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An issue dedicated to soldiers' stories

Deployment brings brother, sister together



Photo by Sgt. Rodney Foliente

Sgt. Jordane Lovin, STB, 2nd BCT, 4th Inf. Div. signal intelligence analyst shares a joke with her older brother, Pfc. Robert Lovin, 10th Sustainment Bde. quartermaster specialist, at Camp Echo recently.

SGT. RODNEY FOLIENTE
2ND BCT, 4TH INF. DIV.



CAMP ECHO – Typically, deployment marks a separation from family. It can be a difficult sacrifice that walks hand-in-hand with selfless service to answer the nation's call.

Occasionally, however, circumstances may actually bring family members

together and strengthen the bond between them.

Sgt. Jordane Lovin, Special Troops Battalion, 2nd Brigade Combat Team, 4th Infantry Division signal intelligence analyst, received a visit from her older brother, Pfc. Robert Lovin, 10th Sustainment Bde. quartermaster specialist, at Camp Echo recently.

The siblings have not been able to spend time together since Jordane

graduated high school in 2003 and joined the Army, leaving their home in Erie, Pa.

"I honestly thought Iraq would be the last place I would see her," said Robert, who has been stationed at Victory Base Complex in Baghdad since May. When he found out his sister was coming to Iraq, he tried to coordinate a visit. He

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Swift to command 1st BCT, 1st Armored Div.



Photo by Spc. Darryl L. Montgomery

Col. Larry Swift, 10th Mtn. Div. chief of operations, reviews documents. Swift will assume command of 1st Brigade Combat Team, 1st Armored Division in a change of command ceremony scheduled for June 15 at Fort Bliss, Texas. "I am honored, humbled and profoundly grateful with the opportunity to command a brigade," said Swift, a Sacket's Harbor, N.Y. resident. "However, I am very sad to be leaving the 10th Mtn. Div., which I have called home for the last eight of 11 years. I have always looked at the 10th Mtn. Div. as family and look forward to working under the division again as a brigade commander when they deploy to Iraq in September 2010." He will be replaced by Lt. Col. Dennis Sullivan, 10th Mtn. Div. deputy chief of staff, division rear and mission support element.

THE Mountain View

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 Task Force 449



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SIBLINGS

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took the request to his chain of command, and was approved for a four-day visit to Camp Echo. When he found out he couldn't contain his excitement.

"I went outside and actually started jumping up and down for joy when I found out," he said. Jordane responded to the mental image by making fun of him. After a shared laugh, she admitted that she was also excited when she learned his unit would let him visit.

"I'm very grateful that they did. Since I'm a late deployer, I don't get to go home on leave, so I was very happy that he came down to Camp Echo. It was pretty awesome," said Jordane, who deployed in January to join the rest of the 2nd BCT, which deployed in September. Jordane was held back from deployment until she had appropriate dwell time after a tour in Korea.

The 23-year-old said she was very excited for him to see how much she had changed, but admitted being a bit anxious for the same reason.

Jordane has been in the Army for more than five years and Robert joined 18 months ago. He said he respects Jordane's experience and military knowledge and often asks her for advice in Army matters. His goal, however, is to

match her in rank one day, which she claims will never happen.

"Her joining made me want to join," said Robert, 24. "I'm glad I took her advice and joined the Army." He said the Army is taking care of his family and he doesn't have to worry about his wife, Amy, their four-year-old son, Dustin, and daughter, Haley, 3.

Robert recently re-enlisted for six years. Jordane re-enlisted last year for four. Both said the Army has been good to them and they plan on staying in for awhile. They said they would one day like to be stationed on the same post, possibly Fort Carson, Colo. Though if that happened, they both joked, they would drive each other crazy.

"I think we're pretty close," she said of the whole family relationship. Jordane and Robert have seven siblings, including four step-siblings. "As far as not seeing each other for a while, we still talk to each other and e-mail." She said using the Web-cam helps close the distance as well.

They said their family is very proud to carry on the tradition of serving their country, even through the hardships of separation.

They both said they miss the rest of the family but took solace in each other's company, reveling in their micro-family reunion.



Photo by Sgt. Rodney Foliente
Sgt. Jordane Lovin, STB, 2nd BCT, 4th Inf. Div. signal intelligence analyst, and her older brother, Pfc. Robert Lovin, 10th Sustainment Bde. quartermaster specialist, pet Staff Sgt. Ruby at Camp Echo recently.

The CG wants to talk to you!

Share what you think in a chat with the CG.

When? Sunday, April 26 at 7 p.m.

Baghdad time

(Noon, Fort Drum time)

Where??

<http://www.taskforcemountain.com/lima-charlie-chat-room>

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Dietician gives Soldiers information to chew on

SGT. ALLISON CHURCHILL
41ST FB



FOB DELTA – The human body needs fuel to perform its necessary tasks. Choosing the best fuel can be difficult for



Photo by Sgt. Allison Churchill

Maj. Kelli Metzger, of Gambrills, Md., dietician for 10th Combat Support Hospital and Walter Reed Army Medical Center, discusses points of the nutrition class with Sgt. Nathan Collier, of Erin, Tenn., gunner, Battery A, 1st Battalion, 77th Field Artillery Regiment, recently at the FOB Delta troop medical clinic.

deployed Soldiers who don't always have nutrition labels to read.

Major Kelli Metzger, 10th Combat Support Hospital dietician, visited FOB Delta recently to teach nutrition classes and give individual counseling to Soldiers who want to boost their ability to keep fit.

