



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



"Mountain Medics"

The Baghdad Enquirer "The Top Ten Edition"

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Free Lance Editor:

LTC Steven Drennan

Player to be named later:

CPT Doug Lomshek

Unidentified Informant in all

articles: CPT Heard

The Man:

SFC Martinez

The Myth:

CPT Abdul Willis

The Legend:

MAJ Terry Flynn

IZ Spelling Police:

COL Dawn Smith

\$5.00 Paparazzi:

SFC Bennett

Copy "Person"-Intern:

LT D'Angelo Austin

Switchboard Operator:

LT Janis Fleming

Baghdad TastyKake Distributor:

LTC Johnny "Tastykakes" Groves

Recently hired away from the

London Star tabloid as a fitness

consultant for the Baghdad

Enquirer: LTC Gwen Thompson

Keepin' it Real: COL McAfee

New Assistant S4: Cousin "IT"

Owner and anti-steroid

Advocate:

D3 Intergalactic Enterprises, a

subsidiary of "I'm Golden" Inc.

Happy New Year Medical Task Force 10, and hello to all of our family, friends and fellow Soldiers back home. Hopefully, everyone had a great holiday and are now settled back into your "routines", well except for perhaps a New Year resolution or two...

Generally, two questions are always on everyone's mind as the New Year came closer and closer. The first one concerns what we shall all do on New Years' Eve (believe it or not there are choices, even in Baghdad) followed by a thought concerning resolutions for the new year.

As for "The Eve", with a little imagination and a sense of adventure I discovered much to do and found many interesting events around the old FOB. Here are the top ten New Years Eve events at Ibn Sina:

10. For those that did not want to travel far, and were not into crowds, there was movie night at the Baghdad Broadmore. The featured presentation was "It's a Wonderful Life".

9. You could have pulled a Baskin-Robins all-nighter at the DFAC with a few like minded people.

8. Or, listen to CPT Lomshek's heart wrenching rendition of "My Endless BUB".



7. You could always throw a little iron

around at the "Prison Gym" (see "Body by Doyle" in this issue).

6. Contemplate the meaning of "IT" all...

5. Knock back a few O'Doul's at ICU 1 with the Commander and CSM.

4. The 1st annual "Three Puerto Rican's and a white guy looking for acceptance" Dominoes Tournament.



3. For the Soldier of Fortune crowd, there were low crawl races from bunker to bunker with LT Merrill and her "Band of Brothers (and Sisters)", a real crowd pleaser.



2. For those who demand a challenge there was the Midnight Treadmill Marathon ...



...and Century Stationary Bike ride at the PCO Gym.



1. Rock the night away at the JOC New Years Eve Extravaganza! This "A" list event was so exclusive that even the US Ambassador could not get a ticket.



By the way, who let the Colonel out!



Anyway, so much for the "night before" events and now a personal thought concerning resolutions. I only made one myself this year:

I resolve to always remember that making resolutions is a cleansing ritual of self-assessment and repentance that demands personal honesty and, ultimately, reinforces humility. Breaking them is part of the cycle.

Happy New Year

Guests at the CSH



Secretary of Defense Rumsfeld



The Sergeant Major of the Army



December 2005



The stars were out...



...and other little angels too.

A
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D3 Direct... Baghdaddy Bits



Baghdaddy Bits

Happy New Year to all, especially since this is the year that will see us reunited with our loved ones. It's still a long way off so we must stay focused on our mission and stay safe to ensure every Soldier gets back home. We started 2006 with a great New Year's Eve party sponsored by the Junior Officer Council. We had music, food, dancing, karaoke, near beer and non-alcoholic sparkling juice for our toast at midnight. I even dusted off some old school dance moves that hadn't been seen since disco died but everyone was polite enough not to laugh. There were a handful of news reporters and camera crews at the party talking with Soldiers so hopefully some of that footage aired back home.

We've been very fortunate that our patient volume has dropped since the elections in DEC and stayed low through the holidays. But we have had busy days too, most notably on 5 JAN when a MASCAL presented us with 31 casualties and we had another 4 patients admitted for the highest one day total of 35. The most impressive thing about that MASCAL though



was that it appeared to be just another day in the 10th CSH. Everyone involved was calm, professional, compassionate and focused despite the number of patients in the halls, in EMT, headed to the OR and on the wards.

Soldiers returning from R&R leave look refreshed & relaxed. Some have great stories about how long it took to get home (4 days just to get to Dallas) or how quickly they made it (48 hours from helicopter take off in the IZ to on the couch in San Antonio). But all talk about the heart-warming reception and gratitude of the American people as they pass through airports.

The Iraqi election results were recently released so the freely elected national government should stand up soon. We'll play a key role in the months ahead in training host nation physicians, nurses and support staff as they rebuild their health care system. There's no text book or master plan for how to accomplish that but our talented staff will certainly rise to the training challenge while we continue to provide unmatched combat health support from one of the world's busiest trauma centers (you know the deal...the best & most powerful combat support hospital in the world).

Task Force South Corner...

A new year has begun, and I'm still trying to figure out where last year went! Between our predeployment activities and the assumption of our duties here in Iraq, the time has literally flown. Though in some ways it seems as if we just arrived, we are now that much closer to completing our mission and returning back to our homes and loved ones.

