

WWE superstars help raise Air Cav morale

By Sgt. Alun Thomas
1st ACB, 1st Cav. Div. Public Affairs

CAMP TAJI, Iraq – Professional wrestlers from World Wrestling Entertainment are used to being cheered by thousands of fans, night after night, during their grueling schedules every year in arenas throughout the world.

Seven WWE superstars found themselves receiving the same cheers from the 1st Air Cavalry Brigade, Dec. 2, when they visited Soldiers, here, as part of a WWE Morale, Welfare and Recreation tour, which comes to deployed areas every year since 2003.

The wrestlers, including Mike ‘The Miz’ Mizanin, Fit Finlay and Mark Henry, signed autographs and posed for photos with

1st ACB Soldiers at the Forward Arming and Refueling Point and the 615th Aviation Support Battalion maintenance hangar to an enthusiastic response.

Mizanin said the tour is his second trip to Iraq, but still an eye opener.

“It’s funny because you always see news clips about what’s going on out here, so you have an idea ... but you don’t really know until you’re actually here,” Mizanin said.

Mizanin, current WWE United States Heavyweight Champion, said he didn’t realize how monotonous a deployment can be.

“Morale can get so low here because there isn’t much to do except sleep, work, eat and work out,” Mizanin said. “That helps give me a new appreciation of

what Soldiers go through and all the hard work they do.”

Mizanin said he talked to several Soldiers who had been in perilous situations on previous deployments, something that left him in awe.

“I can’t imagine that ... being blown up fighting for our country, for us. It gave me a whole new appreciation for [the Soldiers],” Mizanin said.

Mizanin said he was appreciative of the response from the 1st ACB and all the Soldiers they met in Iraq during their visit.

“The troops are always one of the loudest crowds that we have, so it’s always a great time,” Mizanin said. “It’s been awesome being here, seeing the people and their smiling faces.”

WWE women’s competitor Layla, who was also part of the visit, said it was amazing to be in Iraq for the first time.

“It’s surreal to even think that I’m out here in Iraq,” Layla said. “It’s very touching and soothing to the heart and lifts my spirits.”

“It reminds me we’re very fortunate and blessed to be able to go back home and be in our beds and be comfortable and safe,” she continued. “Just this brief glimpse of what [Soldiers] go through is pretty scary and I have a lot of respect for everyone here.”

Layla said the WWE never forgets the military, which is why they come back to Iraq every year.

“We do remember what [Soldiers] do and even though we’re far away this is our way of saying thanks to everyone out here,”

Layla added.

Layla also had the opportunity to sit on an AH-64D Apache attack helicopter, which she said was a nerve wracking experience.

“It feels like a toy and looking at all the buttons I wanted to touch them ...but if I did something bad would probably happen,” Layla said. “I got a lesson from a couple of [Apache] instructors and it was very, very impressive. It was definitely the first time I’ve seen anything like it.”

Meeting the wrestlers was a thrill for Spc. Marcus Archibald, from San Antonio, a fueler for Company A, 615th ASB, who said being a major WWE fan made it a memorable occasion for him.

“I’ve seen them on TV and been to live events before, but never sat down and shook hands with one of them in person,” Archibald said. “I appreciate them taking the time to come over and meet us because I’m a big fan of [theirs].”

Telling his sister back home about the WWE visit was something Archibald was anxious to do.

“I want to send my autographs to her and tell her ‘this is who I met and who I shook hands with,’” he said.

Archibald said that appearances can be deceiving however.

“I noticed they weren’t as tall as look on TV,” said Archibald, a towering figure himself at over six feet tall. “Some of them were shorter than me. The camera makes them look taller I guess!”

