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COVER

Pfc. Frank Miranda, an infantryman with Alpha Company, 5th Battalion, 20th Infantry Regiment, rushes to his next position while providing security outside the district center in Spin Boldak, Afghanistan, July 30, 2012. (U.S. Army photo by Staff Sgt. Brendan Mackie)

BACK COVER

(Photos by Sgt. Christopher McCullough, Combined Task Force Arrowhead Public Affairs) (Illustration by Spc. Mark Neace)

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The City of Lacey's Homecoming for the Arrowhead Brigade

Story by Carlene Joseph VP Harborstone Credit Union **Community and Military Relations**

> The City of Lacey, you home include the atthrough the coordina- tendance of the City of tion of the Association of Lacey Mayor, City Counthe United States Army cil members, Adopt a Lacey Subchapter, is Unit leaders, business moving along with their leaders, and of course plans to welcome you the planners, which are all home. We're getting the AUSA Lacey Subvery close to securing a chapter. Since we're location. Considering still planning, I'll leave that you're coming home the rest up to your imagin the middle of winter, ination and hopefully we really don't have a we won't fall short. The selection of locations to bottom-line is that your choose from other than community wants you Saint Martin's Univer- home. You're all in our sity. It's cold during that hearts and minds, and time of year, so we have we miss you very much. to be selective with our Your family members location options, which are anxiously waiting to is very limited in the see you again too. City of Lacey. We're anticipating a February 4th date for the event, but please watch out for we still need to confirm this with the university. You will be the first to know once we have a firm date.

Our plans to welcome as always.

While you're there, each other and keep yourselves out of harm's way when ever you can. We look forward to your safe return and we'll keep you in our prayers

3

S-2 is the Intelligence of the Arrowhead Brigade

Story and photo by Staff Sgt. Joshua S. Brandenburg

There are many offices within a brigade for a commander to receive information from. The personnel office reports on personnel statuses, while the operations office reports on the current and future operations of the brigade but the intelligence office may be one of a commander's most important sources of information and advice.

The Intelligence Office, also known as S-2, is responsible for collecting and analyzing information from many different sources in order to give as clear a picture as possible about enemy locations, actions and movement so the commander can make decisive decisions on how to achieve his goals. It should respond to the needs of the commander, based on the objectives for any operation.

"We are responsible for knowing what's going on in the AO (area of operations), as far as what the enemy is doing," said Sgt. Betsv Nunez, a military analyst with Headquarters and Headquarters Company, 3rd Stryker Brigade Combat Team, 2nd Infantry Division.

The intelligence process is comprised of four main areas: collection, analysis, packaging and dissemination. The Soldiers of the S-2 office handle each report seriously and in a timely manner. When dealing with intelligence reports from the field they quickly analyze the reports, which they call 'on the spot intelligence,'

and distribute them up the and Headquarters Company, 3rd chain of command and down Stryker Brigade Combat Team, to the Soldiers on the ground. 2nd Infantry Division. "So we

over here, this is what we IEDs (improvised explosive think is happening with the devices) from the battle-space." enemy,' so that's the on the spot intelligence we give" Nunez Kim went on to say that just last added. "We're required to month they received a report of an maintain situational awareness of what's going on in the battlefield from an enemy's perspective."

the effectiveness of a military unit?

guys that are out there, cause reading up on the situations in the we find out who they are, where Zabul and Kandahar Provinces they are and who they are and are always ready to provide associated with," said Sgt. Christin the vital intelligence that the Kim, a human intelligence commander needs. collector, with Headquarters

remove negative players from "It's like 'hey if we have troops the battle-space and remove

IED emplaced near a road, so they got directions and a grid and sent the information out to the units in the area, whom were able to find Sohowdoesallthisintelligencehelp the IED and safely detonate it.

The intelligence analysts of the "It helps you to arrest the bad Arrowhead Brigade are always



(From left to right) Staff Sgt. Christin Kim, Spc. Corey Phillips, Master Sgt. Maricella Derrick (front), Spc. Terry Andrews, Warrant Officer Mathew Toman, Staff Sgt. Daniel Garcia and Capt. Heather Garcia are some of the hard working soldiers of 3rd Stryker Brigade Combat Team, 2nd Infantry Division's Intelligence

New Qalat Slaughterhouse Opens

Story and photos by 1st. Lt. Davin Fischer Zabul Agribusiness Development Team

With the Castle of Alexander the Great as a backdrop, Afghan government leaders in the Zabul Provincial CapitalofQalatgatheredtoopenanewslaughterhouse facility for use in the city's livestock trade.

