

‘Garryowen’ prepares for incoming unit

By Pfc. Bailey Anne Jester
1st BCT PAO, 1st Cav. Div., MND-B

JSS ISTIQLAAL, Iraq – About a year ago, 1st Squadron, 7th Cavalry Regiment, 1st Brigade Combat Team, 1st Cavalry Division prepared to move to Joint Security Station Istiqlaal.

Today, they are preparing to redeploy back to Fort Hood.

“We are working on filling the holes in our continuity book for the unit following us,” said Huntsville, Ala. native, 2nd Lt. John Wilson, platoon leader assigned to 1st Sqdn., 7th Cav. Regt. “We are putting the information we have gathered during our stay together so the following unit doesn’t have to start from scratch.”

The book being formulated since their arrival contains basic contact information for

key sources and Iraqi Security Forces leaders, including pictures, names, numbers and locations.

Although the 1st Sqdn., 7th Cav. Regt. Soldiers are leaving the area, the work they put into building relationships with the local residents will not be lost, said Wilson.

“We plan on pushing the next unit and introducing them to our [friends],” Wilson explained.

“We want to start them where we left off,” he added.

One of the lessons Sqdn., 7th Cav. Regt., Soldiers hope to impart to their replacements are the importance of building friendships with the Iraqis to gain their trust and assistance in bringing peace back to the nation.

“We have built a relationship



Huntsville, Ala. native, 2nd Lt. John Wilson (left), a platoon leader assigned to 1st Squadron, 7th Cavalry Regiment, 1st Brigade Combat Team, 1st Cavalry Division, visits the commander of a local federal police unit to gather some missing information for the units’ continuity book at Joint Security Station Istiqlaal Dec. 12. The 1st Sqdn., 7th Cav. Regt., Soldiers are compiling missing information to pass on to the incoming unit.



Wilson, visits a water purifying system outside the gates of Joint Security Station Istiqlaal Dec. 12. Soldiers are gathering important information to complete their continuity book to pass to the incoming unit.

with these people. We have sat down and talked to them,” explained Birmingham, Ala., native Sgt. Charles Ray, an intelligence support team representative for Troop A, 1st Sqdn., 7th Cav. Regt. “These men and women are our eyes and ears. They pay attention to things and can tell when things are out of place.”

Along with the many important and helpful relationships the “Garryowen” Soldiers have formed in the community, they also improved a partnership with their federal police counterparts.

“The FPs go where we go to show the local populace that they are trying to take charge,” said Ray. “Working together sends a good message to the people.”

The federal policemen and Soldiers from 1st Sqdn., 7th Cav. Regt., regularly conducted combined patrols to collect photographs, phone numbers, names or locations. They plan to capture all of this and more in their book.

“Finishing this book will greatly help the incoming unit continue where we left off,” said Wilson. “We don’t want them to waste their time on something that has already been started.”

‘Iron Soldiers’ take reins from ‘Mavericks’

By Sgt. 1st Class Kristina Scott
USD-C PAO

BAGHDAD – The 1st Armored Division Special Troops Battalion commander, Lt. Col. Lane Turner, took the reins from the 1st Cavalry Division STB commander, Lt. Col. Matthew Karres, in a transfer of authority and color-casing and uncasing ceremony conducted at Camp Liberty Jan. 9.

Under a cloudless blue sky, Karres and his battalion senior noncommissioned officer, Command Sgt. Maj. Clinton Joseph, marched forward and formally cased the battalion’s heavily decorated colors.

Following tradition, the uncasing of the outgoing battalion’s flag was followed by the uncasing of the incoming battalion’s flag.

Under the Army’s modern concept of the modular brigade combat team, Karres found himself the commander of a diverse combination of troops, collectively known as the Mavericks. The DSTB spent the last 12 months in Baghdad performing a variety of missions – an achievement for which Karres is justifiably proud.

“We accomplished much more than we ever thought we would,” he said during the

ceremony. “We have a rock solid reputation throughout Baghdad.”

