

Army cooks still keep Soldiers fed

By Spc. Luisito Brooks
4th SBCT PAO, 2nd Inf. Div.

BAGHDAD — While most military dining facilities are run by contracted employees, at a few remote locations, it's the U.S. Soldiers that still provide the meals.

At Joint Security Station Justice, on Baghdad's west side, Soldiers from the 702nd Brigade Support Battalion, 4th Brigade Combat Team, 2nd Infantry Division are in charge of the running the DFAC that serves approximately 2,000 meals every day.

“In Iraq, we don't often get a chance to cook for our Soldiers because most DFACs are much larger and so contractors are hired to run those facilities,” said Staff Sgt.

Herbert Perry, the JSS Justice DFAC's non-commissioned officer-in-charge.

Smaller bases don't have the luxury of being able to contract out food services, so Army cooks step in to do the job they were trained to do.

Because they are serving their own, the Soldiers that manage the JSS Justice dining facility said they take pride in the opportunity to cook for Soldiers.

“It is our responsibility to care for the health and well-being of every person that eats here,” said Spc. Jeremy Bollinger, one of the cooks; adding that it's not just U.S. Soldiers but also contractors, translators, local and international visitors who eat at their DFAC.



Photo by Spc. Luisito Brooks

Spc. Joseph Longoria (left), a cook from San Antonio, serves a hot plate of food to a Soldier from the 2nd Battalion, 23rd Infantry Regiment at Joint Security Station Justice

With such a variety of guests eating the DFAC, it's important to take into considerations that many come from different religious and cultural backgrounds.

“We prepare each day for the different diets and appetites that come through here, said Perry, a native of Alexandria, La. “We try to accommodate every type of diet by adding a vegetarian area, no pork items and things like that.”

Soldiers that have eaten there say it is a good thing to see that Soldiers are still providing the food.

“The DFAC has gotten a lot better than it used to be because now there are more choices,” said Spc. Joshua Wilson, a Raleigh, N.C. native.

For the cooks, each meal represents a chance to hone their skills and fill hungry stomachs.

“We prepare hours and hours every day to ensure that every Soldier gets to eat,” said Perry, “Our motto is that we will never leave a Soldier hungry.”



Photo by Spc. Luisito Brooks

Spc. Jeremy Bollinger, a cook with 702nd Brigade Support Battalion, grills T-bone steaks for dinner at Joint Security Station Justice, on Baghdad's west side, Nov. 24.

Ironhorse Soldiers maintain physical fitness

Photos by Pfc. Bailey Anne Jester
1st BCT PAO, 1st Cav. Div



CAMP TAJI, Iraq – Nanuet, N.Y. native, Spc. Peter Monroe, a tanker assigned to Company D, 2nd Battalion, 8th Cavalry Regiment, 1st Brigade Combat Team, 1st Cavalry Division, executes the bench press, an exercise designed to improve the strength of the upper body, at the Air Cavalry Gymnasium on Camp Taji, Nov. 24. “I enjoy going to the gym and pumping some iron,” Monroe admits. “After a hard day’s work it’s a nice stress reliever.”



Pfc. Micah Rousseau, a tanker assigned to Company D, 2nd Battalion, 8th Cavalry Regiment, 1st Brigade Combat Team, 1st Cavalry Division, performs the linear hack press to strengthen his thighs, at the Air Cavalry Gymnasium on Camp Taji, Nov. 24. “I go to the gym every day.”



Miami native, Sgt. Herman Johnson, a tanker assigned to Company D, 2nd Battalion, 8th Cavalry Regiment, 1st Brigade Combat Team, 1st Cavalry Division, performs the leg lifts designed to strengthen the abdominal area, during a workout at the Air Cavalry Gymnasium on Camp Taji, Nov. 24. “Keeping our physical fitness standards up while deployed is very important,” Johnson said. “So, my Soldiers and I come to the gym everyday and work out.”



Spc. Peter Monroe, a tanker assigned to Company D, 2nd Battalion, 8th Cavalry Regiment, 1st Brigade Combat Team, 1st Cavalry Division, hydrates after a hard workout at the Air Cavalry Gymnasium on Camp Taji, Nov. 24. “It’s important to stay well hydrated,” Monroe said.

U.S. troops aid in Iraqis' mobility

By Spc. Ruth McClary
30th HBCT PAO

BAGHDAD — Some struggled and crawled as others were carried into the lobby of the Qays Clinic, south of Baghdad, as it filled with a group of 20 disabled men, women and children.

Dr. Qays Ibrahim Rashid, owner of the U.S. forces built clinic, personally contacted the mobility impaired patients for a wheelchair drop at the clinic in the Radwaniyah area, by Soldiers of 150th Armored Reconnaissance Squadron, 30th Heavy Brigade Combat Team, Nov. 22.

