

Joint clearance operation south of Baghdad

By Sgt. Mary Phillips
30th HBCT PAO

BAGHDAD—U.S. and Iraqi partnership is giving the townspeople of Mahmudiyha, south of Baghdad, a sense of security.

Soldiers with Company D, 120th Combined Arms Battalion, 30th Heavy Brigade Combat Team and 2nd Iraqi Army Battalion, 25th IA Brigade conducted a clearance operation in the Mahmudiyah market, Oct. 17.

“In the last six weeks there have been about four [improvised explosive devices] and a vehicle-born IED,” said Sgt. 1st Class Jason Stewart, with Company D. “None have actually been in the market, but they’ve all been in close proximity.”

The Iraqi troops led the joint patrol through the market, search-

ing businesses and alleyways for explosives and other materials used to make IEDs.

American and IA Soldiers worked together to come up with a search plan after Col. Wassin, of 2nd IA Bn., 25th IA Bde., said that he wanted to make sure the market was clear.

“2nd Battalion, along with us, came up with a plan as a deterrent factor to do clearance operations,” said Staff Sgt. Andrew Carpenter, with Company D. “More so IA than us, we’re just there as support with some of our equipment, like metal detectors and working dogs, so we can support their plan.”

Military working dogs can smell things that people cannot see, causing less of a disruption when searching shops and



Photo by Sgt. Mary Phillips

Sgt. Mark Weaver, with Company D, 120th Combined Arms Battalion, 30th Heavy Brigade Combat Team, provides rear security while others perform clearance operations in the Mahmudiyah market, south of Baghdad, Oct. 17.

homes. It was important to Wassin to have these dogs during the operation.

“[Wassin] coordinated through our company commander,” said

Stewart. “He wanted dogs on site to help be able to sniff out any bomb making materials.”

The joint teams searched the market for over two hours. Nothing was found, but Co. D Soldiers still thought this mission was a success.

“The IA wanted to come out [to the market] and let everyone see that they were out there and that they’re not going to be scared by IEDs,” said Carpenter, of Raleigh, N.C. “I think anytime the people see the IA respond to IEDs with a show of force like they had out there, it’s got to help.”

Stewart also considered this operation to be beneficial, even though no bomb making materials were found.

“It showed the Iraqi Army and the [U.S.] forces still working together,” said Stewart. “And it showed that the Iraqi Army is a little bit more in the lead. Their colonel was out there and the lieutenants were both pointing out locations they thought we wanted to see..”



Photo by Sgt. Mary Phillips

Spc. Jason Hutt, of Company D, 120th Combined Arms Battalion, 30th Heavy Brigade Combat Team provides security while a military working dog and Iraqi Army with 2nd Battalion, 25th Brigade search businesses in the Mahmudiyah market, south of Baghdad, Oct. 17.

Reaching out to Salman Pak

Photos by Spc. Jesse Gross
3rd BCT PAO, 82nd Abn. Div.,



BAGHDAD –U.S. Paratroopers assigned to Company B, 1st Battalion, 505th Parachute Infantry Regiment, 3rd Brigade Combat Team, 82nd Airborne Division, take a look at an Iraqi boy's knee during a combined humanitarian mission, Oct. 16, in the town of Salman Pak, Iraq, 25 miles southeast of Baghdad. U.S. medics were on hand to assist Iraqi medical personnel during a free medical screening for local residents.



1st Lt. Shannon Martin, of Louisville, Ky., escorts an Iraqi woman and her child in order to receive a free medical screening during a combined humanitarian mission, Oct. 16, in the town of Salman Pak, Iraq, 25 miles southeast of Baghdad



Sgt. Kristina Ray, of Enterprise, Alaska, a medic assigned to Company C, 82nd Brigade Support Battalion, 3rd Brigade Combat Team, 82nd Airborne Division, hands a stuffed animal to an Iraqi girl during a combined humanitarian mission, Oct. 16, in the town of Salman Pak, Iraq, 25 miles southeast of Baghdad. The U.S. medics were on hand to assist Iraqi medical personnel providing free medical screenings to the town's residents.

Fitness videos find niche with Soldiers

By Spc. Howard Alperin
MND-B PAO

BAGHDAD — There's quite a variety of ways to engage in fitness activities on Camp Liberty. Besides Army physical training, running, weightlifting and aerobic training, Soldiers can choose from a wide variety of activities to supplement their workouts.

