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February 9, 2009

Aikido teaches strength, peace



photo by Sgt. Frank Vaughn

Marine Maj. John Duvall leads his Aikido students in a stretching exercise before class. Duvall has practiced Aikido for six years.

SGT. FRANK VAUGHN
MND - C



CAMP VICTORY— Students entered the classroom quietly, bowing to a picture of Morihei Ueshiba, commonly known to practitioners as O'Sensei — The Great Teacher. They slipped off their shoes and socks, bowed again and quietly took their places on the mat in seiza, a kneeling position from which instruction is received.

The students were ready to receive instruction in the art of Aikido.

Aikido, like other martial arts, fea-

tures techniques designed to disable an attacker. However, the peaceful philosophy of protecting the attacker as well as oneself is as important to successful practice of the art as the techniques, said Marine Maj. John Duvall, plans officer with Multi-National Corps-Iraq and Aikido instructor at the Sgt. 1st Class Paul R. Smith Physical Fitness Center.

"We are here to train the mind, body and character," Duvall said. "Our goal in meeting an attacker is to give him the chance to reconsider. We want to attack the attitude, not the person."

The technique of Aikido focuses on

avoiding attack and disabling an attacker; the philosophy aims to bring peace to a situation. These concepts work together to instill a sense of self-confidence in the practitioner.

Dr. Lisa Brooks, assistant professor of psychology at University of Maryland University College at Victory Education center and a student in the class, credited Aikido for changing her life.

Brooks, whose family resides in Gorham, Maine, said when she first started taking Aikido she had no confidence, but now she feels much more able to

See AIKIDO, page 3

IP, MPs team up to search for magnetic IED

SGT. MICHAEL J. TAYLOR
172ND INF. BDE.



HASWAH – Local Iraqi Police requested support from the 2nd Platoon, 230th Military Police Company Jan. 23, to assist in searching for suspects responsible for the increased use of magnetic improvised explosive devices in the Babil Province.

Using a pattern analysis, information from informants and various other sources, the IPs were able to figure out that the magnetic IEDs or sticky bombs were coming from a certain area in Haswah.

They detained ten people suspected of either manufacturing or maintaining the devices.

Based on intelligence gained, the IP organized an operation to search and clear some of the suspect's houses.

The IP have limited equipment to search for explosive devices or weapons. Therefore, they called on their counterparts in the 230th MP Co. and its K-9 assets.

"In the past, clearance missions have been done by Coalition forces, with Iraqi Security Forces assisting," said 1st Lt. Matthew G. Eidt, 2nd Plt. leader. "Now the roles have changed, the ISF are organizing, completing their own missions and only asking us to support them occasionally."

"This operation was strictly an IP operation," Eidt added. "Because the IP still have some limited capabilities and don't have all their assets in place yet, our assistance was requested."

Our role in this operation was strictly a support role to provide them the assets needed in order to make them

more effective."

The mission started when the MPs linked up with the IP at the Haswah IP station and went over plans and routes for the mission. From there, they maneuvered on foot through the town while being escorted by two humvees and three IP vehicles.

"Just the patrol through the city was a good thing in our eyes," said Kassar al-Mahdey Kadir, an IP.

"There were a lot of people out today and with us in front of the Americans and leading the patrol, the people know that we are taking charge of our own town."

Upon arriving at a suspected house, the MPs stayed back as the IP entered and cleared all the people from it. When given the all clear signal, the K-9 team and a few Soldiers entered the house cautiously to search for explosive devices and bomb-making materials.

The IP allowed the occupants back into the house once the K-9 team finished the search and determined it was free of explosives.

The patrol moved through the streets and alleys of the town until they finished clearing every suspected house and even a few abandoned areas.

"I think the IP's mission went very well and was a success," said Sgt. Austin J. Bitner, 1st Squad leader for the 2nd Plt. "They had a plan, they had a route, they had organization,

we provided them with the assets they needed and the mission was completed without a hitch."

After the original mission of clearing suspected houses was done, the IP checked several shops and stores within the market area of the town.

