chance of January elections: "I'm convinced that it's not going to happen. It's just not realistic. How is it going to happen?"**

**Some Iraqis worry that America will stick to its schedule despite all obstacles. "The Americans have created a series of fictional dates and events in order to delude themselves,"** says Ghassan Atiyya, director of the independent Iraq Foundation for Development and Democracy, who recently met with Allawi and American representatives to discuss the January agenda.

"We're dealing with a population that hovers between bare tolerance and outright hostility," says a senior U.S. diplomat in Baghdad. **"We thought that there would be a reprieve after sovereignty, but all hell is breaking loose."**

**Preliminary analysis of the July and August numbers also suggests that U.S. troops are being attacked across a wider area of Iraq than ever before.**

**And the number of gunshot casualties apparently took a huge jump in August.** Until then, explosive devices and shrapnel were the primary cause of combat injuries, typical of a "phase two" insurgency, where sudden ambushes are the rule.

Phase one is the recruitment phase, with most actions confined to sabotage. That's how things started in Iraq. **Bullet wounds would mean the insurgents are standing and fighting—a step up to phase three.**

Another ominous sign is the growing number of towns that U.S. troops simply avoid. A senior Defense official objects to calling them "no-go areas." "We could go into them any time we wanted," he argues.

**The preferred term is "insurgent enclaves." They're spreading. Counterinsurgency experts call it the "inkblot strategy": take control of several towns or villages and expand outward until the areas merge.**

The first city lost to the insurgents was Fallujah, in April. Now the list includes the Sunni Triangle cities of Ar Ramadi, Baqubah and Samarra, where power shifted back and forth between the insurgents and American-backed leaders last week. **"There is no security force there [in Fallujah], no local government," says a senior U.S. military official in Baghdad. "We would get attacked constantly. Forget about it."**

U.S. military planners only wish they could. "What we see is a classic progression," says Andrew Krepinevich, author of the highly respected study "The Army and Vietnam." "What we also see is that the U.S. military is not trained or organized to fight

insurgencies. That was the deliberate choice after Vietnam. Now we look to be paying the price."

Will Iraq's troubles get even worse?

"The insurgency can certainly sustain what it's doing for a while," says a senior U.S. military official.

Many educated Iraqis aren't waiting to find out. **Applicants mobbed the courtyard of the Baghdad passport office last week, desperate for a chance to escape. Police fired shots in the air, trying to control the crowd.**

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## **ING And MNF Joined Patrol Attacked; Three Dead, 3 Wounded, 1 Missing**

CJTF7 Release #040913a Baghdad, Iraq

Today, at 10:00 a.m. LT joined patrol consisting of Iraqi National Guard (ING) and Multi-national Forces (MNF) soldiers from MND CS 1st Brigade Combat Team was attacked by vehicle-borne improvised explosive device and improvised explosive device on the road to Al Mashru (30 km north-east of Al Hillah City).

**3 ING soldiers were killed, 3 were wounded and 1 missing in action. Immediately Medical Evacuation (MEDEVAC) procedure was started. All wounded soldiers were evacuated by MEDEVAC helicopters.**

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## **U.S. Bombs Terrorist Outdoor Market & Terrorist Ambulance In Fallujah: Doctor Says "The American Army Has No Morals."**

Sep 13, By KIM HOUSEGO, Associated Press Writer

BAGHDAD, Iraq - U.S. warplanes pounded Fallujah on Monday, killing at least 16 people and wounding 12, officials and witnesses said.

**The U.S. military said jets carried out a precision strike on a site in Fallujah where several members of a group led by Jordanian-born terror suspect Abu Musab al-Zarqawi were meeting.**

Witnesses said the bombing targeted the city's residential al-Shurta neighborhood, damaging buildings and raising clouds of black smoke.

Dr. Adel Khamis of the Fallujah General Hospital said at least 16 people were killed, including women and children, and 12 others wounded. An ambulance rushing from the area of the blasts was hit by a shell, killing the driver, a paramedic and five patients inside the vehicle, said another hospital official, Hamid Salaman.

**"The conditions here are miserable — an ambulance was bombed, three houses destroyed and men and women killed," the hospital's director, Rafayi Hayad al-Esawi, told pan-Arab Al-Jazeera television by telephone. "The American army has no morals."**

Witnesses said U.S. warplanes repeatedly swooped low over the city and that artillery units deployed on the outskirts of the city also opened fire. The explosions started at sunrise and continued for several hours.

**One explosion went off in a market place in Fallujah as the first sellers had just begun to set up their stalls, wounding several people and shattering windows, witnesses said.**



Iraqis gather near a destroyed Iraqi Red Crescent ambulance following a US air strike in Fallujah.(AFP/Fares Dlimi)

**OCCUPATION ISN'T LIBERATION  
BRING ALL THE TROOPS HOME NOW!**

**Turkey Pissed Off By Attack On Tal  
Afar;  
Sending "A Large Consignment;"**

# Says Any Civilian Casualties “Unacceptable”

2004/09/13 Reuters

The United States reassured Turkey over a military operation in northern Iraq which has reportedly claimed the lives of ethnic Turkmen civilians, but **Ankara appeared unimpressed.**

Turkish officials say Turkmen representatives put the number of Turkmen civilians killed in the violence as high as 500, but they quote U.S. sources as putting the death toll at less than 50.