The Soldiers of Task Force South are doing a superb job in providing health care and support for the Soldiers, Airmen and civilians here at Ali Air Base. They are finding new and innovative means to make a difference in many ways. For example, CPT(P) Malmquist, our Public Health Nurse, and SGT Stubbs, NCOIC of Nutrition Care, are working with units on post to improve quality of life and the health of their personnel through weight-loss and die-

tary counseling and tobacco-cessation education. Also, Chaplain (MAJ) Salisbury and SPC Rayle of our Unit Ministry Team, with the assistance of our Soldiers, have collected much-needed school supplies and other items for local Iraqi schoolchildren, to be distributed by the Civil Affairs team of our local Brigade Combat Team. Along with the world-class health care that we are providing, these extra efforts attest to the terrific job that Task Force South is doing, each and every day, to accomplish our mission to the highest standard of excellence.

Another testament to our success is the number of Soldiers who are reenlisting within Task Force South. It seems that every week another outstanding Soldier steps forward to stay Army and continue their service to the unit, the Army and their nation. (Continued next page)

They clearly recognize the importance of our mission here in Iraq, as well as the exemplary work that we continue to do in support of that mission, and I am very grateful for their continued service.

We at Task Force South wish our fellow Mountain Medics continued success in the vital contributions that the entire team is making in our nation's efforts in Iraq and the Global War on Terror. May this year be marked with the unparalleled excellence and unequalled service that are the hallmarks of the Mountain Medic family!

-MAJ Ralph Deatherage



528th CSC...

The Mighty 528th CSC, Med TF 10

It seems like just yesterday we welcomed TF 10 to Iraq, and you are already in your third month, we are in our 10th. I would like to thank all those fine soldiers at TF 10 for their help getting us heading home with your support for Awards, OER's, plans, property books, and so much more. Thanks. Your 10th month will be here before you know it. Sharing a few football games with the TF 10 soldiers was a blast too, First Sergeant Crews sure does love his Steelers and my Redskins even stole a playoff victory.

We seem to have promoted a bunch of soldiers and been gone too long to have any birth announcements so I don't have other good news to share on those issues. We have had a deployment marriage on R&R and now a deployment engagement on R&R, surprises for the commander but good news for good people.

We continue to do a robust CSC mission, taking care of soldiers, and making a difference.

Work hard, stay safe,

-LTC Brandt,
Commander 528th Medical Detachment (CSC)

TFN Alpha Gators...

It's Raining, It's Pouring

Cool weather, dark skies, and mudpuddles? It's hard to believe, but winter has arrived in Iraq. We have quickly learned that this country was not designed for wet weather. One inch of rain and the parking lots gather water, the roof leaks, and the EMT and mail room quickly become waterfront properties. But, it is a refreshing change from the dust and dirt. When I turn on my heater to take the chill away, I realize that in a few months walking outside will feel like walking straight into a heater. I grab my fleece jacket and gloves and enjoy the cool weather.

Things are moving along at Alpha Company. While some are still unpacking, a few fortunate souls are already beginning their journey back home. Good luck to MAJ Wallace, LTC DeLorenzo, LTC Shriver, and MAJ Heinz as they head back to their home duty stations. Thank you for your hard work and we hope to see you soon.

Alpha Company would also like to welcome our new arrivals:

COL Briggs	SPC Cowan
MAJ Reynolds	SPC Salamencia
LTC Le Voyer	SPC Canale
MAJ Mehta	SGT Huber
CPT Park	SGT Sonko
CPT Kok	SPC Ayers
CPT Williams	SGT Mason
LT Radke	SSG Collins
	CPL Vining
	SGT Lopez

Last but not least, I'd like to congratulate 1SG Crews on his recent accomplishment. He was awarded his Master's Degree in Education from Cappella University! Great job, Top!

Three down, nine to go!

-CPT Schaefer



LTC Brant & LTC Bradley celebrate selection for Colonel

Out and About at Ibn Sina (the life and times of a Fobbit)

“Life on the FOB – Baghdad Style”

By MAJ Terry Flynn

One would automatically assume that having to live in a city in the middle of a war zone wouldn't be the best thing to do and it would present numerous additional challenges for man, woman and child. Regardless of your nationality, political affiliations, religious beliefs and any other complicating factors you might want to throw into the mix...Baghdad and the Ibn Sina Hospital Forward Operating Base (FOB) on which we find ourselves really isn't so bad...kind of...well maybe...okay not great I suppose, but hey...its home!! (At least for 365 days...well 278 days, 19 hours and 42 minutes...but who's counting?)

We've already explored a bit of the life style of Ibn Sina with a previous dissertation about the uniqueness of the Iraqi bathroom facilities and plumbing. I think now it's time to look a little deeper into life here on the FOB...(No not into the sewer system...that's way too deep)! Let's focus on some of the positive aspects of life here...weather, peace and quiet, unique animals found and of course talk with some of our 10th CSH staff and get their perspective on Life on the FOB - Baghdad Style!