According to Kadir, checking the shops and stores shows the people of the community that the IP are doing their job to keep them safe. It also shows the bad guys that the IP leave no stones unturned when it comes to policing the town and ridding its streets of harmful materials and terrorist activities.

"Previously when we got here, the IP wouldn't have done an operation like this without us leading it," said Eidt. "They definitely wouldn't have asked for K-9 support or anything like it. It is really amazing to see the transition from their roll as supporters of Coalition Forces to taking over the lead in the security of their country."



Photo by Sgt. Michael J. Taylor

IPs search a shop as the owner patiently stands by during a mission to find magnetic IEDs and explosive making materials in Haswah Jan. 23. They detained ten people suspected of either manufacturing or maintaining the devices.

THE Mountain View

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Contributing Units

172nd Infantry Brigade Combat Team
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41st Fires Brigade
343rd Mobile Public Affairs Detachment
793rd Military Police Battalion
Division Special Troops Battalion, 10th Mtn. Div.
Task Force 449



Media queries please contact TF Mountain Public Affairs at MND-Center_PAO@iraq.centcom.mil

Junior NCO's take the lead

SGT. SHANNON BLACK
4TH BCT, 1ST CAV. DIV.



COB ADDER — Eleven newly-promoted noncommissioned officers, assigned to the 27th Brigade Support Battalion, 4th Brigade Combat Team, 1st Cavalry Division, participated in an induction ceremony at the Memorial Hall here Feb. 1.

A long table, draped with a red, white and blue table cloth and ceremonial punch bowl, was positioned in the center as three senior enlisted NCO's lit three candles as part of the ceremonial right of passage from enlisted Soldier to NCO.

After each candle was lit, the nominees and all other NCO's in the audience recited the three paragraphs of the NCO Creed as the inductees prepare to officially grasp their leadership responsibilities.

Command Sgt. Maj. Edwin Rodriguez, the senior enlisted NCO of the 4th BCT, 1st Cavalry Division, reflected on the traditions and history of the NCO Corps, along with all who attended the ceremony.

Rodriguez, a native of Puerto Rico, addressed the nominees and challenged them to lead their soldiers by example and maintain a high level of professionalism.

"Some people don't believe that today's Noncommissioned Officers have the necessary skills to lead Soldiers be-

cause many haven't served in the Army for many years," said Rodriguez. "But many of (the newly inducted NCO's) who have only been in the Army for only a few years, have already been deployed to combat zones at least twice."

After the nominees were presented with their new-found tools of the trade, which consisted of NCO guides and motivating words from their fellow troops, the inductees drank a glass of

punch together, as the narrator of the event explained the ingredients in the mixture including: pride, motivation, skill, caring, tradition, wisdom, judgment, commitment, humility, professionalism and courage.

After the ceremony, the inductees turned and faced the audience, who applauded and then welcomed them all into the Corps of Noncommissioned Officers.



Photo by Sgt. Shannon Black

Sgt. Patricia Anderson leads the 11 noncommissioned officer nominees in reciting the Creed of the NCO during the battalion's NCO Induction Ceremony held at Memorial Hall on COB Adder, Iraq, Feb. 1.

AIKIDO

From page 1

relate to people and confront conflict head-on.

"In the 12 years I've been studying Aikido, it has taught me a lot about discipline and motivation," said Brooks. "It has also taught me a cooperative way to solve problems."

Applying the concepts of Aikido to problem solving cannot be achieved overnight.

"I encourage all . . . who practice to pursue the deeper levels of understanding," Duvall said. It will take discipline, commitment and time, but the reward, a greater understanding and appreciation of yourself and the world around you, is well worth it."

Duvall understands the need for commitment firsthand. He began studying Aikido six years ago, but gave up in the first year.

"My background is in Muay Thai kickboxing," said Duvall. "I didn't think Aikido was an effective martial art. It was

hard to overcome that and be able to embrace the philosophy of Aikido."

A six-month deployment changed all of that for him.

