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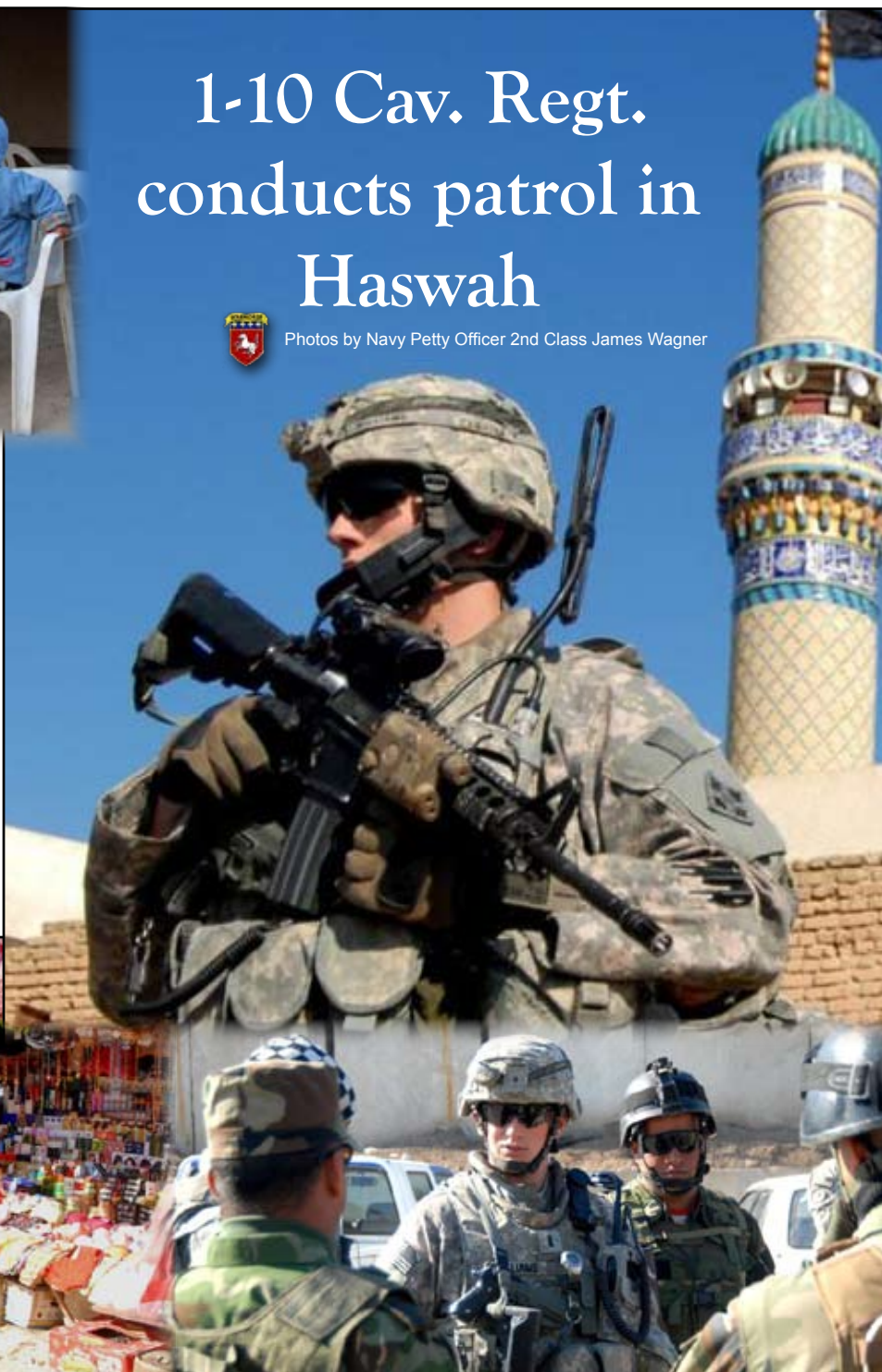


1-10 Cav. Regt. conducts patrol in Haswah



Photos by Navy Petty Officer 2nd Class James Wagner

(Above) A Soldier from 1st Squadron, 10th Cavalry Regiment, 2nd Brigade Combat Team, 4th Infantry Division, chats with Iraqi boys while visiting a police station in Haswah Jan. 13. (Right) 1st Lt. Andrew Williams, of Colorado Springs, Colo., 1st Sqdn., 10th Cav. Regt., 2nd BCT, 4th Inf. Div., communicates status updates during a joint neighborhood patrol with Iraqi police officers in Haswah. (Bottom right) 1st Lt. Andrew Williams goes over plans for a neighborhood patrol with Iraqi Police officers. (Below) Staff Sgt. David Fine, a native of Phoenix, 1st Sqdn., 10th Cav. Regt., 2nd BCT, 4th Inf. Div., looks at a market display during a combined patrol with IP in Haswah.