Forgive me but I have one last thing I'd would like to discuss regarding at least an association to the plumbing here. Can anyone answer the burning question: “Why do we use paper towels as toilet paper...and toilet paper for paper towels?” For those of you back at home...no one in Iraq has ever heard of Charmin or Quilted Northern toilet paper. I believe (and I could be wrong here), they take rolls of course, cheap paper towels and cut them down to toilet paper size to use in the bathrooms. They aren't used to toilet paper (you can't find a toilet paper holder in any bathroom), so perhaps the Army sent this out to a government contractor who spent a million dollars researching the correct specifications and came up with this solution to the problem. I am willing to bet that CPT Venable could give you the NSN number so you can order more through the Army supply system.

I also am convinced that the same research project discovered that you can take rolls of super thin paper (often referred to as tracing paper in grade school) and package it into rolls the size of a basketball and put it up near the hand-washing stations and sinks to use as paper towels to dry your hands.

Okay...enough about that. Let's talk about the weather...it's nice. At least it has been for us thus far. We had great weather in Colorado Springs for the training month (September). After our super police escort to the airport at 1030 at night (what a cool deal that was...flashing lights, sirens going and we ran through every red light on Academy!) I hadn't gotten that much attention by the police since that time in high school (they never convicted me of anything)!



Then we moved to Kuwait and it was okay there too except when it was windy and hot and we had to march around so we could wait for things to happen. Okay, maybe it wasn't great there, but it wasn't 120 degrees out there either and sometimes there was enough water pressure to shower in the middle of the night...by yourself with extra gravitational forces from a full moon.

This brings us to Baghdad where it has been really very comfortable weather. We saw rain for the first time since leaving Colorado...almost got all of the ground wet. The temperature has rarely ever gotten over 80 and for the most part it has been in 70's. At night now, it even gets cold...in the 40's...people are freezing and running around bundled up like it's 10 degrees outside. We are told that the cold weather is in January, we shall see. As for the weather so far: Score one for Baghdad!

Peace and quiet: Well this isn't a family reunion where everyone and their uncle (okay maybe more than one uncle)...is trying to be the center of attention while eating way too much food; listening to the same old stories about the things you did as a kid; meeting the new spouse of a cousin while remembering not to mention the ex-spouse; and hoping that you won't have to stay longer than the end of the large meal that has been painstakingly prepared by your mother, 3 aunts, your sister and the neighbor lady that makes the best potato salad since paprika was discovered, or so you were told. She's also the one that tried to get you to date her sister's only daughter/son when you were in college, even though you were engaged to someone else. Talk about awkward circumstances.

So Baghdad has that beat... but barely. I mean we do have the constant thrumming of helicopters; the routine sound of small arms fire; and the occasional random explosion from mortar rounds and Rocket Propelled Grenades (RPGs) to contend with, but doesn't every town have its noisy sections and little disturbances? Just for the record...celebratory gun fire after a soccer game is not intended to hurt anyone, except the person on whom the bullets fall after they shoot them into the air. Wasn't it Galileo who talked about gravity...no I believe it was Newton, but he only got hit in the head with an apple. That's another story...I'll save it.

Hard to score this one...let's call it a draw unless you've never been to a family reunion or live in a small town in the rural parts of America where they don't have celebratory fire, except after a hunting trip and someone got too drunk to take the shells out of their shotgun properly.

The animals...there really aren't any to speak of. We've seen birds and heard them (don't park your Hummer under any trees for too long...gets messy.) There are lots of

Out and About at Ibn Sina (the life and times of a Fobbit)

cats...but you can't really have them for pets...they're infested with many other critters you don't want hanging around on you, and I haven't seen a dog since I got here, though I have heard tales of desert dogs. We have seen insects...some as large as small cars. One roach came up to me by the phones and waited for me to move out of his way, and had a bad attitude about it!! We did see one small group of camels while in Kuwait and of course we were warned not to shoot any...like I thought we were hunting. The jury is still out on this one...I have heard that mice and rats are around too...but so far I haven't met either Mickey or Minnie here. Do they have a Disney World in Baghdad yet?

So what do you think...want to live here? Can you name me 10 reasons to buy a home in Baghdad? Let's do a "Top Ten" list (thank you David Letterman) on why you would buy a second home in Baghdad: Take it away 10th CSH....

#10: No need for an alarm clock...the prayer chants begin at 5:30 AM over the loudspeakers in town.

#9: No daylight savings time so you'll never be late for work after changing the clocks.

#8 Plenty of part-time work for kids with no child labor law restrictions...just hustle GI's on the street.

#7 Never have to step foot in a busy supermarket again...just use Netgro-

cer.com to have your order shipped direct.

#6 Tigris Riverfront properties are at all time low prices. Plus some great deals on "used" palaces...great "fixer-uppers."

#5 Gated community with imbedded security forces and strictly enforced curfew.

#4 Armored transport is available for quickie bus rides through the Red Zone.

#3 Time share arrangements with Australian forces so no disagreements about use during the summer/winter months.

#2 Spontaneous fireworks displays as result of celebratory gun fire...especially after any major political event and/or religious holiday.

...and the #1 reason to buy a second home in Baghdad is:

Lifetime tax shelter for the extra money we are getting paid while serving in a combat zone!!

