



www.taskforcemountain.com

March 9, 2009

‘Rough Riders’ provide physical therapy to Iraqis



Photo by Cpt. Kimberly Jennings

Capt. Candi Darst, a physical therapist, assigned to the 27th Brigade Support Battalion, 4th Brigade Combat Team, 1st Cavalry Division, makes a photographic record of a patient's foot.

CAPT. KIMBERLEY JENNINGS
4TH BCT, 1ST CAV. DIV.



COB ADDER – Two Soldiers from the 4th Brigade Combat Team, 1st Cavalry Division, are responsible for providing physical therapy across three of Iraq's southern-most provinces.

Capt. Candi Darst and Spc. Nicholas Pieper, assigned to the 27th Brigade Support Battalion, provide their medical skills to Coalition Forces, Iraqi Security Forces and Iraqi civilians in the Maysan, Muthanna and Dhi Qar provinces since the unit arrived in Iraq last summer.

“While the contributions of the bri-

gade physical therapist are not immediately noticeable, the effects are felt throughout the brigade through improved morale and welfare to the Soldier” explained Darst, the 27th BSB ‘Rough Riders’ lead Physical Therapist. “It is an invaluable asset and preserves the well being of numerous Soldiers.”

Darst, a native of Newport News, Va., uses sports injury medical practices to heal many Soldiers’ and civilians’ injuries.

She travels at least once a month to provide care to the troops in remote locations. Her missions sometimes mean hours on the dusty roads of Iraq to care for troops.

“I have spent time on what seems

like a hundred outposts over here, and have not experienced the level of support given by Capt. Darst,” said Sgt. 1st Class Steven Bliss, a physical therapy technician working in her coverage area.

While Darst is out on missions, Pieper, a native of Oviedo, Fla., remains at COB Adder keeping patients on their way to recovery until the senior therapist returns. He assists the military healthcare providers with the proper orthopedic bracing and exercise care.

Recently, Darst had the opportunity to support ‘Operation Future Steps,’ a medical partnership with Iraqi phy-

See THERAPY, page 3

First tile laid at future Hayy courthouse

SGT. 1ST CLASS JOE THOMPSON
41ST FB



FOB DELTA – The judges in the Hayy judicial system currently have no courtroom, no judge's chambers and get only two to four hours of electricity a day. That is about to change.

Thanks to an Iraqi Commander's Emergency Response Program project, the existing building which also houses the Hayy real estate offices will be refurbished, and a new building that will include a new courtroom, judge's chambers and administrative offices, will be constructed.

Hayy Chief Judge Falah Kareem cut the ribbon and laid the first tile at the

brick and mortar ceremony, signifying the start of the new project that was coordinated through the Wasit Provincial Reconstruction Team and the 41st Fires Brigade.

"We want to thank the Americans and the PRT because they helped us to renew this building here," said Falah. "I hope this project will be finished as soon as possible, so this court can provide a lot of service to the people of Al Hayy."

In addition to the new building, the project includes a new generator to provide consistent electricity to the court buildings, new bathroom facilities and a new perimeter wall. The total cost for the project is 381 million Iraqi dinar, which is \$330,000.

"I'd like to thank the American forces for rebuilding the courthouse in Al Hayy and we would like them to build many more projects in Al Hayy," said Kadim Karim, Hayy mayor.

"If you think 11 short months ago, we were fighting the insurgency on these very streets," said Colonel Richard Francey, 41st Fires Bde., commander. "Today the placing of the first stone and the building of a new courthouse represents the rule of law and the protection of human rights."

"Judge Falah and many others in this province have sacrificed much to get to where we are today," he added. "The Iraqi people can be very proud of where they are and where they are going."



Photo by Sgt. 1st Class Joe Thompson
(Left) The Hayy Mayor Kadim Karim and the Hayy chief judge Falah Kareem cut the ribbon at the Hayy courthouse brick and mortar ceremony recently. (Above) Karim and Kareem lay the first tile, signifying the beginning of the new I-CERP construction project for the Hayy courthouse.

THE Mountain View

The Mountain View is an authorized publication for members of the U.S. Army. Contents of The Mountain View are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or the 10th Mountain Division. All editorial content of The Mountain View is prepared, edited, provided and approved by the Task Force Mountain Public Affairs Office.