Joint effort results in new aviation facility

CAPT. KATHERINE ZYLA
TF 449



TALIL – Task Force 449's new aviation maintenance facility, originally scheduled to open Jan. 15, opened one week earlier due to the dedication and diligence of the Army, Air Force and civilian personnel tasked with its construction and outfitting.

"This project is an excellent example of good people from different services working together to achieve a common goal," said Lt. Col. Michael L. Fields, TF 449 deputy commander, who lives in Winston-Salem, N.C. "The end result is a productive aircraft maintenance facility that will provide support to all aviation resources in southern Iraq."

Airmen with 557th Expeditionary Red Horse Squadron, from Nellis Air Force Base, Nev., played a critical role in developing the Aviation Intermediate Maintenance facility in Talil, which will be used for all helicopter scheduled, unscheduled and phased maintenance as well as support aviation brigade operations, command and control center, and aircraft parking.

"The regional Aviation Intermediate Maintenance facility will make an aviation brigade more effective because it is centrally located within the Multi-National Division -Center area," said Lt. Col. Robert H. Burnside, Theater Aviation Maintenance Program executive officer. "The new location will help improve operational readiness rates and reduce transit times by streamlining maintenance operations and centralizing command and control assets, ultimately allowing an aviation brigade to effectively cover down on more than 80,000 square miles."

TAMP personnel outfitted the facilities planned and built by the Red Horse men and women. These facilities include a new aviation maintenance facility, a forward area rearming and refueling point, which

they completed 60 days ahead of schedule, and aircraft maintenance hangars. Each is critical combat support for warfighters and have made this the largest repair facility in southern Iraq.

The Airmen also constructed aircraft parking pads and taxi ways, administrative facilities and maintenance hangars, totaling more than 60,000 man-hours and \$3.4 million in project costs.

Air Force Master Sgt. Reid E. Fussell, operations superintendent for the Red Horse Detachment, said a project like this would usually take six months to complete; his team did it in three.

"The outstanding mid-level leadership, ability to form a cohesive team from the beginning, and the can-do-attitude of the team members helped make the project a success," said Fussell, a Rose Hill, N.C., native. "We were excited to be

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Courtesy photo

Soldiers with Supply Support Activity, 834th Forward Logistics Element cut a ribbon, officially opening the new aviation maintenance facility in Talil, which will improve operational readiness rates and reduce transit times, allowing aviation assets to effectively perform in southern Iraq.

THE Mountain View

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Iraqi Army now escorts U.S. logistics convoys

4TH BCT, 1ST CAV. DIV.



COB ADDER – Iraqi Army Soldiers escorted a Coalition logistics convoy to remote outposts in southern Iraq Jan. 18.

Iraqi troops from the 10th Motor Transportation Regiment, 10th IA Division provided security for the 27th Brigade Support Battalion, 4th Brigade Combat Team, 1st Cavalry Div. while the battalion delivered supplies.

“The mission was executed in a very professional manner,” said Maj. David Jaillite, the 27th BSB executive officer who hails from San Antonio, Texas. “Our efforts will play a vital role in their sustainment operations for some time to come.”

The convoy marked the first of its kind for the Iraqi and American units and demonstrates the high level of confidence Coalition forces have in the Iraqi Security Forces.

“This is another significant step for the 10th IA,” said Maj. Chad Carroll, 4th BCT public affairs officer from Cleburne, Texas. “Our logistics patrols now follow (the IA) lead for movement to various locations.”

The 27th BSB has partnered with the 10th MTR for approximately seven months while the Long Knife Brigade has been deployed to southern Iraq.



Courtesy photo

Iraqi Soldiers assigned to the 10th MTR, 10th IA Div., receive a convoy brief prior to departing Contingency Operating Base Adder in southern Iraq Jan. 18. The Iraqi troops provide security for the 27th BSB, 4th BCT, 1st Cav. Div.

JOINT EFFORT

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able to demonstrate what Red Horse does best, and that is build and repair airfields. We believed in the mission, kept positive attitudes and had the right equipment to make this happen.”