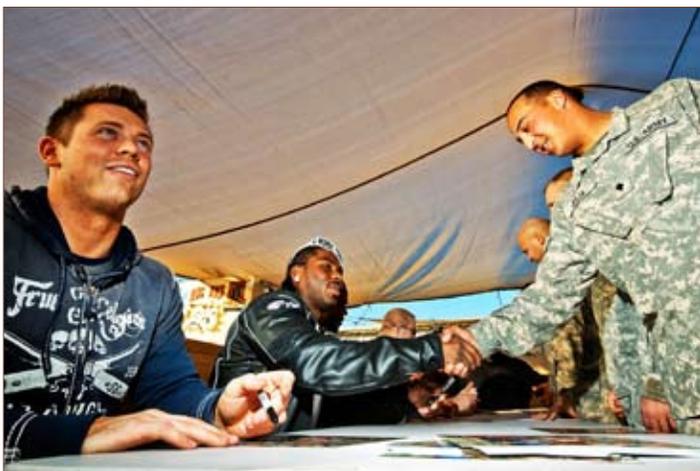


Photo by Sgt. Travis Zielinski

World Wrestling Entertainment superstars Mike ‘The Miz’ Mizanin (left) and JTG (center), sign autographs with Soldiers from the 615th Aviation Support Battalion, 1st Air Cavalry Brigade, 1st Cavalry Division, here, Dec. 2, as part of a Morale, Welfare and Recreation sponsored WWE visit.

Greywolf leadership returns to Fort Hood

By Sgt. Karl Williams,
3rd HBCT, 1st Cav. Div. PAO



Col. Gary Volesky, commander of 3rd Heavy Brigade Combat Team, 1st Cavalry Division, rejoices with wife Lee Ann and his 11-year-old son, Alex, during 3rd HBCT's homecoming at Cooper Field at the division headquarters, Dec. 3, at Fort Hood, Texas.



Col. Gary Volesky, commander of 3rd Heavy Brigade Combat Team, 1st Cavalry Division, salutes as he reports to the Rear-Detachment commander, as the brigade's Command Sgt. Maj. James Phippen, 1st Battalion, 12th Cavalry Regiment, commander, Lt. Col. Michael Fadden and 1-12, Command Sgt. Maj. Eddie Del Valle, stands at attention during 3rd HBCT's homecoming at Cooper Field at the division headquarters, Dec. 3, at Fort Hood, Texas.



With the American flag waving in the background, Col. Gary Volesky, commander of 3rd Heavy Brigade Combat Team, 1st Cavalry Division, and 3rd HBCT's Command Sgt. Maj. James Phippen, leads more than 300 Soldiers across Cooper Field at the division headquarters to awaiting Family members during 3rd HBCT's homecoming, Dec. 3, at Fort Hood, Texas. The brigade completed a 12-month deployment in northern Iraq, where they successfully withdrew from the inter-city of Mosul.

'New Walter Reed' Effort On Track, Officials Say

By Samantha L. Quigley
American Forces Press Service

WASHINGTON, Dec. 3, 2009 - Realignment of military medical facilities in the national capital region ordered by the Base Realignment and Closure Commission is on track to meet the commission's deadline, senior Defense Department officials said here yesterday.

Walter Reed Army Medical Center here is consolidating with the National Naval Medical Center in Bethesda, Md., and a new hospital is under construction at Fort Belvoir, Va.

"Recommendations proposed a transition from a legacy service-specific medical infrastructure into a premier, modernized joint operational medicine platform," said Allen W. Middleton, acting principal deputy assistant secretary of defense for health affairs. "We are making great progress, and I am pleased to report that we are on track to implement the BRAC recommendations by the statutory deadline of Sept. 15, 2011."

Middleton testified before the House Armed Services Committee's joint readiness and military personnel subcommittees that new construction at the new

Walter Reed National Military Medical Center on the Bethesda campus is more than 60 percent complete. New inpatient and outpatient additions are under construction, and work is beginning for wounded warrior lodging, a dining facility, an administrative complex, a gym and a parking garage complex, Middleton said.

Meanwhile, the Fort Belvoir Community Hospital is more than 50 percent complete, and will provide a total replacement of the existing community hospital, he said.

"We acknowledge that completion of construction activities represents only part of the story," Middleton told the lawmakers. "Although our primary focus has been completing BRAC recommendations before the deadline, we understand that 'world-class' health-care facilities is a long-term commitment to improvement beyond BRAC, and that additional investments are required to achieve that end state."

