



www.taskforcemountain.com

April 21, 2009

MPs shed some light on IP operations



Photo by Sgt. 1st Class Joe Thompson

Sgt. Glen MacDonald, 1st Squad, 2nd Platoon, 772nd MP Co., prepares a donated flashlight for use. MacDonald, a native of Fell River, Mass., asked people from his state to assist in supplying flashlights to the IP. The flashlights are an essential piece of equipment when conducting nighttime operations.

SGT. 1ST CLASS JOE THOMPSON
41ST FB



FOB DELTA – Conducting partnered nighttime police operations when unable to see makes completing the mission difficult.

Soldiers of the 772nd Military Police Company realized

these challenges when they discovered their Iraqi partners didn't have flashlights.

"During a night patrol, we went out there to do a check-point and quickly realized it was very difficult to do it without flashlights," said Sgt. Glen MacDonald, 1st Squad, 2nd Platoon, 772nd MP Co., a native of Fell River, Mass. "We had

See **LIGHT**, page 2

LIGHT

From page 1

to use ours but they didn't have any at all."

MacDonald reached out to people in his home state to see if they could help.

"I have some friends that work for Lowe's Home Improvement, and I made some contacts through my wife," said MacDonald. "They went up their chain-of-command to Maglite. They donated the 36 free flashlights for us."

MacDonald and his squad delivered the flashlights to the Falahea station chief during a visit to the station recently.

"It is helpful for us since we couldn't check everything we are supposed to, especially while conducting searches at traffic control points during the night," said Capt. Thwfiqr, Falahea Iraqi Police station chief.

"We are very appreciative for this gift from the U.S. forces."

This equipment is essential for the IP mission.

"They need to have the bare necessities, obviously weapons and ammunition, but if they are supposed to be out

at night, since the electricity around here isn't like it's supposed to be," said MacDonald. "They're going to need flashlights, it's something they defi-

nately are going to need."

Better equipped, the IPs stand further prepared to shed the light of the law in Falahea.



Photos by Sgt. 1st Class Joe Thompson

(Above) Capt. Thwfiqr, Falahea Iraqi Police station chief, tests a flashlight donated to the police station by members of 1st Squad, 2nd Platoon, 772nd MP Co., recently. (Left) Sgt. Glen MacDonald, 1st Squad, 2nd Platoon, 772nd MP Co., a native of Fell River, Mass., stands with Falahea Iraqi Police station chief Capt. Thwfiqr after delivering 36 flashlights recently. The flashlights are essential for the IPs to conduct nighttime operations. "It is helpful for us since we couldn't check everything we are supposed to, especially while conducting searches at traffic control points during the night," said Thwfiqr. "We are very appreciative for this gift from the U.S. forces."



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
- Acting NCOIC — Staff Sgt. Derek Smith
- Assignment Editor — Sgt. Frank Vaughn
- Editor/Design — Sgt. Debralee P. Crankshaw
- Photo Editor — Pfc. Tyler Maulding
- Staff Writers — Sgt. Brandon LeFlore, Spc. Darryl Montgomery

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



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

Safety essential when conducting PT

SGT. FRANK VAUGHN
MND-S



CAMP VICTORY – Physical fitness is a vital part of a Soldier's ability to perform his or her mission effectively, especially in the harsh climate of Iraq. Physical training not only provides strength and endurance, it also offers a boost in morale for many Soldiers.

However, there are safety issues to consider when conducting PT in Iraq, according to Maj. Douglas Badzik, preventive medicine physician with Multi-National Division-South Surgeon Cell.

"The summer heat is certainly something to be wary of," said Badzik. "I was here in August, and 120 degrees redefined hot for me."

The Lincoln, Calif. native added that hydration is essential for preventing heat injuries and should be accomplished with a proper mixture of water and drinks that replenish electrolytes. This combination is key to preventing hyponatremia, a condition defined by a deficiency of sodium in the bloodstream, caused by more water being taken into the body than expelled.

Badzik emphasized that Soldiers should also get proper rest on a regular basis.

"One of the things that can cause problems for Soldiers is a dependence on energy drinks and caffeine as a substitute for proper rest," he said. "These drinks make your engine run hotter and your body becomes a less efficient machine."

A proper diet is also important, according to Sgt. Kelly Laird, Division Surgeon's Office operations and administrative noncommissioned officer.