Planning for the slaughterhouse has been in the works since November, 2011. The butchers and traders of Qalat, the mayor of Qalat, the Director of Agriculture, Irrigation and Livestock, RampUp South, United States Agency for International Aid, Zabul Provincial Reconstruction Team and Zabul Agri-Business Development Team, worked together in partnership with each other to determine the location, and design of the facility.

Maj. Cheryl Wachenheim a ZADT member who works closely with the DAIL, ZPRT and other partners indicated the diversity of contributors may be a reason the project has been successfully executed, "It was an effort that involved all stakeholders during the planning stage, which helps explain its success. This effort is the first public-private partnership in Zabul province."

Wachenheim added, "This is a significant event for Qalat and all of southern Afghanistan in that it provides an example of how private industry can leverage the resources and strengths of municipalities to generate income and to improve



Members of the Zabul Provincial Government, the Qalat Municipal Government, and members of the Qalat Butchers Union participate in a ribbon cutting ceremony at the opening of the new Qalat slaughterhouse.



he Qalat Butcher's der's Castle in Qalat City, Zabul Province, Afghanistan.

the lives of its entrepreneurs and residents."

Previous livestock trade took place mostly in the open, at the foot of the castle site, and with little regard for sanitation and public health issues.

The new facility, says Wachenheim, "provides a clean, safe place to slaughter livestock and greatly reduces the environmental impact of the slaughter process. It also helps ensure meat purchased in Qalat and exported is clean and safe. It also provides a model of provincial, local municipal and private sector Afghans working together towards common economic and social goals."

The effect of the slaughterhouse project is greater than simply boosting Qalat and Zabul province's livestock trade; it may spark the beginning of more governmental influence, involvement, and services provided to local trades and industries.

An Afghan official, who was integral in the planning, believes that the coordination necessary to bring the project to fruition inherently increases the capacity of the Government of the Islamic Republic of Afghanistan, saying "As part of this public private partnership, the municipality worked to develop associated ordinances. As such, the project helped empower the municipality to govern."

Making money without marijuana: Afghan farmers enabled to grow legal crops

Story and photos by Staff Sgt. Brendan Mackie 117th Mobile Public Affairs Detachment

United Nations Office on Drug and farmer more than doubled that Spin

With assistance from the

"Products such as pomegranates,

prices in these new markets," diesel-operated said Steve Tavella, a field program neededtopumpwaterforthecrops. Cannabis is the most lucrative officer for USAID. "Increased cash crop in Afghanistan, stability enables farmers to "A lot of these [Afghan] people generating an annual income of invest more time and money in are just trying to survive, which more than \$9,000 per farmer, their businesses without fear is seen by the way some never according to a report by the of war ravaging their land." get out of debt from Pakistan,"

amount by growing and exporting export their goods across the living paycheck to paycheck." an even more profitable, but international border to Pakistan crop: sweet melons, due to its close proximity USAID assists local farmers in and liberal export policies. obtaining loans from different

Development and U.S. Army civil to assist Afghan farmers financially and by linking them up with affairs, farmers in Afghanistan in return for a lower and fixed rate traders in the more lucrative now network with traders to on their products, Tavella said. markets who are eager to buy sell legal crops such as melons Because of the Kandahar province their products at higher prices. for higher prices in markets drought that started in the 1990s, as India and Dubai, water is generally only found In addition to assistance with in wells deep underground. loans and networking, USAID

apricots, almonds, figs, melons, Afghan farmers are often forced grapes and pistachios are to accept loans from Pakistani "We have provided training in

receiving increasingly higher traders in order to run expensive equipment

said Capt. Pennie Llorente, team Crimes. Last year, a Robat-area Farmers in the district of chief with Civil Affairs Team 613 Boldak traditionally here. "They, more or less, are

sources in an effort to disconnect U.S. Agency for International Pakistani traders are often willing them from these 'middle men'

offers training for these farmers.

integrated pest management, proper pesticide application, personal protection, and proper storage of these chemicals," said Tavella. "As we have assisted in opening up new markets, we have also provided training in sorting, grading and packing produce for these markets."

Teamwork is also a priority for USAID and civil affairs in Spin Boldak; farmers are now forming cooperatives where they are now able to own and control their business by increasing their strength in numbers.

Since last year, almost 200 farmers joined the cooperative in the Robat area of the Spin Boldak district.