Live well and be happy!



98th CSC (TFS)

98th CSC Identifies a Need



The 98th is currently working with the 10th Combat Support Hospital (CSH) out of Ft. Carson, Colorado to aid and assist with patients needing Occupational Therapy. The 10th CSH is currently not assigned an Occupational Therapist at TFS in Tallil. However, therapy needs were identified by 10th CSH staff to facilitate speedy recovery, patient independence, discharge of inpatients and follow-up care for outpatients. US Soldiers requiring these services are evacuated to larger facilities to ensure their care is of the utmost importance while Iraqi civilians and Iraqi Soldiers remain. The biggest obstacle is the cultural barrier which requires education for patients and family members on self care versus family assisted care.

CPT Smith, SSG Hamner, and SGT Platt have made themselves available to treat patients at an inpatient/outpatient clinic led by SGT Platt 3 days a week.

The 98th not only completes her own missions but also assists her sister unit, 10th CSH, with their mission by treating the remaining patients to open more beds for US casualties.

-SGT Kimberly Platt, 98th CSC (TFS, Tallil)



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



DEPARTMENT OF THE ARMY
10th COMBAT SUPPORT HOSPITAL
FORT CARSON, COLORADO 80913-5000



ORDERS 010-010

17 January 2006

The following individual is hereby called to active duty:
Sophia Rountree

Baby Girl, Heavenly Holding Battalion, Heaven.

In the rank of: BFC (Baby First Class)
You will proceed on permanent change of station as indicated:
Assigned to: SGT Mitchell Rountree and Mandy Rountree
Report Date: 17 January 2006
Port of debarkation: Fort Carson, Colorado 80913-5000

Additional instructions: (a) You are authorized shipment of personal household goods up to and including diapers, pacifiers, and other authorized paraphernalia. (b) You will report NLT 2400 hours on the report date indicated. (c) You will report in proper uniform with all necessary equipment and regulation haircut. (d) You are authorized **7lbs, 7.6oz** weight allowance, not to exceed **20.5 inches**. (e) Unit of assignment is responsible for the following: rations, quarters, health and welfare, supply, maintenance, UCMJ (Unlimited Containers of Milk/Juice), character guidance, education, equal opportunity, discipline, ect. (f) Gaining unit's commanders are required to administer all the TLC (Tender Loving Care) within the realm of their power.

Inquiries concerning these orders will be directed to Colonel Dennis D. Doyle, Commander, 10th Combat Support Hospital, Fort Carson, Colorado 80913-5000

DISTRIBUTION:
5 – Individual Concerned
2 – Personnel Records
2 – CDR, Heavenly Holding Battalion
2 – CDR, Gaining Unit
1 – Diaper Service Company
200 – Family and Friends

DENNIS D. DOYLE
COL, MS
Commanding

Recognitions in the Task Force

Promotions:

MAJ McKinney to LTC
2LT Bowe to 1LT
2LT Burns to 1LT
2LT Nunes to 1LT
2LT Hopman to 1LT
2LT Kitzman to 1LT (TFS)
SSG Daninger to SFC
SGT Aehle to SSG (98th CSC)
SGT Sims to SSG (10th CSH)
SPC Maramonte to SGT (TFS)
SPC Hughes to SGT (TFS)
SPC Ronspiez to SGT (TFS)
SPC Parrott to SGT (98th CSC)
PFC Gonzalez to SPC (TFS)

Selected for Promotion to Colonel:

LTC Brandt (528th CSC)
LTC Bradley (528th CSC)
LTC De Lorenzo (10th CSH)
LTC Schriver (10th CSH)
LTC Neese (10th CSH)

Monthly Honors

SPC O'Brien (98th CSC) Soldier
SPC Ortmann (TFN) Soldier
SGT Reeves (TFN) NCO
CPT Campbell (TFN) Nurse
MAJ Paquett (TFN) Doctor
MAJ Meyermann (TFN) Ancillary Support
MAJ Dorough (TFN) Administrator



Entertainment

PIRATED MOVIE REVIEW...AAARRRRRRR!

This Month Mr. Dougie-Doug Reviews

“Mr. 3000”



I was in the mood for another comedy this month. This time it was Mr. 3000 and this month's moochie was SSG Arterson of the blood bank when he let me borrow the DVD. For the DVD player, I went back to my ol' reliable source, LTC Drennan.

I'm a big baseball fan and a big statistics freak (i.e. Cecil Fielder batted .277 with 51 homers and 133 RBIs in 1991 for the Tigers), so I'm always somewhat interested in baseball movies. However, GOOD baseball movies are few and far between. For every *8 Men Out*, *The Sandlot* or *Bull Durham*, there are five shows like *The Rookie*, *The Fan*, or God forbid *Rookie of the Year*. (*Field of Dreams* lies somewhere in the middle.)