**"There should not be any civilian casualties. Even a few casualties is unacceptable," a Turkish official told reporters.**

He said Turkey planned to send a large consignment of humanitarian aid to the region but gave no further details. **(Escorted, of course, by the Turkish Army. Let's see if the Bush idiots running the government decide to send U.S. soldiers to fight the Turkish Army.)**

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**SWEEPING BACK AN OCEAN OF RESISTANCE WITH A BROOM:  
BRING THEM ALL HOME NOW, ALIVE!**



A U.S. soldier cleans debris near a destroyed Humvee after attack. Baghdad Sept. 12, 2004. (AP Photo/Khalid Mohammed)

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## Huh?

**Coalition Holds Off Efforts To Take Rebel-Run Cities**



**U.S. says forces are not ready to launch major attacks.**

*[Christian Science Monitor, September 13, 2004, Pg. 1]*

**No major move is expected before November to retake various cities from insurgents' control in Iraq.** U.S. military and Iraqi security forces are increasing their surgical, often retaliatory, strikes into towns like Fallujah, Ramadi and Samarra---some of those areas have become "no-go" zones.

**Rumsfeld Vows To Take Rebel Held Cities**

*[London Financial Times, September 11, 2004]*

**Secretary Rumsfeld said that America would not permit extremist insurgents to hold sway over Fallujah or other rebel strongholds in Iraq.**

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## **TIME TO GO HOME, NOW**



A U.S. soldier stands guard near a destroyed Humvee after attack by car bomb in Baghdad Sept. 12, 2004. (AP Photo/Khalid Mohammed)

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## **TROOP NEWS**

**Dead Soldiers' Mother Says:  
"Our Army Is Only Cannon Fodder  
For Rumsfeld"**

09 September 2004 By Annette Levy-Willard, Libération

***The mother of a 24 year old soldier killed in northern Iraq mobilizes to discourage other young people from joining up.***

"I want to join the army," Evan Ashcraft, 20 years old, announced when he left high school. "Go to the university instead," his parents suggested. "We can pay your tuition." "No, I need structure and discipline," Evan answered. "And what if there's a war?" his mother worried. "There won't be a war."

Sergeant Ashcraft, of the 101st Airborne Division, was killed July 24, 2003 in Al Hawd, in northern Iraq, while at the wheel of his armored Humvee, which had been hit by rocket fire. He was 24 years old. The sergeant next to him was also killed in the ambush.

"He always told me: 'Don't worry; I'm coming back; I'm the best,'" says his mother, Jane Bright. In this military family - the father was in the US Air Force, the grandparents were in the Second World War, the uncles and aunts are in the army -, it was the norm to join up.

**"My son suffered before he died and then he died. Our army is only cannon fodder for Rumsfeld: the government has no intention of bringing them home. And even if they do come home alive, no one is making sure their psychological traumas are being cared for. The Bush administration has even reduced veterans' pensions."**

**She and her husband have joined the association, Military Families Speak Out (MFSO), which, along with Iraq veterans (Iraq Veterans Against The War), demonstrates against the war.**

Jane Bright has thus thrown herself into political militancy: "I don't understand how Americans can fail to see what this war is doing to our country, to Iraq, to the world. Our soldiers must leave Iraq and that country's problems must be managed by international institutions."

**She has transformed her grief into action: "When Evan was killed, I said to myself: 'What can I do? I can try to prevent others from being killed.' So I demonstrate, I go to the schools and tell high school students how Evan died, the madness of this war, to prevent their recruitment by the army. I am an angry mother..."**

**GET SOME TRUTH: CHECK OUT TRAVELING SOLDIER**

Telling the truth - about the occupation, the cuts to veterans' benefits, or the dangers of depleted uranium - is the first reason Traveling Soldier is necessary. But we want to do more than tell the truth; we want to report on the resistance - whether it's in the streets of Baghdad, New York, or 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/>

**Powell Says Iraq Win "Not Impossible"**

12 September 2004 By Robert H. Reid, The Associated Press

Secretary of State Colin Powell acknowledged that the U.S.-led coalition faced a "difficult time" in Iraq but **said the United States had a plan** to quash the insurgency and bring those areas under control in time for national elections in January.

The insurgency "will be brought under control," Powell said on NBC's "Meet The Press." **"It's not an *impossible* task." (How about improbable? Unlikely? Not looking too good? In fact, looking like shit?)**

(12 September 1969: General William Westmoreland said today that the U.S. faced a "difficult time" in Vietnam, but said the United States had a plan to quash the insurgency. "It's not an impossible task.")

