



The Mountain View

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Not just the Soldiers going home

Photo by Pfc. Jasmine N. Walthall

A strategic airlift mission marked a series of goodbyes for the 4th Squadron, 3rd Armored Cavalry Regiment, out of Fort Hood, Texas. A crew of Soldiers help to secure an Apache helicopter into a C5 Galaxy jet for transport to the states for a reset and inspection. During a StratAir mission, a C5 Galaxy jet is loaded with four to five Apache and Black Hawk helicopters. The reset inspection is a time where aircraft weapons, systems and equipment are replaced so that helicopters are in perfect working condition for the next deployment.

Coming soon to a FOB near you: Dentist in a Van

SPC. JOSH LeCAPPELAIN
MND-C



CAMP VICTORY – Anyone who has ever had a pulsing cavity, throbbing through their skull, can attest to the overwhelming feeling of frustration and irritation that overcomes them. Imagine being stuck at a tiny base, cut off from outside dentistry support and having to wake up, day after day, with the constant ping of pain.

Luckily, for those individuals in dire need of dental attention, help is on its way.

Following up on an idea created originally by 2nd Brigade Combat Team, 10th Mountain Division and inherited by 3rd BCT, 101st Airborne Div. (Air Assault), the Multi-National Division – Center surgeon office has retrofitted a milvan (military-leased shipping container) into a transportable, easily adaptable dental clinic known as Dentist in a Van.

“Dental care is more important than people think,” said Lt. Col. David Wallace, MND-C division surgeon. “The challenge of treating people, getting them back to larger forward operating bases for simple procedures, helped necessitate this.”

The van will reach Soldiers and service members in the remotest areas of Iraq. Currently, the plan is to supply

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Losing holiday weight just got easier

STAFF SGT. AMBER EMERY
MND-C



CAMP VICTORY –The holiday season brings joy, happiness, time with family and friends and plenty of wonderful things to eat. In fact, Americans gain an average of ten pounds during the holiday season.

“People tend to gain weight more during the holidays because they eat more. There are more goodies from home, the cookies, the candy,” said Maj. Douglas Badzick, 10th Mountain Division preventive medicine physician.

“People are just taking in more calories more than anything else,” he said.

There are other factors that play a role in the weight gain this time of year. When eating while at parties or family gatherings, people tend to be preoccupied with their surroundings and do not pay attention to how much they have eaten. Then, there is the obligation to the host or hostess to try their famous pecan pie. Other factors that play a role are stress and anx-

iousness.

The good news is the holiday season has passed, so the worst is done. Now comes losing the extra pounds. One pound equals 3,500 calories; in order to lose weight, the body has to burn more fuel than is being consumed.

“There are tons of fad diets out there, but probably the most important thing if you are trying to lose weight is to be consistent with it; and it is better to do it slower and lose it over a couple of months than to do it with a crash diet of some sorts,” said Badzick.

A few tips to remember when beginning the weight loss process:

- Cleanse the toxins from your body. Indulging in holiday sweets and alcohol causes the body to produce insulin and create an unbalanced blood sugar and a higher capability for

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DENTIST

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one Dentist in a Van to the 2nd BCT, 4th Inf. Div.'s area of operations, as well as a second to the 172nd IBCT's area.

“It's extremely easy to transport,” said Cpt. Gail Raymond, MND-C medical logistics officer.

“You throw it on the back of a truck bed and take it wherever you need it to go,” he said.

The Dentist in a Van has been tweaked since its initial usage, with different flooring and walls to ensure quicker, more hygienic cleanup, said Wallace. The containers also contain their own generators, making them self-sufficient.

“They are much more hygiene centered,” said Raymond.

“They are easy to wipe down and sterilize, with linoleum floors. With a single sheet or two and one seam, there aren't

a lot of cracks on the floor that are difficult to clean,” said Raymond.

Each BCT has one assigned dentist. Previously, Soldiers required transportation from their base to the dentist's location, lengthening the amount of time they would be in oral agony. With a functional Dentist in a Van system, the dentist can come to their location – or at least a base nearby.

“It's easier than sending a person to a (forward operating base), which can waste a few days,” Raymond said. “We can take the dentist to them and spend only a few hours.”

Due to the setup, it could conceivably be used in the future to rotate physical therapy equipment through areas of operation as well. If needs be, the milvan can be quickly restored to its original purpose, as no damages or significant changes were made to the containers in order to create the Dentist in a Van.



Courtesy photo

No germs here! The inside of the Dentist in a Van is easy to sanitize due to their linoleum floors with few cracks where germs can hide and walls that are easy to clean.

THE Mountain View

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The Soldier behind the camera

SPC. MARION FORT
HSC, DSTB, 10TH MTN. DIV.



BAGHDAD – For the past eight months, we’ve seen our comrades and ourselves in the Mountain View, whether we were making a comment or the subject of a feature story. One might ask, “Who is the Soldier behind the camera?”

