

Vanguard therapist connects with Alma Mater

CAPT. CONSTANCE QUINLAN
4TH BCT, 3RD INF. DIV.

FOB KALSU – Capt. Chris Remillard took hometown recruiting to a whole new level when he gave a live guest lecture to Ithaca College, N.Y., April 2 from the Public Affairs broadcast studio at FOB Kalsu. Remillard, an officer in Company C, 703rd Brigade Support Battalion, 4th Brigade Combat Team, 3rd Infantry Division, is the Vanguard Brigade's resident physical therapist.

A month prior, he received an invitation from a former Vietnam-era Army physical therapist, Dr. Michael Pagliarulo, chair of the Ithaca College Physical Therapy Department. Pagliarulo asked the 2004 graduate to speak to his class about the unique opportunities afforded physical therapists in the Army.

"A civilian PT can't order things like X-Rays, bone scans, MRIs. He has to send patients back to a primary care doctor. Not only can I order tests, I can prescribe medicine and refer Soldiers to other specialists," said Remillard, a native of Syracuse, N.Y. "It's really designed to expedite the process for Soldiers, especially in this type of environment."

Remillard was commissioned into the Medical Service Corps through the Cornell University Reserve Officer Training Corps (ROTC) program in 2004 with a degree in physical therapy from Ithaca College.



Courtesy photo

Dr. Michael Pagliarulo, chair of the Physical Therapy Department at Ithaca College, N.Y., talks to some of his students there about opportunities to become an Army physical therapist. On the screen in the background is Capt. Chris Remillard, an alumni of the college and an Army physical therapist currently deployed to Iraq as part of the 4th BCT, 3rd Inf. Div. Remillard spoke to the students through a satellite broadcast from FOB Kalsu in central Iraq.

Several students expressed interest in joining the ROTC after the hour-long question and answer session, attended by roughly 40 students and faculty members.

Remillard has already made plans to

conduct another session with Ithaca's next class of PT students.

"It's nice to promote my field and bring new people in," he said. "It puts everything I do into perspective ... keeping Soldiers in the fight."

Iron Rakkasans welcome Daughters of Iraq

CAPT. MIKE STARZ
3RD BCT, 101ST ABN. DIV. (AASLT)

YUSIFIYAH – The organization known as Sons of Iraq, which has brought peace to much of Iraq, is taking a bold step in its evolution

with the addition of Daughters of Iraq (DoI).

On April 17, Col. Aman, commander of 4th Battalion, 25th Brigade, 6th Iraqi Army Division met with leaders from Company C, 3rd Battalion, 187th Infantry Regiment,

3rd Brigade Combat Team, 101st Airborne Division (Air Assault) to discuss the creation of the first DoI program. These women would be able to search other females at secu-

See DoI, page 3

Iraqi CID collects evidence against AQI

1-30TH INF. REGT., 2ND BCT, 3RD INF. DIV.

FOB KALSU – The Iraqi Criminal Investigation Department visited Arab Jabour April 14 to investigate and confiscate cars that were stolen by al-Qaeda in Iraq to plan and commit terrorist activities.

It is believed that AQI stored the vehicles so they could be used to build vehicle-borne improvised explosive devices or be sold to finance AQI operations.

Using four flatbed trucks and a crane, 26 cars were loaded and taken to CID headquarters in Dora for investigation.

The cars were at a house in the village of Bayija, used by AQI since early 2007 as a meeting and storage area.

Company A, 1st Battalion, 30th Infantry Regiment, 2nd Brigade Combat Team, 3rd Infantry Division, Iraqi Police and Sons of Iraq assisted Iraqi CID in Arab Jabour.

Members of the SoI helped the CID agents load the cars onto the flatbed while others provided security.

“We’re confident that this combined operation with the Sons of Iraq, Iraqi CID and Coalition forces set the foundation for future cooperation...”

– Maj. Eric Weis
1-30th Inf. Regt.