"My wife kept practicing while I was gone," Duvall said. "I got home and saw how far she had advanced. That motivated me to give it another try."

His renewed dedication has paid off. Duvall is now a first-degree black belt, or Shodon, in Aikido. He became an instructor here after receiving permission from his sensei, or teacher, in Japan.

"I can't bestow rank on anyone while they study here," Duvall said, referring to belts that are earned for progress in practicing Aikido. "But I want to provide the opportunity for those who are interested to learn Aikido while they are here."

Anyone who is interested in learning more about Aikido may attend classes at the fitness center Saturdays at 6:30 a.m., Sundays at 10 a.m. and Mondays at 7:30 p.m. The classes are an hour and a half.

Staff Section Round-up

Sports Talk

By SPC. JOSH LECAPELAIN

Super Bowl XLIII stands step behind recent games

In the final moments of Super Bowl XLIII, the pendulum could have swung either way. Momentum sided with the upstart Arizona Cardinals, but enough time remained that Cardinals quarterback Kurt Warner immediately realized victory was not secure. As Ben Roethlisberger drove the Pittsburgh Steelers the length of the field for the touchdown strike that secured their unparalleled sixth Super Bowl ring, fans immediately started calling the game the "greatest Super Bowl ever played."

To quote Lee Corso, "not so fast, my friend."

How short our memories truly are, as only one year ago fans were calling Super Bowl XLII the best. It's normal to overrate these contests immediately, without putting them in context. So, now that a few days have passed since the game, where will history ultimately place it?

Off the top of my head, I can think of five Super Bowl's in the last 15 years that I would place above SB XLIII. They are:

Super Bowl XLII. An unbelievable contest, featuring the previously unbeaten New England Patriots and the New York Giants, a team which seemed to fluke into the Super Bowl. One amazing scramble and helmet catch (a play which will never be replicated) and the mighty Goliath of the National Football League had fallen.

Super Bowl XXXIV. Warner's first Super Bowl appearance came down to one yard separating the Tennessee Titans from victory over the St. Louis Rams. Warner's rise

from grocery store bagger to Super Bowl Most Valuable Player created a modern-day "Rocky;" the rise of a common man to the top of his profession.

Super Bowl XXXII. The icing on the cake of the career of the greatest quarterback of all time, John Elway. After singlehandedly carrying the Denver Broncos to three Super Bowls, backup finally had arrived. Across the field from the majestic Elway stood Brett Favre, the "best" of a new generation of gunslingers. As the smoke cleared, the cagey veteran Elway willed his team to victory, providing the famous "Superman Leap" where Elway was blasted by two Green Bay Packers yet somehow still managed to get the yardage he needed.

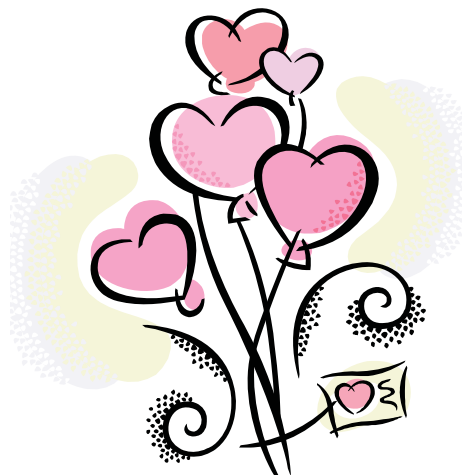
Super Bowl XXXVIII. After a mundane first half, something snapped in both the Patriots and their adversaries, the Carolina Panthers, creating a mash-up of offense in the fourth quarter that played out more like a war of attrition than a football game. Time finally ran out on the Panthers, but not before they showed the world they were a legit, top-flight football club.

Super Bowl XXXVI. The first Super Bowl played after 9/11, this game between the Rams and Patriots helped bring upon a spiritual reawakening in the American public. With seconds left, Adam Vinatieri iced the game by hitting a 48-yard field goal and helped the Patriots shed their "loser" label – a label which now seems almost unbelievable after their successes over the last decade.

