



MNC-I welcomes new deputy commander

MNC-I Public Affairs report

British Maj. Gen. Gerry Berragan took over as deputy commanding general of the Multi-National Corps-Iraq, taking over for Maj. Gen. Simon Mayall, who served since September 2006.

Among Berragan's primary responsibilities will be the oversight of day-to-day operational taskings in Iraq. He is also the senior mentor to the Iraqi Army Ground Force Headquarters Staff, co-located at Camp Victory. The Iraqi Ground Force headquarters is steadily assuming operational control of the 10 Iraqi Army divisions that are trained and supported by the Coalition Forces. Berragan's training mission entails a great deal of traveling around the country to visit Iraqi Army divisions currently in transition.

Additional duties include monitoring and assessing many military reconstruction projects across Baghdad. Mayall, the outgoing deputy commanding general, found his experience deeply fulfilling and is optimistic on the growing capability of the Iraqi Army. An Arabic speaker with a deep knowledge and experience of the Arab culture, he said that he felt the Iraqi Army is ready to stand up and take on much more security in Iraq.

"We're getting a lot more capability out of the Iraqi Army now but we keep having to remind ourselves just how new this army is. It's filled out to its objective force of about 120,000 to 130,000, increasingly well-equipped, increasingly getting better-exposed, increasingly taking on battlespace and providing better security to the citizens of Iraq," Mayall said. "When I go out with the U.S. Army alongside the Iraqi army, they are firmly in the fight alongside U.S. forces and coalition forces."

Berragan arrived in Baghdad having



Maj. Gen. Gerry Berragan
MNC-I deputy commanding general

previously served as the chief of staff field Army at Headquarters Land and is ideally placed to apply the latest in British military training experience to the challenges of further developing capacity within the Iraqi Army.

"The coming months will be critical in achieving a successful transition to self-reliance for the Iraqi Government," Berragan said. "This will see an increased focus on internal security, economic development and the reconstruction of infrastructure, and the gradual transfer of responsibility to the Iraqi Security Forces. I relish the opportunity to contribute to this vital effort."

Commissioned as an artillery officer, Berragan has deployed on many operations around the world, including Operation Granby as chief of staff of the 4th Armoured Brigade. He commanded 32nd Regiment of the Royal Artillery, deploying to Northern Ireland, Kosovo and Egypt. He also served as chief, fire coordination at the NATO Allied Rapid Reaction Force in Germany.

Medical experts share ideas at conference

Spc. Laura M. Bigenho
28th Public Affairs Det.

Dozens of division and force surgeons, hospital commanders, other medical unit commanders and medics traveled from throughout theater to Camp Victory for the first Multi-National Corps-Iraq Surgeon's Conference of the year Jan. 7-9.

Guests included Lt. Gen. Kevin Kiley, U.S. Army Surgeon General, Brig. Gen. Samir Abdullah Hassan, Iraqi Armed Forces Surgeon General, and Brig. Gen. Mahde Jowed Ali, Iraqi Ground Forces Command Surgeon. "Medical Transitions in Iraq" was the theme.

With new leadership at MNC-I and other bases, all of Iraq is going through a transition of many sorts, said Lt. Col. Larry Patterson, MNC-I medical personnel manager and acting deputy corps surgeon.

"The closer we get, the more integrated we get and the better we learn each other's systems and the way we do business," Patterson said.

In addition to medical transition issues, surgeons shared ideas about medical tactics on the battlefield, challenges and successes in the Iraqi medical community, and preparations for the future.

Some of today's medical successes include new tools and training Soldiers receive prior to deployment. In past wars, Soldiers were taught the basics of first aid. Today, every Soldier deploys with an individual first-aid kit, each containing a tourniquet. The tourniquet has been proven to save lives, said Col. Leo Tucker II, MNC-I surgeon.

See SURGEONS, page 4

Commentary

Life on Camp Victory can be a retreat

Spc. Laura M. Bigenho
28th Public Affairs Det.

When I first learned that I would be returning to Camp Victory for a second deployment, I was less than thrilled, to say the least. Thoughts of chilly muddy winters replaced by scorching summer heat made it painful just to think about coming back here. Since returning last month, I can honestly say a part of me feels good to be back for another year.