Courtesy photo

Cars stolen by al-Qaeda in Iraq litter the yard of a house in Bayija. The cars were taken by the Iraqi Criminal Investigation Department April 14 to be used as evidence against members of AQI.

“Iraqi CID brought all the tools needed and were remarkably efficient,” said Capt. Neil Hollenbeck, Company A commander, from Louisville, Ky. “We expected the mission to take two days and it was completed in three hours.”

Maj. Eric Weis, 1-30th Inf. Regt. operations officer, said the mission was a tremendous success.

“We’re confident that this combined operation with the Sons of Iraq, Iraqi CID and Coalition forces set the founda-

tion for future cooperation, intelligence and information sharing and showed the emerging Government of Iraq involvement in greater Arab Jabour,” said Weis, a native of Silverthorne, Colo.

Iraqi CID is a department of the Ministry of Interior. They are a new department tasked with investigating cases associated with interrogation, terrorism, kidnapping and forensic evidence collection.

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Managing Editor — Master Sgt. Marcia Triggs

Editor/Design — Spc. Jennifer L. Sierra

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3rd Brigade Combat Team, 101st Abn. Division (Assault)
4th Brigade Combat Team, 3rd Infantry Division
3rd Combat Aviation Brigade, 3rd Infantry Division
214th Fires Brigade
7th Sustainment Brigade
720th Military Police Battalion
302nd Mobile Public Affairs Detachment

DoI: 'patriotic Iraqi women...step in the right direction'

From Page 1

rity checkpoints, expanding the capabilities of the SoI currently manning the checkpoints.

Steve Martinez, a law enforcement professional attached to 3-187th Inf. Regt., said integrating women into security roles was necessitated by insurgents utilizing females to carry out suicide attacks against Iraqis and Coalition forces. Employing women, Martinez said, would "provide a complete and thorough search of suspect females with the utmost respect for the individual and local customs without compromising the safety of others."

The DoI will search other women in and around Yusifiyah to help prevent trafficking of weapons, explosives and dangerous materials.

In addition to the significant security gains that these women will bring to the checkpoints, there are other advantages.

"The Daughters of Iraq will facili-

"With the cooperation of the Iraqi Army and the Sons and Daughters of Iraq, the safety of Iraqis is a goal that is now visible on the horizon."

– Staff Sgt. Thai A. Starkovich
military transition team

tate female empowerment and the creation of the group represents a significant step towards a properly functioning democratic society," said Sgt. Jason G. George, Company C intelligence noncommissioned officer. "While the group may face criticism from traditionalists, ultimately, their success will demonstrate their value to the populace."

Another benefit of the creation of DoI is the opportunity for some of the more disadvantaged women to

receive benefits, most of whom have been specifically targeted to join the program.

"We have been working to assist the impoverished women and, particularly, the widows in the area. There are limited employment opportunities for women widowed by insurgent violence and burdened with supporting their children," said 1st Lt. Chris Hafner, Company C intelligence officer. "This program is ideal for these women."

The details for DoI contracts are being finalized and will start with 30 women.

"Integrating patriotic Iraqi women into the Daughters of Iraq is a huge step in the right direction of freedom for the Iraqi people," said Staff Sgt. Thai A. Starkovich, military transition team noncommissioned officer in charge. "With the cooperation of the Iraqi Army and the Sons and Daughters of Iraq, the safety of Iraqis is a goal that is now visible on the horizon."

Safety Thought of the Day

Proper Lifting Techniques

- Use the "Power Zone" when lifting objects. This is the area between the mid-chest and mid-thigh and very similar to the "Strike Zone" in baseball. Keep loads close to the body in this zone for safer lifts.
- When lifting objects keep the back straight, abdominal muscles tight, and use the legs, at shoulder width apart, to straighten up. Don't lift while twisted at the trunk or bent over a load causing only the lower back muscles to be used. Keep the head up and look straight ahead. Use the same techniques when putting the object down.
- Be aware of own limitations and don't lift more than capable. Check large boxes for weight and "man lift" requirements (e.g. Four Man Lift). Ensure there are enough people for lifting the load to prevent strains. Test the load before lifting to ensure it is even and stable. If using more than one person to

lift, communicate throughout the process.