One such Soldier is Spc. Justin Snyder, a photojournalist with the 354th Mobile Public Affairs Detachment based in Pittsburgh, Pa.

“The thing I like about my job is that I get to see a little bit of everything. Unlike most (military occupational specialties), where they are contained to their job only, I get to do a little bit of everything. Doing this also gives me a little bit more appreciation for other people in the Army who have it a little rougher than I do,” said Snyder of his work in public affairs.

Snyder attended two missions to Airport Village, a community just outside Baghdad International Airport, with Headquarters Support Company, 10th Mountain Division.

“I love kids. Seeing the Iraqi children’s eyes light up, it’s something I’ll never forget. The children are the future in this country, so it’s important to spend time with them,” said Snyder.

“My first mission in Iraq brought me to children who were in a rough area. Seeing the children happy set the tone for the rest of my deployment,” Snyder said.

During Operation Trapper Keeper, he accompanied HSC Soldiers as they passed out school supplies for the children.



Photo by Spc. Justin Snyder

An Iraqi youth signs a special soccer ball for the Headquarters Support Company. This match served as the last trip for Task Force Gauntlet to Airport Village. “This was a great day for our Soldiers and these kids out here. We got to interact with them and have a little fun doing so,” said Capt. Robert McTighe, HSC commander.

Spc. Justin Snyder, of Mechanicsburg, Pa., a photojournalist with the 354th MPAD, takes photographs of a soccer game at Airport Village Jan. 16.

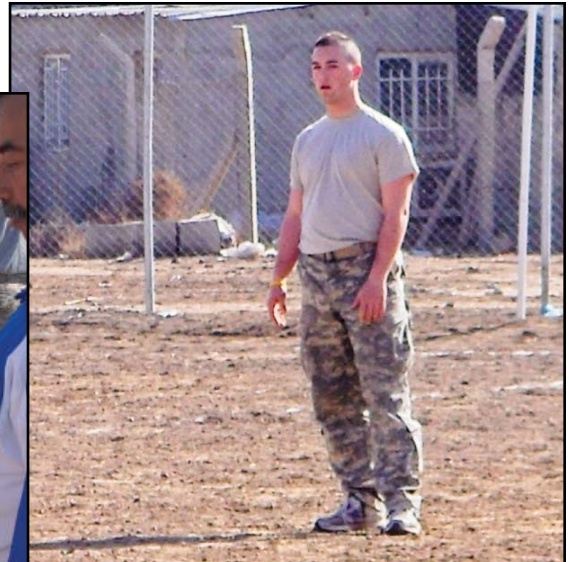


Photo by Spc. Marion Fort

“Often as the photographer, you kind of get left out of the events, because it’s your job to take pictures. But on this day, I actually got to take part in the soccer match, and it’s just another experience I can take home with me,” said Spc. Justin Snyder, 354th MPAD.



Photo by Spc. Marion Fort



Photo by Spc. Justin Snyder

Capt. Robert McTighe presents Iraqi youths with two special soccer balls following their game. One was for player of the game and the other was signed by everyone who took part in the game. They also handed out other soccer balls after the presentation.

The success of Operation Trapper Keeper brought another mission for the children and Soldiers.

Operation World Cup, during which Soldiers played a game of soccer with Iraqi youths, took place a few weeks later.

“This was my fourth trip to APV, so I have built a relationship with the children there. Being able to talk and catch up with them is a cool experience,” Snyder said of the event.

This event was also likely to be Snyder’s last trip to Airport Village. A reservist from Mechanicsburg, Pa., his unit is preparing to redeploy. Snyder will return home to work full-time at Coca Cola and volunteer as a local firefighter.

“With my job, I’ve gotten a lot of up-close and personal time with the people of Iraq, and it’s been really cool,” he said. As his time here draws to a close, Snyder has truly come to appreciate the mission in Iraq.

And the HSC appreciates the work Snyder has done capturing our experience with the Iraqi population.

WEIGHT

From page 2

the body to gain weight. Taking in a minimum of 96 ounces of water and an increase in fiber for two weeks will help rid the system of toxins.

- Return to a healthy diet by eating more fruits and vegetables.
- Increasing protein intake helps balance the overindulgence in sugar and increase the metabolism to get it back on track.
- Increasing muscle mass through strength training helps fuel the metabolism by developing lean strong muscle.

It is important to remember, though, that prevention is the best method for combating weight gain.

“If you are going to have a cookie, just have one, not a whole box of cookies,” said Badzick. “Really it is more of a lifestyle than a diet.”

There is not a nutritionist available here, but if Soldiers have questions about diets or any related topics, they can visit the division surgeon office or the aid station for assistance.



