

THE Dog Face Daily

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Serving Task Force Marne



Courtesy photo

Pfc. Douglas K. Phillips has facial injuries but intact vision after a bullet struck his rifle and face May 14. His ballistic eyewear protected his eyes.

Eye protection saves infantryman's vision

3RD HBCT, 3RD INF. DIV. PAO

COP CLEARY — Ballistic eye protection is the reason one Task Force Marne Soldier is able to see today.

Pfc. Douglas K. Phillips, Company A, 1st Battalion, 15th Infantry Regiment, 3rd Heavy Brigade Combat Team, received minor injuries when a bullet struck his rifle and face during a combat operation May 14 in Durai'ya.

Soldiers of the 3rd HBCT live by the "Marne Standard," the uniform standard Soldiers are required to abide by during any given task or operation.

During combat patrols and missions requiring a Soldier to leave the base, this standard includes the complete Army Combat Uniform, body armor complete with all attachments, helmet,

and ballistic eye protection.

While conducting Operation Beach Yellow, a battalion-sized mission to disrupt enemy activity in the 1-15 Inf. Regt.'s area of operation, Phillips' unit was conducting a cordon and search of buildings in the area.

According to Sgt. Rory Seppanen, Company A, 1-15 Inf. Regt., Phillips had his weapon at the "high ready." He had the butt stock of his weapon to his cheek and was looking through the sight ready to fire when necessary.

As the unit came under small-arms fire, a bullet from the enemy pierced the lower receiver of Phillips' weapon and struck him, causing shrapnel wounds and powder burns to his face.

See EYES, Page 2

'Shout-outs' keep Army families connected

SGT. KEVIN STABINSKY
2ND BCT, 3RD INF. DIV. PAO

FOB KALSU, Iraq — Family members of deployed servicemembers will now have a new way to see their loved ones each week.

Despite being separated by an ocean and thousands of miles, friends and loved ones will be able to see videos of their servicemembers on the Internet.

The Digital Video and Imagery Distribution System center in Atlanta, a civilian based enterprise that transmits news from the armed services to local media outlets, offers shout-outs as one of their products.

"It gives Soldiers a chance to send a message home, show family members how they look and how they are doing," said Spc. Randall Townsend, with the 302nd Mobile Public Affairs detachment out of California.

Townsend, who records the shout-outs, said it's also a good opportunity to see the environment where the Soldiers are staying. Townsend, is currently attached to the 2nd Brigade Combat Team, 3rd Infantry Division and plans to record Soldiers all around the forward operating and patrol bases.

"I just wanted to say hi to the folks back home; my mom, dad, son, daughters and girlfriend," said Capt. Shane Williams, Headquarters and Headquarters Company, 2nd BCT commander. "I think this is a great way (for Soldiers) to keep their loved

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EYES: *Ballistic eyewear keeps Soldier's vision intact*

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The noticeable marks and damage to his protective goggles show the importance of eye protection.

Spc. Raquel Martinez a medic in Headquarters Company, 1-15 Inf. Regt., and a native of El Campo, Texas, said she sees many injuries that would have been much worse had the Soldiers not abided by the Marne Standard. She believes in the value of eye protection.

"You only have two eyes," Martinez said. "It's very hard to replace them."

"Without eye protection, Pfc. Phillips would have received not only the wound to his cheek, but also to his eye," Seppanen said. "This would have resulted in the loss of his right eye."

Seppanen, of Lansing, Mich., said Phillips was unwilling to acknowledge his own injury and moved calmly about to help treat other wounded Soldiers and aid in the evacuation of his fellow squad members.

"His platoon sergeant pointed out the deep gash on his cheek exposing muscle and bone," Seppanen said. "It was at this point he allowed himself to be moved to the casualty collection point and later evacuated."

Because of his dedication to helping his fellow Soldiers while putting his own medical needs behind him, Phillips received the Army Commendation Medal with Combat "V" for valor.

"Pfc. Phillips distinguished himself through his actions that day," Seppanen said.

Phillips, a native of Los Angeles, also received a Purple Heart, his first of two in a two-month time span.

Phillips earned his second Purple Heart July 11 after Forward Operating Base Hammer came under rocket attack.

During that attack, Phillips received shrapnel wounds and was evacuated to a hospital in Landstuhl, Germany, for further treatment.