The department is willing to support Joint Task Force Capital Medical Region and the military services in identifying additional non-BRAC requirements and ensuring they're considered in future

budget requests, he added.

Another senior Defense Department official noted that in addition to construction being on schedule, the department is on the right track with respect to the new Walter Reed.

"First of all, there was a growing mismatch between the location of eligible beneficiaries, with active duty families concentrating in the southern part of the region, and the location of the major medical facilities to the north," said Dorothy Robyn, deputy under secretary of defense for installations and environment.

With the estimated cost of \$500 million to renovate or \$700 million to replace the existing Walter Reed facility, and the six to 15 years that would be needed to accomplish that process, the realignment was the right decision, she said. In addition, she noted, the existing facilities at the National Naval Medical Center in Bethesda and Walter Reed Army Medical Center had excessive inpatient capacity, and Walter Reed's infrastructure was deteriorating from heavy use and chronic underinvestment.

The Defense Health Board Subcommittee recently suggested a possible delay in the construction of the new facilities pending further planning of additional improvements outside the scope of BRAC to make the new Walter Reed "world class," Robyn said.

"We fully agree with the need for additional improvements," she told the panel, "but we think it is not necessary to halt the BRAC construction process, and we think to do so would jeopardize the benefits that this endeavor promises. Most importantly, without the discipline of the BRAC process, we could not have overcome the inertia and the impediments to change that created the problems I described in the first place."

The additional improvements being discussed can be addressed

separately and subsequently, she added.

Robyn acknowledged the consolidation is a large and complex undertaking, but said it represents a reasonable and balanced approach. The result, she told the panel, will be a superior health-care delivery system.

Navy Vice Adm. (Dr.) John M. Mateczun, commander of Joint Task Force National Capital Region Medical, agreed. "This transformation will allow the [Defense Department] and the military services to capitalize on their collective strengths, maintain high levels of readiness, [and] provide world-class health care to our armed forces and their families," he said.

The admiral also reassured the lawmakers that patient care remains as his top priority during the consolidation.

"We are committed not just to world-class care, but to the best care that can be provided any time, any place, to the wounded that are coming to us from the theaters in Iraq and Afghanistan," Mateczun said. "We will suffer no diminishment of care or patient safety during this transition to be able to achieve the goals the department has."

In addition to all the BRAC-related construction, the Intrepid Fallen Heroes Fund is building a National Intrepid Center of Excellence on the Bethesda campus. The center will offer diagnosis, treatment planning, research, family-centered education, and long-term follow-up for military personnel with traumatic brain injury and psychological health conditions.

The Intrepid Fallen Heroes Fund, a not-for-profit organization working to support veterans and their families, will pay for the construction and major equipment costs for the center and will donate it to the government upon completion.



Courtesy Photo

New inpatient and outpatient additions are under construction, and work is beginning for wounded warrior lodging, a dining facility, an administrative complex, a gym and a parking garage complex

On This Day In History

December 4, 1991

Hostage Terry Anderson freed

On this day in 1991, Islamic militants in Lebanon release kidnapped American journalist Terry Anderson after 2,454 days in captivity.

As chief Middle East correspondent for the Associated Press, Anderson covered the long-running civil war in Lebanon (1975-1990). On March 16, 1985, he was kidnapped on a west Beirut street while leaving a tennis court. His captors took him to the southern suburbs of the city, where he was held prisoner in an underground dungeon for the next six-and-a-half years.

Anderson was one of 92 foreigners (including 17 Americans) abducted during Lebanon's bitter civil war a militant Shi'ite Muslim organization formed in 1982 in reaction to Israel's military presence in Lebanon. They seized several Americans, including Anderson, soon after Kuwaiti courts jailed 17 Shiites found guilty of bombing the American and French embassies there in 1983.

U.S. relations with Iran--and with Syria, the other major foreign influence in Lebanon--showed signs of improving by 1990, when the civil war drew to a close, aided by Syria's intervention on behalf of the Lebanese army. Eager to win favor from the U.S. in order to promote its own economic goals, Iran used its influence in Lebanon to engineer the release of nearly all the hostages over the course of 1991.

