



Medical Task Force 10  
HQ, Ibn Sina Hospital  
Baghdad, Iraq



## "Mountain Medics"

### The Baghdad Enquirer

### "Don't Panic!"

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#### TF 10 Combat Patch Ceremony



This month, the big event for the Task Force was our Combat Patch ceremony. The tradition of the right shoulder patch in the U.S. Army originated from a mistake in identification by General Philip Kearny early in the Civil War. General Kearny mistook some officers for stragglers from his own command and when told they did not belong to his unit he responded with "I will take steps to know and recognize my own men hereafter." The result was an order that officers of his command should thereafter wear "on the front of their caps a round piece of red cloth to designate them." The idea spread and by the time the war ended almost all of the corps wore some sort of identifying mark. And so the tradition of the Combat Patch began. Today, the right shoulder sleeve insignia is proudly worn by Soldiers signifying their deployment with a combat or combat support Brigade.

On 25 February, Medical Task Force 10 held its Combat Patch Ceremony on the roof top of Jones Hall overlooking Baghdad. The ceremony included representatives from all Task Force 10 (North) units, including the 10<sup>th</sup> CSH (HHD and Alpha Company), 772d FST and the 883d CSC. Task Force South, (including Bravo Company, 10<sup>th</sup> CSH and 67<sup>th</sup> FST) also held a simultaneous ceremony in Tallil. The reviewing officer and guest speaker for the ceremony was COL Steven Swann, 30<sup>th</sup> Medical Brigade Commander. Soldiers assigned to Medical Task Force 10 are now



allowed to wear the 30<sup>th</sup> Med Bde patch on their right sleeve.

The 30<sup>th</sup> Med Bde patch is maroon and white in color, signifying the traditional colors of the AMEDD. The upright sword symbolizes military preparedness and is entwined by a serpent recalling the Staff of Aesculapius and a heritage of medical service. The star represents the state of Texas, where the 30<sup>th</sup> Medical Regiment was first activated.



The ceremony was a memorable event with COL Swann speaking on the proud tradition of the Brigade and the accomplishments of the 10<sup>th</sup> CSH and the Task Force. The pride COL Doyle has in his unit was evident as he spoke on the accomplishment of the Task Force to date and how we have come together as a unit with the noble mission of relieving pain and suffering of all those that enter our hospital.



## D3 Direct... Baghdaddy Bits



For those of you keeping track, we've passed the 1/3 point with our deployment since we've been gone for 4 months. The countless moments away from home seem like an eternity, but the days and weeks certainly have flashed by. The main reason for time passing quickly is the patient volume we've seen throughout the Task Force. Since assuming combat healthcare operations in Iraq, we've achieved the following:

- Over 11,000 outpatient visits
- Over 2,200 emergency room visits
- Over 2,000 operating room hours
- Over 1,200 in-patient admissions
- Over 1,000 patient air evacuations or transfers
- Over 21,000 out-patient prescriptions
- Transfused over 4000 blood products

Given these stats, it's no wonder we're the best & most powerful Combat Support Hospital in the world! But what really matters in these numbers is they represent lives saved or suffering ameliorated for Soldiers and civilians. For example, we've had a 4 year old Iraqi girl here for almost 2 months; she presented with life-threatening burns to 30% of her little body. In just a few days, she'll be headed to Task Force South for continued care and follow up, but soon after headed home. She brightens up the halls with the cutest little smile whenever a staff or family member takes her for a stroll in her wheelchair. I've also had the privilege to be in patients' rooms as a commander or General Officer pins on a Purple Heart and have heard many Soldiers recount their story of heroism and bravery that resulted in their injury. These are but two of the testaments to the tremendous mission, sacrifice and service of all the Soldiers in Task Force 10<sup>th</sup> CSH.

We have made time for some fun however. Many of us taped Valentines Day messages (go to:

<http://www.dvidshub.net/>) for our loved ones back home while others waited to the very last minute for on-line shopping and hoped the gift would arrive in time. We also had a Poetry Slam/Open Mike night on 14 February that highlighted the talent of many of our Soldiers. I'm pleased to report that the Spades Tournament here ended without any bodily harm or ER visits despite all the trash talking in the room that night. We may put the basketball court off-limits since it's been the scene of several recent injuries, however. Speaking of basketball, Soldiers will soon have an opportunity to tape a "shout out" to their favorite team that hopefully will air back home.

We've unfortunately bid farewell to our Deputy Commander for Administration (DCA), COL Smith as she returned to CONUS and prepares to assume command this summer of the MEDDAC at Fort Riley, KS. COL Smith performed superbly and helped make the deployment and transition into OIF an easy one. We're also reshuffling the command group with a new Deputy Commander for Clinical Services. At the busiest trauma center in theater, COL McAfee ensured the best care for our patients around the clock. Although she still has some time left on her rotation, we're setting the team now that will take us through the successful conclusion of our deployment. We welcome LTC Clark, DCA and LTC Smith, DCCS (now how confusing will that be with COL Smith leaving and LTC Smith arriving). Before the next newsletter hits the printing press, we will bid farewell to more of our staff on 180 day rotations and to both the 98<sup>th</sup> Med Det (CSC) and 528<sup>th</sup> Med Det (CSC) who will have completed OIF 04-06 rotations. To each of you, I offer my thanks for your service to your fellow Soldiers, the free people of Iraq and our Nation.