In this “fall classic” Bernie Mac stars as Stan Ross, a selfish baseball star who retires mid-season on the day he collects his 3,000th base hit, figuring it is his ticket to the Baseball Hall of Fame. (Ed note: Only 20 players have accomplished the 3,000 hit feat, to date.) However, because of the spiteful relationship he had with the media and with fans, Ross still isn't in the Hall nine years later, but is getting close, until a statistician discovers that 3 of Ross' base hits were counted twice from a rained-out game that was later made up, thus dropping his career hit total to 2,997. Ross decides to come back to play for the 5th place Brewers hoping to collect his final 3 hits then retire. The Brewer's owner agrees as a way to draw fans. (It wouldn't be the first time an owner signed an over-the-hill star to draw at the gate.)

Ross has to get back in shape, and get his swing and timing down after being out of the game for nine years. Meanwhile there's the obligatory sub-plot of him getting back with the girl reporter who left him years before for being the arrogant and selfish jerk he is. After seeing the arrogance of his younger teammates, he sees the errors of his ways, lays down a sacrifice bunt in the last game, and contently finishes his career with 2,999 hits. And of course he's elected to the Hall the next year, because everyone realizes he's such a nice guy now.

On the plastic sleeve cover of this movie, the critiques read “Very funny”, “A funny film with heart for the whole family”, and “Two thumbs up”.

My critiques read “Somewhat watchable”, “A slightly amusing, yet mediocre film, but nothing that made me laugh out loud”, and “Two thumbs turned 90 degrees to the side”.

Best Scene: Stan Ross snatching his 3,000 hit ball from a kid in the stands

Most Fake Scene: Ross rallying his young, arrogant teammates after a week on the team to be team players and try to finish in 3rd place instead of 5th.

Rating: Arrrrrrrrr- cough-cough- Arrrr...., mediocre at best. Definitely not a hidden treasure, but not a shark-infested swim either.



It's Your Birthday Bake Shop



Place a request for a fabulous birthday 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 Helps Bring In The New Year, With Style

The 10th CSH Junior Officer Council (JOC) is off to a great start. Their first event was to sponsor a Talent Show on December 18 at the main dining facility (DFAC). The well attended event showcased the depth of talent found within the ranks of the 10th CSH. There was a huge display of talent from song and instrument, to comedy and poetry. Unknown by many, a lot of the material showcased was original material written by our own Soldiers.

The Master of Ceremonies for the show was our own self-proclaimed "Grandfather Time", MAJ Terry Flynn. He displayed some surprising dance moves in addition to his comedic prowess.



Those who participated were: PFC Smith from EMT; SPC Salamanca from ICW2; SPC Coppess from ICU2; CPT Cheney from the dental clinic; CPT Valainis from the S4 shop; CPT Lomshok from the S1 shop; MAJ Morton from ICU2; and COL McAfee our DCCS.



It was difficult for the judges to pick a winner, but the rules were strict, only one contestant could be the 10th CSH Idol. At the end of the day SPC Coppess walked away with the prize and a media interview or two. I asked him how does it feel to be the winner of the

10th CSH talent show and he responded- "It was a lot of fun and the LAND EEL [his new band] lives". SPC Coppess performed a medley of "Banana Pancakes" and "Steal my Kisses" while soulfully strumming his guitar and moving the crowd. He won a \$45 gift certificate from Amazon.com (see full Coppes story in this edition)



Some of our contestants can be seen in the January 2nd edition of the Army Times.



Next up on December 31st the 10th jammed in the New Year courtesy of the JOC sponsored New Years Eve party. SGT Wolf, the "Wolf Man", put together a variety of new and nostalgic tunes to keep us on the dance floor while the clock ticked away 2005 and into 2006. MAJ Morton supplied the Karaoke- and those brave enough to step up to the mike sang their hearts out. COL Doyle was jamming to "Who Let the Dogs Out" and joined in on our soul train line. Our JOC president, 1LT Smith, kept things pumped up by grabbing the microphone and directing



traffic on the dance floor with his rambunctious antics and spontaneous conga lines. Over all the party was a great success and the JOC thanks everyone involved from planning and set up to those of you who took time out of your busy schedules to support this event.



So, What's Up For The New Year?

The New Year is well under way and the Junior Officer Council (JOC) has made big plans for 2006. The Army Nurse Corps (ANC) birthday is quickly approaching on February 2nd. A planning committee has already been convened to plan the festivities. We will be celebrating the ANC birthday sometime in February- the exact date is yet to be determined. POC for this committee is 2LT Merrill on ICW2.

Black history month is also coming up in February and the JOC is working in conjunction with our Equal Opportunity (EO) NCO SSG Scott to put together some fun and educational ways of celebrating black history. POC is CPT Conley.

Next, we will be hosting a Poetry Night for Valentines Day on February 14th from 2000-2200hrs at the RTD DFAC. If you have poetry skills the POC is CPT Wilcox in ICW-2.

2LT Soer will be planning our Medical Service Corps birthday celebration for June.

CPT George from ICU2 will be the chair for the trauma symposium committee. The exact date is yet to be determined.

All of the above mentioned committees still need volunteers, so if you are interested in helping with any of the events you can contact the POCs via email for more information.

-2LT D'Angelo Austin (JOC VP)

Heart and Sole & Rock 'n Roll...



Banana Pancakes Anyone?

