



## COL Freedom offers authentic training area



Cpl. Carter from 1-161<sup>st</sup> CAB searches a civilian role player during entry check point operations training at COL Freedom Aug. 28, 2008 (Photo by Sgt. Amanda Gauthier)

By Maj. James Scott Taylor  
81<sup>st</sup> HBCT Public Affairs Officer

Soldiers from the 81<sup>st</sup> Heavy Brigade Combat Team conducted 24-hour operations training at Fort McCoy, Wis. Aug. 28 as part of their ongoing preparation for deployment to Iraq.

Located at sites constructed to simulate conditions in Iraq, Soldiers trained with newly issued equipment ranging from computers in tactical operation centers to heavily armored wheeled vehicles and weapon systems.

"Ninety percent is that the guys are motivated and they are getting to do what they came in the Guard to do," said 1-161<sup>st</sup> Combined Arms Battalion Commander, Lt. Col. Gre-

gory Allen, regarding the morale of his Soldiers and the status of training.

"We have some things we need to work out, but overall things are going well," continued Allen, an Active Guard and Reserve officer.

When asked about challenges the brigade faces while in this phase of training, 81<sup>st</sup> HBCT Deputy Commanding Officer Col. Christopher Fowler said, "We continue to make improvements both from our side and theirs."

Soldiers from the 1-161<sup>st</sup> CAB conducted realistic training at Contingency Operating Location Freedom Aug. 28 employing individual Soldier skills they learned while training at

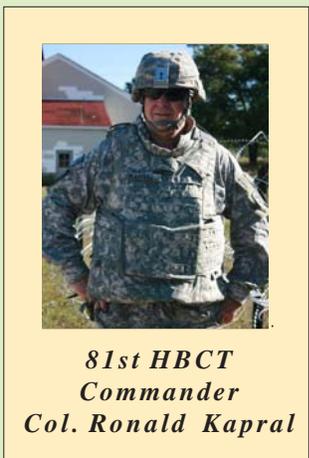
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## Brigade Commander's Message

By Col. Ronald Kapral  
Commander 81<sup>st</sup> HBCT

We have been at Fort McCoy a little over two weeks and we have accomplished many things so far. The most observable change is that we are behaving and looking more professional as an organization. Having said that, time is short and we still have a great deal more to do. Now begins the next phase of our growth as a team.

There are squads and platoons at various levels of expertise. Some are more proficient than others. Remember, this is a team effort. You have a vested interest in making each member better. It is the nature of our business that



81<sup>st</sup> HBCT  
Commander  
Col. Ronald Kapral

everyone must learn to trust and rely on one another. I encourage you to look forward now and help your fellow team members improve in those areas that you excel in. In addition, I expect that as we become more skillful at our job we will synchronize our efforts to increase our effectiveness as a unit. My goal is that we forge a team so skilled that no one would ever want to face us in combat.

Also, don't forget about your family and friends back home. Be sure to call, e-mail or send them a letter. They care about you and want to hear that you are OK. We had the opportunity since arriving

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## Ft. McCoy Mailing Address:

Soldier's rank & name  
Soldier's Unit & Platoon  
1868 Regimental Ave  
Ft McCoy, WI 54656



# Coping with seperation: We're all in this together



*Sgt. James Hoge from HQ, 81<sup>st</sup> HBCT, holds his 7-month-old daughter, Natalie, during a town hall meeting in Seattle in June aimed at preparing Soldiers and families for deployment (Photo by Sgt. Amanda Gauthier)*

*By Sgt. Amanda Gauthier  
81<sup>st</sup> HBCT Public Affairs*

**A**s the 81<sup>st</sup> Heavy Brigade Combat Team prepares for deployment overseas many may already be experiencing some of the emotions that go along with separation from family and friends.

Separation from loved ones during a deployment can be an emotionally difficult time for all family members. It is important to recognize and face these challenges in order to effectively cope with the separation during the deployment, according to the U.S. Army Center for Health Promotion and Preventative Medicine smart card "OIF Tips-Coping With Deployment Separation."