## TFS Corner...

Greetings from Task Force South! The Task Force has been keeping very busy over the last month. Besides caring for our patients, we are doing a lot here for Base Camp Adder. On the clinical side, Clinical Ops' SSG Perez has taken the lead on running Combat Lifesaver Courses, which teach basic medical skills to Soldiers assigned to units without organic medical assets such as medics, doctors or nurses. The students in the class range from Army to Air Force to civilian personnel. In



other clinical news, we have sent some of our Soldiers to Task Force North for one month rotations to gain exposure to the types of treatment provided at 10<sup>th</sup> CSH North.

Our medical staff has also been spending time at the local Italian hospital, building a good working relationship with their health care providers.

This will not only better our relationship with our allied medical units, but will also



assist us in providing better care to the coalition forces over here as we complement one another's skills and abilities to provide care.

On the 2<sup>nd</sup> of February we celebrated the Army Nurse Corps 105<sup>th</sup> birthday. The nursing staff put on a magnificent celebration that honored the history and accomplishments of the Corps. Many were in attendance, including nurses from the Italian and British Armies and Air Forces. 1LT Lovejoy put together a slideshow tribute that really hit home on how important the corps is to the Army. The culmination of the celebration, the

cutting of the Corps' birthday cake, was marked with a significant and fitting change from tradition. Instead of having the most junior and senior Nurse Corps officers cut the cake, LTC Graham invited our coalition counter-



parts to take part in this part of the ceremony, showing the strong bonds of friendship and camaraderie shared within the nursing profession.

On the non-clinical side, the workload continues to expand. We have recently opened a new X-Ray section in the hospital using our X-Ray ISO from Ft. Carson. Contractors from KBR provided outstanding assistance in connecting our X-Ray section to the main hospital,

and SGT Caraballo and LTC Pineau officiated over the ribbon cutting ceremony to mark the occasion.



This month we also recognized the outstanding actions of a stellar Task Force South Soldier. CPL Dennis Smith was awarded the Army Commendation Medal for actions that he took during his flight to Iraq as part of the advance party. While flying from the U.S. to Frankfurt en route to Iraq, CPL Smith responded to a call over the airplane PA system requesting assistance from a doctor or anyone with medical training onboard. CPL Smith immediately identified himself as an Emergency Medical Technician and went to the front of the airplane, where a woman was complaining of shortness of breath and right side chest pains. He immediately stabilized her until a doctor was contacted on the ground. CPL Smith responded to the doctor's directions, treated her, and accompanied her throughout the remainder of the flight until she was turned over to emergency personnel upon landing. CPL Smith's swift response to this call to duty is representative of the truly superb Soldiers that comprise Task Force South. It is Soldiers like CPL Smith, as well as others on our team, who are the future leaders of our military and country. I hope that this makes you as proud of them as I.

-MAJ Ralph Deatherage

I just finished off a bottle of multivitamins last week. This seemingly insignificant event has great meaning on deployment. Why? I opened the 125 count bottle when we got here. An empty bottle means the passing of 125 days. 125 days closer to coming home. A funny thing happens when you are taken out of the comfort of your home; you discover how quickly the little things have great meaning. My grandma recently sent me a care package with double-ply Ultra Thick Charmin toilet paper. Ahh! The soft quilted joy of American toilet paper. Four months ago, how many of us would think having good quality toilet paper would be such a notable event?? We are not struggling by any means. The flow of care packages and mail is incredible! Our mail room clerks will be the first to attest to the fact that we are not unduly suffering. Thank goodness for internet shopping! The deployed soldier spends enough money at netgrocer.com and walmart.com to ensure our economy stands strong for the next 8 months. Additionally, the flow of donations has been incredible. Strangers, as well as our own family members, have eagerly adopted Alpha Company soldiers. There is always a fresh batch of cookies to snack on. I am surprised that we haven't all gone into a hyperglycemic state with all of the candy readily available. We may need the 130 degree weather to sweat off what we've packed on! When we aren't eating, or daydreaming about what we wish we were eating, Alpha Company soldiers continue to work hard. We are still striving to improve the facility and the systems that make the organization run. We will be losing many familiar faces as the 180 day deployers prepare to return the 'real world.' Unfortunately this month, we had two soldiers re-deploy home due to non-combat injuries. We wish a speedy recovery and best wishes to MAJ Paquette and SPC Beck.

