

IRON STRONG DAILY



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Iraqi Firemen receive EMT training

**Story and photos by
Spc. Ryan Elliott
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An atmosphere of nervous excitement rattled inside a small group of Salah ad Din Firemen as they learned to both take and administer an intravenous injection.

The IV training was just a small part of the rigorous three week Emergency Medical Technician course the Iraqi Firemen were enthusiastically taking part in at the Tikrit Police Academy.

"This program is designed to give these Iraqi Firemen, the first responders, the medical knowledge they'll need to help save lives," said Sgt. Maj.

Napoleon Noguera, Chief of Medical noncommissioned officer-in-charge, Task Force Iron.

The twenty four Salah ad Din Firemen who participated in the pilot training are the first to attend this new course.

The medical course lead by an Iraqi instructor focused on life saving techniques such as, C.P.R., stabilizing spinal injuries, head trauma and IV treatment.

What makes this course unique from others is that while Coalition Soldiers do provide their expertise in how to administer medical treatment, this course is primarily going to be Iraqis training Iraqis, said Sgt 1st Class James Bailey, a senior medical NCO with Task Force Iron.

The main objective of the course is to ensure the students have the proper knowledge to help save lives and prevent injury, said Noguera.

The students practiced CPR and administering an IV on both learning aids and on their fellow classmates.

The curriculum utilized a lot of hands on training that was designed to draw the student out of their classroom chairs and give him a taste of what medical treatment of severe injuries



A medic with the 101st Airborne Division, talks an Iraqi Firemen throughout the steps of administering an IV. This exercise was just part of the in-depth Emergency Medical Training the Iraqi Firemen received in their three week course.



An Iraqi Firemen receives training on how to administer an IV at the Tikrit Police Academy. The Iraqi Firemen took part in a three-week course that focused on Emergency Medical Treatment.

may entail.

While taking part in the three week long medical training the Sal-ah-Din firemen eagerly absorbed all the information being dispensed by their instructor.

"They absolutely loved it," Bailey said, moved by the student's excitement.

"They have shown a willingness to learn and to get involved and to fully take advantage of the opportunity they are being given in this class," said Noguera.

After completion of their medical training the Iraqi firemen will return to their work stations all the more prepared to deal with any medical emergency that may arise.

"I've been very impressed by how well the students have done and have no doubt they will put their training to good use in the future," said Bailey.

25th ID swaps units to accomplish mission

**Story by Pfc. Alisha Nye
14th Public Affairs Detachment**

Separate battalions within 1st Stryker Brigade Combat Team, 25th Infantry Division traded one unit for another after recently deploying to Iraq. The units making the swap were 2nd Battalion, 8th Field Artillery Regiment and 3rd Battalion, 21st Infantry Regiment.

“Bravo Battery, from 2-8, was switched with Bravo Company from 3-21,” said 1st Lt. Justin Geen, 4th Platoon leader, Company B, 3rd Bn., 21st In. Regt., 1st SBCT, 25th In. Div. “It was mostly due to a personnel issue.”

An artillery battery contains fewer Soldiers than an infantry company, Geen said.

“The sector for 2-8 was a little more active that they originally thought it was going to be,” Geen said. “So they wanted an infantry company with Strykers in the area in order to augment the other two batteries.”

Geen believes swapping the two units out was a good move and that it will help the two battalions complete their missions to the fullest extent, especially 2-8 FA.

“It gives 2-8 another asset to work with,” Geen said. “Obviously not to take anything away from artillery, but we’re a little more trained at what the Army is doing here in Iraq. So, it gives the 2-8 commander a little something more to work with.”

Geen said one of the biggest assets the infantry company supplies the artillery battery with is Stryker vehicles, where the artillery unit would otherwise only have Mine Resistant Ambush Protected Vehicles.

“We have Strykers, which are an excellent vehicle for the type of warfare in Iraq,” he said.

So far, Geen said, the swap is going well.

“As far as our company is concerned, I think it is going very well,”



Courtesy Photo

Soldiers from a unit that recently traded a battery to another battalion for one of their companies in order to augment personnel dine with local Diyala sheiks.