As I share with you my reasons for being happy to be back, please understand this is not a place I would like to return to a third time. Twice is enough for me, thank you very much. However, being here does have its benefits.

One perk I enjoy is laundry service. I hate doing laundry, especially as a Soldier accustomed to sharing three functional washing machines with a few dozen other Soldiers. Unless I guard my clothes as they finish on spin cycle, there is no guarantee I'll get back the ones I put in. With laundry services here in Iraq, I don't have to worry. After a few easy steps, I have my clothes washed, folded and ready



Bigenho

here serve some of the highest quality foods by some of the finest cooks. I never expected such a variety of food to choose from until I arrived and experienced the DFACs here. From the salad bar and American grill to gyros and the pasta bar, there is something to satisfy every appetite. Where else can you have Baskin Robbins every meal of the day? Or better yet, a fruit smoothie?

If the treats have you feeling a little guilty, there is a fully equipped gym just around the corner from both DFACs. In addition to being open 24 hours a day, this place offers classes free of charge from beginner to professional levels. Your leadership is right, my friends. There really is no excuse for being out of shape here. If you're not sure where to start, swing by the gym today and somebody will help

to be picked up two days later.

Although I am not much of a food enthusiast, I love to cook. However, I also love dining out. The dining facilities

you get back on the path to staying fit.

If the gym doesn't keep you busy enough, the Morale, Welfare and Recreation center will. MWR hosts more events than I can keep track of, so I had to stop by both locations to pick up a monthly calendar for myself. Whether you want to impress the ladies back home with Latin dance skills, exercise your vocal chords with some karaoke, or you simply need somewhere to relax and watch TV on the big screen, MWR is the place to be. It's also a great spot to meet fellow service members, call home, surf the Internet and shoot some pool. While you're there, you can also check out postings for upcoming special guest appearances and concerts.

Iraq may not be the vacation you'd choose for yourself, but when you learn to appreciate the small things we have on base, it can make life here a lot more livable. I like to think of my time here as a retreat away from home. It is a chance for me to do the work I love as a Soldier and journalist, while shaping myself into the person I long to be. It is my hope that you are able to do the same.

Chaplain's Corner

Sandpaper People

Chaplain Thomas C. Condry
3rd Signal Brigade

Let's be honest! Some people are more difficult to get along with than others; they "rub" us the wrong way! I call them "Sandpaper People." Sandpaper people come in all shapes, sizes and colors and sometimes they are us! We try to change them, run from them, ignore them and even take a stab at fixing them. If only it were that simple. It rarely is.

Getting along with sandpaper people requires a new point of view, seeing them as God sees them. We cannot

base love on feelings, but on God's love released by choices we make in dealing with sandpaper people.

Choose love. Ephesians 2:10 "We are God's workmanship."

Sandpaper people desperately need someone who will look beyond their abrasive behavior to recognize their worth. Sandpaper people have allowed someone or something to assign an identity to them that is false. As a result, they live a life they were never intended to live, bound to an unhealthy self-image, having no concept of who they really are or what they can become.

Desperate to fit in, they try on different identities like trying on new clothes, wondering why none of them fit.

See SANDPAPER, page 3

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Brig. Gen. Dana Pittard, commanding general of Iraqi Assistance Group, addresses a crowd gathered at Al Faw Palace in honor of Martin Luther King, Jr.'s birthday Jan. 12.

Making a difference MNC-I reflects on King

Story, photos by
Spc. D. A. Dickinson
28th Public Affairs Det.

Service members honored the legacy that civil rights leader Dr. Martin Luther King, Jr. left behind during a ceremony at Al Faw Palace Jan. 12.

The celebration included an inspirational reading, a live band, and performances by the Victory Gospel Choir and the Victory Gospel Praise Dancers. King's famous "I Have A Dream" speech followed the performances.

Brig. Gen. Dana Pittard, commanding general of the Iraqi Assistance Group and assistant division commander of the 1st Infantry Division was the guest speaker.

He emphasized the military's ongoing need to put King's teaching into practice.

He also noted that military service in rebuilding Iraq was itself an extension of King's philosophy.