During this last month, we had three new soldiers arrive. The newest Gators are: SPC Brady, SPC Lewis, and CPT Kerns. MAJ Pettit-Willis and 1LT Bartram also arrived and will be training with us for awhile and will ultimately go to TFS in Tallil.

Keep up the great work! Four down, eight to go!

-CPT Schaefer

## TFN Alpha Gators...



I'll be back in an hour Top, I'm going to go check on my Joes



The "natural" commander SFC K., any comments?



Oh yeh, today, Alpha company will be mine, all mine!



I think we're in the hospital LT, which way back to the CP?

Ah, I dunno ma'am...

## 883 CSC News...

The 883<sup>rd</sup> Medical Company (Combat Stress Control) continues to provide combat and operation stress support for service members throughout the Sunni Triangle. Here is some good news:

- Saturday night at LSA Anaconda "Patriot" Clinic is hockey night! The clinic has a weekly floor hockey MWR event for soldiers.
- Al Taji has survived "mud season" by perseverance. Mud and water has been seeping around the clinic. Luckily, clinic staff worked hard to keep it clean. The clinic has been operating a very successful smoking cessation program.
- AR-Ramadi, FOBs Rustamiyah, and Baqubah continue to provide excellent services for the warfighters.
- FOB Mahmudiayh is the newest station for the unit. Many soldier contacts and possible remarks have been noted.
- Camp Victory clinic continues to serve the great Victory area. Several soldiers in that clinic are having utilizing a "fitness for life" diet and exercise program.
- The Baghdad IZ operations continue to offer wider array of

services to the Soldiers and support for the 10 CSH. CPT Jeffrey Cox, a clinical social worker, has been supporting 10th CSH Mental Health Section. In addition, several buildings on the Baghdad campus have been renovated.

- CH (MAJ) John Borges continues to provide services at the hospital for 10th CSH soldiers. A Seven Day Adventist minister, he is available for counseling and support.
- SFC Michael Gifford, Transportation/Movement NCO from LSA Anaconda, is training to run the 2006 Boston Marathon during his anticipated leave. He almost can keep up with unit Administrative officer CPT Rachel Bowman!



883rd CSC Team in Taji

## The life, times and random thoughts of an Ibn Sina Fobbit...

### *1/3<sup>rd</sup> of a Cup* by *M.A.J. Terry Flynn*

At first glance of the title one would think: "Okay this month he's going to share his favorite recipes." Now I will say that I fancy myself the "chef" when I am home, but my wife Karen will tell you that is only because I sort of follow the recipe with the major exception of throwing in additional items into the mixture that are no where to be found on the recipe card! I think I am being innovative, she says I just make it so no one wants to eat it but me!

Be that as it may, I am actually talking about our tour and the fact that we are 1/3<sup>rd</sup> of the way through our 12 months with this publication and if you are adding things to that cup, it is now 1/3<sup>rd</sup> full. If you are taking things out, then its 1/3<sup>rd</sup> empty...but you get the meaning. Either way in this case...it's all positive.

However as the months slowly move forward, we are also more likely to feel the pain, depression and loneliness of the separation and morale can suffer unintentionally as a result. This is shared by you at home as well as your loved one misses more important and significant happenings in the lives of each family as each day, week and month passes.

This month also represents something more special with Valentine's Day. On that day we share our affection, love, gratitude and/or appreciation for friends, loved ones, and even classmates, coworkers, neighbors and colleagues. We exchange gifts, cards, emails and letters with people in an outreach of goodwill. Perhaps we contact old friends or even attempt to heal and patch up old hurts through forgiveness and understanding. During separations such as this one we are all sharing, we even recognize that we may have grown complacent or taken for granted what others have done and/or mean to us and then fear not being able to share that awareness with them. So what do we do? How can we keep morale high both here

and at home?

I came across a small book by Lance Wubbels published in 2002 called; "If Only I Knew"...let me offer his words for us all...

### *"If only I knew..."*

For your spouse/significant other: ...this was our last hug, I would hold you tight and hope to never let you go."

...this was our final kiss, I would use it to tell you that you are the love of my life."



For your children: ...I could never tuck you into bed again. I would cuddle you tight; refuse to rush; and enjoy the wonder of being with you."

...that even a child's days can be cut short, I would wish for more long nights of rocking you to sleep."

For your friends: ...that friendships are so precious, I would never have taken anyone for granted...especially you."

For those you've hurt: ...the destructive power of gossip, slander, and talking behind other people's backs, I would have chosen my words more carefully."

...our last phone call was the last we'd ever have, I would speak only loving words."

There are many more and I am sure you can follow where I am leading in this article. It doesn't matter that we are separated...what matters is how we continue to treat and interact with each other, whether by phone, email, "snail mail" and any other form of communication. Even simple things can be harshly felt by those around us and it doesn't get rationalized by saying it was for the "good of everyone involved." The old cliché that says: "To be in touch, you have to stay in touch," is quite real and founded in truth. As leaders, Soldiers, parents, husbands, wives, children, friends, neighbors, citizens; we must all be aware of who we are and the people that surround us and that we touch either directly or indirectly.

