

THE Dog Face Daily

Volume 1, Issue 107

August 2, 2007

Serving Task Force Marne

Marne Avalanche yields insurgents, weapons caches

4TH BCT (ABN.), 25TH INF. DIV.

KALSU – Paratroopers from Strike Force Geronimo detained one suspected insurgent and found multiple weapons caches during an air assault mission July 30 as part of Operation Marne Avalanche.

The search took place on an island in the area of the Euphrates River Valley northwest of Jurf as Sukhr, Iraq.

Soldiers from 4th Brigade Combat Team (Airborne), 25th Infantry Division out of Fort Richardson, Alaska, conducted an early morning raid on two target locations.

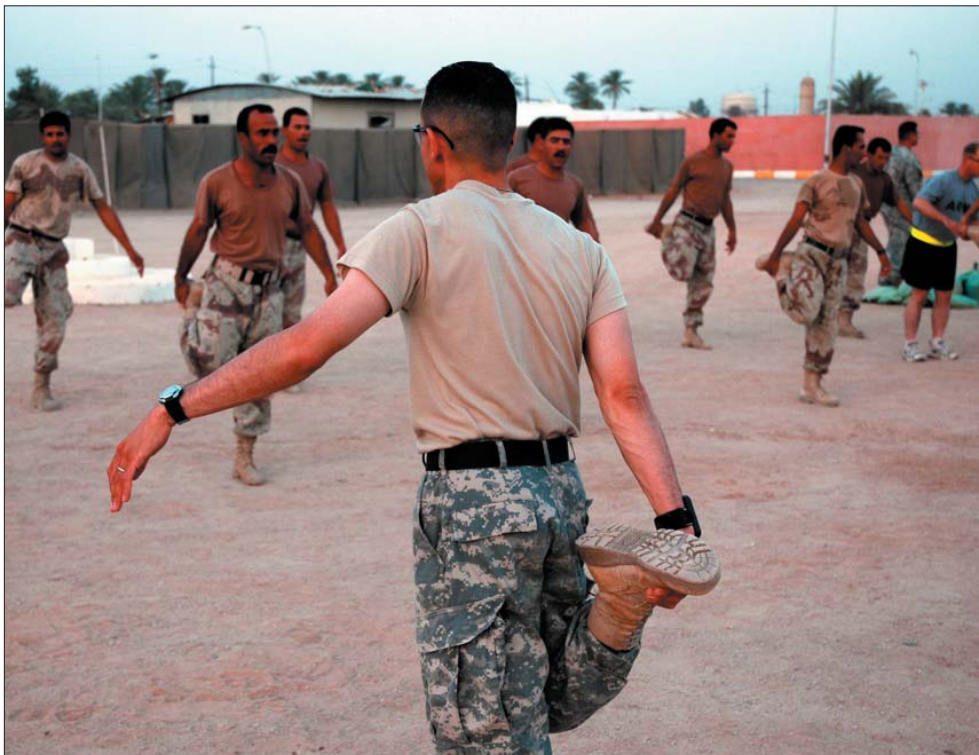
The Paratroopers discovered multiple enemy weapons caches, including two suicide vests, and they detained a suspected insurgent nearby.



Staff Sgt. Sean A. Foley

Weapons left by insurgents are laid out on the ground near Jurf As Sukr, North Babil Province July 30.

In addition to the suicide vests, Paratroopers also found seven AK-47 assault rifles with 37 magazines of ammunition, a heavy machine gun with a drum containing 200 rounds, eight fragmentary grenades and a rocket-propelled grenade launcher.



2nd Lt. Liz Lopez

Sgt. Omar Aponte leads Iraqi soldiers in a warm-up prior to their physical training session at the Iraqi Army Compound in Mahmudiyah.

U.S. physical therapists train Iraqis

2ND LT. LIZ LOPEZ

2ND BCT, 10TH MTN. DIV. (LI) PAO

MAHMUDIYAH — From afar, the formation looks no different than any other Army physical training session.

Upon closer inspection, however, one realizes that it is the soldiers themselves who make this PT formation special.

Sgt. Omar Aponte, of Bayamon, Puerto Rico, a physical therapy technician in Company C, 210th Brigade Support Battalion, 2nd Brigade Combat Team, 10th Mountain Division (Light Infantry), out of Fort Drum, N.Y., teaches a select

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Stars support Soldiers



Sgt. Michael Connors

Ultimate Fighting Championship fighter Tito Ortiz shares a meaningful glance with Capt. Consuela Wilds-Glover during his visit to Task Force Marne headquarters Aug. 1.



Spc. Emily J. Wilsoncroft

Above: Comedian Dave Attell captures a moment with Sgt. Robert Ferrainolo as part of his visit to TF Marne headquarters July 28.

Left: UFC fighters Tito Ortiz and Justin McCully take a minute to catch a beat-down from one of their fans, Capt. Susan Max, as they walked through TF Marne headquarters visiting troops and signing autographs Aug. 1.



Sgt. Michael Connors

THE Dog Face Daily

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3rd Combat Aviation Brigade
214th Fires Brigade
82nd Sustainment Brigade
720th Military Police Battalion
Mobile Unit 3 Explosive Ordnance Disposal Battalion

PT: Physical therapists help Iraqi soldiers develop physical training

From Page 1

group of Iraqi soldiers U.S. Army standards of PT. He arrives at the Iraqi Army Compound in Mahmudiyah almost every morning to lead them through their 90-minute workout.

The idea to teach PT techniques to Iraqi soldiers began in September 2006 when Aponte and physical therapist Capt. Scott Carow, of Tampa, Fla., spent an afternoon discussing ways they could improve their physical therapy rotation in Iraq.