**What do you think? Comments from service men and women, and veterans, are especially welcome. Send to [contact@militaryproject.org](mailto:contact@militaryproject.org). Name, I.D., withheld on request. Replies confidential.**

## **Outgoing Marine General Faults Fallujah Cluster Fuck "Strategy"**

September 13, 2004 By Rajiv Chandrasekaran, Washington Post Foreign Service

FALLUJAH, Iraq, Sept. 12 -- **The outgoing U.S. Marine Corps general in charge of western Iraq said Sunday he opposed a Marine assault on militants in the volatile city of Fallujah in April and the subsequent decision to withdraw from the city and turn over control to a security force of former Iraqi soldiers.**

**The comments by Lt. Gen. James T. Conway, made shortly after he relinquished command of the 1st Marine Expeditionary Force on Sunday, amounted to a stinging broadside against top U.S. military and civilian leaders who ordered the Fallujah invasion and withdrawal.**

Conway arrived in Iraq in March pledging to accelerate reconstruction projects as a way to subdue Anbar province, dominated by Sunni Muslims. But on March 31 he was confronted in Fallujah with the killing of four U.S. security contractors, whose bodies were mutilated or burned by a celebrating mob. **Conway said he resisted calls for revenge, and instead advocated targeted operations and continued engagement with municipal leaders.**

**He echoed an argument made by many Iraqi politicians and American analysts -- that the U.S. attack further radicalized a restive city, leading many residents to support the insurgents. "When we were told to attack Fallujah, I think we certainly increased the level of animosity that existed," Conway said.**

**He would not say where the order to attack originated, only that he received an order from his superior at the time, Army Lt. Gen. Ricardo Sanchez, the overall commander of U.S. forces in Iraq. Some senior U.S. officials in Iraq have said the command originated in the White House.**

"We follow our orders," Conway said. "We had our say, and we understood the rationale, and we saluted smartly, and we went about the attack."

**The Marine assault on Fallujah in April ended abruptly after three days. Conway expressed displeasure at the order he received from Sanchez to cease offensive operations.**

"When you order elements of a Marine division to attack a city, you really need to understand what the consequences of that are going to be and not perhaps vacillate in the middle of something like that," he said. "Once you commit, you got to stay committed."

The Marine encirclement of Fallujah was highly controversial. Iraqi political leaders and U.N. envoy Lakhdar Brahimi accused U.S. military commanders of engaging in collective punishment of city residents.

**Conway's chief of staff, Col. John Coleman, said he and other senior Marine officers did not foresee the challenges in getting people from Fallujah to police the city. "I'm not sure we fully understood the hardness of the city.**

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## Injured Marine Comes Home

September 13th, 2004 MASON CITY, Iowa (AP)

Marine injured in Iraq last month has come home to Iowa to recuperate.

Lance Cpl. Joseph J. Nolte, 19, of Mason City, suffered a leg injury Aug. 25 while serving with his platoon near the Syrian border. He arrived home on Saturday on a 40-day leave.

The first thing he did was visit his grandfather, Carl "Gus" Nolte, in the hospital. Then he went to watch a friend play football.

At the North Iowa Area Community College game, people thanked Nolte for his service in Iraq.

"That's what I love about Mason City. There's no other place like it in the world," he said. "I'm just glad to be home."

Nolte, the son of Bruce and Shari Nolte, is with the 1st Combat Engineer Battalion, C Company, 1st Platoon, based at Camp Pendleton, Calif. He was sent to Iraq in February.

**Nolte said he had just come off night patrol when someone was spotted planting a mine.**

**The driver of their light-armored reconnaissance vehicle ducked to avoid possible hostile fire and drove off a 20-foot cliff, Nolte said.**

The other six in the vehicle suffered bumps and bruises, but Nolte's ankle was crushed and his tibia broken.

Nolte said he was given morphine that blocked the pain temporarily.

Not realizing the severity of the injury, he rode around passing out soccer balls to Iraqi children for several hours in heat of about 130 degrees before being flown to Baghdad.

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## **A Crash, And The Scent Of Pizzatocracy, Anger Okinawa**

*[New York Times, September 13, 2004]*

**Okinawans are upset because U.S. military officials closed off the crash site of an American helicopter from local police, political leaders and diplomats from Tokyo, but waved through pizza-delivery motorcycles.**

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## **Ghosts Of Abu Ghraib**

**Ghosts Of Abu Ghraib**

**It's time to stop passing the buck on prisoner abuse**

*[Miami Herald, September 13, 2004]*

The Congress owes it to the American people to track down who is responsible for the Abu Ghraib prison scandal, **no matter how high up it reaches into Washington's ruling stratosphere.**

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## **The Code Of Military Injustice**

*[Baltimore Sun, September 13, 2004]*

If the military had gotten its act together much sooner, and established the military tribunals at Guantanamo more than two years ago, perhaps the U.S. would not have had to face the world's scorn for practicing extra-legal incarcerations while preaching the value of freedom and justice.