Our cup is 1/3<sup>rd</sup> full (or empty) now on this tour of duty. Our lives, however, are still full and rich because of the people we love and hold close to our hearts. Last month we talked about New Year's Resolutions (How many have you kept?). This month we get to make a different one for each other: "If I only knew this was our last walk, I would try to express my feelings for you, even though my words have always been inadequate."

My words are inadequate also, but I hope you appreciate where my thoughts are as I wish you and all our family, friends and supporters here and back home a most happy Valentine's Day. Let it last a lifetime, not just for 24 hours.

The Social Register, who's who in the Task Force



# New Arrivals...



Georgia Corrine Swift was born 05 February 2006 at William Beaumont Army Medical Center, El Paso, TX. Birth weight 6lbs 4 oz., 20", MAJ Christian Swift timed his leave perfectly and was home for his daughters birth. Mom, Sandra Swift is ding well.



On 11 Feb 06, Nichole Creamer, wife of SGT William Creamer (B Co, 10<sup>th</sup> CSH TFS), gave birth to Kaliey Marie Creamer.

## Recognitions in the Task Force

### Promotions for Feb:

- 1LT Kimberley Kitzman (B Co, 10<sup>th</sup> CSH)
- 1LT Herman Henkes (A Co, 10<sup>th</sup> CSH)
- 1LT Samantha Lester (A Co, 10<sup>th</sup> CSH)
- 1LT Timothy Harrington (A Co, 10<sup>th</sup> CSH)
- 1LT Amanda Merritt (A Co, 10<sup>th</sup> CSH)
- SSG Bennette Crosby (772d FST)
- SGT Nicholas Soldan (B Co, 10<sup>th</sup> CSH)
- SGT Nathaniel Rayle (B Co, 10<sup>th</sup> CSH)
- SPC Carrie McKeller (528<sup>th</sup> CSC)
- SPC Tasha Young (Fountain) (HHD, 10<sup>th</sup> CSH)
- SPC Michael Galow (HHD, 10<sup>th</sup> CSH)
- SPC Tana Gonzalez (B Co, 10<sup>th</sup> CSH)
- SPC Rony Touch (772d FST)
- SPC Matthew Mitchell (772d FST)
- PFC Brian Erickson (HHD, 10<sup>th</sup> CSH)

### Promotions for March:

- MAJ Patsy Morris (772d FST)
- CPT Janis Fleming (HHD, 10<sup>th</sup> CSH)
- 1LT Stacey Breckons (A Co, 10<sup>th</sup> CSH)
- 1LT Christina Merrill (A Co, 10<sup>th</sup> CSH)
- 1LT Elizabeth Flege (A Co, 10<sup>th</sup> CSH)
- 1LT Samantha Lacer (A Co, 10<sup>th</sup> CSH)
- 1LT Thomas O'Keefe (HHD, 10<sup>th</sup> CSH)
- 1LT D'Angelo Austin (A Co, 10<sup>th</sup> CSH)
- 1LT Carrie Baker (A Co, 10<sup>th</sup> CSH)
- 1LT Stephen Jones (A Co, 10<sup>th</sup> CSH)

- 1LT Andrew Krause (A Co, 10<sup>th</sup> CSH)
- 1LT Peter Radke (A Co, 10<sup>th</sup> CSH)
- 1LT Erin Ropelewski (A Co, 10<sup>th</sup> CSH)
- 1LT Jennifer Tofte (A Co, 10<sup>th</sup> CSH)
- SSG Tisschya Anderson (772d FST)
- SSG Darrell Milliner (HHD, 10<sup>th</sup> CSH)
- SPC Joel Kirkpatrick (HHD, 10<sup>th</sup> CSH)

### Recently Selected for Promotion

- LTC(P) George Brandt (528<sup>th</sup> CSC)
- LTC(P) John Bradley (528<sup>th</sup> CSC)
- LTC(P) Robert Neese (A Co, 10<sup>th</sup> CSH)
- 1LT(P) Daniel Bryant (HHD, 10<sup>th</sup> CSH)

### Recent Reenlistments

- SSG Darrell Milliner (HHD, 10<sup>th</sup> CSH)
- SSG Sharon Harris (883d CSC)
- SGT John Lightfoot (B Co, 10<sup>th</sup> CSH)
- SPC Zadia Nani-Gomez (B Co, 10<sup>th</sup> CSH)



SSG Arterson, NCO of the Quarter



SPC Ortmann, Soldier of the Quarter



# Entertainment

PIRATED MOVIE REVIEW...AAARRRRRRR!

**This Month Dougie-Doug Grabs His (crying) Towel and Reviews**



## The Hitchhiker's Guide to the Galaxy

This movie can be summed up in three words: Lost in Translation.