"The most important thing for me is helping the people,"

said Rashid. "There are 17 people here and three more on the way to receive the chairs, and one is a victim of war."

The chairs were distributed through Free Wheelchair Mission, an international nonprofit organization that provides wheelchairs for impoverished disabled people around the world. Their mission is to provide not only the gift of mobility, but of dignity, independence, and hope; all of which were gained by recipients at the Qays clinic.

The father of a disabled girl, Najie Hamad Alewi, spoke of how Rashid came by her house to inform him of the drop.

"Dr. Qays works very hard. He came to my house at 10 o'clock last night to make sure I would be here today. I thank U.S. forces and any organization that's helping us out."

Alewi cannot speak, and due to a soft bone deformity, she does not have use of her legs. Her father explained that they had to carry her around. When he is working, her mother carries the 16-year-old girl.

People opened up to civil affairs non-commissioned officer, Staff Sgt. Stephen Matthews, of St. Louis, with stories similar to Alewi's. The people spoke to them about the struggles of lifting grown men, women or children to get them around the village.

Bida Hashim Mohammed, an 8-year-old girl, was shot in both legs during an al-Qaeda attack three years ago. Her right leg was amputated just below the knee and her mother showed Matthews scar tissue from a bullet still lodged in the back of her left leg.

"It's nice to be able to help an eight-year-old little girl shot up by al-Qaeda and provide her with a little relief," said Troop C Commander, Capt. Thomas Mills, of Winfield, W. Va.

Tisam Khzair Abda, a 20-year-old female who has been paralyzed since age eight, and her 7-year-old sister, Hamita Khzair Abda, who has soft bones, were among the group at the clinic. Their mother received wheelchairs for them and one other disabled child at home.

"God will pay you back for what you do, making her life easier," said the struggling mother of three. "God protect and save you for giving me the wheelchairs."

Izhar Alewi Sabah is a 10-year-old boy who cannot speak or walk. His mother said he was born disabled and that most of his time is spent in a room because they cannot carry him.

"He cries when he sees his brother and sister playing because he wants to play with them," said Sabah. "I am happy. Thank you so, so much. Now he can have a social life."

Sitting on a mattress conformed into a chair-bed, 50-year-old Najari bin Jade Abbas has no use of her legs since she had one kidney removed three years ago. Her only transportation is the chair-bed and it takes two people to maneuver it.

Born disabled or victims of war, they all left the facility with a little more freedom than when they arrived.

Overwhelmed and in tears, Hamida Kahalaf, a 65-year-old stroke victim, paralyzed on the right side said, "I'm crying because I'm happy," as they lifted her into her new wheelchair.

"When you see a 65-year-old woman crawling around on her hands and knees to get around, it's unbelievable because you know that was her only option," said Mills. "Giving her a wheelchair is an amazing gift."

"Thank them for me; this is the best gift we have ever gotten," said the mother of Hind Jasim Mohammed, a 7-year-old quadriplegic.

"In America, you see a quadriplegic and you say, 'no brainer', get them a wheelchair," said Mills. "Here in this poverty stricken society, the scarcity is stunning, to think a wheelchair would make that much of a difference in someone's life."



Photo by Spc. Ruth McClary

Hamida Kahalaf, a 65-year-old woman, waits to receive a wheelchair at the Qays Clinic, here, Nov. 22. Kahalaf was so overwhelmed by the gift, she cried as she was lifted into the chair. U.S. troops of the 150th Armored Reconnaissance Squadron, 30th Heavy Brigade Combat Team, distributed 20 wheelchairs at the clinic courtesy of Free Wheelchair Mission, of Irvine Calif.

On This Day In History

November 27, 1942

Jimi Hendrix born

Guitar legend Jimi Hendrix is born in Seattle. Hendrix grew up playing guitar, imitating blues greats like Muddy Waters as well as early rockers. He joined the army in 1959 and became a paratrooper but was honorably discharged in 1961 after an injury that exempted him from duty in Vietnam. In the early 1960s, Hendrix worked as a pickup guitarist, backing musicians including Little Richard, B.B. King, Ike and Tina Turner, and Sam Cooke. In 1964, he moved to New York and played in coffeehouses, where bassist Bryan Chandler of the British group the Animals heard him. Chandler arranged to manage Hendrix and brought him to London in 1966, where they created the Jimi Hendrix Experience with bassist Noel Redding and drummer Mitch Mitchell. The band's first single, "Hey Joe," hit No. 6 on the British pop charts, and the band became an instant sensation.