Sgt. Kevin Stabinsky

Staff Sgt. Timothy Eye, 2nd BCT chaplain assistant, sends a video greeting to his wife and children to be posted on DVIDS.

DVIDS: *Digital greetings connect families*

From Page 1

ones informed and a chance to be on TV."

Currently, the brigade has plans to film 10-15 Soldiers every Sunday. The video is then be uploaded onto the DVIDS homepage on Mondays.

All the Task Force Marne brigades conduct their versions of shout-outs.

The brigades in 3rd Inf. Div. are currently shooting "Thank You" greetings to show the Columbus and Savannah, Ga., areas that Soldiers appreciate their support.

Besides shout-outs to family members, Soldiers are also encouraged to do interviews with their hometown news outlets.

"Anytime family members see you, well it is a good thing," said

Staff Sgt. Timothy Eye, chaplain assistant, who sent a shout-out to his wife Jennifer and children Kyle and Sabrena. "It allows me to let them know I think and care about them."

Families can view the video of their Soldier by logging onto the Internet at: www.dvidshub.net.

Once on the site, family members can access the videos by expanding the video link on the left hand side of the page.

Once expanded, viewers need to click the greetings sub folder to be linked to the videos.

A handy search key is located on the top of the video screen to help family members locate their loved ones.

More information about shout-outs can be found by contacting a local Public Affairs Office.

THE Dog Face Daily

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Heat injury: a serious threat to Soldiers

MAJ. SHANNON ELLIS
MND-C PREVENTIVE MEDICINE

Heat injuries are increasingly becoming a challenge for our commanders, during these hottest days of summer.

Leaders at all levels must continually remind Soldiers of the serious consequences of heat stress under our current increased operational tempo.

While telling Soldiers "Drink more water!" is very helpful, it may not be sufficient by itself to prevent serious heat injuries.

Leaders must take a proactive approach to confront this enemy — heat.

Leaders at all levels must be aware of prevention strategies and emergency medical treatment for heat casualties.

Leaders must know and practice the Five Steps of Risk Management:

Identify the Hazards, Assess the Hazards, Develop Controls, Implement Controls, and Supervise & Evaluate. More information can be found at the U.S. Army Center for Health Promotion and Preventive Medicine Web site, at <http://chppm-www.apgea.army.mil>.

The acronym H-E-A-T should help leaders identify operations with the highest risk:

- H- Heat category V over past 3 days
- E- Exertion level high over past 3 days
- A- Acclimation/other individual risk factors

- T- Temperature/lack of rest overnight

What can the Soldier do? A lot! First, decrease your own risk factors for heat injury.

Maintain your own physical fitness. Hydrate with no more than 1.5 quarts of water each hour, during peak periods of sweating.

Drink no more than 12 quarts/day. You can know your body's level of hydration by simply observing your urine color. Follow work/rest cycles, as much as the mission allows.

Keep in mind, some foods and vitamins can make your urine appear darker, even though you are well-hydrated.

CAUTION: Hourly fluid intake should not exceed 1.5 quarts.

One of the most important prevention strategies is to avoid over-the-counter supplements such as cold or allergy medications (they impair your body's ability to sweat), weight loss products (they increase your body's production of heat), caffeine products (they cause dehydration), and muscle-enhancing products, like creatine, (they store water in muscles to improve appearance but steal water from your body's circulation).

The key to prevention is eating a regular, well-balanced diet and drinking plenty of water. Do not wait until you feel thirsty, because your body is already dehydrated at this point.

A handful of the wrong dietary supplements could cause heat-related

health issues for Soldiers.

Before starting a diet in the sweltering Iraqi summer heat, Soldiers are encouraged to talk with a health professional first.

Finally, look out for your buddy, and make sure you can recognize the signs and symptoms of heat injuries. Heat injuries start with dizziness, headache, dry mouth, nausea, weakness, muscle cramps and unsteady walk.

If these are seen, quick action can often prevent permanent injury.

First, place the individual in shade or make shade, loosen clothing, provide fluids, and give a snack.

More serious signs of heat injury are vomiting, unconsciousness, mental changes (any abnormal behavior or change in mental awareness, for example, not knowing the day, location, or purpose of the mission).

If these are observed, the situation is a medical emergency.

Rapid cooling must take place immediately, even before medical evacuation occurs.