I read this trilogy by Douglas Adams at the age of about 12, and I enjoyed them. The books were silly and ludicrous, but funny. Since I liked the books, I was eager to see the movie a while back, but I never made it to the theater thanks to my wife and two kids. Aaarrrrrrrr!

The best thing about this pirated movie was the quality. It was almost like it was a legitimate DVD instead of the bastardized, pirated versions that we get for \$2 a movie. Great quality on this one! Unfortunately it went downhill from there.

The movie starts off with the earth being destroyed by aliens who need to clear room for an intergalactic highway. Two beings on the earth (one earthling and one alien) take to being hitchhikers through space to save themselves from the earth's destruction. They meet others and end up on a search for the answer to life, the universe, and everything.

That's as far as I can go into the plot because it was translated terribly to the big screen and it stunk like a bucket of week-old fish parts. The movie also contained some dry, British attempted-humor of which I've never been very fond.

Like most movies, this one had some rave reviews on the cover by people who are either fictitious and created by the movie industry to drum up their own movies, or who are total dolts who might drool over a trailer for Howard the Duck 5: Back in the Feather Suit. It did not keep my attention at all. Well, goodbye until next month, perhaps I'll go and take a little trip to the restaurant at the edge of the universe...

Best Scene: Ummmmmm...final credits perhaps.

Worst Scene: Ummm...all of it.

Most Fake Scene: It was a sci-fi comedy, so this category doesn't apply.

Rating: Total unadulterated crap. Read the books, and throw the DVD in the ocean.

**Don't Panic!**



## It's Your Birthday (+) Bake Shop

In addition to ordering a birthday cake, you can now order cakes for special occasions such as promotions. Place a request for a fabulous cake baked by your very own Nutrition Care Specialist and Dietitians. We bake double layer cakes, cupcakes and brownies too. Come by the RTD DFAC and make your request. Request sheets are also located on the "P" drive.

## JOC Active Again In February With Usual With Style...

### ANC BIRTHDAY

On February 2<sup>nd</sup> we celebrated the 105<sup>th</sup> anniversary of the Army Nurse Corps. It all began with 2LT Merrill summoning the crowd's attention and Chaplain Leathers proceeding with the invocation. COL Doyle presented opening remarks to the crowd by stating that when he heard we were having a celebration for a 105<sup>th</sup> birthday, he naturally thought it was a celebration for MAJ Flynn's birthday. The crowd loved it. CPT Conley then introduced our guest



speaker, our very own LTC Steven Drennan. LTC Drennan took us on a historical trip back to the early beginnings of the ANC- before nurses were commissioned and showing the value the Army placed on nurses throughout their history. He then wrapped up his presentation with a slide show of nurses both here in Task Force North and of our counterparts in Task Force South. He showed the dedication, hard work and compassion that the Army Nurse Corp exemplifies. This was a good way of showing how far Army nurses have come and how dramatically our roles have evolved. There were also some funny slides in the presentation. The most memorable was one of LTC Dren-



nan riding an adult sized tricycle around the ER while wearing a safety helmet. We wrapped up the festivities with closing remarks by 2LT Austin, 2LT Sipe awarding the door prize to LTC Agin and 2LT Merrill and LTC Drennan cutting the beautifully decorated ANC cake. The JOC would like to extend a special thanks to MAJ Blackmore for helping with our food arrangements.

### POETRY NIGHT

In celebration of Valentines Day we decided to give the 10<sup>th</sup> CSH the opportunity to show expression through poetry. MAJ Morton served as our MC for the night introducing us to the finger snapping applause and an occasional exclamation of "OHH YEAH!".

Just before the poets were unleashed on



the crowd MAJ Flynn took center stage and spoke on love and relationships- he used his relationship with his wife as an example to some of the young folks in the crowd. I will mention just a few highlights from the evening: CPT Conley recited a beautiful poem on love as it relates to Jesus; SPC Pickett, AKA "Lil M&M", put a hip hop instrumental to his poem on love and romance; CPT Cheney recited a deep poem on relationship; SSG Jackson flawlessly and with soulful emotion re-



cited a poem from the movie "Love Jones"; SFC Koutsalas recited an original poem called "Chocolate"- this one stirred

the crowd more than any other poem of the evening (the innuendoes were countless). SFC K definitely has a creative flair. The evening was full of entertainment, singing (MAJ Morton, among others, sang an original song that held the crowd captive), dancing (CPT Williams and CPT Wilcox danced and signed to one of Kirk Franklin's hits), and a skit (a splash of comedy called "Cornbread").



These were just a few of the performances from poetry night. The JOC would like to thank all who participated and all who supported poetry night. We would also like to extend a special thanks to CPT Wilcox and her co-chair CW2 Martin for spearheading this event for the JOC.