According to "A Closer Look for Current Conditions: A Fresh Glance at the Emotional Cycle," by Dr. Jennifer Morse, there are seven stages to the emotional deployment: anticipation of departure, detachment and

withdrawal, emotional disorganization, recovery and stabilization, anticipation of return, return adjustment and renegotiation, reintegration and stabilization

"Chaplain Morris [Lt. Col John Morris, Minnesota National Guard] looks at being on deployment as being in a canoe out in the middle of the lake," stated Lt. Col. Carl Steele, the 81<sup>st</sup> HBCT chaplain. "When the alert



*Sgt. Maj. Andrew Knowles, Spc. Stephen Piper and their families listen to representatives from agencies such as the VA, the family readiness group and Tricare to discuss the resources available during the deployment in Seattle in June (Photo by Sgt. Amanda Gauthier)*

## Command Sergeant Major's Message

*By Command Sgt. Maj.  
Robert Sweeney  
Command Sgt. Maj. 81<sup>st</sup>  
HBCT*

**T**wo weeks into this mobilization means our families are beginning to adjust to their new roles and I hope all of you have been in contact with them and that all is well. I want you all to know if you have any problems at home that there is support for them to cope with any situation that arises. All I ask of you is communicate your situation to your chain of command or your family readiness group leader. If you still feel your needs are not addressed please feel free to contact me or the commander through our open door policy.

We have just completed our second week of mobilization here at Fort McCoy and our training and learning is shifting into high gear! To take our training to the next level it will



*81<sup>st</sup> HBCT  
Command Sgt.  
Maj. Robert  
Sweeney*

take cooperation of the entire team. In every mission we do it takes a "team" to accomplish it. In the middle of it all is the NCO, "The Backbone of the Army." It is the NCO who trains the individual Soldier and builds the team that accomplishes the mission; it is the NCO who constantly demands standards are trained to; it is the NCO who enforces discipline and order; it is the NCO who looks out for the welfare of the Soldier and the Soldier's Family.

I am proud of the NCO Corps of the 81<sup>st</sup> HBCT for they put forth genuine effort and concern for the Soldiers and their families while still accomplishing all the training and missions. Our NCOs must train their Soldiers hard and train themselves harder; if they do, you will accomplish the mission and most importantly your training and leadership will ensure we all come home safely! 

comes, it is like one spouse standing up in the canoe, which causes the boat to rock. The mobilization is like someone jumping out of the canoe causing it to rock violently. When the rocking settles, one spouse is left alone to figure out how to paddle to shore alone. Just as soon as they have it all figured out and feel confident doing it on their own, the other spouse comes swimming back over and grabs a hold of the canoe to get back in."

"Communication is important, but slow it down, phone and e-mail can be a bit intense, especially when one person is stressed. Gifts and letters are also nice because they are tangible," said Capt. Kelley Hansen, chaplain for 81<sup>st</sup> Brigade Special

*See COPING pg. 7*



## Chapel Services

### Sunday:

Protestant Worship Chapel 1 (B 2672) 9:30 a.m.  
 Roman Catholic Mass Chapel 10 (B 1759) 9:30 a.m.  
 Fellowship following services Chapel Center  
 (B 2675) 10:30 a.m.

### Wednesday:

PWOC 9:00 a.m.  
 Bible Study 7:00 p.m.

### Thursday:

Alcoholics Anonymous [B 2675] 7:00 p.m.

### Friday:

Prayer And Praise Worship Chapel 1 (B 2672) 7:00 p.m.



For information or chaplain support, call the installation chaplain's office. Information on other faith services are also available, 388-3528 Building 2675.

## Don't forget to vote!

By Capt. Frank Selden  
 OPLAW, JAG Section

With the general election only two months away, immediate action is required by soldiers who want to vote but have not yet registered to receive an absentee ballot. Units throughout the 81<sup>st</sup> Heavy Brigade Combat Team are appointing voting assistance officers (VAO) to help any soldier who wants to register or vote in this election.



You must register in the state precinct in which you are a resident. You are not allowed more than one residential address for registration purposes. If you are not sure of your legal residence see your VAO or the 81<sup>st</sup> JAG office in building 2776.

Some states, such as Washington, allow on-line voter registration. Washington residents can find a link at <http://www.secstate.wa.gov>. To register for other states or change an address for ballot mailing visit <http://www.fvap.gov>.