In 1967, the Jimi Hendrix Experience made its first U.S. appearance, at the Monterey Pop Festival. Hendrix made a splash by burning his guitar and was quickly established as a rock superstar. In the next two years, before the band broke up in 1969, it had released such classic songs as "Purple Haze," "Foxy Lady," and "The Wind Cries Mary." The band's albums included *Are You Experienced?* (1967), *Bold as Love* (1969), and *Electric Ladyland* (1969). After the band dissolved, Hendrix made his famous appearance at Woodstock, playing a masterful, intricate version of "The Star Spangled Banner." Later that year, he put together a new group called the Band of Gypsies, which debuted on New Year's Eve in 1969. Hendrix then recorded another album, without the band, called *The Cry of Love*, which was released in 1971. Hendrix, one of the most innovative guitar players of the rock era, established an advanced recording studio in New York called the Electric Lady, boasting 46-track recording technology. The studio opened in August 1970, shortly before Hendrix died in London in September 1970, following a drug overdose. He was 28.

MND-B Pic of the day!



Photo by Pfc. Bailey Jester, 1BCT, 1st Cav. Div.

CAMP TAJI, Iraq – Fort Worth, Texas native, Chief David Carter (left), Chief of Staff for the Austin Police Department, speaks with Iraqi Army Maj. Thamir while visiting the Sheik Amir Iraqi Police Station, near Camp Taji, Nov. 20. The 1st Brigade Combat Team, 1st Cavalry Division invited Carter to observe the interaction between the Iraqi Security Forces, local Iraqis and the U.S. Army.

FAMOUS FEATS OF CHUCK NORRIS

DID YOU KNOW?



BEHIND EVERY SUCCESSFUL MAN, THERE IS A WOMAN. BEHIND EVERY DEAD MAN, THERE IS CHUCK NORRIS.



Quote For Today

“Most people give up just when they’re about to achieve success. They quit on the one yard line. They give up at the last minute of the game, one foot from a winning touchdown.”
– H. Ross Perot –

Iraq 3-Day Weather Report



Today
64° F | 46° F



Tomorrow
64° F | 46° F



Sunday
64° F | 44° F

TRIVIA TIME!!

What is the only month used in the NATO Phonetic Alphabet?

Last Issue's Answer: Wayne Gretsky

Cav Round-Up radio newscast available

MND-B PAO

BAGHDAD — The Cav Round-Up is a three-minute radio newscast from Baghdad covering military units and events across Multi-National Division — Baghdad.

Today's Cav Round-Up # 207 was produced by SGT Ashley Anderson, MND-B Public Affairs Office.

This newscast includes the fol-

lowing stories:

1. November highlights Native American History Month. Interview with Sgt. 1st Class Tamantha Denton, MND-B Equal Opportunity Advisor.

This year Native American History Month focuses on the strides Native Americans have made in the military.

2. Iraqi widows in southern

Baghdad were able to sell unique goods at COP Meade. Interview with Capt. Robert McLachlan, 113th Field Artillery Civil Affairs team, 30th Heavy Brigade Combat Team.

NIPR LINK: Cav Round-Up

SIPR LINK: Cav Round-Up

Check out more news at the 1st Cavalry Division's homepage:

www.hood.army.mil/1stcavdiv/

Trigger's Teasers

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

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, and the difficulty of each game is largely a function of how many squares are 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 squares correctly, options for the remaining squares are narrowed and it becomes easier to fill them in.

Yesterday's Answers

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



Multi-National Division - Baghdad

Public Affairs Office

Commanding General:

Maj. Gen. Daniel Bolger

Public Affairs Officer:

Lt. Col. Philip Smith

Public Affairs Chief:

Master Sgt. Nicholas Conner

Editor:

Spc. Laura Johnson

Staff Writers:

1st Lt. Aaron Testa

Staff Sgt. Mark Burrell

Staff Sgt. Nathan Hoskins

Staff Sgt. April Mota

Sgt. Jennie Burrett

Spc. Louisto Brooks

Spc. Ruth McClary

Pfc. Bailey Jester

Pfc. Adam Halleck

The **Daily Charge** is an authorized publication for members of the U.S. Army. Contents of The **Daily Charge** are not official views of, or endorsed by, the U.S. Government, Department of the Army, or the 1st Cavalry Division. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army, the 1st Cavalry, or The **Daily Charge** of the products and services advertised.

All editorial content of The **Daily Charge** is prepared, edited, provided and approved by the Multi-National Division – Baghdad Public Affairs Office.

Do you have a story to share?

The **Daily Charge** welcomes columns, commentaries, articles, letters and photos from readers.

Submissions should be sent to the Public Affairs NCOIC nicholas.conner@mnd-b.army.mil and include author's name, rank, unit and contact information. The **Daily Charge** reserves the right to edit submissions selected for the paper.

For further information on deadlines, questions, comments or a request to be on our distribution list, email the Editor at grace.johnson3@mnd-b.army.mil