"Cooperatives provide an assured source of supply. If one farmer's crop fails there are other sources of supply," said Tavella. "By pooling supply purchases, sales, and handling and selling expenses, cooperatives can operate more efficiently-at lower costs per unitthan farmers can individually."

All these proactive measures are incentives for farmers to grow licit crops. This also provides the farmers with legal alternatives in order to maintain financial stability.

Farmers face the threat of illicit crop eradication by the Government of the Islamic Republic of Afghanistan. Certain districts in the country are already having illegal crops eradicated.

"If we eradicate the illicit crops without providing a comparable alternative, we take away their livelihoods," Llorente said. "By broadening their market base, the farmers will have more avenues to sell their crops for a higher price."

"As this GIRoA initiative matures." farmers assume increasing risk of losing their crops, and significant income," Tavella said. "If a farmer has taken out loans with drug lords, failure to repay can translate to consequences that risk the safety of the farmer and his family."

Although many farmers have profited by selling legal produce, it is unclear how long it will take for the majority of farmers



Steve Tavella, a field program officer for the U.S. Agency for International Development, speaks with Dadullah, an Afghan farmer, amongst a crop of cucumbers near the village of Haji Nikal, Afghanistan, July 22, 2012. USAID and Army civil affairs teams often conduct impromptu meetings with local farmers to better understand ways to improve agriculturally.

prices paid for illegal crops. said that his farmers are grateful,

determine," said. "It has to be more of a commitment of the farmers that "My dream is to sell mainly to other understand that selling illicit international markets," Khan said, crops is not contributing to the "get rid of those illegal crops and development of their nation." get a better name for Afghanistan."

to meet or possibly exceed the the Afghan-led Robat cooperative, and have benefited from all the "That will take several years training and assistance offered Llorente to improve their way of life.

Shadullah Khan, vice president of



Steve Tavella, a field program officer for the U.S. Agency for International Development, surveys a field of cannabis (marijuana) near the village of Haji Nikal, Afghanistan, July 22, 2012. USAID focuses on projects such as providing assistance and resources for legal crop production to the Afghan people.



Dadullah, an Afghan farmer, speaks with a field program officer of the U.S. Agency for International Development, and members of Alpha Company, 426th Civil Affairs Battalion (Airborne), in a cucumber field near Haji Nikal, Afghanistan, July 22, 2012. Dadullah said the pest problem is a significant threat to crops this year. The U.S. Agency for International Development offers programs to properly educate local farmers on proper implementation of pesticides.

WWII tradition continues in southern Afghanistan

Story and photos by Staff Sgt. Brendan Mackie 117th Mobile Public Affairs Detachment

more intricate unit patches continued the long-standing During the American Civil left sleeve to denote membership sleeve War, soldiers wore colorful in a certain Army unit. Insignias wartime and blouses to differentiate time in a combat zone, began Combat themselves in the chaos of battle. to be donned in the mid-1940s.

By the end of World War I, these In the months of June and

Pfc. Jarred Keith, an infantryman with Charlie Company of the 1st Battalion, 17th Infantry Regiment, re-

ceives his 'combat patch' from Staff Sgt. Stanley Arnold during a patching ceremony at Combat Outpost

Lakaray, Afghanistan, June 16, 2012. The 1-17th Inf. Regt. is part of the 2nd Stryker Brigade Combat Team,

2nd Infantry Division.

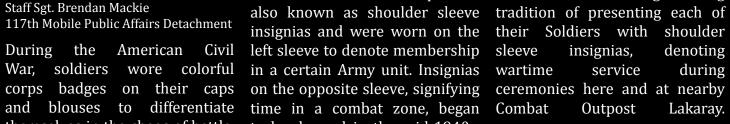
"By volunteering to serve in our nation's Army and deploying in simple insignias evolved into July, several unit commanders support of Operation Enduring Freedom, you have now earned lifetime membership in this unique clan," said Lt. Col. Deborah Ellis, the commander of the 502nd Military Intelligence Battalion. "I ask every one of you to wear the 201st Battlefield Surveillance Brigade and the 1st Medical Brigade patch on your right shoulder with pride."

Second Lt. Yvette E. Huston, a personnel officer for the 502nd, mentioned the history associated with combat patches as she spoke to the troops receiving patches.