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# Army Trying To Make Injured Troops Leave Base And Lose Pay

(It doesn't take a rocket scientist to figure out what the game here is. Keep these injured soldiers sitting forever in a base far from home doing nothing, until they get fed up, leave, and the second they leave, lose their pay and disability rating. Talk about used and abused!)



Oregon National Guard Sgt. Rick Harvey hugs his granddaughter, Adriana, on Sept. 1 at the National Guard armory in Milton-Freewater. (Associated Press)

**“When I did this thing, I put myself at risk. I accepted the potential for death. I did not sign up to put my family at risk.” “How can it take nine months to have doctors’ check you over and decide what to do with you?”**

September 11, 2004 ANDREW KRAMER, The Associated Press

FORT LEWIS, Wash. — Sgt. Rick Harvey spends his days walking in the woods and photographing the gleaming peak of Mount Rainier from the grounds of this sprawling military base and hospital, where he is recovering from a spinal injury he suffered in Iraq. He has doctors’ appointments about twice a week. Other than that, he has no duties.

**Harvey, 46, of Milton-Freewater, is among a dozen or so Oregon National Guard soldiers who say they have been languishing at this Army base for months, in one case more than a year, because the Army had no policy for allowing them to convalesce at home.**

The discontent of these wounded soldiers is not the first slight felt by members of the Oregon National Guard — which has about 700 soldiers serving in Iraq. **Troops and commanders have grumbled that their needs take a back seat to those of the regular Army.**

**National Guard soldiers on medical hold can choose to resign active duty status to return home while recovering, but lose their military pay if they do so. Leaving a base also can delay their consideration for permanent disability status.**

Harvey, who has lived nine months in a Fort Lewis barracks near a firing range, drives home on weekends to visit his fiancée in Walla Walla, Wash. **He says if he didn't report for duty each weekday at Fort Lewis, he'd forfeit his military pay.**

**Sgt. Garth Leighton, of Bend, is recovering from a broken back. He told Byrne he cannot return home without losing military pay his family relies on. "I want out of here, I can hardly stand it," he said at the meeting. "When I did this thing, I put myself at risk. I accepted the potential for death. I did not sign up to put my family at risk."**

The soldiers' concerns prompted Gov. Ted Kulongoski to ask the Pentagon to clarify why the soldiers cannot be released for treatment at home. A Pentagon spokesman referred a reporter's question to the Army public relations office. Spokesman Lt. Col. Bryan Hilferty said he was unable to research the question last Friday.

Harvey, clad in a gray Army T-shirt, leaned on a cane during his meeting with his commander. He said his temper flares at unpredictable times, and once he smashed furniture in his hospital room.

Harvey's fiancée, Lori Roberts, said in a later interview that she's noticed a worrisome change in Harvey during his stay at Fort Lewis. "He was very upbeat, in a good mood," upon returning to the United States, Roberts said from her home in Walla Walla.

**"He was having a hard time physically, but he expected to get an answer pretty quick on his situation. *How can it take nine months to have doctors' check you over and decide what to do with you?*"**

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## **Medical Research Finds On-The-Job Stress Leads To Disease, Premature Aging, And Ruined Immune System; What The Fuck Does That Say About Troops Working In Iraq?**

September 5, 2004 By JOHN SCHWARTZ, New York Times

American workers are stressed out, and in an unforgiving economy, they are becoming more so every day.

Sixty-two percent say their workload has increased over the last six months; 53 percent say work leaves them "overtired and overwhelmed."

Add iffy job security, rising health care costs, ailing pension plans and the fear that a financial setback could put mortgage payments out of reach, and the office has become, for many, an echo chamber of angst.

### **It is enough to make workers sick - and it does.**

Workplace stress costs the nation more than \$300 billion each year in health care, missed work and the stress-reduction industry that has grown up to soothe workers and keep production high.

And workers who report that they are stressed, said Steven L. Sauter, chief of the Organizational Science and Human Factors Branch of the National Institute for Occupational Safety and Health, incur health care costs that are much above average.

"The costs are significant," Dr. Sauter said, adding, "Those are just the costs to the organization, and not the burden to individuals and to society."

American workers are not the only ones grappling with escalating stress and ever greater job demands. European companies are changing once-generous vacation policies, and stress-related illnesses cost England 13 million working days each year, one British health official said.

**"It's an issue everywhere you go in the world,"** said Dr. Guy Standing, the lead author of "Economic Security for a Better World," a new report from the International Labor Office, an agency of the United Nations.

Most stress-related health problems are a far cry from the phenomenon known in Japan as *karoshi*, or "death from overwork." **But downsizing, rapid business expansion, outsourcing - trends that some have credited with increasing the nation's economic health - translate into increases in sick days, hospitalization, the risk of heart attack and a host of other stress-related problems, researchers find.**

The changing workplace, said Hugo Westerlund, a researcher at the National Institute for Psychosocial Medicine in Stockholm, "does pose a threat to people's health."