After uncasing his battalion’s colors Lt. Col. Lane Turner thanked the Mavericks for their outstanding performance during the relief-in-place, signaling that the time had come for the mission of his troops to begin.

“Iron Soldiers of United States Division–Center, I formally accept and certify that we are ready,” said Turner.

After the brief ceremony, the incoming battalion senior noncommissioned officer, Command Sgt. Maj. Sal Katz, said that he, too, was impressed with

the way the relief-in-place was handled.

“First Cavalry did an awesome job of heading us in the right direction,” he said. “The leadership here treated us like we were one of their own.”

As for the future, we are excited about this phase in the history of the battalion. We’ve worked extraordinarily hard in training our Soldiers for this mission,” Turner said. “Now, it is time to test our mettle. We are looking forward to this next year.”

“This will be a very focused and engaged deployment,” Katz added. “We just want to bring everyone home, safely.”

‘For all you do, this patch is for you’



Photo by Sgt. 1st Class Kristina Scott, USD-C PAO

BAGHDAD – Transportation Soldiers from Company B, Special Troops Battalion, 1st Armored Division earn their combat patches during a ceremony in front of their motorpool Jan. 11.

Step aerobics class a 'step above'

By Spc. Daniel Schneider
USD-C PAO

BAGHDAD – Fifteen Soldiers gathered inside the dance room of the Camp Liberty Morale, Welfare, and Recreation gym complex to exercise with lively music, Jan. 7.

The step aerobics class, offered on Tuesday, Thursday, and Saturday mornings, provides an intense workout for Soldiers.

Sgt. Genisha Johnson attached to 376th Finance Management Detachment teaches the class three times a week. She has taught step aerobics several times in the past including her last deployment to Iraq in '04-'05, said Johnson.

Sgt. Tiro Waters, a heavy construction mechanic assigned to the 659th Maintenance Company, assists Johnson by walking around the class showing students how to improve their form.

"[I] walk around the class



Photo by Daniel Schneider

Step aerobics classes are just one of the many diverse exercise options Soldiers can use to improve their physical fitness while deployed.

and help people with the steps. I'm happy to be in a support role," said Waters, a native of Detroit, Mich.

"I want to give back to the Soldiers," said Johnson,

a Long Beach, Calif., native. "I'm good at [physical training], and want to use that to help get everyone on the same page."

Physical training can also be a good pastime while here in Iraq.

"In a deployed environment, it is good to get the adrenaline flowing and take your mind off of the deployment," said Johnson.

Step aerobics is not your run-of-the-mill exercise; it provides intense cardiovascular training. The class lasts about an hour with constant movement, using steps to augment the workout.

"This class is awesome, and I wouldn't change a thing about it," said Staff Sgt. Donnell Daniels, assigned to Company A, 702nd Brigade Support Battalion, 4th Stryker Brigade, 2nd Infantry Division. "My cardio has improved a lot in

the month-and-a-half since I started this class," said Daniels.

To become an instructor, Johnson had to be a student first, and moved up to an assistant instructor position once she mastered all the moves of the class. Eventually, when she became comfortable with teaching others the steps, she became an instructor.

"Consistency is the key to being a good instructor," Johnson said.

Soldiers attending the step aerobics class were drenched in sweat, yet awake and energized after the hour-long exercise.

"The hardest part of participating in this class is putting on your shoes," said Johnson. "The exercise is intense, but you have music and fellow Soldiers here with you, and afterward, your PT is already done!"



Photo by Daniel Schneider

Sgt. Tiro Waters, a heavy construction mechanic for 659th Maintenance Company, performs a crouching exercise during a step aerobics class held at Liberty's Morale, Welfare and Recreation gym, Jan. 7.

On This Day In History

January 12, 1984

Pyramid mystery unearthed

On this day, an international panel overseeing the restoration of the Great Pyramids in Egypt overcomes years of frustration when it abandons modern construction techniques in favor of the method employed by the ancient Egyptians.