Valentine's Day Shoutouts

Send your sweetheart a love note from Iraq!

If you are deployed with your spouse or know someone who is and would like to do a live interview for Valentine's Day, please contact Staff Sgt. Brian Raley at brian.raley@iraq.centcom.mil



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

Who: You!
What: Video Valentine
When: Feb. 9 at 10 a.m.
Where: Outside division headquarters
Why: To show your love to those back home.

Headline Round-up

Army News:

FORT JACKSON, S.C. - To battle a growing suicide rate, the Army may have to start teaching soldiers how to handle stress from the first day they take their entry oath, the service's top trainer said Feb. 6. "The new idea I suppose I would offer is getting at it right from the beginning of the career," said Gen. Martin Dempsey, the new four-star commander of the Army's Training and Doctrine Command, which operates 33 schools and training centers at 16 Army installations. Dempsey, who led soldiers during two combat tours in Iraq, was questioned about the issue after addressing 1,150 soldiers who graduated from basic training at Fort Jackson, the Army's largest training installation. According to figures obtained by The Associated Press, there were seven confirmed suicides last month, compared with five a year earlier. An additional 17 cases from January are under investigation.

Entertainment:

LOS ANGELES - A proposed merger of concert promoter Live Nation Inc. and ticketing giant Ticketmaster Entertainment Inc. is expected to be announced within days, but antitrust concerns could delay its completion. Board members for at least one of the companies were meeting Feb. 6, and the announcement of the merger of equals was being planned for Feb. 9, according to a person familiar with the situation. The deal would match the world's dominant ticket seller, Ticketmaster, with Live Nation, which was once its biggest client. Live Nation is the world's No. 1 concert promoter, owns 140-plus venues and has multiyear comprehensive rights deals.

Odd News:

SAN FRANCISCO - Construction workers are anxious and investigators are puzzled. Someone has been sending San Francisco's portable toilets up in flames in a wave of potty pyromania. "It's an outrage," said Scott Johnson, a 57-year-old contractor who has been working on apartment building renovations on Russian Hill, the elegant neighborhood that is home to famously crooked Lombard Street and has had most of the fires. Since November, at least 20 of the ubiquitous construction site toilets have been set afire in the city, creating a trail of malodorous wreckage and causing an estimated \$50,000 in property damage, according to fire officials.

Quote of the Day

Mercy to the criminal may be cruelty to the people.
- Arabian proverb

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



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AROUND THE COMMUNITY

Lion's Den

Fridays

"Gospel Hour: Moments of Joy"
@ noon

Fishbowl Gym

Feb. 14

Valentine's Day fun run.

Registration from 7 a.m. - 8
a.m. Race start @ 8 a.m.

March 27

Relay for Life HOPE Ceremony
@ 8 p.m.

March 28

Cancer awareness 5K/10K walk/
run. Free t-shirt and
continental breakfast. Race
begin @ 7 a.m.

Freedom Chapel

Violin teacher needed. Contact
Col. Andrew Baan (Andrew
baan@iraq.centcom.mil) for
more information.

Mondays

A History of Christianity @
7 p.m.

Wednesdays

Guitar Lessons @ 7 p.m.

Fridays

Catholic Hour @ 6:30 p.m.

Sundays

Protestant Traditional @ 10 a.m.

Roman Catholic Mass @ noon

LDS Service @ 2 p.m.

Eastern Orthodox @ 4 p.m.

Protestant @ 7 p.m.

Liberty

Feb. 22

Sweet 16 5 K Run. Race begins
at "Z" Lake @ 7 a.m. FREE
T-shirts to the top 115
finishers. POC: Spc. Daniel
Balderas 485-0411 or
daniel.balderas@iraq.cent-
com.mil

Babylon Theatre

Feb. 16

Newcomers Brief @ 1 p.m.

Feb. 17

Fire Warden Course @ 1 p.m.

Feb. 18

Fire Extinguisher Class @ 1 p.m.