The days when an employer said "if you do your job, you'll have a job" are long gone.

The traditional career, progressing step by step through the corridors of one or two institutions, "is finished," said Dr. Richard Sennett, a sociologist at New York University. He has calculated that a young American today with at least two years of college can expect to change jobs at least 11 times before retirement.



Business has moved away from traditional employment, now an almost quaint concept described in a recent RAND Corporation study as "full-time jobs of indefinite duration at a facility owned or rented by the employer."

Instead, that study found, one in every four workers in the United States is "in some nontraditional employment relationship," including part-time work and self-employment. Four out of 10 Americans now work "mostly at nonstandard time," according to figures cited by Harriet Presser of the University of Maryland. **The odd hours include evenings, nights, rotating shifts and weekends to meet the demands of global supply chains and customers in every time zone.**

**These jobs require an increasing amount of time as well. Workers in the United States already put in more than 1,800 hours on the job a year: 350 hours more than the Germans and slightly more than the Japanese, according to the International Labor Office.**

**More than 30 percent of workers say they are "always" or "often" under stress at work,** according to the National Opinion Research Center at the University of Chicago, and a quarter of those surveyed in 2002 said there often were not enough co-workers to get the job done.

**Other surveys show no end in sight.** In a new report, Kronos Inc., a human resources firm, found that 62 percent of American workers said that their job activities and responsibilities had increased over the past six months and that they had not used all of their allotted vacation time in the past year. And 60 percent of those surveyed said they did not expect any respite from increased working hours in the next six months.

Little wonder, then, that Dr. Richard A. Chaifetz, chief executive of ComPsych, the largest provider of employee assistance programs, said "the stress levels today are clearly higher than they were a few years ago."

**Downsizing, studies find, is associated with poorer health, whether workers are fired or survive the downsizing and continue in their jobs.**

Pioneering studies in Scandinavia, where centralized health care allows researchers access to vast databases of medical conditions and treatment, also have shown a strong link between downsizing and illness. **A study by Finnish researchers published in February in the British Medical Journal, for example, found the risk of dying from a heart attack doubled among permanent employees after a major round of downsizing, with the risk growing to five times normal after four years.**

One result of this uncertainty, experts say, is that employees are increasingly turning to medication like antidepressants and anti-anxiety drugs to help them cope with the added pressures.

"Medication has, for some people, become a coping mechanism to help them feel better so they can perform better," Dr. Chaifetz of ComPsych said.

Different types of stress produced different reactions, Dr. Almeida found. **Tension with co-workers and overbearing bosses was more likely to lead to psychological and physical health symptoms, he said.**

**Central to understanding how much stress the workers experienced, he said, was whether they felt in control.** Citing research by Robert A. Karasek of the University of Massachusetts and colleagues, he said workers who felt that they had a measure of control over their environment were far less likely to find work stressful than those who felt utterly at the mercy of a capricious boss, a child's illness or a lurching economy. **(Or a fucking war.)**

Human physiology, said Dr. Bruce S. McEwen, director of the neuroendocrinology laboratory at Rockefeller University was not intended to handle the chronic stress that is an inescapable accompaniment of modern life. The wear and tear of long hours, ringing phones, uncertain working conditions and family demands lead to what he calls "allostatic load," a stress switch stuck in the half-on position. **The result: fatigue, frustration, anger and burnout.**

**Dr. McEwen and other stress researchers have linked persistent stress to a variety of conditions, including obesity, impaired memory, suppressed immune function and hardening of the arteries.**

**What is more, chronic stress contributes to behavior that makes it harder to recover, he said.** For example, sleep deprivation may increase hunger, causing a stressed-out worker to seek comfort in a midnight bowl of pasta or a nightcap, which can lead to further weight gain or cardiovascular troubles.

Researchers are also finding links between stress and disease at the molecular level. At Ohio State University, for example, Dr. Ronald Glaser, a viral immunologist, and his wife, Dr. Janice Kiecolt-Glaser, a psychologist, are reaching across disciplines to understand how stress causes illness.

**Working with other researchers at Ohio State, they have studied the immune response of people who live with an enormous burden of stress: people who care for a spouse who is suffering from Alzheimer's disease, and who are, on average, 70 years old. The immune systems of the caregivers are clearly compromised, they found.**

**"What we know about stress is that it's probably even worse than we thought," Dr. Kiecolt-Glaser said.**

Their most recent work focuses on cytokines, molecules produced by white blood cells, and in particular interleukin 6, which plays a beneficial role in cell communication. Like cortisol and adrenaline, interleukin 6 can damage the body in large and persistent doses, slowing the return to normal after stressful events. **It has been linked to conditions that include arthritis, cardiovascular disease, delayed healing and cancer, Dr. Glaser said.**

***The immune systems of the highly stressed subjects, Dr. Glaser said, "had the levels of Il-6 that we saw in the controls that were 90 years old," which suggests that their experiences "seemed to be aging the immune system" drastically.***

Stressful working conditions can have more indirect effects, worsening illnesses that are already present.