Ballots should be received and returned before we leave Fort McCoy since there may not be enough time to ensure that your ballot will arrive from Kuwait in time to count. If you need any assistance contact your unit's VAO. 📧

## BRIGADE CHAPLAIN'S CORNER

By Sgt. Casey Holbrook  
 81<sup>st</sup> HBCT Chaplain's Assistant

*Others went out on the sea in ships; they were merchants on the mighty water. They saw the works of the Lord, his wonderful deeds in the deep. Psalms 107: 23-24.*



As we begin to head over to Iraq, some may vividly see how big their trials are and turn to fear, which comes out in many forms. Others may have many small ones that tend to overwhelm them, pushing to hopelessness and a heart that has given up before the trials truly begin. Still others push them to the side hoping for them to dissipate knowing full well they will soon be pillars driving and directing their decisions even if it is not the choice they would have made.

Trials, whether it is separation from loved ones, financial hardship, being pushed into situations that are difficult to handle, breakups, lack of courage, feelings of guilt or regret. Whatever it may be will either drive us to deal with trials by the above ways or the following way.

Few receive the trials with joy knowing that their faith will be tested. In turn they produce endurance and with endurance, character and with character, hope.... so at the end, the trials will shape and mold their character into one that can truly stand firm through good and bad times with a hope that draws us closer to the one who brought us through the trials. 📧

### Inspector General



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### Commander (continued from page 1)

here to check our pay and medical benefits. Although we had to stand in endless formations and attend numerous meetings, it was well worth it to make sure that our families would be properly cared for.

The brigade has published the guidance for the four day pass. I encourage everyone to make plans for that event. I will make every effort to ensure that your plans are achieved. Review the policy and be sure that you understand what the limitations are. I want to make sure that every Soldier takes full advantage of this time off.

In closing, I want you to continue training to sustain your basic Soldier skills. The advanced level training will become easier after you have mastered the basic skills. Thank you for all your sacrifice. Keep up the great work and don't forget to consider safety in all you do. 📧



Sgt. Michael L. Benti, a HEAT instructor with 1-340<sup>th</sup> TSB, operates the HMMWV simulator during HEAT training on Fort McCoy, Wis. Aug. 29 (Photo by Sgt. Emily Suhr)

## Rollover training HEATs up

By Sgt. Emily Suhr  
81<sup>st</sup> HBCT Public Affairs

Soldiers from the 81<sup>st</sup> Heavy Brigade Combat Team's Warrior Training Platoon conducted high mobility multi-purpose wheeled vehicle egress accident training at Fort McCoy, Wis. Aug. 29, 2008.

"Knowing what to do in any situation is the first step in preparing for



Spc. Lewis Piper, a UAS technician from A Co., 81<sup>st</sup> BSTB, egresses the HMMWV simulator during HEAT training on Fort McCoy, Wis. Aug. 29 (Photo by Sgt. Emily Suhr)

it," said Spc. Lewis Piper, an unmanned aerial system technician from Alpha Company, 81<sup>st</sup> Brigade Special Troops Battalion attached to Headquarters 81<sup>st</sup> HBCT.

Soldiers were strapped into a HMMWV simulator in full battle gear with Styrofoam blocks meant to simulate ammunition cans and rubber rifles. Instructors from the 1-304<sup>th</sup> Training Support Brigade then rotated the HMMWV 30 degrees, 90 degrees and 180 degrees to allow Soldiers to experience each angle before rolling the simulator a total of 540 degrees.

"It starts off being very cramped inside the HMMWV, then it slightly tilts, like you're going through a turn, but your body keeps falling against the door," said Piper, an elementary school teacher who is deploying for the first time. "You start to feel a slight degree of panic wondering if your arms are going to actually hold you as it goes over 90 degrees. Then, as it continues rolling, you feel your body falling toward the roof and you realize you should have done more push-ups because you can't hold your body up any more.

See HEAT pg. 8

## What do you think of the facilities at Fort McCoy?



Pfc. Coye Underwood, Headquarters and Headquarters Company, 81<sup>st</sup> Brigade Special Troops Battalion

"So far things are pretty good. it's a lot better than Yakima. The facilities are pretty nice, the barracks are real nice. You can tell they did a good job on remodeling everything."