"The combat patch ceremony is

Other unit commanders made similar speeches, citing Soldiers' dedication

great that command elements see the importance



a tradition started by the Army during World War II," Huston said. "Soldiers who served in a combat zone during a period of active enemy engagement placed their unit patches on their right shoulders to their participation." signify

to duty and selfless service.

of formally addressing the Company and the Headquarters theater of operations declared accomplishments of its Soldiers," and Headquarters Company, a combat zone by the Secretary said Cpl. Brendan Birch, 502nd Military Intelligence of the Army or a higher official. behavioral health specialist with Battalion, 201st Battlefield the 1972nd Medical Detachment Surveillance Brigade; 1972nd "Whenever I see a soldier wearing here. "I am proud knowing I Medical Detachment, 1st Medical a SSI-FWTS, I think about the belong to an organization that Brigade; and Soldiers with the hardships the Soldier and his/her takes the time to recognize 27th Joint Border Coordination family may have endured during outstanding accomplishments Center, 82nd Airborne Division. that time away," Birch said. "It such as a patch ceremony."

2nd Infantry Division; Alpha serve for at least 30 days in a

Regiment, combat patch, a Soldier must after us will get to enjoy."

makes me proud to be a Soldier Proper wear of the shoulder in the U.S. Army knowing that I Units that held combat patch sleeve insignia - former wartime have brothers and sisters willing ceremonies included: three service is outlined in Army to sacrifice certain luxuries that companies of the 1st Battalion, Regulation 670-1. To earn this we fight to ensure generations



Staff Sgt. Darren McNeil receives congratulations from 1st Sgt. Robert Hunt after receiving his 'combat patch' during a ceremony at Forward Operating Base Spin Boldak, Afghanistan, July 20, 2012. Both soldiers are members of Alpha Company, 502nd Military Intelligence Battalion. The unit is from Joint Base Lewis-McChord, Wash.

















Ramazan offers agricultural training opportunities in Zabul province

Story and Photo by 1st. Lt. Davin Fischer Zabul Agribusiness Development Team

continuing to train with the Zabul **Agri-Business** Team whose mission is to build the capacity of our staff DAIL staff and other entities in mentor DAIL

partners: "People are still coming free time we have in the office." to work at the DAIL; I'm not sure how much their hours have Classes planned include project The Islamic Holy Month of been altered. But they do seem Ramazan is a time of worship to be getting tired and activities and reflection intended to bring have reduced about 25 percent." individuals closer to God. For Together, DAIL and ZADT Afghans, this means fasting personnel developed a plan during daylight hours and a of conducting limited classes devotion to prayer and other during the month of Ramazan, "The intent is to continue to religious activities in the evenings executing them briefly in the - but it also means lower energy mornings to ensure participation. levels for everyday work. A senior manager at the DAIL These classes may help the who helped coordinate the class At the Zabul province offices of schedule believes the strategy is the Department of Agriculture, an important part of maintaining Irrigation and Livestock this the progress the DAIL has presents unique difficulties with made during the last year.

Development "The DAIL needs to continue to The Zabul ADT partners with the

management, professional writing and correspondence, communication skills. bee training, horticulture, water management, among others.

mentor our DAIL staff with an emphasis on business practices. organization run more efficiently and help them be more organized and forward thinking" said Dobbs, optimistic the effort will further both the DAIL and ZADT missions.

employees. and this way we can make sure conducting agricultural outreach that happens during Ramazan" and activities throughout Zabul Maj. Dana Dobbs, the ZADT the DAIL official said, continuing province. The ADT concept is Veterinarian and a liaison to the "We are not able to go out of the a National Guard initiative to DAIL offices in Qalat, the provincial office and perform many of the utilize the civilian agricultural capital of Zabul, observed a change normal duties, but we want to skills of Guard members in work patterns with her Afghan take advantage of some of the throughout the United States.



Staff members at the Zabul Department of Agriculture, Irrigation and Livestock receive a class from their partners, the Zabul Agri-Business Development Team.

New policemen in the ranks: More than 300 cadets graduate from academy

Story and photos by Staff Sgt. Brendan Mackie 117th Mobile Public Affairs Detachment

A nondescript, extremely hot became for 300 Afghan cadets when toward the end of the course, graduated they from academy, July police

held for both Afghan Uniformed Police trainees marking the end month of spiritual reflection. of their basic training and Afghan Border Police non-commissioned concluding their officers

The academy is run by the Afghan National

top students demonstrated the training center unarmed self-defense techniques during learned

"We started practicing one on technical said Romanian requirements, month ago,"

Army Capt. Claudiu Cotet. "They were training everyday for two hours on these techniques."

extraordinary With the onset of Ramadan training was minimized to the 28. morning hours. Other activities such as reading and writing A joint graduation ceremony was took precedence over unarmed self-defense training during the

> "Ramadan had started," Cotet said. "We were afraid they academy coursework would not remember what they learned, but they did."