### So, What's Next?

1. March 6<sup>th</sup> Chaplain Leathers will be speaking on dealing with Death and Dying in the Jones hall Library.
2. Karaoke Night is coming to the 10<sup>th</sup> CSH on March 17th. The point of contact for this event is CPT Foster.
3. April (date TBD) is Organization Day!
4. The Trauma Symposium is still in the planning phase (June 30th is the tentative date) so get involved and see CPT George if you're interested in helping with this event.
5. Join us at our next JOC meeting, Friday April 7th!

-2LT D'Angelo Austin



## Other Events, Big & Smallish...

### RRRRRRRegulators Steal the Show

AC Shooters (Baghdad)

There was a spades tournament of mammoth proportions in Central Baghdad last night. World renowned card players showed up to win the title of best spades team in Iraq. Round 1 saw SGT "Terrible" Terrance Lawson and SPC Rene "the Spade" Molina narrowly escaping defeat from COL "Trump tight" McAfee and COL "Big Bird" Smith. Elsewhere, CPT Doug "The Kid" Lomshek and CPT Heard aka "The Anchorman" won a high scoring affair over SSG "Special K" Depina and an unnamed ringer that was brought in. Across the room SFC "Morris Day" Lymos and SPC "Hangem High" Galow utterly embarrassed the ideal sportsman team of CPT John "The Monk" Valanis and LT "Angel Boy" Magyar. The story of the 1<sup>st</sup> round was a dismantling of a team by ghastly proportions. LTC "Yoda" Agin and LTC "Big Snort" Moore laid down a mauling on SGT "Little Mikkael" Lewis and CPL "Windy City" Vining that will likely be remembered for all time. The veteran pair played with their opponent for the longest game of the first round only to dispose of them as they became bored. Windy City was seen in a corner after the defeat cold, shaking, naked, confused and violated after the physiological bruising placed on him by the veteran team. Bored by their apparent dominance, the Veteran Jedi Knight like team allowed their defeated opponent to represent them for the rest of the tournament to avoid an IG complaint for brutality on Enlisted personnel.

Round 2 saw SGT "Terrible" Terrance Lawson and SPC Rene "the Spade" Molina lose to the refurbished SGT "Little Mikkael" Lewis and CPL "Windy City" Vining. Hangem Galow and XXX Morris Day Lymos laid the smack down on the Anchorman and the Kid. The second round was domesticated as there were not any knife fights, profanity or violence.

The Championship game wrapped up the night with SFC "Morris Day" Lymos and SPC "Hangem High" Galow taking on SGT "Little Mikkael" Lewis and CPL "Windy City" Vining. Reports state that many believe LTC Yoda Agin was playing the game through Little M and Windy City using an advanced psychological mind technique called the Jedi Mind Trick (JMT). Rumor has it she has used this technique while conducting her "walk abouts" on current leaders in the organization to acquire desired resources (note her new office). Regardless, she obviously went to bed before the match started as her cronies were skull drug across the RTD DFAC by the irregular Regulators. Their dominance ended with SFC Lymos announcing his dominance as the February Spades King in country. Some say heroes where born last night. Some say ordinary people achieved greatness for one night. I don't know, but I can't wait until the next Spades Tournament.

-Anonymous

### Poetry Corner

Love Is.....

Love... love is beautiful and joyful  
 Love... love is what makes the world go 'round and hopeful  
 Love... love is the smile across your face on a bad day  
 Love... love is the thought that keeps you going even when you've lost your way

Aaaahhh, but love, love is also complicated and hurtful  
 Love can be hard, righteous, demanding, forgivable and forgetful  
 Love can be zealous and jealous  
 Love can be unexpected and instigated  
 Love can be the air you breathe, the blood that flows, the life you lead  
 But it can also be the air you lack, the blood that bleeds, the life you need  
 Love can be intrepid, inspiring, insouciant, and invincible  
 But it can also be scary, scandalous, screwy and sacrificial  
 Love is simply pure and true and motivational  
 To our emotions, out thoughts, our lives, our dreams, it's sensational!  
 What is love? *Love is nothing, Love is everything.*

By SSG Terrero

## NCO Induction Ceremony

The mighty Mountain Medics rolled into Forward Operating Base Victory to participate in the 30<sup>th</sup> Medical Group NCO Induction Ceremony. The palace at Victory was extraordinary. There were beautiful, gargantuan chandeliers that hung from the ceilings. The surrounding landscape was surreal. The Alpha Gators were represented by 1SG Crews, and SGT Lewis. The Bravo Bulldogs stood tall with 1SG Postelle, SGT Benjamin, SGT Hernandez, and SGT Maramonte. The HHD Regulators kicked in the door with SFC Lymos, SGT Cole, and SGT Ronspiez. The ceremony was a first rate event and was put on with the highest professionalism. Our newly inducted NCO's did us proud by representing the Mountain Medic family with the tradition and honor that has come to be expected. Welcome these NCO's into our Corps as you see them in passing. This 1SG gives two thumbs up for the NCO Induction experience. Mountain Medics!!