Cpl. Darwin Draper, Headquarters and Headquarters Company, 1-161<sup>st</sup> Combined Arms Battalion

"The facilities are good, the chow is decent. There are really no overall complaints from our end. The MWR holy cow! A dance floor, and a bowling alley!"



Sgt. Isaac Lund, Delta Company, 1-161 Combined Arms Battalion

"It's pretty nice I didn't expect it'd be like this really. What I had in my mind was more like North Fort Lewis barracks, or Yakima barracks; just run down half condemned barracks. I thought the MWR was better than any active duty MWR.



# Soldiers tackle Combatives

By Sgt. Emily Suhr  
HQ, 81<sup>st</sup> HBCT, Public Affairs

With boots off and blouses turned inside out, Soldiers from the 81<sup>st</sup> Heavy Brigade Combat Team's Warrior Training Platoon held each other down, flipped each other over and choked each other out at Fort McCoy Aug. 29.

This was part of the Modern Army Combatives Program, a program teaching Soldiers how to quickly take down an enemy combatant and keep him down.

**"It gives me a little more confidence in myself"**

"It doesn't matter what mission you're on anymore in Iraq, the Modern Army Combatives Program techniques are being used in day-to-day operations, checkpoint operations and vehicle searches," said Sgt. 1<sup>st</sup> Class Todd Wolff, the combatives noncommissioned officer in charge for 181<sup>st</sup> Infantry Brigade.



Spc. Jennifer Boone performs a cross-collar choke on Pfc. Ashley Smith, both from HQ, 81<sup>st</sup> HBCT, Aug. 29 (Photo by Sgt. Emily Suhr)



Master Sgt. Mark Deandrea and Chief Warrant Officer 3 Thomas P. Raney Sr., both from HQ, 81<sup>st</sup> HBCT, conduct combatives training on Fort McCoy, Wis. Aug. 29 (Photo by Sgt. Emily Suhr)

Wolff, who has been teaching combatives at Fort McCoy for the past seven years, and his partner, Sgt. 1<sup>st</sup> Class Robert Hinkle, walked the Soldiers through eight to 12 different submission techniques including the arm trap and roll, guard, mount, bent arm bar and side control.

All of the techniques taught Soldiers how to dominate a fight once both combatants are on the ground.

"Because of the type of fighting it is, it doesn't really matter the size of your opponent," said Pfc. Ashley Smith, from the Brigade Surgeon Cell, S-1, Headquarters, 81<sup>st</sup> HBCT.

"If you can get him into position, basically you're both the same size when it comes down to it."

Soldiers were also taught a number of blood chokes, which cut off blood to the brain causing the enemy to pass out in 3-8 seconds. The choking techniques, including the rear naked choke, cross collar choke and front guillotine, were quick and easy to apply. Soldiers practiced the techniques on each other.

"It definitely gives you an idea of how effective these moves are when you're the one that's actually being choked out. It gives me a little more confidence in myself, as far as, if I had to protect myself, this really does work," said Smith. 

# Combatives, not just an empty-handed struggle

By Command Sgt. Maj. Robert Sweeney  
Command Sgt. Maj. 81<sup>st</sup> HBCT

What is combatives? FM 3-25.150 states "hand to hand combat is an engagement between two or more persons in an empty-handed struggle or with hand held weapons such as knives, sticks, or projectile weapons that can not be fired. Proficiency in hand-to-hand combat is one of the fundamental building blocks for training the modern Soldier."

Every Soldier deploying has been given the very basic skills in combatives, but that is not enough. To be proficient one must practice their craft, over and over again until it becomes second nature to them.

For the Soldiers of the 81<sup>st</sup> HBCT, combatives must become part of our standard training program. A great way to enhance our skills is to incorporate this into your unit's "fit to deploy program." Combatives will build strength, flexibility and balance. Conducting combatives provides us with a way to overcome our fears, instill courage and self-confidence.

Combatives continues to grow as an Army program and the Army has established an annual Combatives Competition. This year is the first year that the Army National Guard is conducting its own competition to see who will represent the Guard at the All Army Combatives Championship.

The Washington Army National Guard will also begin its own competition in the winter of 2010 when the 81<sup>st</sup> HBCT comes home. 



