



Serving Task Force Marne

3rd HBCT takes the cake for Iron Chef

SGT. NATALIE ROSTEK 3RD HBCT, 3RD INF. DIV.

FOB HAMMER - Food service personnel of the 3rd Heavy Brigade Combat Team took part in the Sledgehammer version of the Iron Chef competition Aug. 16 at FOB Hammer.

The idea came from the 3rd HBCT Food Service officer-in-charge, Chief Warrant Officer Ellen Magras, a Virgin Islands native, to honor Food Service Appreciation Day for 3rd HBCT.

"I wanted to honor all the food service professionals, past, present, and future," she said. "I also wanted to give the opportunity to these food service professionals to show their extreme talent."

The rules for original Iron Chef competition, which airs on cable's Food Network, are simple. There are four professional Iron Chefs all specializing in one type of cuisine: Chinese, Japanese, French, and Italian. Before the battle. the contender chooses one of the experts to face in a cook-off. Neither chef knows the key ingredient they must incorporate into their three-course meal until the unveiling, moments before the race begins.

Sgt. 1st Class Ed Stewart, of Deridder, La., NCO in charge of Food Service, said the Hammer Iron Chef competition was intended to closely resemble

Sat. Natalie Rostek

Sgt. Keyona Thoma, a member of 3rd HBCT's cooking team, prepares crab and lobster salad during the Iron Chef competition Aug. 16.

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Building up Mahmudiyah



Sgt. Ben Brody

Mahmudiyah sheikhs discuss infrastructure projects during a meeting with Soldiers from 2nd Brigade Combat Team, 10th Mountain Division, Aug. 18.

Troops get breakfast after extremists flee

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

NORTH HARGAWI — Despite 10 months of their near-continuous presence in the area, Iraqi citizens in the village of Dawoud always fled when Coalition troops visited.

More frustrating for the Soldiers of 4th Battalion, 31st Infantry Regiment, 2nd Brigade Combat Team, 10th Mountain Division (Light Infantry), was that any patrol there was followed by a mass exodus of residents and an attack.

The Soldiers still continued to try to win the citizens over, with shocking results seen on the morning of Aug. 16.

As soon as the patrol rolled into town, a man they expected to flee waved instead. He waited for them to stop and offered to show them around the area.

The troops agreed to the tour, and the man they'd met summoned the village elders to join them. Soon the Soldiers were surrounded by a swarm of homeowners asking them to breakfast.

They spoke at length about the civilmilitary operations going on in the area, pointed out the village water pump and discussed security concerns.

The area, called the "heart of darkness," is bisected by Jasim Road, which for years was a safe haven for Sunni extremists and al-Qaeda fighters.

After intense pressure exerted on that area by 4-31st Inf. Regt. and 4th Battalion, 4th Brigade, 6th Iraqi Army Division, as well as concerned citizens putting up checkpoints of their own, the extremists have departed.

"Residents have realized that Coali-

tion Forces can offer their area security and ... essential services," said Co. B commander Capt. Matt Dawson.

Soldiers of Co. B had never before walked on Jasim Road, Dawson said. On Aug. 18, the residents poured into the streets to escort them down the road and to feed the troops. Before, non-hostile contact with Coalition Forces was an offense punishable by death.

"Ten months of hard patrolling in this area was worth it to have the people greet us and invite us into their homes," said Sgt. 1st Class Steven Johnson, a 4-31st Inf. Regt. platoon sergeant. "It's absolutely amazing to see how Dawoud Village has changed. It means a tremendous amount to the Soldiers to see how their actions have led to this. It makes the whole deployment worth it."

THE

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3rd Combat Aviation Brigade

214th Fires Brigade

82nd Sustainment Brigade

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Photos by Sgt. Natalie Rostek

Judges grade food prepared for the Iron Chef Competition Aug. 16.



Staff Sgt. David Row, a member of 3rd HBCT's cooking team, prepares pretzel delight for dessert during the Iron Chef Competition.

CHEF: 3rd HBCT cooks awarded top prize at Iron Chef competition

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the original, yet still allow for full participation from everyone involved.

"Chief Magras spent a lot of time on every detail of this competition," he said. "She fine-tuned everything."

The magic number was three for the Hammer competition. Three teams of three chefs each battled it out in the Hammer Dining Facility's version of "Kitchen Stadium." The teams were from the Kellogg, Brown, and Root contracting company, the Timimi contracting company, and 3rd HBCT.

Each team prepared three dishes, including a salad, a sandwich, and a desert. They could use any ingredient found in the dining facility.

When the hour cooking limit was

complete, the teams displayed their masterpieces to the judges. According to Capt. Jeff Crawford, of Enterprise, Ala., commander, Company D, 203rd Brigade Support Battalion, the judges took every aspect of the meals into consideration before making their final decision on the winners.

"We judges were actually looking at the taste and texture," he said. "But me personally, I was also looking at the food."

The 3rd HBCT chefs were declared winners. Their dishes included a shrimp and lobster salad with vegetable crackers, a shrimp po' boy sandwich with corn relish, and for desert, a pretzel delight with whipped topping and strawberries.