"As it gets hotter and hotter outside, your appetite can dwindle," the New Meadows, Idaho native said. "A

smaller appetite, combined with higher levels of physical activity, can lead to unhealthy weight loss."

He added that Soldiers who wish to lose weight should set a goal of losing about a pound a week until they reach their desired weight.

Badzik also urged Soldiers to be cautious about working out too much and turning to supplements for assistance in physical performance.

"Moderate exercise is best," he said. "Don't cheat Mother Nature with supplements. These essentially convert to testosterone and create an unnatural metabolism, which could increase the chances of suffering a heat injury."

Moderate exercise is best done on a regular basis, said Laird. Training hard just before an Army Physical Fitness Test after being sedentary for a lengthy

period of time, a practice also known as a 'PT surge,' can be dangerous, especially in an extremely hot climate.

"There are several dangers to doing this," he said. "In addition to shocking your system with a sudden surge in physical activity over a short period of time, you also run the risk of serious injury, and at the very least, extreme soreness following workouts. This represents a serious threat to a Soldier's mission capability."

As the summer months approach, Soldiers should be smart about how they conduct physical fitness training. For more information, consult Army Field Manual 21-20 for guidance on conducting proper physical training. Additional information on general health and welfare can be found online at www.hooah4health.com.



Right now the Army is experiencing an unacceptable level of sexual assaults against female Soldiers. For me, one sexual assault is unacceptable - but what is going on here?

How do we reduce this trend?

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

www.taskforcemountain.com

Headline Round-up

World News:

Thanks to a new law, Canada will bestow citizenship April 17 on what its government believes could be hundreds of thousands of unsuspecting foreigners, most of them Americans. The amendment to Canada's Citizenship Act automatically restores Canadian nationality to many people forced to renounce it when they became citizens of another country. It also grants citizenship to their children. The Canadian government doesn't know the precise number or location of individuals affected by the legislation. But it believes most are U.S. citizens, a spokeswoman for Canada's immigration office said. U.S. Department of Homeland Security records show 240,000 Canadians were naturalized in the U.S. from 1948 to 1977; the new law fixes problems that occurred during those years.

U.S. News:

PORT-OF-SPAIN, Trinidad - Trading their warmest words in a half-century, the United States and Cuba built momentum toward renewed ties on April 17, with President Barack Obama declaring he "seeks a new beginning" — including direct talks — with the island's communist regime. As leaders of the Americas gathered for a summit in this Caribbean nation, the head of the Organization of American States even said he'll ask his group to invite Cuba back after 47 years.

Sports News:

NEW YORK - Gary Sheffield crossed home plate and thrust his arms in the air after unleashing his 500th homer with another vicious swing, and then the surly slugger was humbled by the site of his new Mets teammates pouring out of the dugout. Sheffield was greeted with hugs and high fives after becoming the 25th player to reach the milestone with a tying homer in the seventh inning April 17. The party switched focus in the bottom of the ninth when Luis Castillo hit a two-out, run-scoring single to give the Mets a 5-4 victory over the Milwaukee Brewers.

Quote of the Day

'Would you tell me, please, which way I ought to go from here?'
'That depends a good deal on where you want to get to,' said the Cat.
'I don't much care where —' said Alice.
'Then it doesn't matter which way you go,' said the Cat.
'—so long as I get somewhere,' Alice added as an explanation.
 — Lewis Carroll, *Alice's Adventures in Wonderland*

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

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



www.taskforcemountain.com

AROUND THE COMMUNITY

DFAC 1

Closed for conversion to gym

DFAC 2

Breakfast: 5:30 - 8:30 a.m.

Lunch: 11:30 a.m. - 2:30 p.m.

Dinner: 5 - 9 p.m.

DFAC 3

Breakfast: 5:30 - 8:30 a.m.

Lunch: 11:30 a.m. - 2:30 p.m.

Dinner: 5 - 9 p.m.

DFAC 4

Breakfast: 5:30 - 8:30 a.m.

Lunch: 11:30 a.m. - 2:30 p.m.

Dinner: 5 - 9 p.m.

PX

Open: 9 a.m. - 9 p.m.

Alteration Shop

Open: 9 a.m. - 7 p.m.

Barber Shop

Open: 9 a.m. - 7 p.m.

Finance

Monday - Saturday

Open: 9 a.m. - 5 p.m.

Sunday

Open: 9 a.m. - noon

Camp Alpha Gym

Open: 24 hours

Camp Charlie Gym

Open: 24 hours