TASK FORCE MOUNTAIN PUBLIC AFFAIRS OFFICE

Commanding General - MAJ. GEN. MICHAEL L. OATES

Command Sergeant Major - COMMAND SGT. MAJ. JAMES W. REDMORE

Editorial Staff

TF Mountain PAO — Lt. Col. Paul Swiergosz
OIC, Command Information – Maj. Page Baldwin
NCOIC – Staff Sgt. Dave Lankford
Managing Editor – Staff Sgt. Derek Smith
Photo Editor/Design — Pfc. Tyler Maulding
Staff Writers – Sgt. Frank Vaughn,
Sgt. Debralee P. Crankshaw,
Sgt. Josh LeCappelain,
Sgt. Tiffany Evans,
Spc. Darryl Montgomery

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

Contributing Units

172nd Infantry Brigade Combat Team
2nd BCT, 4th Infantry Division
4th BCT, 1st Cavalry Division
41st Fires Brigade
343rd Mobile Public Affairs Detachment
793rd Military Police Battalion
Division Special Troops Battalion, 10th Mtn. Div.
Task Force 449



THERAPY

From page 1

sicians to help identify necessary equipment for physically disabled children. Currently, there are no licensed Iraqi physical therapists available in the region.

"We hope that through more collaborative partnerships," said Darst. "Iraqi medics and physician's will place more of an emphasis on this type of care."

Don't Forget!

Daylight savings time was observed back home in the United States, so remember when calling home that the difference in time has decreased by one hour.



Photo by Spc. Debralee P. Crankshaw

A Central Laundry Facility employee folds a t-shirt. The laundry facility processes approximately 7,000 bags of laundry a day.

SGT. DEBRALEE P. CRANKSHAW
MND - C



CAMP LIBERTY – Laundry is a household chore people do everyday throughout the world. Some people are particular about the way they wash their own clothes, but there is one group of people here who are particular about how they wash other people's clothes.

The Central Laundry Facility on Camp Liberty processes approximately 7,000 bags of laundry a day from camps around the Baghdad area including Liberty, Victory, Cropper, Slayer, Striker and the Radwaniyah Palace Complex.

"It's about 7,000 a day, but sometimes it's as much as 8,000," said John Keys, KBR Director of Services for Baghdad, a native of Madison, Miss.

Central Laundry Facility accomplishes big job

"We have to be prepared for unexplained surges (of laundry) – we have to be ready at any time."

To be prepared, the facility keeps to a strict procedure to promote efficiency and organization.

"We have so many bags," said Sabina Sejdinovic, KBR Regional Laundry Manager for Baghdad, a Tuzla, Bosnia native, "but we have the paperwork so we can find them. We've never lost a bag in the six years I've been here".

Keys said there are two suggestions he has for Servicemembers and civilians dropping off their laundry – separate whites and colors and check your pockets.

When dropping laundry off, a mesh bag can be requested to separate clothes.

This bag must be returned when laundry is picked up.

Checking pockets is something that Sejdinovic also emphasizes. She said

"We have to be prepared for unexplained surges (of laundry) – we have to be ready at any time."

– John Keys

KBR Director of Services for Baghdad

The facility does its part in water conservation by using a recycling system. The system recycles about 60,000 gallons of water a day, according to Keys, who stressed customers can help with water conservation.

"Since we wash all the clothes individually, if a pair of socks come in we wash them by themselves," he said. "Fill up your bag."

He added 28 items is the maximum though.

After being washed and dried, the clothes are then folded by bag. Only one bag is allowed on the table at a time so clothes don't get mixed together.

All clothes are washed in cold water, with a mild, allergy-free detergent, but a few clothes have to be washed in hot water. For this, the facility has industrial washers and dryers for medical laundry; detainees' laundry; Morale, Welfare and Recreation towels; very soiled clothing; and blankets.

there are approximately 1,000 items per month found in pockets.

An item can be any amount of money, identification cards, thumb drives, cell phones, MP3 players and knives. They have even found a keyboard.

Employees check pockets before they wash the clothes so they can log the items and who they belong to.

The items are placed in a container which the Criminal Investigation Division checks.

"Folks here are very aware of what they have to do (with items they find) and what they are looking for," said Keys.