"Iraq is an opportunity to

make a difference — also to make an individual difference," he said.

"Collectively and individually, we need to continue to share the dream. It's all about service to each other and the nation. That message really resonates here in Iraq."

Pittard shared personal stories from his life to relate how the seemingly insignificant contributions of one person can have far-reaching consequences.

Harry Hollowell, the man who carried Pittard from the hospital after he was born, joined the Army as a Buffalo Soldier and sent his siblings to college.

His brother, Donald Hollowell, later became Martin Luther King, Jr.'s attorney, Pittard said.

Spc. Chronnia Henderson, an NCOER and promotions clerk for Headquarters and Headquarters Company, 3rd Signal Brigade, Fort Hood, Texas, volunteered to participate in the event's opening presentation.

"I'm glad to be part of this day," she said.

SANDPAPER, from page 2

Sandpaper people fail to understand that their identity was established before the world began, in the heart and mind of God. That's where we come in.

When we make the deliberate choice to love a sandpaper person, we are inviting God to work in us and through us to bring about change; to create His image in us so we can then see His image in others. Difficult relationships find it hard to survive in an atmosphere of love because stubborn wills yield to love as the worth of a soul is recognized and valued.

Choose encouragement. 1 Thessalonians 5:11 "Encourage one another." If you want to disarm a sandpaper person, become their cheerleader! By focusing on their good points, your

perspective of that person will change. Other people's perspective of that person will change and even that person's own perspective will change.

Choose thankfulness. Philippians 4: 6b "Always be thankful, for this is God's will."

Choosing to be thankful for sandpaper people is one of the most important choices we can make, as well as one of the most difficult choices we must make to bring any measure of health to the relationship. Thankfulness is a foreign language to sandpaper people, their native tongue criticism and displeasure. The last thing any sandpaper person expects to encounter is an attitude of thankfulness. Yet, it is the first step God commands us to take.

Sandpaper people are not only a reality of life, but opportunities from

the heart of God. God uses difficult relationships in my life as catalysts through which He lovingly upsets my comfortable plans and purposefully redirects my safe and sound steps. Every relationship, difficult or easy, is wrapped in God's love, faithfully delivered with His permission and wrapped in His plan.

Each of us in this theater deal with sandpaper people. Some are 60 grit, others may be 120 grit, while still others are 360 grit. The higher grit the smoother finish, but most people act like 60 to 100 grit. Some of us deal sandpaper by being sandpaper back. Others of us try to deal by ignoring the rubbing and scraping, which doesn't work in the long run. Consider dealing with your sandpaper person with love, encouragement, and or thankfulness.

Patchwork



Photo by Spc. Abel Trevino

Soldiers serving at Camp Victory received the Multi-National Corps-Iraq shoulder sleeve insignia during a ceremony at the Rotunda of the Al Faw Palace Jan. 13. Lt. Gen. Ray Odierno, MNC-I commanding general presented the patches to those present.

SURGEONS, from page 1

“By early application of the tourniquet, we’ve been able to stop hemorrhages. If you do appropriate medical management within the first 10 minutes or so (of an injury), you have bought longer time to get to a definitive care site,” he said.

The number of combat lifesavers has increased, making a significant difference in the amount of lives saved.

“[Combat lifesavers] bring a lot of skill to the table until a medic can take over,” Tucker said. “Everyone is important throughout this whole echelon of care, all the way from buddy aid to combat lifesaver to medic through MEDEVAC to the Level III Combat Support Hospital surgeons and staff. Those are critical steps to saving lives.

Tucker also credits the military with saving lives by learning how to adapt to the threat of improvised explosive devices. Some of the adaptations include up-armored vehicles, body armor, bal-

listic eyewear and other personal protective devices that save lives.

The medical field is adapting very similarly, Tucker said.

“Although these (weapons) have been used in other wars, there is a more pronounced use of them comparatively speaking,” he said.

A while back, Soldiers were afraid to use tourniquets for fear of losing a limb. Today, not only are they saving lives, but Soldiers are applying additional live-saving tools such as the Hemcon Chitosan bandages and Quick-Clot sponges.