## Support From The Home Front ... *Thanks!*

### “Hey, I Need That!” Or “As the Wal-Mart” Turns”

One day you wake up in Iraq and decide you need something. A snack, some laundry soap, a new movie – something! What are you going to do about it? Battle-rattle up and walk down to the PX? Nah. For one thing they don’t have what you need (either they don’t carry it or they are fresh out of it). And two, well, once it hits summer you won’t WANT to battle-rattle up and walk to the PX – you’ll melt before you get there...

Now what? Pull up Drugstore.com? Call home and whine for an overnight care package? Raid your roommate’s stash when they are out of the room and then claim ignorance? No!

It’s most likely that we already have what you need! In fact, we have things you didn’t even KNOW you needed!! Have you checked the Wal-Mart or the Broadmoor lately? We are supported by a myriad of outstanding donor organizations and individuals back in the States who attempt to outdo each other in supplying our every wish and whim. To date, our Commander has signed *over 80 thank you letters* to these fine Americans! Where would we be without them? From cookies to slippers to Starbucks coffee and beef jerky, these patriotic Americans keep us supplied with all the comforts of home to include their love, thanks and appreciation for our efforts. Remember the terrific Company Christmas Tree for the Soldiers – where do you think all those great gifts came from? How about the cake mixes and candles for those fantastic NCD Soldier Birthday cakes? If not for all those Verizon coffee cups you would still be sipping java from styrofoam. All our patients benefit from our donor’s long distance love as well. After the patients “donate” their uniforms in EMT our Soldiers and Marines have to be refitted – from boxers to socks, T-shirts, toiletries and slippers - our donors ensure we can get these troops whatever they need. Think you need something – tell the Company XO or DCA and they can pass your wish to one of our donors who are so anxious to know what you need!!

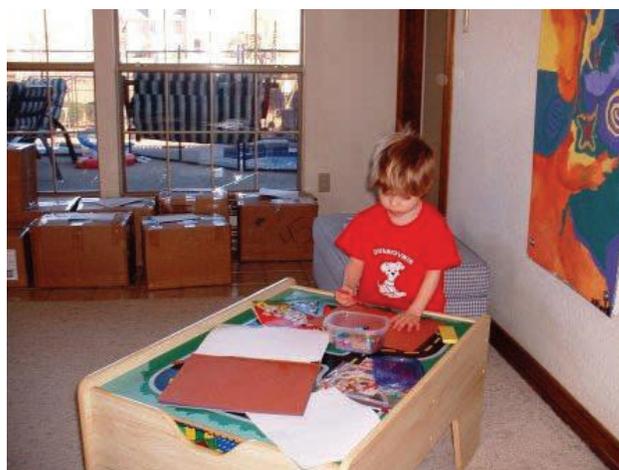
What is really amazing about these folks is that they have never even met us nor are they likely to. They don’t know our names or faces – they just know we are American Soldiers serving in a combat zone far from home. That’s all they need to know to mobilize them into charitable action. They collect goods or money, pack boxes and lug them to the post office. Imagine the lines they stood in at the Post Office to get all those Holiday packages moving in our direction!

We may not know all their names or faces, but deep down we really know them too don’t we? They are our retired military members from WWII to Desert Storm and all the decades in between - they know what it is to serve in a war zone. They are our neighborhood Scout Troops and local school kids. They are corporate sponsors, small businesses, church groups, quilting circles

and NCO Wives Clubs. From the members of the “Greatest Generation” to kindergarteners with crayons and construction paper they keep us in toothpaste and their prayers. Whatever their background and whatever they send - their care, concern and patriotism inspire us!



Home Team ready to mail off more “supplies”



Cade working on a drawing for a deployed Soldier. Thanks Buddy!

### **10 Best thing to receive:**

- Drawings from your kids
- Family photos already framed
- Home baked cookies
- Laundry soap
- Picante sauce and chips
- DVD Movies
- Music CDs
- Fancy coffee
- Chocolate
- Crew or fuzzy socks

## Extreme make-over, Ibn Sina Edition...



### *This month,, The Chapel (multi-purpose room) gets an extreme make-over*

This month in Extreme Make-over, Ibn Sina Edition, we head down to the chapel. The dedication for the new chapel/multi-purpose room was held this month. But prior to this grand affair a whole lot of blood, sweat and tears were shed. Chaplain Leathers and SGT Mack had to pull in all their markers to get this project off the ground. They spent many a day and night on bended knee praying this project through the JARB to obtain the required funding. They personally supervised every aspect of destruction and construction as this former DFAC was transformed into a chapel that Michelangelo himself would stand in awe of. The official dedication, complete with ribbon cutting and cake was held on 10 February. COL Doyle along with CH Leathers handled the honors of cutting the ribbon as SGT Mack proudly watched. The Chapel serves many purposes. Not only are religious services from all denominations celebrated in this modest hall, it also gives military unit members of fallen comrades, and civilian family members a place to meet and find comfort as they wait. It also serves as a meeting place for many events such as the recent ANC Anniversary Celebration to 2LT Tofte's bi-weekly yoga class, held every Mon and Thurs starting at 0515 (please stop by and stretch a little).

