

THE Dog Face Daily

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Serving Task Force Marne

'I think I'll take it'



Sgt. Michael Connors

Pfc. Jeremy Shelton, Company B, 1st Battalion, 30th Infantry Regiment, 2nd Brigade Combat Team, 3rd Infantry Division, kicks the tire of his brand new Mine Resistant and Ambush Protected vehicle during preventive maintenance checks and services at drivers training at Camp Liberty Nov. 7. This is the division's first fielding of the MRAP. See Saturday's *Dog Face Daily* for the complete story.

Unit blasts 'desperate' al-Qaeda element

MAJ. JOE SOWERS
3RD HBCT, 3RD INF. DIV.

FOB HAMMER — Soldiers of the 1st Battalion, 15th Infantry Regiment engaged an insurgent force with small arms and multiple aerial assets Nov. 6 at Combat Outpost Cahill near Salman Pak, resulting in the death of at least one insurgent.

Soldiers manning guard tower positions on COP Cahill engaged insurgents with small arms fire following a suspected al-Qaeda indirect fire attack on the post. A battalion mortar crew fired six 60mm mortar rounds and one 120mm mortar round in response, as well.

Lt. Col. Jack Marr, from Minneapolis, 1-15th Inf. Regt. commander,

believes the daytime attack is proof of al-Qaeda's desperation. He stated an increase in economic alternatives and improvements in essential services that have coincided with his unit's presence in the area as being "points of pressure" on the terrorist organization.

"Before our arrival, al-Qaeda en-

See BLAST, Page 3

SUPPLEMENTS

Take care of your body the right way

3RD INF. DIV. SURGEON OFFICE

Supplements are a six-and-a-half-billion-dollar a year industry and they are nearly ubiquitous in the Iraqi theater. They are often marketed as performance enhancing with the ability to increase muscle mass or increase strength and endurance. They are sometimes touted to reduce fat or to "detoxify," relieve pain or make us smarter.

In reality, a supplement is defined as a product that includes vitamins, minerals, herbs, botanicals, amino acids, metabolites, and extracts. They are not drugs, therefore do not fall under standard FDA approval procedures.

The Dietary Supplement Health and Education Act of 1994 places the manufacturer of supplements as responsible for ensuring that they are safe, include the ingredients on the label and that any claims they make are not false or misleading.

The FDA can only remove a supplement from the marketplace if it is proven to be a health hazard. No pre-market clearance testing is required before a product can be sold.

There have been many cases of supplements that did not contain what they were reporting, and manufacturing standards vary widely between companies.

While there may be potential benefits in some of these products, there are inherent risks, particularly in the deployed environment. There has been at least one death in the Iraqi theater possibly caused by supplement use, and there are a large number of injuries directly related to them, including kidney



failure and heat injuries.

There have been multiple evacuations for psychosis related to supplement use.

The most common type of agent causing issues are referred to as thermogenic supplements — those that increase the metabolic rate to promote weight loss and build muscle mass. Creatine, ephedra and ephedrine like containing products have also been linked to adverse health problems.

Supplement induced injuries include tendon rupture, heat injury, high blood pressure, dehydration, anxiety, gastrointestinal complaints and death.

There are ways to safely use supplements, and paramount is adequate hydration and good nutrition. Also, the following guidelines are recommended by the FDA and other sources:

- Always read the label and understand the contents and active ingredients. Many supplements contain the

same ingredients which can lead to inadvertently taking

higher than intended doses and an increased risk of complications.

- Obtain additional information from reliable sources such as the Warfighter's guide to Dietary Supplements, the FDA or the National Institutes of Health.

- Look for U.S.P. notation, which shows the manufacturer followed standards established by the U.S. Pharmacopoeia.

- Understand "natural" is not the same as safe.

- Consider the manufacturer. Nationally known food and drug companies are likely to have tighter quality control as they already have standards in place.

- Talk with your medical provider before starting supplements and review any interactions or effects they may have on medical conditions or current medications.

THE Dog Face Daily

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4th Brigade Combat Team (Abn.), 25th Infantry Division
3rd Combat Aviation Brigade, 3rd Infantry Division
214th Fires Brigade
82nd Sustainment Brigade
720th Military Police Battalion
Mobile Unit 3 Explosive Ordnance Disposal Battalion

BLAST: Infantry Soldiers kill one in daytime attack

From Page 1

joyed a certain level of tacit support from the people,” Marr said. “With the help we have provided, with more jobs and restoring essential services, the people are realizing they can stand on their own and separate from these (insurgents).”

Soldiers on COP Cahill reported that two 60mm mortar rounds landed on the outpost and two to three rounds impacted near the outpost shortly thereafter.

Both Company A and B Soldiers of 1-15th Inf. Regt. engaged a small enemy element with machine guns and sniper rifles during the initial contact.


Two more mortar rounds impacted outside of the post and the unit retaliated with AH-64 Apache attack helicopters and Air Force A-10 fighters.

The four Apache helicopters and two A-10s expended ammunition on enemy positions. Bradley Fighting Vehicles and mortar crews supported this final engagement as well.


Marr believes the attack was conducted by an insurgent element, most likely al-Qaeda, looking to “shore-up” support among the populace. He estimates the enemy element was attempting to entice Coalition Forces to overreact or “lash out” at the local population.