One other alternative gaining popularity for keeping in shape is the structured fitness video.

"We're sweating through our T-shirts like we ran five miles," exclaimed Maj. Rain Jones, an intelligence planner, with Company B, Division Special Troops Battalion, 1st Cavalry Division, after balancing and holding extended stretches. "I had never done yoga. This has been an opportunity to do things I've never done before," said the Rushville, Ind. native.

Yoga is only one phase to these session workouts. The structured fitness video program that has attracted Soldiers to the DSTB gym is comprised of a series of different training regimens.

"I'm working muscle groups that I've never worked in the past. It's total body fitness. You're trying to take yourself to the next level," said Capt. Robert Magill, the provost marshal office's long-range planner, from Killeen, Texas, assigned to Co. A, DSTB. The focus is on the body's core, but there are exercises from the neck to the toes, added Magill.

In addition to improving balance and flexibility, Soldiers taking on this new video-based workout discover new methods for muscle development.

"We're used to doing calf

raises with our feet pointed forward. With this program, we also turn our feet out for 30 raises and then in for 30 raises. There are three different sides of the calf muscle," said Magill.

"It's strengthening, shaping and sculpting the whole muscle," noted Jones.

Doing similar workouts from week to week may be working the same muscle groups. A comprehensive fitness video series provides variety and 'muscle confusion', according to Magill.

"The body plateaus when you do the same exercises every day," he said. The videos help develop every kind of muscle group, instead of doing a push-up; there are 15 to 20 different kinds of push-ups to do. The program gets the person to their target heart rate while building strength and burning calories, he emphasized.

Soldiers should not expect to master the structured fitness videos on their first try. "When I first started, I was in a lot of pain, I couldn't get through one session, now, I'm able to do it," said Magill, who has been participating in the program for 30 days.

There are benefits that come with these videos that go beyond building muscle.

"It allows me to stay physically fit for the job I have to do," said Jones. "We're working long hours and this gives me the energy and the mental acuity to stay focused."

This particular video series provides detailed instruction and a person can choose to exercise with or without music. Daily exercises range from core body physique training to plyometrics, stretching, yoga, and Kenpo karate. Sessions vary in length, from 15

minutes to 90 minutes.

Magill and Jones suggest that Soldiers research video fitness programs prior to getting started and to not let the videos sit around gathering dust.

"Read independent reviews and pick what gets you excited," said Magill.

"You have to commit to it," said Jones. Look for the type of videos depending on goals and on making improvements in fitness level, continued Jones.

"At the end of the day, it's fun," said Jones. "If you don't know what the best PT is for you, try this."

The best part of the workout may be the camaraderie Soldiers feel as they grunt, groan and bend their way to achieving top-notch physical fitness.

Those participating in the workouts are always looking for others to join in and become part of the motivation for excellence in body conditioning.



Photo by Spc. Howard Alperin

Capt. Robert Magill, the provost marshal office's long-range planner, from Killeen, Texas, does yoga exercises here, Oct. 17, as part of additional physical training through a structured video fitness regimen.

On This Day In History

October 22, 1797

The first parachutist

The first parachute jump of note is made by André-Jacques Garnerin from a hydrogen balloon 3,200 feet above Paris.

Leonardo da Vinci conceived the idea of the parachute in his writings, and the Frenchman Louis-Sebastien Lenormand fashioned a kind of parachute out of two umbrellas and jumped from a tree in 1783, but André-Jacques Garnerin was the first to design and test parachutes capable of slowing a man's fall from a high altitude.

Garnerin first conceived of the possibility of using air resistance to slow an individual's fall from a high altitude while a prisoner during the French Revolution. Although he never employed a parachute to escape from the high ramparts of the Hungarian prison where he spent three years, Garnerin never lost interest in the concept of the parachute. In 1797, he completed his first parachute, a canopy 23 feet in diameter and attached to a basket with suspension lines.

On October 22, 1797, Garnerin attached the parachute to a hydrogen balloon and ascended to an altitude of 3,200 feet. He then clambered into the basket and severed the parachute from the balloon. As he failed to include an air vent at the top of the prototype, Garnerin oscillated wildly in his descent, but he landed shaken but unhurt half a mile from the balloon's takeoff site. In 1799, Garnerin's wife, Jeanne-Genevieve, became the first female parachutist. In 1802, Garnerin made a spectacular jump from 8,000 feet during an exhibition in England. He died in a balloon accident in 1823 while preparing to test a new parachute.

