



“Kid” promotes health and wellness during training

Minnesota National Guard Soldier brings ample experience to the brigade

by Pfc. Trisha Betz
1/34th BCT Public Affairs

If you drive down the main road of Camp Ripley, Minn., you will find yourself in Area 9 where a small, cramped concrete building sits in between three military dormitories. Looking at the outside of building 9-81, it appears to be some type of storehouse meant for things such as garden tractors and other petite farm equipment rather than recovery of Soldiers. These
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FOB Ironhorse established



Photo by Spc. Thomas Keeler

Soldiers of the 2nd Battalion, 136th Combined Arms Battalion occupy FOB Ironhorse on Camp Ripley to simulate living conditions in Iraq.

Weather

Today
August 10, 2010



HI: 86°F
Low: 67°F
Humidity Ave. 72.4%
20% chance of rain

Tomorrow
August 11, 2010



HI: 85°F
Low: 63°F
Humidity Ave. 75.4%

Weather provided by Weather Underground at www.wunderground.com

~ National headlines ~

Dog seeks help from neighbor after owner collapses

YAMHILL, Ore. (A.P.) -- A small dog who refused to return home until a neighbor followed her helped rescue her owner after the owner collapsed at home following heart surgery.

~ State headlines ~

Voters go to polls today in Democratic gubernatorial primary

~ Sports headlines ~

MLB: Twins begin series against White Sox in Chicago

MLB: Seattle fires Wakamatsu

NASCAR: Montoya wins at Watkins Glen

NBA: Raptors, Nets to play regular season games in London

Medics, from page 1

concrete walls hold two desks, three chairs, a computer, two beds for treatment and medical supplies.

It is there that Soldiers of the 1st Brigade Combat Team, 34th Infantry Division can find a resource more valuable than the equipment it may naturally store. It is the 1st Brigade Support Battalion, 34th Infantry Division Battalion Aid Station and despite

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- Sgt. 1st Class Robert “Kid” Kiscaden,
C Co., 134th Brigade Support Battalion

being out of the way, the traffic hasn’t suffered any, said Staff Sgt Rice.

Sgt. 1st Class Robert “Kid” Kiscaden, the platoon sergeant for medical platoon, is one of the buildings occupants. He is from St. Cloud, Minn., where he works as a nurse at New River Medical Center.

“I feel that this is a great opportunity to know the Soldiers

of the brigade, and let them know that they can depend on us (BSB medics) in the end.”

Kiscaden hadn’t planned on being a medic—at least in the beginning. In 1990, Kiscaden enlisted active duty army as an Infantryman. While taking a six and half year break, he earned his nursing degree. Then he later severed 9 years in a Minnesota National Guard military police company. As an MP he was deployed on the last 22-month deployment to Iraq with the BCT.

“Being a medic in the guard never really crossed my mind. It was actually the idea of my first sergeant,” said Kiscaden. “He found out that I was a nurse on the civilian side and wanted to know if I’d ever consider it.”

He thought that I could bring a lot of knowledge and experience to the brigade medical platoon, he added.

“He (Kiscaden) is great to work for because we can be blunt; we can be ourselves. Also, he brings a leadership aspect to the section that I don’t, so we complement each other really well,” said Rice.



Photo by Pfc. Trisha Betz

Sgt. 1st Class Robert “Kid” Kiscaden (right), a platoon sergeant in Charlie Co. of the 134th Brigade Support Battalion, and Staff Sgt. Sarah Rice, a squad leader in the company, unpack a recent shipment of medical supplies Aug. 8. Kiscaden and Rice arrived July 30 and are scheduled to leave Aug. 16.

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Truly Cleansed

Chaplain’s Devotional



1LT Brad
Cedergren,
CH Candidate
HQ 1-194 CAB

But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness – 1 John 1:9

This promise is often quoted as a formula for dealing with sin in a believer’s life. “Simply identify and acknowledge the sin, and all is forgiven.” Although this is true, the last part of the verse is what many fail to understand. The Lord wants His people to be cleansed from all unrighteousness. “But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin.” (1 John 1:7). We must learn to “live in the light” and “have fellowship with each other” as He purges us from all unrighteousness when we confess our sins. It is necessary that we constrained to become more like Him, for “when he shall appear... we shall see him as he is. And every man that has this hope in Him purifies himself, even as he is pure” (1 John 3:2-3). His forgiveness of our sins is inevitably accompanied by a purging of our lives.