Courtesy Photo

A Soldier from 2nd Battalion, 8th Field Artillery, 1st Stryker Brigade Combat Team, 25th Infantry Division, stands prepared for any mission that comes at him while deployed to the Diyala Province of Iraq. The battalion recently swapped a battery to 3rd Battalion, 21st Infantry Regiment, 1st SBCT, 25th In. Div., for one of their companies.

he said. “It is never easy, as far as personnel and property go, to detach and attach a unit, but we did the best we could and things are starting to fall into place, so I think it will work out well.”

At first, however, it was a little difficult for some of the Soldiers to get used to.

“It was a little strange for some of the Soldiers really to understand what was going on,” Geen said. “It was difficult for them to understand why things were happening the way they were.”

Geen said despite the initial confusion, it is always good to get the chance to work with different people.

“I think, for the senior noncommissioned officers and officers, it is always good to work with different people and a different command,” he said. “It’s always a good thing to experience and now everybody is starting to get used to it.”

After a careful approach of one another, Geen said, from what he’s seen, Soldiers from both units have started working with each other.

“Working side by side at the staff level and also sharing living conditions has helped to get people to start working together,” he said. “Half of Bravo Company is living out at the Diyala Media center with Alpha Battery from 2-8. So, living out together out there has also helped people get used to one another and start working together.”

Despite the initial friction, both units have started to work cohesively with one another and Geen believes it will turn out to be a binding experience that will help Soldiers in both units grow.

“When you stick two different units with each other out in the middle of nowhere, there’s going to be some friction at first,” he said. “But after a while, things will start coming together and people will start working together. They’ll make things happen; for the better of both units.”

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Thunder Squadron Soldiers, confident progression

**Story and photos by
Spc. Cynthia Tears
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Several Soldiers of the 3rd Squadron, 3rd Armored Cavalry Regiment, also known as "Thunder Squadron," received Purple Hearts, which were earned during the past year of missions in Mosul, Iraq.

One Soldier was awarded an Army Commendation of Valor and another was awarded the Bronze Star of Valor. Col. Michael Bills, the commander, 3rd Armored Cavalry Regiment, also attached the Combat Action Streamers to the deserving troops' guidons during the ceremony held on Forward Operating Base Marez in Mosul.

Spc. Dean Barrows, a combat engineer from San Diego, 43rd Combat Engineer Company, 3rd Squadron, 3rd Armored Cavalry Regiment, earned a Purple Heart this past March during a route clearance mission.

"The city wasn't as good as it is now," Barrows said. "We were going down one of the roads that we clear and we started to slow down because we thought we saw something. As soon as we slowed down, that is when the improvised explosive device actually went off. It hit right underneath my door. It disabled our vehicle right then and there."

The city itself has changed a lot since the unit arrived here, Barrows

said. There were attacks here every day, nonstop all day, for the first couple months.

"It's a lot safer place here now,"

Barrows said. "You are out here for so long sometimes you wonder why it keeps happening, but it's slowed down a lot."

"We started taking control of the city and it started to clear up," added Barrows. "You start to see more people out on the roads, more shops opening up. There's actually people doing things and going to work outside."

"It's actually a really good thing," said Barrows. "We can see what we've done while we've been out here. How we've helped fix the city."

Sgt. 1st Class Ron Corella, a mortar platoon sergeant, Killer Troop, 3rd Squadron, 3rd Armored Cavalry Regiment, was awarded a Bronze Star for his decisive actions under fire.

"We were conducting a routine patrol," Corella said. "One of my trucks was shot at by a rocket propelled grenade. It missed. We identified one of the shooters and we started to move on them."

There was another RPG during the incident, Corella said. The sergeant then split his section into two vehicles, one to keep an eye on security and the other to maneuver on the enemy.

As the unit maneuvered on the enemy an antiarmor grenade missed the vehicles and machine gun fire started from the



Col. Michael Bills, the commander, 3rd Armored Cavalry Regiment, personally attached the Combat Action Streamers to the guidons of the deserving troops during a ceremony on Forward Operating Base Marez in Mosul, Iraq.

southern and northern sectors, said Corella.

Air support was available, but was not able to positively identify the enemy because of the dense buildings in the area, Corella continued.