## I think the Chaplain knows somebody...

### Holy Grounds Coffee Shop

Letters, pictures and packages from home can warm the heart like nothing else. Our two Soldiers that work the mailroom see us line up every day in hope that something has arrived. The American people, along with our loved ones supply us with treats that feed our bodies and spirits. Thank you for your support.

As my thoughts turn to our loved ones back home, I wonder what is being done to keep up your spirits back home? We have reached the time during this deployment where many have settled in and have made the assumption that everyone else has "settled in" too. Experience tells me that now is the time to make phone calls or drop in visits to check on others. If things are not working well or someone just has not managed to cope with the deployment; now is the time when things will become evident. As you check on others, keep in mind that most people will not ask for help or accept it unless you're insistent.

For the believers among you...remember the words of Jesus, "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me...I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me." Matt 25:35-36, 40b. God bless you as you care for each other.



# The Sports Page

# Mountain Medics!



## 10th CSH shines again at both the January and February 5K races at the Palace

The best and most powerful Combat Support Hospital in the World, is now also the fastest. The 10<sup>th</sup> CSH cleaned up again at both the January and February 5K races held at the Palace. At the New Years Resolution Run held on 27 January 06, CPT Laurie Pemberton, again took overall first in the women's division. 1LT Matt Bowe proved that last months first was no fluke by once again taking gold with a first place victory in the men's overall division. MAJ Diana Heinz finished second place in the women's division, her last race before re-deploying. MAJ Marsha Dorough brought home the bronze, finishing a strong third in the women's over 40 division. COL Joe Pierson ran down the competition and came away with silver in the men's over 40 division.

At the February "6"K race, a new course was introduced. First, if the course was actually 6K, then I'm sticking with my current



10th CSH participants in the January 5K Race above and the February 5(6)K Race below.



work-out regimen as I took 30 seconds of my previous 5K time! Any way, the fast seemed fast as we raced around the IZ and we were able to stretch it out a little. Despite the new course, many of the results remained the same. 1LT Matt Bowe threepeated once again taking over-all first in the men's overall division. 2LT Kimberly Soer bounced back from an illness last month to take second place in the women's under 40 division. SFC Sterling, in her first IZ race took third place. MAJ Marsha Dorough proved that she is the best, taking gold in the women's over 40 division. Of note, CPT Dave Steinbruner received gold, however, no one is quite sure for what. Speculation on the circuit is he is the champion of the Emergency Room Physician, deployed to SW Asia, with a wife and two children living in San Francisco "Division."

Though CPT Laurie Pemberton was not able to defend her title due to mission requirements in Tallil, she did run a 5K at TFS and took first there.

Finally, serious questions still remain concerning the powerful 10th CSH road racing team, as once again CPT Brett Venable failed to show for the third and fourth month in a row.



Drop and gime 10 Colonel!

But I can't see my toes CSM



# Out and About with Task Force 10...



Farewell COL Smith, DCA/XO/  
Coffee mug girl. She departed to  
take command at Ft. Riley MEDDAC



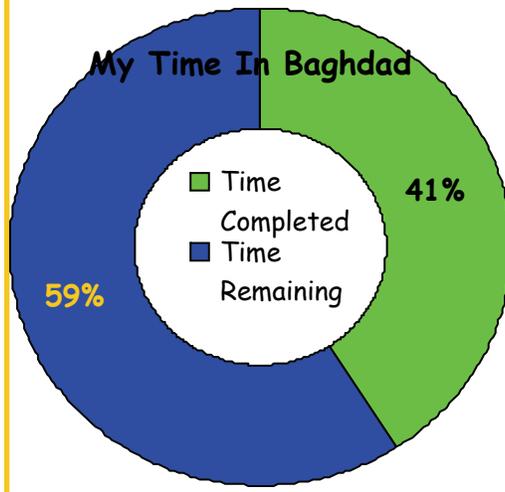
If I can make it in this town, I can make it  
anywhere. It's up to you New Baghdad,  
Newwwww Baghdad!



Ahh, no comment!



According to the all wise all knowing Bagh-  
dad Doughnut we are approximately 41% of  
the way through this deployment. Four  
months down, eight to go. You don't believe  
me? Check it out for yourself, the Doughnut  
is (almost) never wrong...



I hope this is all just a dream  
and I wake-up back at BAMC...



CPT Dan Bridon, TFN S6 and  
BG Pookie Bear, MNF-I G6



Bye-Bye Dr. Briggs and good  
luck!



Monkey see, monkey do...



The infamous TFS Monkey



Psssst, hey Mc, how do you spell  
T.I.A.?