

NEWS



SHEET

MIRACLE SAFETY REMIN

A Viet Cong flag is a prize  
In any shape, form, or  
But if it's connected  
A charge well selected  
It's you,  
Not the flag, that'll rise.

Vol. 3 No. 70 Tuesday March 11, 1969

AMERICAL DIVISION NEWS

CHU LAI (AMERICAL IO)--Action was relatively light with most of the action around Duc Pho for the third consecutive day yesterday. The "Jungle Warriors" of the 11th Inf. Bde. killed 20 VC and six NVA, and captured 10 weapons, two crew-served.

Americal units made 13 contacts in the southern I Corps area and reported killing 25 VC and eight NVA.

Two Vietnamese boys turned in a boobytrapped M-79 round to a unit of the 2-1 Inf., 196th Bde., for a reward under the VIP program.

A forward air-controller, working with the 196th Inf. Bde. discovered three enemy bunkers 11 miles northwest of Quang Ngai, and called in an air strike which destroyed one of the bunkers.

\*\*\*\*

Co. A, 3-1 Inf., 11th Bde. killed 11 VC with the aid of the 6-11 Arty. Bn, which killed six of the enemy 11 miles northwest of Duc Pho.

Co. B, 4-21 Inf. engaged an unknown size enemy force in a marshy area four miles west of Duc Pho, killing three NVA, capturing two AK-47 rifles, one RPD machinegun, and one Ghicom machinegun.

The Short Range Recon Patrol (SRP) of the 3-1 Inf. spotted a VC force moving through the Song Vo Valley and called in artillery which killed nine of the enemy 16 miles northwest of Duc Pho.

Co. B, 3-1 killed two NVA and captured two AK-47 rifles, two Ghicom machineguns, and one RPG-2 and one RPG-7 rocket launcher two miles west-southwest of Duc Pho.

E Trp., 1st Cav. working with Co. B, 3-1 engaged and killed one NVA in the same area.

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196th Inf. Bde. had four kills in light action around Tam Ky.

F Trp., 17th Cav. working with Vietnamese Popular Forces (PF) eight miles

west-northwest of Tam Ky engaged three VC and killed two. The PF's killed the third VC.

At 0730 hours, Co. C, 3-21 spotted and killed one VC in a marshy and hilly area 10 miles southwest of Tam Ky.

Co. D, 3-21 killed another VC in the same area in the afternoon.

\*\*\*\*

Co. A, 4-3 Inf. found two VC that had been killed by artillery 11 miles northwest of Quang Ngai. This is the hilly terrain where the enemy bunkers had been destroyed earlier in the day.

\*\*\*\*

F Trp., 8th Cav., with the 123 Avn. Bn., working in the 1st Sqdn., 1st Cav. area spotted and killed one VC 12 miles west of Tam Ky.

\*\*\*\*

F Five Americal soldiers were killed and 25 were wounded and evacuated for medical treatment, according to an initial report.

\*\*\*\*

SERGEANT REUP SAYS

Stay with your team. See your career counselor.

(Cont'd on page 2)