Police The NCO course was 14 weeks, with U.S. and Romanian including six weeks devoted Soldiers providing support as to literacy and eight weeks advisers to the Afghan cadre. focused on tactical training, said 1st Lt. Mohammed Naim, During the graduation, the the deputy commander of

> training. The AUP basic course consisted of eight weeks and focused and tactical Naim said.



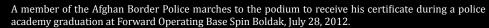
Two Afghan Uniformed Police members demonstrate hand-to-hand fighting techniques during a police academy graduation at Forward Operating Base Spin Boldak, July 28, 2012.

They learned things like hand-to-hand fighting, Afghan Constitution. use-of-force. and drills, but the most important thing these guys learned was literacy." said Afghan 1st Sgt. Nageebullah of the AUP cadre. "They did very well in the literacy course and will get to graduate as well-educated NCOs and basic policemen."

Nageebullah said that the two courses conducted here prove beneficial both to the students as well as the communities they are set to serve in after graduation.



A member of the Afghan Border Police receives a certificate during a police graduation held at Forward Operating Base Spin Boldak, Afghanistan,



Iron Chef Challenge - Arrowhead Style

Story and photos by Sgt. Matt Young

Now imagine an Iron Chef spaces are tight, supplies are

ingredient" beef tenderloin.

challenge in Afghanistan where "In the kitchen it was chaotic, had their secret ingredient the temperatures inside and you have only four or five pieces in hand the cooking began. outside the kitchen can reach well of equipment to use with very over 100 degrees, the cooking limited space," Bradbury said. Both chefs worked quickly,

300 hungry soldiers to feed. prepare the tenderloin in their the clock with only one sousmost creative way, but they chef to help them in the kitchen. On the morning of Aug. 10, Staff also had to serve 300 soldiers Sgt. Anquone Conyer, the dining and have five plates on the Bradbury took a creative non-commissioned- table by 11 a.m. to be judged. approach with the well-known officer-in-charge for the Masum "It's a huge humbling experience" energy drink here in country, rip-Ghar chow hall, decided to to put out something unique it, and created a sauce with it. put together his own Iron and worry if someone will Chef challenge between two like it," Bradbury said. "It's "Watching the show 'Iron Chef of his cooks, Spc. Van Casis a big deal and it takes a lot America, and seeing those chefs and Pfc. James Bradbury. Both of guts. You have to be really create innovative things with Soldiers are with the 296th confident in that final product." ordinary food we eat every day

Brigade Support Battalion. The judging was based on a 117th Mobile Public Affairs Detachment Conver gathered Casis and points system, 10 points for Everyone who has ever seen Bradbury into the front of the taste, five points for plating, the television show "Iron Chef dining facility and kicked off the another five points for originality America" knows how hot and competition by reading off the and the final 10 points based hectic it can get in a kitchen. rules and revealing the "secret off of the popular vote."

Once Casis and Bradbury

but methodically, as they limited and there are more than Both chefs had 90 minutes to prepared their meals against

is what inspired me," Bradbury said. "I wanted to go for big bold flavor on a nice piece of meat."

Casis took a more conventional approach with a cognac sauce, but because there is no alcohol in the combat theater sparkling substituted grape juice for the cognac.

When the chefs' time had expired, both Casis and Bradbury had completed their mission and were ready to be judged. Casis presented his meal to the judges first; it consisted of beef tender loin roulade stuffed with mushrooms. pan-seared and then ovenroasted, handmade onion crisps and his sparkling grape juice sauce.

Next up was Bradbury with his pan-seared, oven-roasted tenderloin topped with a bacon onion relish and rip-it sauce with handmade, crispy, spring onion straws and cooked carrots cut into the shape of flowers.

The judges critiqued both meals and were very satisfied. Overall the judges' main complaint with both meals, besides wanting more, was that each chef might have been a little heavy-handed with the pepper.

"This competition was a fun way to not only gauge our skill set, but also get a chance to show it is huge on morale, so if we can make sure Soldiers are having a good meal, it makes us feel good,"

and the points added up, Casis came out the winner with a total it was just a fun thing to do." of 104.9 points to Bradbury's 95.5.



Pfc. James Bradbury, a food service specialist with The winning dish of beef tenderlion roulade stuffed 296th Brigade Support Battalion, displays his dish for the judges at Forward Operating Base Masum



Pfc. James Bradbury, a food service specialist with the 296th Brigade Support Battalion, explains his meal to the judges at Masum Ghar, Aug. 10, 2012.