"So, myself and two dismounts, maneuvered on the ground trying to pinpoint the building," Corella said.

The unit maneuvered, in spite of continuing machine gun fire from an adjacent building, and marked the building for the air assets, Corella concluded.

"It's getting better now, but it's been a fight," Corella said. "You couldn't roll through twice without being attacked before."

Now Corella runs patrols almost every day and very seldom do they get attacked, Corella said. There are more national police in the area too. The Iraqi national police are setting up more check points and being more proactive.

"The Iraqi's have definitely improved," said Corella. "We used to



The troop and company commanders, first sergeants and guidons line up during the ceremony for Col. Michael Bills, the commander, 3rd Armored Cavalry Regiment, to personally attach the Combat Action Streamers to the guidons of the deserving troops on Forward Operating Base Marez in Mosul, Iraq.

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1/25th ID takes over battlespace

**Story and photo by
Pfc. Alisha Nye
14th Public Affairs Detachment**

A transition of authority ceremony took place Oct. 27, at Forward Operating Base Warhorse, located in the Diyala Province of Iraq, signifying the end of a 15 month tour of duty for the 2nd Stryker Cavalry Regiment Dragoons and the start of a year-long tour of duty for the 1st Stryker Brigade Combat Team, 25th Infantry Division Arctic Wolves.

"It's a very important day because the Arctic Wolves are coming in – a very good organization," said Maj. Gen Mark Hertling, commander of 1st Armored Division and Multi-National Division-North. "They're coming at a very historic time in Diyala. There's still a lot of clearing-out of enemies to do, but, more than that, they're going to be forced to meet the big challenge of reconstruction, improvement of economic capabilities and the assistance of the government in a time where we're about to head into elections."

Hertling said he's seen Col. Burt Thompson, commander of 1st SBCT, 25th In. Div., and his Arctic Wolves rise to the challenge of taking over the battlespace.

"I'm very much looking forward to working with Colonel Thompson and his group because, what I've seen so far, they have come right into the province and have really taken charge from the first day," Hertling said.

The biggest thing Hertling hopes to accomplish with 1st SBCT, 25th In. Div., is setting the conditions for the Diyala Provincial Elections.

"What that's going to take is continued economic improvements because the governor has very distinct plans for what he wants to do for agriculture, infrastructure and helping people of the province," Hertling said.

The mission for 1st SBCT, 25th In. Div., doesn't stop there, however.

"We want to get at making Diyala a better place for the citizens in the province, but also we want to get at establishing security as a primary line of effort for us and we are doing that," said Thompson. "We want to improve economics, prosperity for the people of Diyala. All of this together – this is our mission here. It's to fight a counter-insurgency fight and propel Iraq, Diyala for us specifically, forward."

Thompson said 2SCR set 1st SBCT, 25th In. Div. up for success and the transition from the regiment to the brigade has been going quite smoothly so far.

"The operative word there is, 'transition,'" Thompson said. "It is a change from one brigade combat team, or regiment, to a new one and, certainly, the most volatile time for any organization is during a period of transitions. So we have to make sure, which we have done here, that it is smooth."

Despite the huge undertaking, Thompson said he has no doubt in his

mind that his SBCT will accomplish its mission in Diyala.

Hertling agreed.

"They have a good training background, they know what they're getting into, they all have a very good feel for what they have to accomplish very quickly," Hertling said. "They're ready for it. There are some very sharp soldiers that I've met in every single one of the battalions. It's good to have that new energy here to bring new things to the province. They've come just at the right time."



Soldiers from 2nd Stryker Cavalry Regiment stand tall during a transition of authority ceremony as they are about to be relieved of their tour of duty in Iraq by 1st Stryker Brigade Combat Team, 25th Infantry Division.

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have to go and force them to man check points and go on patrols, but now it's us trying to keep up with them. They are running so many different patrols."

The Iraqi national police and Iraqi Army are more willing to setup check points in an area that they feel is vulnerable to attack, Corella said. The Iraqi units will go and set up a check point on their own and all they ask from the Coalition Forces is a little bit of support.

"We still provide help for them, aide for them," added Corella. "They do 90

percent of the operations, though. There is a lot more initiative on their part compared to when we first arrived to now."