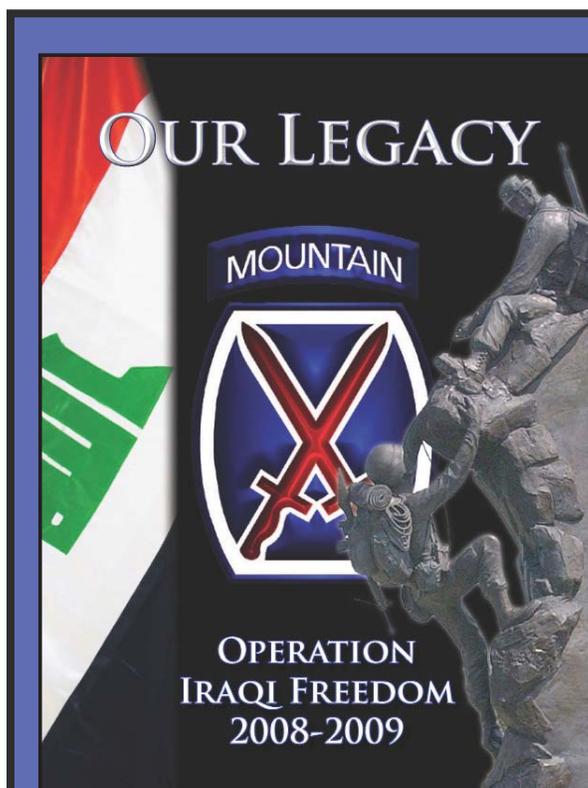
Metzger's basic class focuses on the "new" food pyramid developed by the U.S. Department of Agriculture. The pyramid, which was updated in 2005, has the food groups shown vertically instead of horizontally, to better reflect that each group is important but in varying amounts, Metzger said. It also now shows a character walking up steps, which has two meanings to Metzger, who works at Walter Reed Army Medical Center when not deployed.

"It shows exercise, but it also means to take things one step at a time," said Metzger, a resident of Gambrills, Md. Completely redoing one's diet would be hard to maintain, but if a Soldier adds a fruit or vegetable to his plate at every meal or drinks one less can of soda a day, he'll increase his health and be able to make more changes.

Metzger also urged Soldiers not to cut calories drastically. Doing so will slow the metabolism and actually cause a person to gain weight because the body goes into starvation mode, trying to hold on to as many calories as it can.

An easy way to tackle the dining facility is to take advantage of the sectioned plates for portion control, Metzger said. Soldiers should put vegetables and fruit in the big section of the plate, and use the smaller quarters for their meat and starches.

Metzger plans to return to FOB Delta, after visiting other outposts of the 10th CSH.



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Headline Round-up

World News:

BAGHDAD - The long stretch of relative calm in Baghdad is sparking a marriage boom. Couples who put their lives on hold amid Iraq's turmoil are rushing to make up for lost time. Not only do more people appear to be getting hitched, newlyweds are throwing lavish wedding parties like those that were once a mainstay of the Baghdad social scene. During the darkest days of Iraq's sectarian violence in 2006-2007, when Shiite militias and Sunni insurgents were killing members of the rival sects, many couples put off marriages since wedding parties were a favorite target for suicide bombers. Now, with violence down 70 percent from a year ago, the freeze on personal lives is thawing. While comprehensive statistics aren't available, reports from a few local authorities suggest weddings have jumped dramatically.

U.S. News:

POCATELLO, Idaho - An eastern Idaho judge who lost patience with the disruptive behavior of a defendant ordered court officials to tape the man's mouth shut with duct tape during a court hearing. The unusual move was ordered by 6th District Judge Peter D. McDermott during a probation violation hearing for Nicklas Frasure, 23. Frasure was convicted of felony theft in 2008, but the judge retained jurisdiction for sentencing depending on Frasure's response to treatment. In October, Frasure was released from a state mental hospital in Blackfoot. He is accused of violating his probation by not taking prescribed medication. During the April 20 hearing, Frasure interrupted the proceedings with repeated verbal outbursts and unusual behavior and ignored several orders from McDermott to restrain himself.

Sports News:

CONCORD, N.C. - Dale Earnhardt Jr. and Casey Mears were penalized April 21 for intentionally bumping cars after the race at Phoenix International Raceway. NASCAR put both drivers on probation for the next six races, but neither was fined or lost any points. Contact between the two caused Earnhardt to crash with 11 laps to go in April 18's race. The accident dropped him to 31st. After the race, Earnhardt intentionally spun Mears on the cool-down lap. Mears retaliated by passing several cars on pit road to find Earnhardt, then bumping into the back of his car.

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



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AROUND THE COMMUNITY

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

Finance
Monday - Saturday
Open: 9 a.m. - 5 p.m.
Sunday
Open: 9 a.m. - noon

DFAC 1 Worship
Sunday
Roman Catholic Mass, UK led @ 9:30 a.m.
General Protestant @ 11 a.m.
Church of Jesus Christ of Latter Day Saint @ 2 p.m.
General Protestant @ 6:30 p.m.

DFAC 3 Worship
Sunday
Gospel Worship @ 2 p.m.

DFAC 4 Worship
Monday - Saturday
Daily Mass @ 8 p.m.
Sunday
Protestant Contemporary Worship @ 10 a.m.
Holy communion, Protestant (UK) @ 11:30 a.m.
Roman Catholic Mass, UK led @ 8:30 p.m.

The Norris Roundhouse
If you have five dollars and Chuck Norris has five dollars,
Chuck Norris has more money than you.