While getting the laundry clean and making sure lost items find their way back to their owners is important, Sejdinovic is more concerned with customer satisfaction.

"We don't want to have any complaints," she said. "We just want our customers to be happy."

Staff Section Round-up

WOMEN'S HISTORY MONTH 2009



Come Join In the Celebration of the Multi-National Division - Center's

WOMEN'S HISTORY MONTH OBSERVANCE

DATE: 10 MARCH 2009
TIME: 1600HRS
PLACE: HOPE CHAPEL



Is there someone you'd like to say hello to at home?



If you are interested in taking part in a live hometown interview contact Staff Sgt. Kristen King at kristen.king@iraq.centcom.mil

Obama's strategy - what do you think of it?



To let the CG and others know, go to the Mountain Sound Off Blog at

www.taskforce-mountain.com

Headline Round-up

U.S. News:

SAN FRANCISCO - The California Supreme Court could decide that there are two kinds of same-sex couples: those who can't get married, and those who already did. A ruling that upholds both voters' November decision to ban gay marriage and the 18,000 same-sex marriages conducted earlier in California could come off as a safe compromise. But it also promises to keep alive an issue that has split the state as few others have. Justices on the high court appear hesitant to overturn Proposition 8, while also reluctant to invalidate same-sex marriages performed before it passed, legal observers agreed March 6.

Science News:

CAPE CANAVERAL, Fla. - NASA's planet-hunting spacecraft, Kepler, rocketed into space March 6 on a historic voyage to track down other Earths in a faraway patch of the Milky Way galaxy. Its mission will last at least 3 1/2 years and cost \$600 million. The goal is to find, if they're there, Earth-like planets circling stars in the so-called habitable zone — orbits where liquid water could be present on the surface of the planets. That would mean there are lots of places out there for life to evolve, said Kepler's principal scientist, Bill Borucki.

Entertainment:

NEW YORK - "Seinfeld" isn't coming back, but its stars will be together again this fall on HBO. The network says that Jerry Seinfeld, Julia Louis-Dreyfus, Jason Alexander and Michael Richards will appear in several episodes of "Curb Your Enthusiasm." The HBO comedy stars Larry David, who helped create "Seinfeld." HBO wasn't giving out any other details about the appearances, which were first reported on the Entertainment Weekly Web site.

Odd News:

NEW CASTLE, Pa. - A 4-foot-long alligator is accused of starting a fire at an abandoned school in western Pennsylvania. North Beaver Township officials say the owner of the former elementary school that burned near New Castle, about 40 miles northwest of Pittsburgh, was living with a menagerie of animals in the building, including an alligator, about 70 rabbits and unspecified "aquatic animals." The owner believes the alligator knocked over a portable heater onto some papers, starting the blaze March 5, Fire Chief Paul Henry said. Henry said the fire caused a "fair amount" of damage to the building.

Quote of the Day

"You are only what you are when no one is looking."
-Robert C. Edwards

S	7	4	9			1	3		2
		2		6			4		
u	6		3	9		4	1	7	
d	2				8				3
				1				9	
o			4		6				
k		3		2		8			
					3		8	1	
u		7	8	5	9		2		

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



www.taskforcemountain.com

AROUND THE COMMUNITY

Lions Den

Fridays
"Gospel Hour: Moments of Joy"
@ noon

Fishbowl Gym

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 begins @ 7 a.m.

April 11
Pirate's Cove Run 5K/10K.
Registration begins @ 7 a.m.,
race begins @ w8 a.m.
T-shirts awarded to top finishers.

Victory

March 9
Purim Megillah reading, Victory Chapel @ 8 p.m.

March 15
Victory Marathon/half marathon @ 7 a.m. Start at multi-purpose stage next to Oasis Dining Facility. Individual and team runners. Teams must consist of one male and one female. Runners must complete registration forms and email them to joseph.may@us.army.mil. Packets must be picked up March 14 at the multi-purpose stage.

Liberty

March 14
Jacksonville River Run 15K at Z Lake. Registration begins @ 6 a.m. Contact Jeffrey Heise for more information, jeffrey.heise@iraq.centcom.mil.

Slayer

Saturdays
Cigar club at Green Beans @ 8 p.m.

Babylon Theater

March 17
Fire Warden Class @ 1 p.m.