There are more national police and Iraqi Army here with a recent influx, so they are willing and able, said Corella. They have awesome commanders for their police so it has been a drastic improvement.

"Very impressive, the 2nd Battalion National Police that work here, very impressive," Corella said. "They are the ones that control the area now and they are doing an outstanding job."

It's not so much about RPG's now, Corella said. There's still danger with

some small arms fire and maybe a grenade. It's much easier to hide a grenade than a RPG launcher, but now the attacks are not near as bad as they used to be.

"It's definitely much better than it was six months ago," Corella added.

"It feels like we've accomplished a lot since we've been here," said Barrows. "You can actually see the work, all the hard work and hours that we've done since we've been here. You can see where it progressed to."

"It think what you see we've done up here, everybody sees," Barrows said. "How the city has become speaks loud enough."

HEALTH NEWS

(Reuters) Women who gain more than 40 pounds (18 kg) during pregnancy have nearly twice the risk of delivering a heavy baby as those who gain less, U.S. researchers said on Friday.

The study of more than 40,000 U.S. women and their babies found as many as one in five women gains too much weight during pregnancy, doubling the chances her baby will weigh 9 pounds (4 kg) or more.

And they found women who gain more than 40 pounds during pregnancy are more likely to have a heavy baby even if they do not have gestational diabetes, a short-term form of diabetes linked with pregnancy that is known to increase the risk of having a big baby.

"Because there are so many women who are gaining more than 40 pounds during pregnancy, it's an important health message for most women to avoid excessive weight during pregnancy," Dr. Teresa Hillier of Kaiser Permanente Center for Health Research in Portland, Oregon, whose study appears in the journal *Obstetrics & Gynecology*, said in a telephone interview.

Hillier said gaining extra weight during pregnancy increases the risk for having heavy babies, and studies



suggest these babies are programmed to become overweight or obese later in life.

According to the American College of Obstetricians and Gynecologists, babies who weigh more than 9 pounds at birth are considered heavy.

A large baby can pose risks for a difficult delivery -- increasing the chances of vaginal tearing, bleeding, and Caesarian-sections for the mother and the risk of stuck shoulders and broken collar bones for the baby.

In the study, Hillier and colleagues examined the medical records of 41,540 women who gave birth in Washington, Oregon and Hawaii from 1995-2003. All had been tested for gestational diabetes and 5.4 percent were treated for it with a program of diet, exercise and insulin, if needed, to control blood sugar.

Overall, 20 percent of the women in the study who gained more than 40 pounds -- the upper limit of pregnancy weight gain recommendations in the United States -- gave birth to heavy babies.

Fewer than 12 percent of women in the study with normal weight gain delivered heavy babies, she said.

The group at greatest risk were those who gained more than 40 pounds and had gestational diabetes. Nearly 30 percent of these women had heavy babies, compared with 13.5 percent of women with gestational diabetes who had normal weight gains during pregnancy.

The researchers said the findings suggest all women should avoid excessive weight gain during pregnancy. And women who are being treated for gestational diabetes should also strive to keep weight gain below 40 pounds.

"You can't treat the glucose and ignore the weight gain issue," Hillier said.

Weight gain during pregnancy has been rising over the past two decades, and some researchers suspect this may be fueling an epidemic of childhood obesity.

ENTERTAINMENT NEWS

(AP) "King of the Hill" is over the hill at Fox, which is canceling the long-running animated comedy.

Final episodes of the half-hour series, now in its 13th year, likely will air during the 2009-10 season, Fox said Friday. The network recently ordered 13 new episodes, and animated series have a long production schedule.

"King of the Hill" chronicles the

life of blue-collar family man Hank Hill of Texas and his family and friends. Hank is voiced by series co-creator and executive producer Mike Judge. Others in the cast include Kathy Najimy, Brittany Murphy and Stephen Root.

The picture is brighter for another Sunday night animated show on Fox, "American Dad," which was renewed for its fifth season. It has posted single-digit ratings gains among advertiser-favored young adult viewers and total viewers.

Ratings for "King of the Hill" have been relatively flat early this season.