The new maintenance facility will now be available for Task Force 449 to occupy and maintain flight hours, schedule routine maintenance and tend to unscheduled maintenance without losing time having to build improved work areas.

Approximately 300 personnel dedicated their time to the aviation maintenance project. The TAMP worked closely with organizations in and out of theater as well as some internal assets.

A small team of Connecticut National Guardsmen assigned to TAMP also used their civilian skill sets to improve work and living areas. Helicopter machinists, electricians and a cabinet maker built office furniture and setup electricity throughout the aviation maintenance facility.

“I have never worked with wood before and just learned how to build desks a few days ago,” said Spc. James Dough-

erty, an AH-64D helicopter maintainer. “It has been a nice break, I have had a lot of fun doing it, and I like knowing I am helping make accommodations nicer for the incoming Soldiers.”

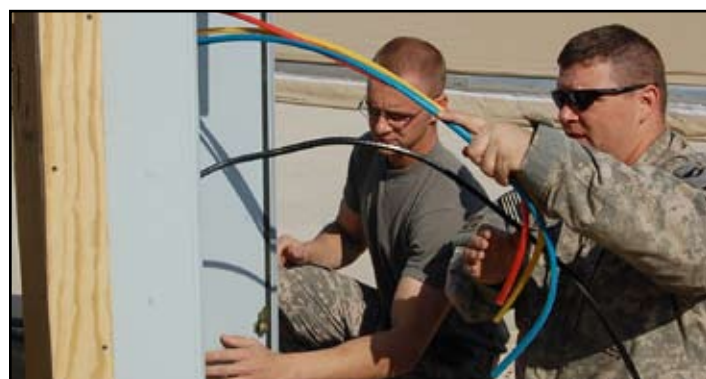


Photo by Capt. Katherine Zyla

Sgt. Lawrence Hyaline (pictured right) and Sgt. Chris Larkin, both aircraft electricians with the Connecticut Army National Guard, are responsible for distributing power to the entire maintenance area. In one week, they set up 40 percent of the new facility's power.

CrossFit conquers physical complacency

SPC. JOSH LeCAPPELAIN
MND-C



CAMP VICTORY – Fighting off fatigue and apathy, Soldiers sometimes conduct physical training for the sole purpose of doing well on the three events that comprise the PT test – push-ups, sit-ups and a two-mile run. While doing work in those areas is important, it can leave many muscles and areas of the body neglected, gasping for attention and affection.

A culture of athletes and Soldiers craving more well-rounded workouts has stumbled upon a challenging, demanding regimen of exercises known as CrossFit. Under the mantra “specialize in not specializing,” CrossFit offers a complete body workout, forging a broad, general and inclusive fitness regimen that can be adapted to any fitness level.

CrossFit works by preparing trainees for any physical contingency, especially important for Soldiers, who face the uncertainties of combat. It consists of constantly varied, high-intensity, functional movements. Many participants go to the CrossFit Web site for the daily Workout of the Day, a challenging regimen that varies wildly.

Units across the military branches have started integrating CrossFit into their daily physical training programs and reported dramatically improved fitness, according to an article written in December 2004, by Greg Glassman, the founder of CrossFit. The Special Operations community has integrated CrossFit into their fitness programs, including the U.S. Navy SEALs.

Warrant Officer Forrest Kautz, Multi-National Division – Center G2 fusion cell senior all source technician, is among the numerous enthusiasts of CrossFit. His introduction to the world of CrossFit happened on accident.

“I was introduced to CrossFit in the summer of 2006 by another NCO, while attending Basic Non-Commissioned Officers Course at Fort Huachuca, Ariz.,” said Kautz, a native of Mifflinburg, Pa. “I witnessed gains in my overall strength and endurance that I hadn’t experienced performing the status quo isolation exercises.”

A motorcycle accident in October 2006 fractured his right collarbone and fourth posterior rib and caused severe muscle damage and atrophy to his right deltoid. Kautz turned to CrossFit to help recover in order to attend Warrant Officer Candidate School.

Ironically, he attended Warrant Officer Basic Course with the same individual who pushed him physically and mentally during BNCO.

“We would do the WOD religiously, pushing each other to strive for personal bests. It was an incredible sense of ac-

complishment, especially when I performed a personal best of locking out a 385 pound dead-lift less than a year after the accident.”

Military bases around the world have opened CrossFit facilities, including Fort George G. Meade, Md.; Fort Benning, Ga.; and West Point, N.Y. Kautz aspires to get a CrossFit program started on Fort Drum, N.Y.