SPC Jacob Coppess of Anderson Indiana put on a one-man show Dec 18, 2005 at the 10th Combat Support Hospital's first ever talent show. SPC Coppess, AKA CopperHead, showcased his musical talent at the event by playing guitar and singing. Playing two cover tunes for the event he got the crowds attention by ripping out some beautiful guitar runs and strumming patterns and covering Jack Johnson's *Banana Pancakes*. SPC Coppess then rallied the crowd into more participation with a rendition of Ben Harper's bluesy *Steal My Kisses*. In the end the entire crowd was singing along and clapping and the judges had little choice but to give SPC Coppess the first place spot in the competition.

SPC Coppess, 22, began playing guitar at the age of 13. The oldest of three children he started playing on one of his Dad's guitars with a desire to "create music." It didn't take long before he was well on his way and forming his own band. His first musical interest was playing Christian rock music and he formed his first band Playing In Traffic which unofficially fell into the genre groove-rock. Of notable gigs- he's opened up for Ben Harper, String Cheese Incident, and Jason Miraz.

SPC Coppess is also known for sharing his love of playing guitar and music with others. He taught guitar for 18 months while stateside and his favorite students he found were junior high-school students. He continues to share the gift with other 10th CSH deployed and is currently mentoring several beginners.

SPC Coppess is also busily forming a band with other 10th CSH musicians where he will play bass and sing. Their goal is to play a mix of music "just for fun." An official name for the band hasn't been decided but, if his performance at the talent show is any indication of what's to follow, the band will definitely be worth keeping an eye on.



Eagle

How far have we gone to grow
Feels like I've been from coast to coast
I've been soaring with an eagle
Praying that we'd never get lost

I hope I never let you down
I hope we finally make it out

I know that I'm going back home
I'm still alive and I'm not alone

Was it all worth the try?
Finding ourselves working day and night
I've been leaning on my battle
My battles leaned on me

I hope I never let you down
I hope we finally make it out

I know that I'm going back home
I'm still alive and I'm not alone

We're going back home.....

I know that we're going back home
We're still alive and we're not alone
Oh, home.....

I HOPE I NEVER LET YOU DOWN

- Lyrics and Music by SPC John P. Salamanca

Better Homes and Billeting...



This month, LT Brechons creates a billet that is fit for a Queen

When LT Stacey Brechons arrived in Baghdad to take custody of her billeting, she could not believe what she found. Assigned billeting in Rucker Hall she quickly realized, the palace she was promised by her recruiter was a dump. "I would have even preferred to stay in a tent" Brechons states, "but the recruiter told me the Army has gotten away from that type of accommodation". Originally a construction worker by trade, LT Brechons was forced to live out of her "A" bag for days while she worked hard to turn her billet into the palace she deserved. Still, living in a duffle bag isn't easy; her "billet" was also home to many species of critters, such as scorpions, ants and spiders! LT Brechons turned her dream into reality and transformed her new "home" into a billet to be proud of. Unfortunately, since she is a busy ICU nurse at the Best and Most Powerful Combat Support Hospital in the World, she didn't have the time to call in the wrecking ball and start from scratch. Nevertheless, the results speak for themselves. In this episode of *Extreme Makeover: Billeting Edition*, this industrious officer, achieves her dream of living like a Queen in Baghdad. Congratulations!

I think the Chaplain knows somebody...

10 STRESS BUSTERS

By Alice Gray

In keeping with the theme of "10" I would like to suggest ten things that are stress busters. This may help some of you endure during the remaining deployment.

1. Develop Order: Tidy up. Put things away. Toss clutter. You can restore a sense of calm to a room with a thirty-minute "sort and dump."
2. Divert Your Focus: Diversions give the mind a break from problem solving and burden bearing. It is impossible to be consumed with worry when something else is captivating your interest.
3. Diffuse: Push the pressures out of your body through twenty minutes of aerobic exercise.
4. Debrief: Talk out your tensions with a safe and trusted friend.
5. Diversify: Change channels in your brain. Problem solving is more effective when the mind frequently rests from a problem rather than obsessing on it continuously.
6. Deliberately Rest: Schedule several five-minute slots during the day to "let down," and slow the mind and body. Listen to relaxing music. Pray and meditate on Scriptures that soothe the soul.
7. Deal with Unfinished Business: Make amends whenever possible. Grant forgiveness rather than nursing grudges.
8. Decide to Trust: One of the best prescriptions for fear is to say, "God, I choose to trust you."
9. Dedicate Yourself to the Basics: To see clearly in the midst of blinding stress: Sleep eight to nine hours a night; Eat well-balanced meals; Exercise twenty to thirty minutes, three times a week.
10. Disengage: When overwhelmed, step back, buy yourself some time, and stop trying so hard. Everything doesn't have to be "fixed" today.

Also keep in mind that the book of Philippians 4:4-9 tells us to commit everything to God in prayer, trust Him and think on positive things. God bless you and lets keep praying for each other. (P.S. We proudly brew Starbucks coffee)

The Sports Page

Mountain Medicine!