FAMOUS FEATS OF CHUCK NORRIS



DID YOU KNOW?

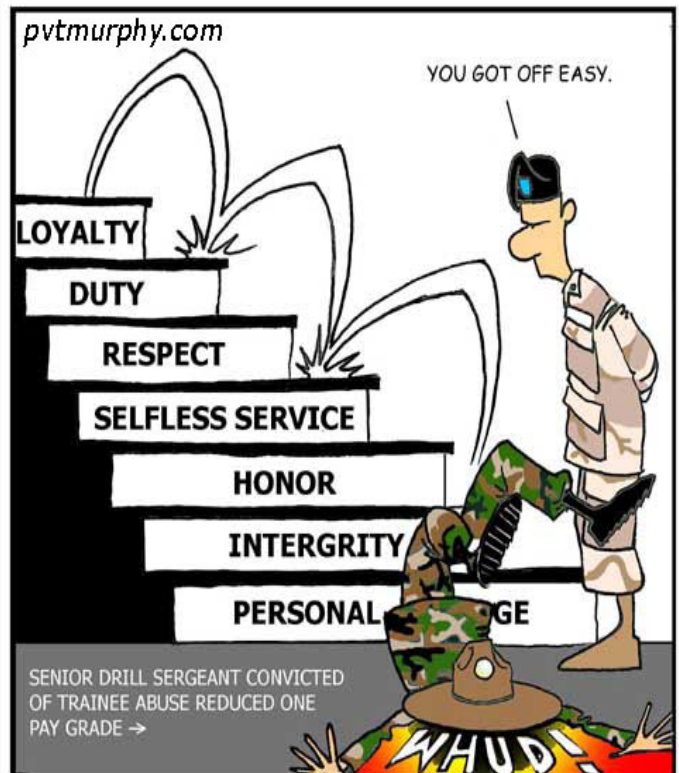
Tom Clancy has to pay royalties to Chuck Norris because "The Sum of All Fears" is the name of Chuck Norris' autobiography.

MND-B Pic of the day!



Photo by Pfc. Kimberly Hackbarth, 4th SBCT PAO, 2nd Inf. Div

BAGHDAD—A native of Marysville, Wash., Pfc. Robert Moritz is now a radio telephone operator with 4th Battalion, 9th Infantry Regiment, 4th Stryker Brigade Combat Team, 2nd Infantry Division.



Quote For Today

“Be wisely worldly, not worldly wisely.”

— Francis Quarles —

Iraq 3-Day Weather Report



Today
96° F | 69° F



Tomorrow
87° F | 62° F



Saturday
91° F | 66° F

TRIVIA TIME!!

What was the first professional football league in America?

Last Issue's Answer: MATHEMATICS

Cav Round-Up radio newscast available

MND-B PAO

BAGHDAD — The Cav Round-Up is a three-minute radio newscast from Baghdad covering military units and events across Multi-National Division — Baghdad.

Today's Cav Round-Up # 181 was produced by SGT Lisa Heise, MND-B Public Affairs Office.

This newscast includes the following stories:

1. The hard work has paid off and its more and more evident in the towns and villages soldiers visit. SGT Ashley Anderson, Multi-National Division-Baghdad, PAO.

As American troops have changed there pace throughout Iraq they still manage to stay focused on the concerns of the local people.

2. Rebuilding schools is a big step in building up the next genera-

tion of Iraqi citizens. Soldiers of 2nd Squadron, 1st Cavalry Regiment, 4th Stryker Brigade Combat Team, 2nd Infantry Division visit the newly renovated school in the Zaidon area west of Baghdad

NIPR LINK: Cav Round-Up

SIPR LINK: Cav Round-Up

Check out more news at the 1st Cavalry Division's homepage:

www.hood.army.mil/1stcavdiv/

Trigger's Teasers

The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three very simple constraints to follow: **Every row of 9 numbers must include all digits 1 through 9 in any order. Every column of 9 numbers must include all digits 1 through 9 in any order. Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.**

Every Sudoku game begins with a number of squares already filled in, and the difficulty of each game is largely a function of how many squares are filled in. The more squares that are known, the easier it is to figure out which numbers go in the open squares. As you fill in squares correctly, options for the remaining squares are narrowed and it becomes easier to fill them in.

Yesterday's Answers

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

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



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