Located at Giza outside Cairo, some of the oldest manmade structures on earth were showing severe signs of decay by the early 1980s. Successful repair work began on the 4,600-year-old Sphinx in 1981, but restoration of the pyramids proved destructive when water in modern cement caused adjacent limestone stones to split. On January 12, 1984, restorers stopped using mortar and adopted the system of interlocking blocks practiced by the original pyramid builders. From thereon, the project proceeded smoothly.

The three enormous pyramids situated at Giza outside of Cairo were built by King Khufu, his son, and his grandson in the Fourth Dynasty. The largest, known as the Great Pyramid, was built by Khufu and is the only one of the "Seven Wonders of the World" from antiquity that still survives. The Great Pyramid was built of approximately 2.3 million blocks of stone and stood nearly 50 stories high upon completion. Its base forms a nearly perfect and level square, with sides aligned to the four cardinal points of the compass.

The Great Pyramid is composed primarily of yellowish limestone blocks and was originally covered in an outer casing of smooth light-colored limestone. This finer limestone eroded and was carried away in later centuries, but the material can still be found in the inner passages. The interior burial chamber was built of huge blocks of granite. It is believed that construction of the pyramid took 20 years and involved over 20,000 workers, bakers, carpenters, and water carriers. The exact method in which this architectural masterpiece was built is not definitively known, but the leading theory is that the Egyptians employed an encircling embankment of sand, brick, and earth that was increased in height as the pyramid rose.

USD-C Pic of the day!



Photo by Sgt. Travis Zielinski, 1st ACB, 1st Cav. Div. Public Affairs

CAMP TAJI, Iraq – Two UH-60 Black Hawk helicopters from 1st Air Cavalry Brigade, 1st Cavalry Division, approach for a landing at the new passenger terminal Jan. 5.

FAMOUS FEATS OF CHUCK NORRIS



DID YOU KNOW?

The chemical formula for the highly toxic cyanide ion is CN⁻. These are also Chuck Norris' initials. This is not a coincidence.

Quote For Today

“Strength does not come from physical capacity. It comes from an indomitable will.”

-Mahatma Gandhi-

Iraq 3-Day Weather Report



Today
69° F | 53° F



Tomorrow
66° F | 58° F



Wednesday
69° F | 50° F

TRIVIA TIME!!

What was the name of Germany's plan at the beginning of World War I to deliver a knock-out blow to the French and then turn all of its resources on the more slowly mobilizing Russian army?

Last Issue's Answer: OLD BALDY

Cav Round-Up radio newscast available

USD-C PAO

BAGHDAD – The Cav Round-Up is a three-minute radio newscast from Baghdad covering military units and events across United States Division – Center

For this newscast, please contact the Media Relations Staff with DVIDS at 678-

421-6612 or e-mail news@dvidshub.net.

Today's Cav Round-Up # 238 was produced by Sgt. 1st Class Brian Scott, USD-C Public Affairs Office.

This newscast includes the following stories:

1. Two brothers from Wichita, Kansas reunite after

more than a year apart and the reunion was more than they had hoped for. Interviews with 1Lt. Ryan Zeller, 1/1 Cav, SGT Kyle Zeller, 3rd Infantry Division.

2. Soldiers learn best and quickest way to exit a Mine Resistant-Ambush Protected vehicle.

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Check out other USD-C products, such as the weekly First Team Update video news program, and the latest print stories at the 1st Cavalry Division's homepage: www.hood.army.mil/1stcavdiv

Trigger's Tease

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

The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three very simple constraints to follow: **Every row of 9 numbers must include all digits 1 through 9 in any order. Every column of 9 numbers must include all digits 1 through 9 in any order. Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.**

Every Sudoku game begins with a number of squares already filled in. The more squares that are known the easier it is to figure out which numbers go in the open squares. As you fill in the squares correctly, options for the remaining squares are narrowed and it becomes easier to fill them in.

Yesterday's Answers

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



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