Photo by Spc. Josh LeCappelain

Warrant Officer Forrest Kautz, of Mifflinburg, Pa., MND-C G-2 fusion cell senior all source technician, lifts weights as a part of the CrossFit training.

“There are already individuals doing it at Fort Drum ... There might be enough interest with people using it as their primary fitness program,” he said, noting the need for a dedicated CrossFit facility, as most military gyms are not conducive to CrossFit due to limited numbers of pull-up bars and free weights.

Kautz, who intends to get his Level 1 CrossFit certification this coming summer, recommends those nervous about the program and its intensity give it a chance, as he “wouldn’t have been sold without actually doing CrossFit.”

“The CrossFit community is the antithesis of the ‘Globo-Gym’ mentality,” said Kautz. “Actively embarking in CrossFit

is more than an ordinary fitness regimen; it is a community of athletes and Soldiers striving to prepare for any situation or circumstance while improving their overall well-being. Dedication and intensity will earn you results.”

For more information on CrossFit, visit their Web site at <http://www.crossfit.com> or contact Kautz at forrest.kautz@us.army.mil. He is willing to help individuals interested in the CrossFit Program integrate into an exercise routine that is right for them.

According to an article on the CrossFit Web site, the CrossFit method focuses on a hierarchy of effort and concerns including:

- Diet: Lays the molecular foundations for health and fitness.
- Metabolic conditioning: Builds capacity in each of three metabolic pathways, beginning with aerobic, then lactic acid and finally, phosphocreatine pathways.
- Gymnastics: Establishes functional capacity for body control and range of motion.
- Weightlifting and throwing: Develop ability to control external objects and produce power.
- Sport: Applies fitness in competitive atmospheres with more randomized movements and skill mastery.

Headline Round-up

World News:

Pope Benedict XVI, reaching out to the far-right of the Roman Catholic Church, revoked the excommunications of four schismatic bishops Jan. 24, including one whose comments denying the Holocaust have provoked outrage. The decision provided fresh fuel for critics who charge that Benedict's four-year-old papacy has increasingly moved in line with traditionalists who are hostile to the sweeping reforms of the Second Vatican Council in the 1960s that sought to create a more modern and open church.

U.S. News:

The company that makes Beanie Babies has introduced two new dolls, named Sweet Sasha and Marvelous Malia. When asked if the use of President Obama's girls' names was a coincidence, Ty Inc., the company in Oak Brook, Ill., that makes the dolls, said yes and no. "They are beautiful names," Tania Lundeen, a spokeswoman for Ty, said in an interview with The Associated Press. But, "there's nothing on the girls that refers to the Obama girls," she said. But the first lady, Michelle Obama, who has publicly described her role as "mom in chief," apparently was not amused. "We feel it is inappropriate to use young, private citizens for marketing purposes," Katie McCormick Lelyveld, Mrs. Obama's press secretary, said in a statement on Saturday.

Entertainment:

Hundreds of stars lined the Shrine Auditorium to toast their peers in the 15th annual Screen Actors Guild Awards Jan. 25. Behind the showbiz glitz and glamour, however, an ugly boardroom drama has paralyzed Hollywood's largest union, founded in 1933. "You have to really go back to the post-World War II period to find something that's even close to what we're seeing now at SAG," said Dan Mitchell, a professor of management and public policy at UCLA, referring to the fierce ideological battles that divided Hollywood's unions and contributed to the blacklisting of actors in the late 1940s and 1950s. The conflict spilled over into the SAG Awards. A widely circulated anonymous e-mail forwarded by board member and "Titanic" actress Frances Fisher called on SAG members to withhold their votes for eight actors who are up for SAG awards -- including Josh Brolin, Steve Carell and Sally Field -- for their opposition to a planned strike-authorization vote.

Quote of the Day

"We make a living by what we get, we make a life by what we give."

- Sir Winston Churchill (1874 - 1965)

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For the
answer to
today's puzzle,
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WHAT IS IT LIKE BEING IN A MURAL?



Photo by Staff Sgt. Michel Sauret

"Frankly, my arms are getting tired. I can't wait until 34th Inf. Div. gets here," said 1st Lt. Sheila Holdham, medic, from Riverside, N.J.



Photo by Staff Sgt. Michel Sauret

"Great. Now there's no telling how long I'll be here," said Spc. Mark Samann, infantryman, from Kalamazoo, Mich.