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AMERICAL NEWS SHEET

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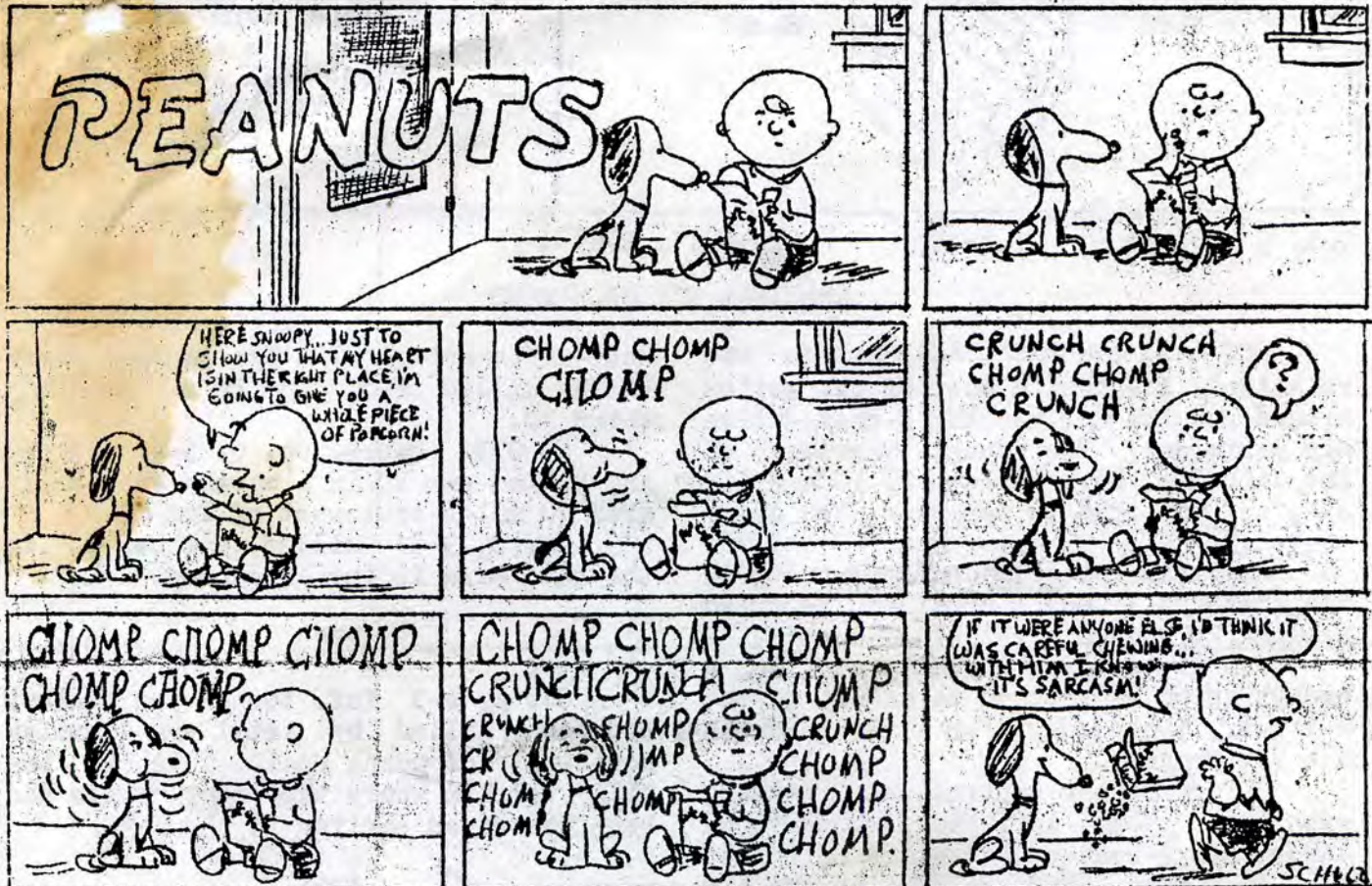
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## SELF DEFENSE OR USEFUL HEALTH HINTS

## HAIR and SCALP

Hair and Scalp. Because of the heat humidity, dirt, and lack of "round-eyes" to impress, it's a good idea to keep your hair real short. You will be much more cooler, cleaner and more comfortable. Dandruff comes from a dry scalp. It's just dry white flakes and will disappear with a shampoo every night. Even if you don't have dandruff, a good soap wash every night will prevent most scalp infections. Almost all the scalp infections GI's pick up come from dirty barbers. Use only compound facilities whenever possible. And while you are there, take warning, if you let him give you a massage you may have a stiff sore neck until your next haircut. Skip the massage!

## FACE

Face. A very common problem is acne or pus pimples and blackheads. GI's who had mild acne before they came to Vietnam suddenly find they have a terrible case. Acne is caused by excess

skin oil. If you have acne, just look at your wet, shiny, oily nose.

To control acne, wash your face as often as possible - 5, 6 times a day. Do not pick your face with your dirty hands. Try and get about a half hour of direct sun on your face (or neck or back) at noontime.

If your acne involves your back and shoulders, write home for a light plastic backbrush. It will enable you to scrub the area clean and give a good skin massage. Do not squeeze pus pimples. Be sure and wash your face every night. Any kind of soap will do fine - it doesn't have to be a special soap. After thorough washing, rub your face gently with your cleanest, dry towel. You may not be able to maintain a "peaches and cream" complexion, but you will control your acne well enough so that it will immediately begin disappearing when you get back to that little old place the military likes to call "CONUS".

Other face skin problems are almost always caused by rubbing dirt into the skin with dirty hands, NEVER let a Vietnamese barber shave you. Keep his hands off your face, and your hands too.

MACV P-6100/1 (11-68)