Courtesy photo

Staff Sgt. Dimas Estrada, 10th Mtn. Div. air missile defense noncommissioned officer-in-charge and Phoenix native, leads interval circuit training with 10th Mtn. Div. Soldiers in the Multi-National Division-Center Headquarters gym Jan. 7.

At Ft. Drum, N.Y., Capt. Julie Hess is a dietician located in Clark Hall available for individual counseling as well as group nutritional classes, which include healthy cooking classes.

Staff Section Round-up

IG Corner: *Before You Tell it to Your IG*

To make a complaint without fear of reprisal is the right of any Soldier, civilian and Family member seeking Instector General help. Assistance and problem solving is one of the IG's primary missions.

Occasionally, we still get Soldiers and leaders who don't know what the IG can do for them or when it is the appropriate time to come see us. Below are some key points to keep in mind before making a complaint. By all means, if you are still unsure, please don't hesitate to stop by, call or e-mail.

- Be sure you have a problem not just a peeve. Just because the dining facility has only three flavors of ice cream on a given day, and you don't like the flavors, doesn't mean the DFAC isn't providing the standard of service.
- Give your chain of command a chance to solve the problem. This is one of the first questions an IG will ask. Many of the issues that come to the IG will be solved by the chain of command.
- If IG assistance is needed, contact your local IG first. An IG at Corps,

for instance, will normally refer the case to the local IG for action.

- Be honest, and don't provide misleading information. IGs will quickly discover the truth, and there are penalties for knowingly providing false information.
- Keep in mind, IGs are not policy makers.
- IGs make recommendations. They don't order resolutions. Commanders make orders; the role of the IG is to advise the commander.
- IGs can only resolve a case on the basis of fact. A claim that someone violated the rules doesn't make it a fact. A claim must be support with evidence. A quote often heard is, "You can have your own opinion, but you can't have your own facts."
- Don't expect instant action on your request ... patience please.
- Be prepared to take "No" for an answer. Regardless of the answer, yes or no, the IG will explain why.

Thanks, Your IG team.

Valentine's Day Shoutouts

Send your sweetheart a love note from Iraq!



The Multi-National Division – Center public affairs office will be holding shoutouts for Valentine's Day.

- Who:* You!
- What:* Video Valentine
- When:* Jan. 26 at 9 a.m.
- Where:* Outside division headquarters
- Why:* To show your love to those back home.

Headline Round-up

World News:

Squatting in the rubble, his briefcase perched atop his knees, Yasser Abdel Ghafar interviewed residents of a house shelled by Israel as he compiled a list of Gazans killed and wounded during Israel's offensive against Hamas. The human rights researcher's work is part of a painstaking endeavor by the Palestinian Center for Human Rights to count the casualties of the 23-day war. The group released a final tally Jan. 21, saying 1,284 Gazans were killed and 4,336 wounded, the vast majority civilians. Israel has accused Hamas of inflating the civilian casualties, saying it has the names of more than 700 Hamas militants killed in the fighting. The two sides disagree on the death toll, particularly the ratio of combatants and civilians.

U.S. News:

In a first-day whirlwind, President Barack Obama showcased efforts to revive the economy Jan. 21, summoned top military officials to the White House to chart a new course in Iraq and eased into the daunting thicket of Middle East diplomacy. The 47-year-old chief executive, who also issued new ethics rules for his administration, hosted a reception at the presidential mansion for 200 inauguration volunteers and guests selected by an Internet lottery and even took the oath of office again after it was flubbed Jan. 20. After dancing at inaugural balls with first lady Michelle Obama past midnight, Obama entered the Oval Office for the first time as president in early morning. He read a good luck note left behind by President George W. Bush, then began breaking cleanly with his predecessor's policies.

Entertainment:

Heath Ledger was honored with a Golden Globe, and Kate Winslet came away with two, but the top dog was "Slumdog Millionaire," the Bollywood fantasy that took four awards, including best drama. With its awards Jan. 18, "Slumdog Millionaire" emerged as the potential film to beat at the Academy Awards, an unexpected position for a movie with a cast of unknowns and a story set among orphans and criminals on the streets of Mumbai.

WHAT DO YOU THINK: SUPER BOWL?



Photo by Spc. Josh LeCappelain

Who is going to win the Super Bowl?

"Probably the Cardinals, they have a much better offense."

Who is your favorite team, and what would it take for them to make it to a Super Bowl?

"The New England Patriots, all they need is Tom Brady to come back healthy."

What was your favorite Super Bowl?

"Super Bowl XXVII between the Buccaneers and the Raiders. I was a really big Raiders fan at the time. It was impressive to me that they made it to the Super Bowl with an older roster."

—Spc. Kevin Taylor, of Red Bluff, Calif., Company C, 303rd Military Intelligence Battalion.

Quote of the Day

"Honor isn't about making the right choices. It's about dealing with the consequences." - Midori Koto

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For the answer to today's puzzle, go to:



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