"American Dad" is about Stan Smith, a dedicated conservative, and his oddball family in Langley, Va. Series co-creator and executive producer Seth MacFarlane voices Stan in the series, which also features the voices of Wendy Schaal, Rachael MacFarlane and Scott Grimes.



BASKETBALL



(Reuters) Kobe Bryant scored 33 points to propel the Los Angeles Lakers to their eighth successive win over the Denver Nuggets in a 104-97 road victory Saturday.

The unbeaten Lakers (3-0) led by only two points with four minutes remaining when Bryant grabbed a rebound and scored to start a seven-point spurt by the Pacific Division leaders.

Another rebound and layup by Bryant gave Los Angeles a 100-91 advantage that effectively ended Denver's resistance. Bryant's 33 points were a game high.

A poor scoring performance from Carmelo Anthony hobbled the Nuggets (1-2).

The Denver forward, suspended for the Nuggets' first two games, had just two points through three quarters. He scored 11 in the final quarter to finish with 13, but still 11 below his career average.

Anthony had the Nuggets within two points at 93-91 on a three-pointer with 4:05 to play but he did not score again until a minute to go and Denver down 100-91.

Anthony Carter led the Nuggets, playing their first home game of the season, with 20 points. Kenyon Martin added 18 before straining his left hamstring in the second half.

Pau Gasol added 16 points and 16 rebounds for the Lakers.

"I think we made it a little too hard on ourselves by not playing most of the game," Gasol told reporters. "But we pulled it out, showed some character and got a nice win."

HOCKEY

(AP) Daymond Langkow scored the go-ahead goal with 3:37 remaining, Miikka Kiprusoff made 34 saves, and the Calgary Flames beat the Los Angeles Kings 3-2 Saturday night for their sixth straight victory.

Los Angeles rookie Oscar Moller scored on a power play in the second period and tied it 2-2 with 5:55 left. Alexander Frolov and Kyle Quincey each had two assists.

Moller, a second-round pick in the 2007 draft, has four goals in 10 games. The Kings had nine games to decide whether to keep the 19-year-old center on their roster or send him back to his junior club.

Moller beat Kiprusoff to the glove side from the low slot after Langkow blocked Quincey's slap shot from the left point with his skates. Langkow converted Bertuzzi's backhanded feed from behind the net less than 2 1/2 minutes later for his 19th goal in 40 games against the Kings.

The Flames opened the scoring at 16:20 of the first period with a goal credited to Nystrom after Jim Vandermeer's slap shot caromed off players in front and slid between Jason LaBarbera's pads. The goal was first awarded to Brandon Prust and then Wayne Primeau.

Aucoin made it 2-0 at 6:50 of the second period, beating LaBarbera to the glove side with a wrist shot after Michael Cammalleri's centering pass from behind the net caromed off the skate of Kings defenseman Matt Greene.



TENNIS



(AFP) American Bethanie Mattek spoiled Aleksandra Wozniak's bid to become the first Canadian to reach the final of the WTA's Bell Challenge Saturday and booked her own first WTA Tour final berth in the bargain.

Mattek, the sixth seed, defeated the fifth-seeded Canadian 7-6 (7/4), 6-3 to reach the final of the 175,000-dollar Tier Three event.

The American will face a tough task in Sunday's final, taking on top-seeded Russian Nadia Petrova.

Petrova, a former world number three now ranked 11th in the world, encountered little resistance in a 6-1, 6-3 victory over US lucky loser Angela Haynes.

Petrova, 26, has gradually built up steam this season, winning her only title of the year at Cincinnati in August and reaching the final in Stuttgart earlier this month.

Mattek, 23, has a chance to add a title to what has already been her best career year, in which she has broken into the top 50 for the first time and turned in impressive semi-final runs at Birmingham and Los Angeles.

It was a disappointing end to the week for 21-year-old Wozniak, a native of Blainville, Quebec, whose victory at Stanford earlier this year made her the first Canadian in 20 years to win a WTA title.

Haynes, ranked 189th, saw a dream run in Quebec come to an end. This week, where she entered the main draw only after Italian Flavia Pennetta pulled out, marked her first appearance in a WTA quarter-final.

MEXICO



(Reuters) Mexico's drug wars are fueling a boom in the funeral industry near the U.S. border as undertakers capitalize on soaring murder rates and gruesome killings.