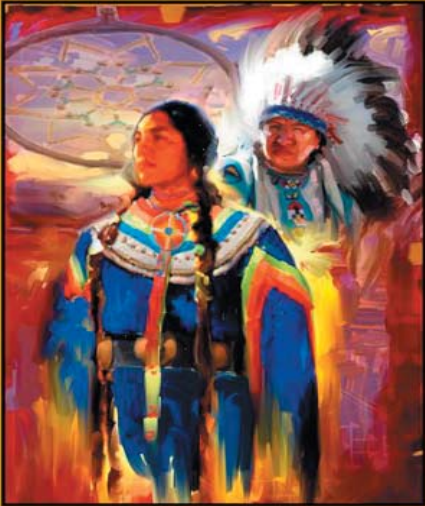
“In some ways, this is exactly what we want them to do,” Marr said. “One of the hardest things to do in the counterinsurgency environment is identifying who the bad guy is and who the good guy is. If we force them to separate themselves from the population in the daytime, it’s an easier decision for a Soldier to make. It’s much easier for us to tell friend from foe.”


One unexploded enemy mortar was found outside of COP Cahill. Company E, 1-15th Inf. Regt. Soldiers detonated the explosive in a controlled detonation. Soldiers active in the engagement estimated that they killed four insurgents, but only one body was recovered following the clash.



**MNF-I / MNC-I
HUMAN RELATIONS
EQUAL OPPORTUNITY OFFICE
&
177th MILITARY POLICE BRIGADE
PRESENT
NATIONAL AMERICAN INDIAN HERITAGE
MONTH
“HONORING WARRIORS: PAST AND PRESENT”**







**Friday, Nov. 9
at 6:30 p.m.
Al Faw Palace Rotunda
Keynote Speaker
Maj. Gen. Douglas M. Stone, CDR TF 134
Followed by dinner in the ballroom**

Workers, visitors, and others in uniforms may be in secured areas but are non-cleared personnel.

Check your area before discussing classified or sensitive, and cover up classified.

...IT'S EVERYONE'S JOB.

Safety Thought of the Day

Contact Lenses

- Contact lenses are not authorized in combat or any other field environment. (para. 5-15a(12) of AR 40-5)
- Contacts increase chances of eye infections.
- Dry climate increases the chances of contacts sticking to your eye and requiring medical treatment to remove.
- There have been two incidents where a contact stuck to a Soldier's eye since our arrival.

Example of severe corneal infection due to wearing contacts



Headline Highlights

Matchmaking party; mock goat slaughter

From Communist Party to matchmaking party

SHANGHAI (Reuters) — Twenty Chinese men, including several on the country's richest list, paid \$8,000 a head to attend a matchmaking party with 30 "single young beauties," state media said Monday.

Saturday's controversial party was held at a luxury European-style villa in Shanghai, the birthplace of China's Communist Party in 1921, with guests arriving in stretch limousines and getting the full red-carpet treatment.

"To disguise their identities from photographers' cameras, all guests scurried into the venue wearing a face mask, some even using a paper bag," the China Daily said.

Market reforms in the past three decades have lifted China out of dire poverty, but they have also fostered a culture of quick wealth and money worship and as the income gap widens, resentment of the rich grows.

Each male guest paid a 58,800 yuan (\$8,000) entrance fee, while the women, chosen for their "looks, kindness, thought and taste," were selected from tens of thousands of candidates, according to the social network Web site (www.915915.com.cn) which organized the event.

The site, which boasts a membership of 100,000, held a similar party on a boat in Shanghai last year, drawing criticism from many observers for treating women as objects.

Tan Chao, the site's marketing director, said the company provided different services, including dating arrangements.

"For those who pay most, we will try different means, not within our own club, until we find them the right one," he was quoted as saying.

Court to goat thief: say sorry

SYDNEY (Reuters) — An Australian woman who stole a pet goat and was involved in slaughtering it in a mock Satanic ritual in a church, was ordered by a court on Monday to apologize to the church and the dead goat's owners.

Tracey Arnold, 26, was drinking with friends at a Friday the 13th party in 2006 when she decided to steal the pet goat named "Maddie" from the front garden of a house in the northern city of Brisbane, local media reported from the court.

The partygoers then broke into a local church, dragging the goat onto a raised platform and killed it in a mock Satanic ritual, reported Brisbane's Courier Mail newspaper.

The goat's head was later found by police in the freezer of Arnold's home, along with a camera containing photos of members of the group with the head.

Arnold's lawyer told the Brisbane Magistrates Court that his client did not have a "macabre disposition" but that when she drank alcohol she made poor decisions.

Magistrate John Costello ordered Arnold to apologize in person to the goat's owners and the Bellbowrie Community Church and undergo psychiatric treatment.

Arnold was also ordered to pay A\$70 (US\$64) in compensation to the goat's owners and \$1,535 for damage caused to the church.

Man gets life for lottery scam

BEIJING (Reuters) — A Chinese lottery ticket seller has been jailed for life for fraud for taking advantage of a system flaw to cash 28 million yuan (\$3.76 million) in tickets illegally, state media said Tuesday.

Zhao Lique discovered the flaw in the Welfare Lottery "3D" system in 2005 that let a person buy tickets with the right numbers within five minutes of their being announced, sources at the Intermediate People's Court in Anshan, northeastern Heilongjiang province, said.

Zhao, 36, who ran three lottery stalls in Anshan, "bought" the announced numbers many times over.

"He asked his neighbors and friends to cash the tickets at the Welfare Lottery Center and to bring back the money," Xinhua quoted the court sources as saying.

The lottery center found the prizes were illegally claimed and police arrested Zhao in January.

The court jailed him for life for fraud and confiscated all his property.

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

from Sudoku: The Original Brain Workout From Japan

Solution to yesterday's puzzle:

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

ARABIC WORD OF THE DAY

Who?

mih-noo?