Iraqi surgeons also shared ideas with their Coalition counterparts, giving insight to challenges they face everyday.

“Right now we’re evacuating a lot of Iraqis into our hospitals, but the Iraqis are setting up their own hospitals right now,” Patterson said. “Hopefully in the near future they will take care of a lot of their own patients, and we will transition that responsibility to them.”

There needs to be a transition from Coalition Forces being at the front to Iraqis being able to take control and provide medical services for their soldiers and citizens, Tucker said.

“They have good plans, but it won’t happen overnight,” he said.

Tucker said the most important point of the conference was the interaction between the medical leaders in Iraq that will set the tone for future medical support in Iraq.

“Our medics are highly trained and ready for any mission,” Tucker said. “Soldiers will fight harder if they know they’re going to be taken care of. The point of our mission from a medical perspective is to make sure we not only take care of our service members but help to transition care for Iraqi soldiers and citizens to the Iraqi medical system.”

The next step is a follow-up on the conference’s initiatives between now and the next conference, which will be held later this year.

Marines deliver toys to Iraqi children

Stateside collection helps bring cheer to local youth

Story, photo by
Spc. D. A. Dickinson
28th Public Affairs Det.

Victory Base Complex service members brought smiles to Iraqi children by delivering toys as part of the Marine Corps Toys for Tots program Jan. 9.

The Marines, lead by Col. Robert Whitters, deputy to the deputy chief of staff for coalition operations, Multi-National Force-Iraq, distributed toys and games mailed from many people throughout the United States. They gave the items out at Radwaniyah Clinic at Camp Stryker.

"Toys for Tots started by a Marine lieutenant colonel in Los Angeles about 30 years ago," Whitters said. "It was a local thing. Now it's the highlight of the Marine Corps Reserve year."

Whitters said he first got involved in Toys for Tots in 1985 when he was a captain.

"It was kind of cool to see some big ol' gunnery



Marine Col. Robert Whitters, deputy to the deputy chief of staff for coalition operations, MNF-I, gives toys to Iraqi children at the Radwaniyah Clinic Jan. 9

sergeant sitting on the floor playing with toys," he said.

Whitters described how his father and people from his church collected toys for the effort.

"There really isn't much difference in a toy drive in theater and one back in the States," he said. "It's basically the same thing."

Marine Staff Sgt. Jaclyn Fernandez, a foreign disclosure officer for MNF-I and a

signals intelligence analyst with the 1st Radio Battalion at Camp Pendelton, Calif., volunteered her efforts when Whitters called for assistance.

"It's a Marine thing to do," she said. "You think of your family. It hits home when you've got families like this in need. That's what people don't ordinarily see."

Fernandez said the work was fun.

"The looks on the children's faces made it worth it," she added.

Whitters agreed with Fernandez's assessment.

"It was fun," he said.

"Kids are kids everywhere," he added. "They all like the same things. Right now they could care less if someone's Sunni, Shia, Jewish, Christian or whatever. They just want to be kids and have fun."

Transition teams see improvement in Iraqi units

Sgt. 1st Class Jennifer Schwind and Sgt. Shannon Crane

CENTCOM PAO

In spite of the many challenges, progress — no matter how gradual — is being made by the various Coalition transition teams working throughout Iraq. The process can be likened to a marathon, not a sprint.

"Our transition teams are making differences throughout Iraq," said Brig. Gen. Dana Pittard, IAG commanding general. "I've been to every province in Iraq now, each of the 10 Iraqi Army Divisions, all the border regions and each of the National Police Units.

"If you look up at the Syrian border, we've got (border transition teams) that are making a world of difference in partnership with U.S. Customs officials in helping to train Iraqi Border Patrol units, as well as Iraqi port of entry soldiers.

"The National Police, which was just created in March of 2005, is slowly becoming a more professional force. And that is in large part due to the work of the NPTTs.

"As for the Iraqi Army, and I'll just tell you from a personal experience, when I left Iraq in 2005, there were only two Iraqi Army battalions that we had, and they were struggling. Now

we have 10 IA divisions, and you don't have to push people to fight. The IA will fight because they're fighting for Iraq."