The Kellogg, Brown, and Root team

placed second with a Mexican salad, a Philadelphia cheesesteak sub, and crepe suzette for desert.

The Timimi chefs prepared a mixed salad with beef and seafood, Hollywood sandwiches, and a dessert called "Orange Supreme."

Stewart believed the Timimi cooks, mostly from the Middle East, had trouble with American cuisine.

"We gave the judges something they could recognize," Stewart said. "Almost every American loves seafood. I don't think the Timimi team catered to their audience."

Despite the outcome, Stewart believed everyone enjoyed themselves.

"It was a great competition that brought camaraderie between the civilians and the Soldiers," Stewart said.

Safety Thought of the Day

Rollover Safety Tips

- A good map reconnaissance of the area of operations will help identify hazards such as narrow roads, bridges, and canals so appropriate controls measures can be put in place.
- Leaders must ensure drivers are familiar with the capabilities and limitations of their assigned vehicles, and assist them in identifying road hazards.
- Battle drills such as vehicle rollover drills are a form of composite risk management. Ensure Soldiers know the causes of rollovers and rehearse rollover drills prior to missions whenever feasible. Proper procedures

for rollover drills can be found in the vehicle operator's manuals and in GTA 55-03-030 for Uparmored HMMWV's.

- Crew members should avoid riding too high in the vehicle hatches. It is important to remember that the less they have exposed, the less vulnerable they are to hostile fire and the less time it will take them to get inside the vehicle if it rolls.
- Ensure that the vehicle tires are properly inflated during PMCS, and avoid improperly loading or overloading the vehicle.

Headline Highlights

Harry Potter translation; shirt-fan; bell fine

Chinese students translate Harry Potter within hours

BEIJING (Reuters) — Chinese students have worked their magic on Harry Potter, translating the latest installment within hours of release of the English version, state media said Aug. 16.

The official Chinese version hits book shops late in October but fans can already download dozens of translations of J.K. Rowling's "Harry Potter and the Deathly Hallows."

The first full-length translated version is said to have appeared on the Internet on July 21, the day of the book's global release.

"Teenagers on their summer holidays reportedly bought the English copies as soon as bookstores opened and started translating," the China Daily said.

"They worked in teams and round the clock, eating nothing but instant noodles, according to messages they left on the Internet."

To fend off charges of copyright infringement, a huge issue in a country where fake goods from designer clothes and drugs to DVDs and golf clubs, are widely available, the students inserted a notice in their translations.

"We translated the book because we love Harry, and we do not intend to use it for commercial purposes."

Fisherman catches diver

AMSTERDAM (Reuters) — A Dutch scuba diver became the surprise catch of the day for a 13-year-old boy fishing

in the Netherlands when his hook got caught in the man's lip.

"I heard a sound on my head and immediately I felt a jerk on my lip," Wim van Huffelen, who had been swimming in the North Sea, was quoted as saying by Dutch newspaper De Telegraaf.

The daily ran a picture of the diver with the hook embedded in his lower lip.

The diver had been swimming close to the shore near the southern Dutch town of Zierikzee.

A doctor managed to free him from the hook.

Shirt maker sews in fan

TOKYO (Reuters) — Self-cooling clothes may seem like the stuff of science fiction, but for one Japanese company they are not only good business but a way to help the environment.

Shirts and jackets made by Kuchoufuku — literally "air-conditioned clothes" — keep the wearer comfortable even in sweltering heat while using one-50th of the energy of a small air conditioner, said Hiroshi Ichigaya, the company's CEO.

"Until now, air-conditioning implied cooling the entire room. Now, we can cool just the body," Ichigaya said.

Two small fans sewn into the back of each garment and powered by a pocket-sized rechargeable battery pack circulate air across the wearer's skin, evaporating perspiration and keeping temperatures down -- a welcome respite from Japan's mid-summer humidity and record-breaking heat in re-

cent days.

The self-cooling clothes come in 10 styles and a variety of colors, all priced at 11,000 yen (\$96) and sold on the internet and at limited retailers.

The company has sold about 5,500 of the garments since they went on sale three years ago, mostly to factory workers.

But however cool the clothes, they seem unlikely to catch on any time soon. Because the fans puff out the garments with air, they give wearers a deceptively portly look.

"My daughter won't wear them because the shape is no good," Ichigaya admitted.

Priest fined for bell-ringing

AMSTERDAM (Reuters) — A Dutch priest has been fined 5,000 euros (\$6,800) for ringing his church bells too loudly in the morning.

The Catholic priest began ringing the bells at just after seven in the morning soon after arriving in Tilburg about six months ago, a spokesman for the town council said.

This prompted dozens of complaints from residents and the council in the southern town agreed the priest was breaking the rules.

"The priest can ring his bells whenever he likes but he has to keep within noise regulations. People don't appreciate it," the spokesman said.

The priest risks further fines if he continues.

"We are still trying to find ways to make him stop," the spokesman said.

S U d O k

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		1				2		
		8		4		3		
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	5							4
7						9	6	

from Sudoku: The Original Brain Workout From Japan

Solution to Saturday's puzzle:

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

ARABIC WORD OF THE DAY

Medicine doo-weh