Anderson returned to the U.S. and was reunited with his family, including his daughter Suleme, born three months after his capture. In 1999, he sued the Iranian government for \$100 million, accusing it of sponsoring his kidnappers; he received a multi-million dollar settlement.

MND-B Pic of the day!

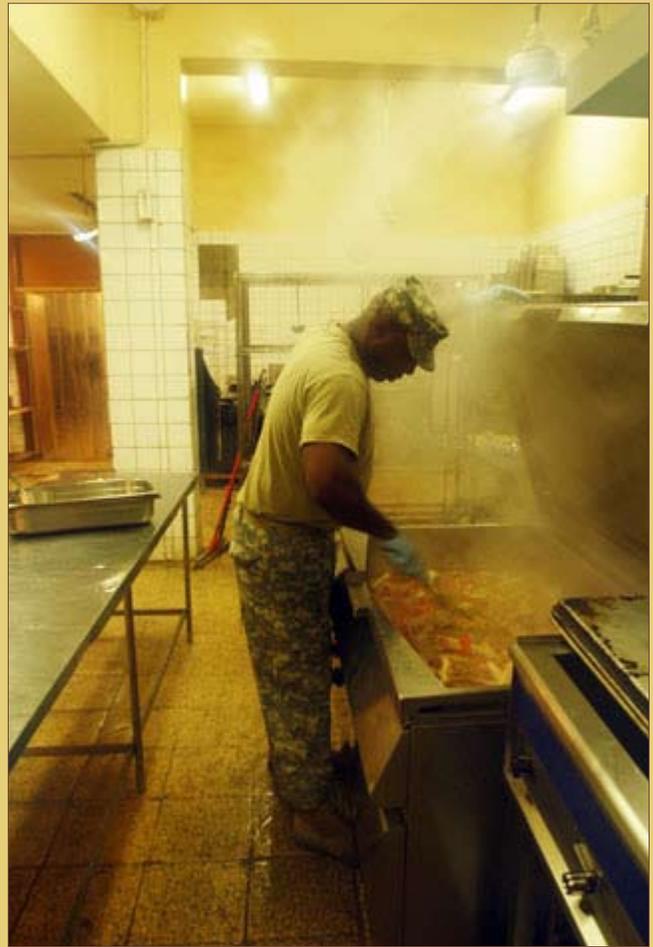


Photo by Spc. Luisito Brooks, 4th SBCT PAO, 2nd Inf. Div.

A native of Wilmington, Del., Spc. Dion Combs, a uses a large spoon to stir up crab legs for dinner at Joint Security Station Justice, Nov. 24.

FAMOUS FEATS OF CHUCK NORRIS

DID YOU KNOW?



When Chuck Norris sends in his taxes, he sends blank forms and includes only a picture of himself, crouched and ready to attack. Chuck Norris has not had to pay taxes, ever.

Quote For Today

“Perseverance is not a long race; it is many short races one after another.”

— Walter Elliott —

Iraq 3-Day Weather Report



Today
60° F | 46° F



Tomorrow
57° F | 50° F



Sunday
64° F | 46° F

TRIVIA TIME!!

What modern vehicle was invented to circumvent trench warfare?

Last Issue's Answer: ANTARCTICA AND AUSTRALIA

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 # 212 was produced by SPC Kathryn Summerhill, MND-B Public Affairs Office.

This newscast includes the fol-

lowing stories:

1. WWE Superstars stop by Victory Base Complex in Baghdad to visit Soldiers on their way to Camp Taji. Close to 800 Soldiers stopped by to get autographs and pictures. Interviews with Spc. Candiss Johnson and Spc. Cody Hennick.

2. U.S. Soldiers team up with local mosque to distribute food packages. Interview with Staff Sgt.

Jeremy Phillips, 150th Armored Reconnaissance Squadron.

http://www.dvidshub.net/?script=general/general_search/&table=audio&query=Cav+Round-Up&type

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

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

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

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



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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.

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