The positive experiences gained by members of the teams have punctuated the relevance of the mission, and they continue to stay the course.

"This assignment is very rewarding, and it is very frustrating at the same time," said Maj. Marc Walker, a MiTT team chief working with 4th Battalion, 2nd Brigade, 9th Iraqi Army Division. "But I believe the rewards outweigh the frustrations that you will have."

Editor's Note: *This is the final part of a five-story series.*



Navy Lt. Stephanie Toth is gathering uniforms from service members of all the coalition nations here to put together a quilt to represent Multi-National Corps-Iraq at the National Museum of the U.S. Navy in Washington, D.C.

Quilted coalition

Camouflage collage to hang in museum

Story, photo by Spc. Laura M. Bigenho

28th Public Affairs Det.

Navy Lt. Stephanie Toth was eating lunch in the dining facility here when she noticed the wide array of camouflage uniforms worn by coalition forces. She pondered which ones were best suitable for Iraq terrain.

After reading a request from the Multi-National Corps-Iraq military historian to fill a museum exhibit dedicated to the war in Iraq, the Navy logistician brainstormed submission ideas.

"It occurred to me that if all the (uniforms) were lumped together, we would have the most hideous and poorly harmonized collection of camouflage Mother Nature never intended on creating," Toth said. "Then it came to me that if there was a way to pair up the coalition forces' camouflage, it could only be best represented in a quilt."

On that day, an Iraqi-inspired coalition force quilt concept was born, Toth said. She began soliciting uniforms in August, with a goal to have every coalition force represented in the quilt, including forces from the past. Although the response has been tremendous, she still needs pieces from the Japanese, Polish and Italians.

"Our coalition partners have evolved over the years in the time we've been here, so it's fluid as far as how many have helped," Toth said. "This quilt will only be made up of those who have heard of the idea and wanted to step forward, believed in it and donated. I can't capture everyone,

but I can capture the here and now."

Toth's idea for the quilt's pattern came from an eight-point star found on a trellis inside one of Baghdad's palaces. Some say the star was symbolic of Saddam Hussein, but it actually dates back to Saint John, with each point symbolizing an ideology, Toth said.

The quilt will also have a black band around its frame, symbolizing those who lost their lives fighting for freedom. The word "Peace" will be spelled out in Arabic using an Iraqi camouflage uniform.

"The symbolism is strong. It will not be Saddam that will fill in the star, but our coalition forces' uniforms," Toth said.

"No matter how disorderly the situation seems, if you look hard enough, you can find peace, which is poignant as ever in this war in Iraq."

Toth hopes people will see the quilt as more than just a piece of art, but instead as a labor of love.

"At first, I think people will look at it as just a blanket, which is symbolic of keeping people warm. As they walk up to it and see the different patterns, they will become curious and begin to see the legends of different countries that shouldered side-by-side for a common cause," Toth said.

Assembly and shipping of the quilt is being funded by the Joint Forces Command in Suffolk, Va. Toth plans to present it to the National Museum of the U.S. Navy in Washington, D.C., later this fall.

Announcements

Tae kwon do lessons

Grand Master Sung Bok Nam, coach of the 1993 U.S. National Tae Kwon Do Team and the 2003 Iraqi National Tae Kwon Do Team, offers tae kwon do lessons Tuesdays, Thursdays and Saturdays from 6-7 p.m. at the Camp Victory Fitness Center.

Old school Saturdays

DJ Tek plays R&B and old-school hip-hop Saturdays at 9 p.m. at MWR Bldg. 124.

Brass ensemble

The 1st Cavalry Division Band's brass ensemble presents "An Evening of Brass" Wednesday at 7 p.m. at Victory Chapel.

Cell phone

A Cell phone was found at Red Leg LSA Jan. 2. Contact Sgt. 1st Class Barry Ellis at 822-4703 to confirm the type of phone.

Cell phone

A cell phone was found at the Liberty Helipad Dec. 18. Contact Staff Sgt. Jeffery Stacy at 822-3299 to confirm the type of phone.

Memory Stick

A purple and gray memory stick with a neck strap was lost Dec. 29. Contact SKC Felicia Cosby if found.