# The Raven Gallery



*Lt. Gen. Thomas G. Miller, the Commanding General for First Army, walks with Col. Ronald Kapral, the 81st HBCT commander, and Col. Kulp, the 181st Infantry Brigade commander, while visiting troops at Fort McCoy, Wis. Sept. 4 (Photo by Sgt. Amanda Gauthier)*



*Capt. Orion Inskip, the Assistant S-3 Air for HQ, 81st HBCT, takes a break after qualifying with his M-4 at Fort McCoy, Wis. Sept. 3 (Photo by Sgt. Emily Suhr)*



*Sgt. Mathew Suhr, Spc. Shane Zoellmer and Pfc. James Doyle, all from HQ, 81st HBCT, enjoy a game of "Rock Band" at the mobile USO site on Fort McCoy, Wis. Sept. 3 (Photo by Sgt. Emily Suhr)*



*Pfc. Jered Braan of A Co., 1-161st CAB trains as a gunner on Fort McCoy, Wis. Aug. 28 (Photo by Sgt. Amanda Gauthier)*



*Sgt. Sal Garcia and Spc. Terry Priestad from HHC, 1-185th CAB stand guard at COL Freedom Sept. 3 (Photo by Sgt. Amanda Gauthier)*



*Soldiers from C Co., 185th CAB train at COL Freedom Sept. 3 (Photo by Sgt. Emily Suhr)*



## TRAINING (continued from page 1)

the Yakima Training Center prior to their arrival.

The Soldiers of the 81<sup>st</sup> HBCT also began learning to conduct combat operations as a platoon and company-sized military team.

Soldiers who occupied COL Freedom engaged in daily activities like manning guard towers and entry control points. They also conducted convoy and patrol security missions.

Soldiers who lived on COL Freedom prepared for their mission by conducting vehicle maintenance, testing their crew served weapons and conducting crew battle drills. They also reacted to simulated indirect fire and small arms fire attacks.

Soldiers on COL Freedom had access to services such as a drop off laundry facility, a dining facility and a small post exchange, which was stocked with snacks and personal

hygiene products.

"We are running 24-hour operations, focusing on convoy security as well as base security," said 1-161<sup>st</sup> CAB Engineer Officer Capt. David Libby.

The Whatcom County Deputy and 18-year veteran Libby said, "We are

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**"It is very important that we learn to use more than just our guns to resolve our issues."**

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getting attacked on the convoys by improvised explosive devices or small arms fire or the combination of both. We also have to interact with the locals, played by role players."

"It is very important that we learn to use more than just our guns to resolve our issues," said Libby.

COL Freedom also had a battal-

ion aid station which was manned by 81<sup>st</sup> HBCT Army medics.

When asked about his confidence in his skills as a medic, Headquarters and Headquarters Company, 1-161<sup>st</sup> CAB Spc. Adam M. Rieker said, "I was not as confident until after I went to the pre-deployment refresher course in San Antonio in July 2008. I am very confident now in my skills as a medic."

The U.S. Forest Service employee and Yakima, Wash. native Reiker continued, "I was a kid when I saw 'Black Hawk Down' and thought it was pretty sweet how a medic can save someone's life. I decided that I wanted to be an Army medic when I saw that movie."

Fowler, a Seattle police lieutenant and Operation Iraqi Freedom veteran said, "Training is going well and Soldiers are motivated. Leaders are doing what they are supposed to do by identifying areas to sustain, while at the same time identifying areas to improve." 

## COPING (continued from page 2)

Troops Battalion.

"I've seen one of the other chaplains write letters to his kids. He keeps note cards in his pockets and writes to each of his three children so they each get their own piece of mail," said Hansen.

"I don't have a whole lot of time, but when I do, I try to watch a movie and read. I've found that you have to make time for yourself," said Capt. Matthew C. Doxey from the 81<sup>st</sup> BSTB who is on his third deployment.

"My family has gotten into a routine of their own. They are getting ready for school. My wife goes to the gym a lot while I am gone, that is her way to relieve stress while I am gone," said Doxey when asked about what his family is doing to cope.

According to "Deployment: How to Cope With Sudden Deployments," an article on Military.com, reaching out to others can help work through some emotions. The article recommends forming a buddy system with someone you can trust and confide



*Staff Sgt. Joe Wysock and his 2-year-old son, Jack, at home in Pasco, Wash. prior to his deployment with the 81<sup>st</sup> HBCT. (Photo courtesy of Staff Sgt. Joe Wysock)*

in. Listening to someone else's experiences can provide reassurance that you're not alone.