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## **Wow! Big Surprise! Military Loses Key Evidence In Murder Of Iraqi At Marine Prison**

Sep 9, 2004 By SETH HETTENA, Associated Press Writer

**CAMP PENDLETON, Calif. The U.S. military has lost key pieces of medical evidence in its investigation into the death last year of an Iraqi man beaten by Marine guards at a prison camp, throwing into doubt the status of a court-martial of the officer charged in connection with the man's death.**

The missing evidence includes bones taken from the throat and chest of Nagem Hatab, attorneys said Thursday at a hearing for Maj. Clarke Paulus. Hatab, 52, died at a makeshift camp in southern Iraq that was run by Marines.

Paulus, 35, is accused of ordering one of his men to drag Hatab by his neck after the Iraqi suffered a severe bout of diarrhea and lapsed into unconsciousness while in custody at the lockup, known as Camp Whitehorse.

Paulus' court-martial, scheduled to start Monday, was delayed at least a week while the military judge presiding over the case ordered prosecutors to try to find the missing bones.

**The missing bones are just one of several errors in connection with the investigation of Hatab's death that came to light at Thursday's hearing.**

**Hatab's organs, which were removed during autopsy, were subsequently destroyed when they were left for hours in the blazing heat on an Iraqi airstrip. A summary of an interrogation the Marines conducted with Hatab shortly before his death at the camp also is missing, as is a photo of Hatab that was taken during questioning.**

"It seems to me these are important issues that need to be run to ground before we move on," said the military judge, Col. Robert Chester. He ordered attorneys for both sides to return to court on Sept. 17.

"I'm looking at some extreme measures to make things right," Chester added. He did not elaborate.

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**IRAQ RESISTANCE ROUNDUP**

## **Police Station Blown Up**

Sep 13, By KIM HOUSEGO, Associated Press Writer

West of Baghdad, assailants broke into a local police station in Latifiya and forced the handful of officers inside to leave before blowing up the building late Sunday, police said Monday.

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## **Mosul Occupation Cops Hit**

Sep 13, By KIM HOUSEGO, Associated Press Writer

The resistance attacked a group of policemen in the northern city of Mosul, killing one and wounding seven, police said.

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## **Three Occupation Cops Killed In Amriya; One A “Senior Officer”**

13 September 2004 By Sabrina Tavernise, The New York Times & 12 September 2004  
By Ibon Villeda, Reuters

A driver detonated a car near a police checkpoint in the Baghdad Amriya neighborhood. Three police officers were killed including a senior police officer

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## **OCCUPATION REPORT**

### **U.S. Official “Hopes” “Things” Will “Calm Down” (!)**

Sep 13 By Ashraf Khalil and Alissa J. Rubin L.A. Times Staff Writers

**U.S. officials, meanwhile, were left to ponder the implications of a day on which a secure and stable Iraq seemed a long way off.**

"It certainly was an unusual day," said U.S. Embassy spokesman Richard Schmierer. **"I'd be hard pressed to say why today and what it means in the bigger picture.... Obviously we hope things will calm down."**

Late Sunday in Baghdad, the steady double-thump of mortar launch and impact could still be heard.

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## Crowds Cheer As Iraqi Prime Minister Comes Home



Welcomed by crowds of happy, cheering Iraqi people, Iraqi Interim Prime Minister Ayad Allawi is seen at the Baghdad International airport coming back from Basra in southern Iraq Sept. 12, 2004. His close cooperation with President George W Bush has earned the new Iraqi Prime Minister the thanks of a grateful nation. (AP Photo/Marco Di Lauro, Pool)

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## DANGER: POLITICIANS AT WORK

# CHANGING TERMS OF DEBATE, KERRY CALLS BUSH A LYING COKEHEAD

September 12, 2004 The Borowitz Report

Attempting to change the terms of the debate in the 2004 presidential campaign, Sen. John Kerry (D-Mass) came out swinging today, asking a Michigan audience, "Do you really want four more years of that lying cokehead?"

Saying that a second Bush administration would subject the nation to "four more years of blow and snow," Mr. Kerry unleashed his most savage attack on the president to date, **accusing Mr. Bush of spending the federal surplus on a \$40,000-a-day cocaine habit.**

"Where did the surplus go? I'll tell you!" thundered Mr. Kerry, who then mimed inhaling a line of cocaine to the delight of the partisan crowd.

Mr. Kerry's decision to accuse Mr. Bush of "snorting foo-foo dust" and "tooting racehorse charlie" seemed to be inspired by the new unauthorized book about the Bush family penned by celebrity biographer Kitty Kelley, who coincidentally was named to the Axis of Evil today.