Bible

A Bible with a black cover and the name "Uzere, Vicarisy" inside was found in Dodge City North Nov. 24. Contact Marine

Customs class

A customs class for all separate brigades on the Victory Base Complex will be held Feb. 1 from 9:30 a.m. to 4:30 p.m. at the Al Faw Palace. The class will allow brigades to have certified customs inspectors to inspect subordinate units redeploying within each brigade. The class is limited to 50 participants and spots are reserved on a first-come, first-served basis.

Contact Sgt. 1st Class Frank Koptya for more information.

Karaoke Tuesdays

DJ Tek offers karaoke and mixed music Tuesdays at 8:30 p.m. at MWR Bldg. 124.

Lost & Found

Maj. R.S. Rayfield Jr. at 822-2184 for more information.

Digital camera

A digital camera was found on the HHC, STB, MNC-I transportation bus Jan. 6. Contact Sgt. 1st Class Walter Ebbert at 822-3536 to confirm the type of camera.

Large duffel bag

An ACU-pattern large duffel bag is missing from a Dec. 2 flight. It was dropped off in front of the KBR Billeting Office. It has shoulder straps like a standard Army duffel and a large zipper flap for access. "Gutierrez, R 9911/HHC, III Corps/FSC-10" is stenciled on the outside.

Contact Maj. Robert Gutierrez at 822-2083 if found.

Area 51 Weekly Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Chess Tournament 8 p.m.		Ping-Pong Tournament 8 p.m.	Spades Tournament 8 p.m.	Latin Night 8 p.m.	Reggae Night 8 p.m.	Smooth Sundays with DJ Big Will 8 p.m.

Operating Hours

Coalition Cafe
Breakfast 5:30 - 8:30 a.m.
Lunch 11:30 a.m. - 2 p.m.
Dinner 5:30 - 8 p.m.
Midnight Dining 11 p.m. - 1 a.m.

Sports Oasis
Breakfast 5:30 - 8:30 a.m.
Lunch 11:30 a.m. - 2 p.m.
Dinner 5 - 9 p.m.

Shopette
Open 24 Hours

Camp Liberty Post Exchange
8 a.m. - 10 p.m.

Fitness Center
Open 24 Hours

MNC-I STB Mailroom
9 a.m. - noon
5 - 7 p.m.

Golby Troop Medical Clinic
Sick Call:
Monday - Friday 7:30 a.m. - noon
Saturday & Sunday 9 a.m. - noon

Dental Sick Call:
Monday - Friday 7:30 - 10:30 a.m.
Saturday 9 - 10:30 a.m.

Mental Health Clinic:
Monday - Friday 8 a.m. - 4:30 p.m.
Saturday 9 a.m. - noon

Post-Deployment Health Briefings:
Monday, Wednesday and Friday 1 p.m.

Pharmacy:
Monday - Friday 7:30 a.m. - noon;
1 - 4:30 p.m.
Saturday & Sunday 7:30 a.m. - noon

Legal Assistance/Claims
Saturday - Thursday 9 a.m. - 6 p.m.
Friday 9 a.m. - 4:30 p.m.

Personnel Service Support Centers
Monday - Saturday 9 a.m. - 5 p.m.
Sunday 9 a.m. - 1 p.m.

ID Cards
Monday - Friday 9 a.m. - 5 p.m.

Worship Hours

Victory Chapel (Bldg. 31)
Sunday
7 a.m.....Collective Protestant
8:45 a.m.....Collective Protestant
10 a.m.....Catholic Confession
10:30 a.m.....Catholic Mass
noon.....Gospel Protestant
2 p.m.....Latter Day Saints
4 p.m.....Episcopal/Lutheran
6 p.m.....Contemporary Protestant
8 p.m.....Kings of Columbus
(1st & 3rd Sundays)

Saturday
11 a.m.....Seventh Day Adventist
8 p.m.....Catholic Mass

Mini Chapel (Bldg. 2)
Sunday
9:30 a.m.....Breaking of Bread
3 p.m.....Church of Christ
7:30 p.m.....Latter Day Saints