A PT program for the Iraqi army was actually the first idea they proposed. The concept was easy to sell. However, execution was a problem. It simply was not feasible to integrate a PT program into the IA's other missions.

Not easily discouraged, the pair pursued the plan for nearly 10 months.

Aponte brought his plan to Command Sgt. Maj. Tony Grinston, command sergeant major of 2nd Battalion, 15th Field Artillery Regiment, 2nd BCT. He credits the idea becoming a reality to Grinston, who incorporated it into the Commando School, an initiative to train elite groups of Iraqi soldiers.

Carow and Aponte began their PT program by administering a physical fitness test designed to measure the soldiers' initial fitness level.

The test consisted of push-ups and pull-ups, to determine upper body strength, and a series of sprints to verify gauge speed and agility.

Following the initial assessment, Aponte continued leading the soldiers each day in one of the four fitness modules he and Carow created to focus on the major muscle groups, ensuring they receive a total body workout.

The modules were speed and agility; cardiovascular and upper body strengthening; speed and core strengthening; and lower body strengthening.



2nd Lt. Liz Lopez

Sgt. Omar Aponte demonstrates an exercise to Iraqi army soldiers during their PT session at the Iraqi Army Compound in Mahmudiyah.

In addition, road marches and hand-to-hand combat training have been included in the program.

"The way we are teaching them to do PT is the same as our standards," Aponte said.

These standards include learning proper warm-up and cool-down techniques, becoming physically and mentally strong and learning the importance of military discipline.

Teaching the Iraqi army has not always been easy. Aponte specifically recalled the first three days of the program being a bit rocky because the soldiers could not follow his commands.

Aponte learned Arabic, which helped the soldiers know what he was asking them to do.

Almost immediately he saw an improvement in their ability to follow his commands and to follow them quickly. He makes an effort to inspire the sol-

diers to follow his lead.

"Everything they do, I do, too," Aponte said.

He even wears the same clothes they do. Since the soldiers have no standard PT uniform, the troops simply remove their uniform blouses and work out and run in their pants and boots.

With a little more than a week remaining in the program, Aponte's part in training the IA is coming to an end. In a few days, he will re-test them to measure their improvement.

Regardless of the outcome, Aponte believes he has already seen success.

"The majority of them have said to me that even though the exercises are challenging, they are getting better," he said.

Whether they continue or not, Aponte knows that he is leaving a group of Iraqi soldiers in better shape than when he met them.

Safety Thought of the Day

Storage of Compressed Gas Cylinders

- Store cylinders upright against a permanent object such as a wall utilizing a chain or in approved cage:
- Ensure all cylinders are stored in compatible groups
- Cylinders are to be stored with protective covers over the valve when not in use
- Avoid storing in direct sunlight
- Never store cylinders in living areas
- Post No Smoking signs from all areas of approach
- Empty cylinders should be marked "Empty" and handled as if they were full
- For additional information, see AR 700-68

Headline Highlights

Cell phone trick; twice-lucky lottery winner

Kidnappers trick mobile users

BOGOTA (Reuters) — Colombian mobile telephone users are being duped by criminals who pose as phone operators and instruct them to turn off their handsets just long enough to demand ransom from their families.

Colombia, long one of the world's kidnapping capitals, has seen a rash of cases in which mobile phone customers receive messages telling them to turn off their handsets for two hours because their telephones have been cloned, police say. The criminals then contact family members of the phone user to say that he or she has been taken hostage. Families who have no way of contacting their relative are directed where to drop off ransom money before the two hours are up.

"If you get a call telling you to turn off your handset, contact the authorities," local television channel Caracol told viewers during a Tuesday news program.

Man doubles lottery winnings

LONDON (Reuters) — A lottery winner doubled his share of the jackpot to nearly 1 million pounds after he mis-

takenly bought two lucky tickets for the same draw, organizers Camelot said Wednesday.

Derek Ladner, 57, from Cornwall, and his wife Dawn, 60, won with their usual numbers in the mid-week draw, sharing the 2.4 million pounds jackpot with four other tickets.

A week later, he found a second identical ticket in his wallet and realized he had absent-mindedly entered twice.

Their double-share of the jackpot is worth just under a million pounds.

The pair have handed in their notice at work and are taking a break to decide how to spend their windfall.

"It's beginning to sink in," Ladner told a news conference. "We are going on holiday first...and then think about what we are going to do for the rest of our lives."

Man cuts off hand as offering

KATHMANDU (Reuters) — A 23-year-old Nepali man cut off his right hand after morning prayers and offered it to Kali, the Hindu goddess of power, the Annapurna Post local daily said on Wednesday.

Rajesh Tajpuria, who runs a drug store in the southeastern town of

Rangeli, is undergoing treatment at a hospital, it said.

More than 80 percent of Nepal's 26 million people are Hindus who frequently sacrifice animals such as goats, buffaloes and roosters in temples.

Bull imprisoned with owner

BELGRADE (Reuters) — A bull was incarcerated in a Serbian prison farm this week along with his recently convicted owner so he could look after the 1.5 tonnes animal which would otherwise have risked going to the slaughter house.

Four-year old Micko was taken to the farm at Novi Sad District Prison to join his owner Hamdija Djuric, who was jailed on July 21 for stabbing a man, Beta news agency reported.

Micko had been left untended following Djuric's arrest.

"Since there are no animal quarantine facilities in Novi Sad, it was important to find a solution to accommodate the bull.

"So it was agreed to move him to the prison farm, where Djuric can occasionally visit him and take care of him," said Branka Pasko of the animal protection society Arka.

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

from Sudoku: The Original Brain Workout From Japan

Solution to yesterday's puzzle:

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

ARABIC PHRASE OF THE DAY

Where is the trigger man? *wen il-lee fed-jer il-kun-boo-leh?*