**But just minutes after Mr. Kerry accused Mr. Bush of "hitching up the reindeers," Vice President Dick Cheney returned fire, telling an audience in West Virginia that if Mr. Kerry is elected, the Earth will spin off its axis and collide with the sun.**

After being told of Mr. Cheney's latest dire prediction, Mr. Kerry chuckled, "I guess George Bush isn't the only one in the White House who's horning the Peruvian lady!"

**In other campaign news, President Bush told reporters today that he "doubted" that the Texas National Guard memos discovered by CBS last week could be authentic because "I know exactly where the real ones are hidden."**

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## Priceless!!!

<http://www.ebaumsworld.com/presaddress2.shtml>

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## AFGHANISTAN WAR REPORTS

### The Great Afghan Election Fiasco

(This article is from July, but gives a good picture of what U.S. troops are doing and thinking. Since then, the situation has deteriorated further from the Occupation point of view.)

**Outside the mosque, a gas-station attendant named Turgal stroked his beard when asked about the election. "Why should I lose half a day to go get my voter card?" he said. "The powerful people have already made their choices, and we all know who's going to win."**

By YAROSLAV TROFIMOV Wall St. Journal 7.13.04

SHELEM KELE, Afghanistan—Afghanistan plans to hold its first democratic election in a few months. But in this highland village, a jumble of mud forts set amid terraced orchards and fields of ripe wheat, no one has registered to vote.

Arapat, a farmer with the gilded skullcap and jet-black beard of a Pashtun tribesman, explained that some 60 Taliban insurgents had been to Shelem Kele just three days earlier. “We are all afraid. **All the countryside here is under the control of the Taliban,**” whispered Mr. Arapat, who like many Afghans uses only one name.

Minutes later, the valley echoed with explosions as U.S. Army helicopters lobbed missiles into a mountainside. The same week, a Taliban unit operating just a few miles away executed 16 Afghans found to carry voter-registration cards.

**Two-and-a-half years since the Taliban abandoned Afghanistan’s major cities, the war here goes on.** The ousted fundamentalist movement has vowed to derail the election, which it decries as part of a U.S.-led “crusade” to dominate the Islamic world.

**Last week, the joint U.N.-Afghan body running the elections announced that because of security problems voting for parliament, planned for September, will be postponed until next April or May.**

Afghanistan has a far smaller contingent of American troops than Iraq— about 17,000, compared with 140,000—although the two countries have comparable populations. A separate North Atlantic Treaty Organization-led force in Afghanistan of 6,500 European and Canadian troops, based mostly in Kabul, won’t deploy in the insurgency-ridden areas of southern and eastern Afghanistan.

“The standard operating procedure is to put in place the security and then have an election—and we’re not doing it here,” says Peter Murphy, a New Zealander who serves as the chief U.N. electoral officer for five provinces of southern Afghanistan including the one where Shelem Kele lies.

**As he spoke, an aide examined a leaflet threatening death to electoral workers—called a “night letter” in the local language because that is when it is typically pasted to a wall or shoved under a door. As a result of such threats, Mr. Murphy’s voter-registration teams operate in only 18 of south Afghanistan’s 50 administrative districts.**

Taliban attacks against electoral workers have been most successful in stymieing voter registration in Southern and eastern areas populated by the Pashtuns, Afghanistan’s largest ethnic group and the one that produced virtually all the Taliban leaders. Elsewhere, mostly non-Pashtun warlords allied with Mr. Karzai’s government have assured relatively high registration, seeing themselves as the likely winners. Citing the Taliban threat, many of these warlords refuse to disarm.

The prospect of Mr. Karzai ruling until next spring without the counterweight of an elected legislature is producing fractures in Kabul’s ruling coalition. Northern Alliance commanders— who expected their power to be extended through the parliamentary poll—decried its delay as unconstitutional.

Abdul Razek, a 47-year-old construction-company official now employed by the U.N.-Afghan vote organizers, risks his life every day around Kandahar, the mostly Pashtun regional capital of south Afghanistan, trying to drum up enthusiasm for the poll.

One late-June morning Mr. Razek sat outside a grocery store on the city's outskirts with several dozen local notables— all of them men—and explained the vote's importance.

One man stood up to say that gunmen had been to the neighborhood's homes, threatening anybody who registers. **A local teacher listened skeptically to Mr. Razek speak and then said that democracy in Afghanistan is nothing but lies, and that the Tajik warlords currently backing Mr. Karzai will remain in power no matter what.** The neighborhood's mullah listened quietly, and then he, too, softly indicated that he didn't think an election was a good idea.

**"It can get much worse," Mr. Razek said later. "Sometimes they just say that I'm an infidel working for infidels."** A few days later, a minibus carrying a similar electoral team was blown up by a bomb in Afghanistan's other main Pashtun city, the eastern regional capital of Jalalabad, killing three women and wounding several others.