- Ensure to have good hand-holds on loads to prevent dropping them and becoming injured from impacts. Wear gloves for a better grip and to protect the hands.



File photo

Headline Highlights

Man sees jail time; new laws in psychics' future; tiny thief comes up big

"What are you starin' at?"

LECCO, Italy (Reuters) – An Italian man was given a suspended jail sentence for staring too intensely at a woman sitting in front of him on a train.

A judge sentenced the man in his 30s, whose name was not revealed, to 10 days in prison and a 40 euro (\$63) fine after a 55-year old woman filed a complaint for sexual harassment.

His lawyer said on Friday he would appeal the sentence. The court will explain its verdict later.

The two met on two separate occasions in 2005 on a commuter train going from Lecco, a town in northern Italy, to Milan.

The first time, the man sat next to the woman but she felt he had moved too close for comfort. The next day, the man sat in front of the same woman and according to her complaint, stared at her for the whole journey.

Psychics see big trouble over new laws

LONDON (Reuters) – Fortune-tellers, mediums and spiritual healers marched on the home of the British prime minister at Downing Street on Friday to protest against new laws they fear will lead to them being "persecuted and prosecuted".

Organizers say that replacing the Fraudulent Mediums Act of 1951 with new consumer protection rules will re-

move key legal protection for "genuine" mediums.

They think skeptics might bring malicious prosecutions to force spiritualists to prove in court that they can heal people, see into the future or talk to the dead.

Psychics also fear they will have to give disclaimers describing their services as entertainment or as scientific experiments with unpredictable results.

"If I'm giving a healing to someone, I don't want to have to stand there and say I don't believe in what I'm doing," said Carole McEntee-Taylor, a healer who co-founded the Spiritual Workers Association.

The group delivered a petition with 5,000 names to the prime minister's office, although Gordon Brown is away in the United States.

With the changes expected to come into force next month, spiritualists have faced a barrage of headlines gleefully suggesting that they should have seen it coming.

But many don't see the funny side. They say the new rules will shift the responsibility of proving they are not frauds from prosecutors and onto them.

"By repealing the Act, the onus will go round the other way and we will have to prove we are genuine," McEntee-Taylor told Reuters. "No other religion has to do that."

The government said the new regulations form part of a European Union directive that is meant to harmonize

unfair trading laws across the EU. It will introduce a ban on traders "treating consumers unfairly".

The British Humanist Association, a charity which campaigns against religion and supernatural beliefs, said stricter regulations were overdue because the current laws don't work.

"It is misleading for spiritualists to claim that, as 'religious' practitioners they should not be regulated under consumer laws," said Chief Executive Hanne Stinson.

"The psychic industry is huge and lucrative and it exploits some very vulnerable, and some very gullible, people with claims for which there is no scientific evidence."

Thief crawls in mail flap

VIENNA (Reuters) – A thief broke into the headquarters of Austria's ruling political party by wriggling through a post flap in the front door, a party official said on Friday.

The burglar squeezed through the 35x35cm hole early on Thursday and stole laptops, mobile phones, notebooks and cash before crawling out, Catherina Straub, spokeswoman for the Social Democrats, said.

"It is such a tiny door for post and newspapers, he must have obviously been extremely small," she said, adding that the culprit had not been caught.

She said it was unlikely the robbery was politically motivated and that the data stolen was not sensitive.

Sudoku

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

from Sudoku Easy Presented by Will Shortz

Solution to yesterday's puzzle:

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

ARABIC QUESTION OF THE DAY

what's your name?

shiss-mek?