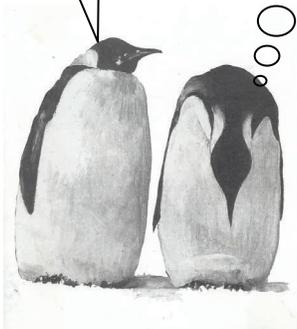
Pemberton threeppeats, Bowe golden and Dorrough & Soer place in 5K

The 10th CSH had another strong showing at the Reindeer Romp 5K held at the Presidential Palace on December 30. Super star, CPT Laurie Pemberton, threeprepeated again taking overall first in the women's division. 1LT Matt Bowe, would not be denied gold this time around and cruised easily to a first place victory in the men's overall division. 2LT Kimberly Soer finished strong once again taking second place in the women's division. Another 10th CSH standout, MAJ Marsha Dorrough, in her first IZ race of the season, finished second in the women's over 40 division. Finally, CPT Brett Venable once again opted for sleep over road racing.



"Soldier, Your legs need work!"

Roger 1SG



Top 10 Exercise routines at Ibn Sina Hospital

Every exercise program should include three basic components: Flexibility, Strength and Aerobics. Below are 10 exercises for you to consider adding to your routine, or not...

- 10.) **Stretch:** Your dog knows best- stretch before and after your nap.
- 9.) **Table Top Yoga:** Try pushing away from the dinner table- hold for 15 seconds or until indecision passes.
- 8.) **Isometric Curl:** (AKA Baskin-Robins curl)- Go get a double scoop cone at the DFAC. With feet about shoulder width, flex bicep moving cone 8-12 inches from mouth and hold. Continue until dripping begins, lick and repeat with other arm. Continue to alternate arms until ice cream is gone or muscle failure.
- 7.) **Pec Rocket:** At the gym. Set the pec deck machine with far too much weight for you to handle safely. Make sure you are very sweaty and slippery before attempting this one. First, use your entire body-weight to get one arm pad up to the front. Then, throw yourself at the other one to get it to the front. Hold them there for a half-second then get shot four feet out across the floor as you squirt from the machine like a greased banana.
- 6.) **Rush-Hour Bench Press:** Again, at the gym. This exercise is done on the vertical seated chest press machine that has a foot pedal to help raise the weight to the starting position. Use this pedal at the bottom of every single rep to bounce the weight back up. Your footwork will resemble that of someone in rush-hour traffic going from 0 to 60 to 0 every 3 seconds.
- 5.) **Speed work:** Try crossing Haifa Street between the hospital and the PCO compound. Repeat if you dare.
- 4.) **Endurance:** Instead of enduring the DFAC lines at lunch time, go to the PCO (see speed) gym
- 3.) **The Double Ahearne:** Lie in bed on left side, hit the snooze button for 8 reps. Roll to right side and repeat. Go back to sleep.
- 2.) **Use a light switch for your daily finger exercises.**
- 1.) **Laugh a little:** Laughter is such an easy exercise to enjoy every day. All it takes is some funny people or props, no more than five minutes of your time, and *your willingness*. When you combine laughter with your other healthful habits, look out! You'll become Superperson. In fact, unless you're determined *not* to enjoy the healthiest lifestyle possible, *laughter needs to be a part of your routine everyday*.

The Sports Page

Mountain Medics!



Lean, mean fighting machine...you too can have a body like COL Doyle. How does he do it? No steroids here, those rippling muscles come from hard work and sweat on the Stairmaster machine and movin' iron. Simply follow these monthly fitness tips for your Body by Doyle;

B 1. When in the Baskin Robbins line...ask yourself do I really need two scoops? Can I be happy with one and a little topping? Don't fall prey to the peer pressure of sandwiching the ice crème between 2 double chocolate cookies (AKA- LTC Drennan favorite)

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d 2. Balance out the good and bad...if you find yourself indulging in oodles of candy then make retribution by working up a sweat at Cardio Kickboxing. This M/W/F class at Liberty Gym (1900-2000) will make you notice muscles you never thought you had. The odd walk you have the next day is always a great conversation starter.

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b 3. You can rise when the rooster crows...that's our own Baghdaddy Rooster, COL Doyle. In the wee hours of the morning (0430), the Commander and CSM Akana will gladly be your escorts to the Palace Gym.

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D Last Tip of the Month- take a bullet for MAJ Blackmore. Join the OWL- Operation Weight Loss and

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e watch those pounds melt away.

That's all for now. Remember...everything in moderation. The Palace DFAC recently posted a sign stating " Portions will now consist of normal size. If you desire bigger servings, please ask the server". DUHHHH. Shouldn't we all be consuming only "normal size" portions?

Oh yeh, Who's your Baghdaddy!



Till next time... smaller portions, sweat and smile.

MAJ Diane Heinz

Dr. Thompson's Rx for Strong Abs

Contrary to popular belief, abdominal exercise and workouts do not need to be done in the gym. All you need is a level floor and an attitude of discipline. Here are some beginner tips:

- *Keep your lower back pushed into the floor.
- *Breathe out as you crunch up.
- *Three quality training sessions per week is ample.
- *Hold each crunch for 2-5 seconds.
- *Warm up before exercising and cool down afterwards with stretches.

Basic crunches- Place your hands behind your head or leave them by your sides. Do not pull your head up with your hands. Bend our knees with your feet flat on the floor. Slowly allow your shoulders to raise off the floor. Begin with 20 slow repetitions.