The same article recommended planning for the blues. There are days when that will happen, sometimes unexpectedly.

"I don't know that you can mentally prepare for days when all you want to do is get on a plane and go home. But you can keep the communication lines with home open,"

said Steele.

"Keep the lines of communication open, calling but not everyday," said Staff Sgt. Joe Wysock, a retention noncommissioned officer for the 81<sup>st</sup> Brigade Combat Team. "Keep telling your spouse what you're doing, but maybe spread the communication out, every third day I would call or e-mail or something."

Wysock has also been the spouse at home while his wife was deployed. She returned from deployment October 2007. They have two children, a 2-year-old son and a daughter born Aug. 30, 2008.

"I've read two books so far on this deployment and I haven't read a book since eighth grade," said Wysock when asked about things he is doing to pass the time away from family.

There are many other resources available to Soldiers and family members wanting more information on coping with separation. Soldiers and family members can contact their unit chaplain or family readiness group coordinator for resources. 



## HEAT (continued from page 4)

The seatbelt starts pulling and holds you in place, but the HMMWV keeps rolling so then you're slammed up against the door. You're wondering if your rifle is going to hit you in the face and as the secure items are bouncing all around you realize the strap you put them underneath wasn't all that secure and maybe next time you better take more care on how you secure your equipment when in your vehicle."

After surviving a rollover, Soldiers are left vulnerable in a combat situation. To train for this, they were required to gather their composure quickly, unbuckle themselves, and egress the vehicle with their simulated ammunition cans and their rifles at the ready, all while upside down.

"The hardest part was trying to get out of the HMMWV," said Sgt. Greg Smith, a UAS operator with Alpha Co, 81<sup>st</sup> BSTB attached to HQ 81<sup>st</sup> HBCT. "Everything is catching on corners, knobs, handles, anything that sticks out as you're trying to get out of the vehicle."

Some of the Soldiers went through the simulator twice. Egressing once while the vehicle was rolled 180 degrees, the other time at 90 degrees.

"During the 90 degree rollover, where you have to crawl out the gunner's hatch, I was on the high side," said Piper. "I'm 6 foot 3 and 200 pounds, with all my equipment I'm roughly 240-250 pounds and I had a 90-pound specialist underneath me trying to help me out. I'm thinking as soon as she unbuckles my seatbelt I'm going to fall and then she's going to have 250 pounds

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**"...you realize you should have done more push-ups because you can't hold your body up any more."**

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right on top of her and then I'm going to have to step on her to get back up. So now I know when I get into a HMMWV I can look up and know where to put my hands if I need to egress."

Training like this not only prepares Soldiers, but also gets them thinking about rollover safety every time they enter a vehicle.

"Granted it's a sterile environment, so there's only so many things that can go wrong, but it kind of gets people's mind thinking about the things that could go wrong," said Sgt. Michael L. Benti, a HEAT instructor with 1-340<sup>th</sup> TSB. "Also, getting that load plan straight, getting that stuff tied down right, making sure things aren't loose in the cab, minimizing things they have in the cab, keeping track of what they have on themselves, such as their weapon and personal equipment, like a pocket knife. Just thinking about what might fly out and gouge someone's eye out or something. It's good awareness, it's an eye opener." 

## Football Scores



 Seattle Seahawks vs. Buffalo Bills **Bills 34-10**

 Dallas Cowboys vs. Cleveland Browns **Cowboys 28-10**

 San Diego Chargers vs. Carolina Panthers **Panthers 26-24**

 San Francisco 49ers vs. Arizona Cardinals **Cardinals 23-13**

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(IDENTIFICATION = FULL NAME, RANK, UNIT, DUTY POSITION AND HOMETOWN).

#### **EDITOR'S NOTES:**

IN THE LAST ISSUE, WE INCORRECTLY IDENTIFIED THE M2 .50 CALIBER MACHINE GUN AS AN M4. WE ALSO REGRETTABLY LEFT OFF THE CREDIT FOR THE PHOTO OF COMMAND SGT. MAJ. SWEENEY IN THE GALLERY. IT WAS TAKEN BY SGT. BLAYDEN D. WALL