As Mexicans gather in cemeteries Sunday to place marigolds, candy skulls and candles on tombs for the Day of the Dead festival, a spike in drug violence means more bodies are bound for funeral parlors.

"We've seen a big increase in the number of clients because of the drug war, especially since September. It's gone from a few (bodies) a week to one or two every day," said Fernando, a funeral home owner in Tijuana across the border from San Diego, California. He declined to give his last name.

About 4,000 people have been killed in Mexico this year as gangs vie for control of the cocaine trade amid a crackdown that has thousands of army troops battling drug cartels on their home turf.

Drug cartel hit men have killed some 160 people in the past month in Tijuana, once a party town serving Americans tequila and sex that is being devastated by the war.

Gun battles and gangland mutilations are also boosting demand for facial reconstructions. Funeral parlors can charge more than \$1,000 to make the dead presentable for their wakes.

And because of the rise in decapitations in the city, undertakers offer to hold the body and wait for the head to be found before proceeding with the funeral.

"No questions asked," said Fernando, standing by three caskets on display for potential clients.

FREE MAKE-UP

The trade carries risks, however. A funeral director was shot dead in

front of his house in Ciudad Juarez across from El Paso, Texas, in late October and several mortuaries have been sprayed with bullets.

Although the motives for the mortuary killing in Ciudad Juarez were unclear, funeral home owners say they face extortion from drug gangs and have been threatened after organizing funerals for some drug war victims.

Undertakers from central and southern Mexico are opening branches in drug-violence hot spots near the border, and some are offering special deals to attract more clients.

"We'll do the make-up on the body for free," said one mortuary employee as he handed out promotional flyers outside a rival funeral home in Tijuana.

Some families want a quick burial for fear of attacks by rival drug gangs. They can pay the minimum of about \$1,000 and buy a thin, unvarnished plywood coffin for a spot in a municipal graveyard.

Others want the engraved bronze and gold caskets with silver handles and red satin interiors that cost \$25,000.

Some families buy funeral packages that include huge, gaudy flower bouquets, banquets for guests, Mariachi musicians and stone mausoleums in private plots.

JAPAN

(AFP) Chinese rule is handing down a "death sentence" to Tibetans, the Dalai Lama said on Sunday, ahead of a meeting to decide Tibet's future approach to Beijing.

The region's exiled leader is on a week-long visit to Japan for talks on spirituality as the eighth round of talks between his envoys and Chinese officials was set to begin, and just days after he said he had lost hope of any productive dialogue with Beijing.

"Tibetans are being handed down a death sentence. This ancient nation, with an ancient cultural heritage is dying," he told a group of reporters.

"Today, the situation is almost like a military occupation in the entire Tibetan area.

"It is like we're under martial law. Fear, terror and lots of political education are causing a lot of grievance," he added.

The 73-year old Nobel Peace

laureate said he was "semi-retiring" because of stalled talks with Beijing, and said he would convene a meeting on November 17 to discuss Tibet's approach to dealing with China.

The meeting, which would gather exiled Tibetan communities and political bodies, could mark a sea change in the strategy for dealing with Beijing, which has ruled the Himalayan region since the early 1950s.

"I don't think I will completely retire, but for the time being while dealing with the Chinese central government, I can no longer take full direct responsibility. My position is completely neutral," he said.

The Dalai Lama said attempts by Beijing to legitimise their rule by appointing the Panchen Lama, the second most important figure in Tibetan Buddhism, had not been effective.

"The Chinese government tries to control Tibet too much through political means. One way they have taken is by choosing a Panchen Lama and trying to control (Tibet) that way. But he is not popular, and therefore not influential," he said.

The Dalai Lama, who has lived in India since fleeing Tibet in 1959, is a frequent visitor to Japan, where he enjoys an active following.

During his stay, he is scheduled to give speeches arranged by a Japanese Buddhist group and Tibetan supporters. He will also visit children and monks.

China accuses the Dalai Lama of trying to split Tibet from Beijing through his travels overseas.

The Dalai Lama's stated position has been one of seeking meaningful autonomy for Tibet within China. However, last weekend he said he had all but given up hope of reaching a mutually acceptable solution.