Registering voters has proved even more difficult in remote places such as Zabul Province, where Shelem Kele is located. The province extends from the Pakistan border to the central Afghan mountain ranges. Only about 11,000 people—less than a tenth of Zabul's electorate—braved Taliban threats and registered to vote by June 30. Until last week, registration teams didn't dare to leave Zabul's provincial capital.

**The U.S. military is busy these days trying to make guerrilla-infested regions safe enough for electoral teams like Mr. Razek's to enter.**

On a recent morning, Chinook helicopters whipped up a haze of dust at dawn near Shelem Kele, disgorging a company of soldiers of the 25th Infantry Division and two squads of U.S.-commanded Afghan troops. The soldiers spent several days on a counterinsurgency mission, cordoning off hamlets, confiscating weapons and detaining suspected Taliban supporters.

Most villagers in Shelem Kele claimed ignorance of the Taliban, and said even less when asked about the planned election. Zar Wali, a silver-haired elder who guarded the village's womenfolk on a rooftop while soldiers probed homes, insisted he didn't even know that elections are planned in Afghanistan. "We are poor farmers, and nobody told us anything about this," he shrugged. "These big political issues are for generals and emirs to decide," said another farmer, Nor Ah mad before scurrying away.

Despite the elders' promises that the village of Shelem Kele didn't support the Taliban and possessed no weapons, American soldiers found nine rocket-propelled grenades as well as explosives and assault rifles.

**The soldiers had to purchase two donkeys—christened Chicken and Fish—to carry the load. Capt. Mike Berdy, the company commander, said of the local Taliban supporters: "They're smart. They just wait it out. They know we'll leave." The company's first sergeant, Matthew Grucella, doubted whether such military missions make the area safer for long. The Afghan villagers, he said, "know that we're not going to provide them with any lasting security."**

Besides searching for insurgents, U.S. Army units also help the U.N.-Afghan elections body carry out registration drives in parts of the country. But Mr. Murphy, the U.N.



elections chief in south Afghanistan says he prefers not to have his work associated with coalition forces because it could reinforce the Taliban propaganda claim that the election is designed to benefit the U.S., not Afghans. **The U.S. forces “are at war— they’re not peacekeepers” Mr. Murphy says. However, with the constant threat of violence, even he occasionally catches rides on U.S. military aircraft to visit dangerous areas.**

Gov. Mahmood, who is aiming for a parliament seat himself, had little doubt about who will win in Wardak. “Eighty five percent of the votes here will be for the mujahedeen commanders,” he said. “People want someone who was in the jihad and gave his blood for this country” in the fight against the Soviets.

Maulawi Habib ul-Haq, deputy head of the provincial council of clerics—another institution created by Gov. Mahmood—said the mullahs will give clear instructions to their flock. “The people want us to give them an idea, to tell them who is a good Muslim. So, at the due time, this council will decide how the people should vote,” Mr. Haq said at the clerical council’s meeting in a mosque annex.

**Outside the mosque, a gas-station attendant named Turgal stroked his beard when asked about the election. “Why should I lose half a day to go get my voter card?” he said. “The powerful people have already made their choices, and we all know who’s going to win.”**

## OCCUPATION PALESTINE

**UNCONQUERED. UNCONQUERABLE.**



A Palestinian demonstrator jumps from one concrete wall segment to another as a protester in the background holds a Palestinian flag, during a demonstration against the construction of the Israeli segregation wall in the occupied Palestinian town of Aram, just outside Jerusalem Sept. 13. (AP Photo/Oded Balilty)

(To check out what life is like under a murderous military occupation by a foreign power, go to: [www.rafahtoday.org](http://www.rafahtoday.org). The foreign army is Israeli; the occupied nation is Palestine.)

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## **Received:**

**From:** [BLampin4036@aol.com](mailto:BLampin4036@aol.com)  
**To:** GI Special  
**Sent:** September 13, 2004 9:55 PM  
**Subject:** **Operation Wave of Prayer and Sound**

Hey everyone, I thought of this great idea that I hope you will help me accomplish. If I could get you all to pass this to everybody that you email, and they continue to pass it own, like a chain letter, then maybe, just maybe we can say MISSION ACCOMPLISHED.

What will make this a wave of prayer and sound is by people doing what the mission says. To go by their own time on the clock So here it is:

### **OPERATION WAVE OF PRAYER AND SOUND**

**This mission is to take place on Nov. 1st before the elections. When the time on the clock says 11:58 am wherever you live.**

If you support our troops,  
If you want the medically unfit sent home,  
If you want them all sent home,  
Stop what you are doing wherever you are  
Go outside with you family, friends and even your neighbor, and pray that this war will end.

**Then at 12:00 pm, go to your vehicle if you have one, and honk the horn for 30 seconds**

**Make it loud enough America.**

**Make it so that the wave of prayers and sound, reach our troops to show them that we care.**

**LETS BRING THEM HOME!!**

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