Monday-Friday
4 p.m.....Daily Mass

Friday
6:30 p.m.....Jewish Service

AFN Freedom Radio

Al Asad 107.3	Kirkush..... 107.3
Ali Base 107.3	Mosul..... 105.1
Ar Ramadi.. 107.3	Q-West 93.3
Baghdad ... 107.3	Taji 107.3
Balad 107.3	Tal Afar..... 107.3
Fallujah..... 105.1	Taqquadum.. 107.3
Kirkuk..... 107.3	Tikrit..... 100.1

All stations are FM

Do you have an announcement about an event of interest to the Camp Victory community? Contact Sgt. Jacob Boyer at jacob.boyer@iraq.centcom.mil with the

information. Information for community announcements needs to be submitted at least two weeks prior to the event to allow for timely publication.

Sweating it out

Staying FITT while deployed

Maj. Chris Peterson

TF3 MEDCOM

The coming of a new year is the time for new year's resolutions. One unique thing about the start of a tour here in theater for our Soldiers, Sailors, Marines, Airmen and Civilians is that many also set some new resolutions regardless of what time of year they arrive.

Physical fitness very often is near the top of many these resolution lists.

To assist with the physical fitness goal, I would like to take a bit of your time and either refresh your current fitness knowledge or give you some basic information that will help you to be more confident in beginning a new personal fitness program.

The fundamentals I want to cover in this article are the Principles of Exercise, the Components of Fitness and the FITT principle of training theory.

Field Manual 21-20 is the Army's manual that covers physical fitness and I will use it as a common reference for you to refer to for further information. The following areas should be part of your comprehensive fitness program: the Components of Fitness, the Principles of Exercise and the FITT concept of training help ensure you cover all the basic areas when developing a personalized fitness program.

The Components of Fitness are cardiorespira-

tory endurance, muscular strength, muscular endurance, flexibility and body composition, according to FM 21-20.

Typically everyone is at different levels in each of these areas and possesses different strengths and challenges in these areas. After determining a personal base line and determining realistic goals in these areas, an individualized training program should be set to reach realistic personal goals covering these areas.

After you determine your baseline and have an idea of where you want to go, it's time to set up a program or plan to help you achieve the results you want. The Principles of Exercise are some basic principles that when consid-

ered in your program can act as a checklist to ensure you cover the principles of physiology that will help you be more efficient and reach better gains.

PROVeRBS

An acronym I was taught to assist to remember the Principles of Exercise is PROVeRBS. Each of these principles need to be considered and I recommend that they are incorporated into your training plan in order to be most effective. For definitions, see FM 21-20.

PROVeRBS stands for progression, regularity, overload, variety, enthusiasm (This isn't actually included, but if you don't have a desire, it is tough to execute and fills in the acronym nicely), recovery,

balance and specificity.

Typically, when a Soldier is deployed regularly, overload and specificity are the most often neglected Principles of Exercise. They are also the most challenging to maintain, depending on the person's job and level of free time. Finding ways or maintaining discipline to overcome these obstacles typically is the biggest fitness battle to win.

FITT

Now it's time to actually forge out a program. One method is to use FITT, according to FM 21-20.

FITT, which stands for frequency, intensity, time and type, is where the tough part comes into play and is a science and an art to accomplishing maximum results, kind of like the Goldilocks deal. Too much is bad. Too little is bad. Finding just the right amount is the art that comes with experience.

Use this acronym to build every exercise session, focused around your goals from the Components of Fitness.

Check your overall plan against the Principles of Exercise to achieve the best results and avoid injury. Using a log can be beneficial in measuring progress and complete an after-action review of your program to see what is and is not working for you.

Remember to always warm up and cool down before and after every workout to avoid injury and improve recovery.

ON THE WEB

There are many resources on the Internet that can help you tailor a physical fitness program that will meet your needs. Use the following Web sites to help meet your goals.

Army Fitness School
www.infantry.army.mil/usapfs

Three-month APFT training calendar
www.hooah4health.com/4You/APFT_Calendar.pdf

USAREC Pocket PT Guide
www.futuresoldiers.com/downloads/RPI_237_Pocket_PT_Guide.pdf

Additional Resources:
www.infantry.army.mil/usapfs/resources.htm
www.hooah4health.com/body/fitness/default.htm