Russian twist- Staying in the same position as above, raise your shoulders off the ground, and slowly twist your torso from side to side. Your right elbow should turn toward your left knee and your left elbow should twist toward your right knee. Do 20 slow repetitions towards each side.

Leg raises- Extend your legs in front of you, ensuring that your feet do not touch the floor. Start with your legs together about eight inches off the floor then raise them to a 45 degree angle. Hold for three seconds then return to the eight inches off the floor. Do 20 slow repetitions.

Crunches- Try these crunches with your legs extended straight out. Raise your shoulders off the floor. Do 20 repetitions.

Pikes- With your legs extended straight out, raise your shoulders and extend your arms in an attempt to touch your toes. As you lower your shoulder to the floor, lower your legs in a bent position on the floor. As soon as they touch the floor, you begin the next repetition. Count to 20.

Hikes- Leave your legs straight up in the air so your toes are pointing toward the ceiling. Raise your shoulders off the floor and reach for your toes. Do 20 slow repetitions.

Congratulations!! You have just completed your first abs workout.

Making Dietary Resolutions a Reality: 10 Tips for Success in 2006

Good grief!! How did that happen? You step on the scale and can't believe the reading. The scale registers the words "to be continued..." You say to yourself "maybe I ate too much turkey, dressing and pecan pie over the holidays". I would ask you to review your 2005 diet and exercise plan.

Keeping healthy resolutions past the first two weeks of the New Year can be difficult. Many of you reading this article have already thrown in the towel and picked up the same old habits. Do not despair. Try these tips while developing a healthier you in 2006.

1. Write it down. Writing down what you eat encourages you to become conscience of just how much you're eating. Maintaining a food diary may also cut down on mindless eating. Many people successful at weight loss have maintained a log of their daily intake.

2. Eat smaller meals throughout the day rather than three big ones. Consuming smaller meals throughout the day helps to prevent you from becoming ravenous before the next meal; choose healthy snacks like whole fruit, yogurt, nuts and low-fat cottage cheese. A smart plan may include five to six small meals each day.

3. Count calories, then cut them. Evaluate your intake to see how many calories you eat in a typical day. Then, set your new reduced calorie goal, keeping in mind that experts recommend you lose no more than a pound or two a week. Specifically, to lose about ½ pound per week, subtract 250 calories a day from your current calorie intake; to lose 1 pound, subtract 500. A reduction of 500-1,000 calories could result in weight loss of about 1-2 pounds per week. Total calories, though, should not dip below 1,200 per day for women and 1,500 for men to prevent the risk for nutrient deficiencies.

4. Exercise for weight loss; do something you enjoy. In an effort to create a caloric deficit, establish exercise as a part of your "daily activities". Start slowly if you're a beginner. Work towards 20-30 minutes of exercise, three to five times a week. You should choose an activity that you enjoy and/or incorporate a variety of activities to prevent boredom. For exercise to aid in weight loss, do regular aerobic activity (such as walking, biking or rowing) for 45-60 minutes a day, five days a week.

5. Watch your portion size. You may not realize how many calories you are consuming. Experts report that many people underestimate their daily caloric

intake by as much as 500 calories per day, possibly do to "portion distortion". In general a serving of cooked vegetables, fruit and starchy foods is equal to approximately ½ cup. A portion of protein is equivalent to the size of a deck of cards. Raw vegetables serve up a whopping 25 calories for one cup. Enjoy these as snacks!!

6. Eat your calories, don't drink them. Many times we confuse hunger and thirst. If you crave excess snacks and feel hungry after meals, consider your water consumption. The recommended water intake is 8-10 eight ounce glasses per day. Learn to satisfy thirst with water or non-caloric beverages. Twelve ounces of juice or soda can carry 100-180 calories; instead opt for sugar-free beverages or better yet the universal thirst quencher "water".

7. Fill up on fiber. Consuming fiber rich foods is a great way to add volume to your diet. You fill fuller longer and in many cases consume fewer calories. Soluble fibers such as fruits, oats and legumes lower blood cholesterol. Insoluble fibers i.e. cereals and vegetables increase gastric motility. The American Dietetic Association recommends 20-35 grams of dietary fiber daily.

8. Don't dart dairy. "Milk Does a Body Good!"... the famous slogan that still holds true today, contains a good source of the most abundant mineral in the body...Calcium. Calcium is an integral part of bone structure and in recent studies has proven to be a contributing factor in aiding body fat loss. Dairy products are an excellent source of calcium providing 300-400 mg per serving. Adequate Intake (AI) values for calcium range from 1000-1300 mg based on age.

9. Get and enlist support. Finding a support system is critical to long-term weight loss. Whether you join a group such as Operation Weight Loss (OWL), work with your CSH dietitian or do something else, it's helpful to share your highs and lows with others who can relate. These people can also be a source of new ideas and strategies and let you know that you're not alone.

10. View setbacks as opportunities to improve. Mistakes can be opportunities for learning. Identify problem areas then map a course to get you back on track. Habits can be difficult to change but with the right navigational tools you can stay the course and reach your goals. Contact your local dietitian for group or individual consultation.

—MAJ Janette Blackmore Chief, NCD