Place the Soldier in the shade, remove clothing down to undergarments, cool body with available water and fan continuously until medical evacuation arrives. This is the single most important step any Soldier can do to prevent a fellow Soldier from dying.

Ensure all your servicemembers know these steps in order to prevent heat injuries and prevent another serious heat injury.



Safety Thought of the Day .50-cal Safety

- Improper headspace and timing can cause malfunctions, damage to the gun, and injury to personnel.
- Always set and check Headspace & Timing IAW TM 9-1005-213-10, June 2001:
 - Before firing the weapon
 - When changing barrels
 - After assembly
- For additional requirements see TACOM Safety of Use Message 06-008 dated 13 Dec 05.
- Safety glasses, hearing protection, and protective clothing will be worn when repairing, firing, or cleaning weapon.

Headline Highlights

National anthem goof; baseball star autographs

PM-in-waiting muddles own national anthem

BRUSSELS (Reuters) — Belgium's prime minister-in-waiting, who has irked Belgium's French speakers by saying they were too stupid or unwilling to learn Flemish, could not remember his country's anthem on National Day this weekend.

Asked by television reporters if he knew Belgium's La Brabanconne, Yves Leterme hesitantly said he knew it a little bit. Pressed to sing a few bars, he launched into the opening line of France's La Marseillaise.

Leterme, formerly prime minister of the Flemish-speaking regional government, was appointed by Belgium's king to form the country's next government but has a tough task ahead to be a unifying force after his comments about French speakers.

Footage of his gaffe was splashed across Belgian media on Sunday and was circulating on video Internet site YouTube (www.youtube.com).

Ortiz not signing enough

NEW YORK (Reuters) — A sports memorabilia company is suing Boston Red Sox star David Ortiz — claiming the popular slugger does not sign enough autographs.

Steiner Sports Marketing is seeking at least \$1 million in damages from the 31-year-old Dominican, in a lawsuit filed on Friday in New York state court.

The lawsuit charged that Ortiz consistently fell short of the autograph quota to which he agreed and that he lent his autograph to competing companies.

Ortiz also failed to appear at signing sessions or at corporate meet-and-greet events, as his contract requires, the lawsuit said.

According to the suit, Ortiz entered into an exclusive contract with Steiner in 2004 to provide 8,000 autographed memorabilia for sale and to participate in up to four two-hour-long autograph sessions.

Representatives for Ortiz and the Red Sox were not immediately available for comment.

Wife, not daughter, cheating

JERUSALEM (Reuters) — An Israeli man who hired a detective to find out whether his daughter was cheating on her husband was told by the investigator his wife was in fact the one being unfaithful, an Israeli newspaper reported on Sunday.

The man had his daughter followed at the request of his son-in-law, who had been suspicious of his wife's behavior.

The daughter was found innocent but the private investigator managed to snap photographs of the mother and another man caught in the act, the Maariv daily said.

"I saved my daughter's marriage and at the same time, saved myself from a woman who had it all in life but chose another man," the man, who has since sought to end the marriage, was quoted as telling his lawyer.

Fish hurt by rock music?

HELSINKI (Reuters) — A Finnish researcher is to study fish in an aquarium while a rock group performs nearby, to see if the sound causes any ill-effects or distress.

Bands including aging rockers Uriah Heep will perform on Friday night to about 3,000 fans in a tent just a couple of dozen metres away from the aquarium.

"I will be looking for any abnormal behavior or activity," said researcher Mikko Erkinaro.

The 500,000-liter tank is home to salmon, trout, pike and perch and other species common in Finland's brackish coastal waters.

"It could be quite nasty to arrange such an aquarium and a performance venue (so close)," Erkinaro said, "especially when the (band) is a bit old-fashioned."

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	5	9		3					
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1	7	8							
			9						7

from Sudoku: The Original Brain Workout From Japan

Solution to yesterday's puzzle:

6	1	9	8	7	3	2	5	4
4	3	8	2	9	5	6	1	7
7	2	5	6	1	4	3	8	9
1	5	7	4	3	2	8	9	6
3	8	6	9	5	1	4	7	2
2	9	4	7	8	6	1	3	5
5	4	3	1	6	9	7	2	8
9	7	2	3	4	8	5	6	1
8	6	1	5	2	7	9	4	3

ARABIC PHRASE OF THE DAY

Halt (stop)

kif (oh-guff)