"Being able to participate in Conyer hopes to challenge other these competitions with the field feeding teams and continue off a little," Bradbury said. "Food support of my fellow soldiers in the competition until there is the unit allows me to get more only one champion Iron Chef in experience with culinary arts, southern Afghanistan. show off what I can do, and have the Soldiers' appreciation that After all the votes had been tallied makes it worth it," Casis said. "Regardless of if I won or lost,



with mushrooms belonged to Spc. Van Casis, a food service specialist with 296th Brigade Support Bat-



Spc. Van Casis, a food service specialist with the 296th Brigade Support Battalion, lays down his homemade grape juice gravy for the Iron Chef competition at Masum Ghar Aug. 10, 2012.

From left, Pfc. James Bradbury and Spc. Van Casis, food service specialists with the 296th Brigade Support Battalion, receive their "secret ingredient", beef tenderloin, at the beginning of their Iron Chef competition at Masum Ghar Aug. 10, 2012.





















Insurgents lay down weapons for new life

Story and photo by Sgt. Matt Young 117th Mobile Public Affairs Detachment

ernment of the Islamic Republic of peaceful life." Afghanistan and the Afghanistan Peace and Reintegration Program.

reintegration is being spread is through news, radio and flyers handed out by the Afghan Border Police.

these flyers and talk to the villag- ment. ers about reintegration," said Mohammad Hashim, an ABP officer here. "Afghanistan needs reintegration. It is a way to have peace."

similar beliefs on reintegration country.

tegration," Hashim said. "When want to stop. "All of the locals I Fighters all across Afghanistan we go to villages on missions, came in contact with while out are laying down their weapons we always encourage the people on patrols seemed genuinely apto start a new life and rejoin their to spread the word about reinte- preciative of the efforts made by families with the help of the Gov- gration and come back to live a the government, Afghan National

The reintegration program pro- International Security Assistance vides the opportunity for insur- Forces to bring the men home," Some of the ways the word of gents to return to their villages said Capt. Lawrence Csaszar, the with dignity and honor. To be accepted into the program, insur- Company, 5th Battalion, 20th Ingents must renounce violence fantry Regiment. Uniformed Police and Afghan and break their ties with the insurgency. They must also abide by the Afghan Constitution, and "It is really important we pass out commit to supporting the govern-

Upon renouncing violence, program participants begin a threemonth evaluation phase. Applicants explain why they wish Many of the AUP and ABP share to be reintegrated back into the community and rejoin families. and the peace it may bring to the They also discuss their family history and their reason for initially



A local Afghan holds pamphlets on the reintegration program, while listening to a fellow Afghan speak to members of Combined Task Force Arrowhead in the village of Regay in southern Afghanistan, Aug. 22,

"We all think positively of rein- choosing to fight and why they Security Forces and

company commander of Alpha

After the individuals have been accepted and reintegrated back into the community, the community becomes eligible for new development projects and the program participants along with fellow villagers are then hired to work on new community developments.

"I know of several Taliban fighters who have reintegrated," Csaszar said. "After coming forward to seek reintegration, the fighters were cared for and instructed to speak in front of their community to determine if the local populace was willing to support the reintegration nominee and would allow him to return home."

Since the program started, thousands of former fighters from throughout the country have returned to their homes and families and started a new life working to build a better Afghanistan.

"It is a healing process that enables us to close the wounds of war and reunite families that have been separated due to political or military differences," Csaszar said.

Chaplain's Corner

In the Army we stress the importance of having a "battle buddy" all the time. Well, just like the Army, in life it is also important to have a "battle buddy" for life. There is an African proverb that says "If you want to go fast, go alone; but if you want to go far, go together." There is something in each of us that says, "I can stand alone" or "I don't need others." But is that really true? Being self-disciplined and independent is important, but the fact of the matter is we all need someone who we can trust and lean on.

spiritual lives. A person's faith is dependent on the individual choice but to live out one's faith depend on. Isolation is our silent enemy. It is quite different from silence or solitude, which are two powerful spiritual disciplines. Isolation is pride making us think we can live our faith through our own power. As a result, we distance ourselves from those 1. Find a battle buddy. It could who know us best.

Isolation makes us believe we can commit sins and be free of the 2. Be transparent. You must be Infantry Division consequences. King David, in the Old Testament, had that mindset until the prophet Nathan showed up and told him exactly how badly he was messing up (2 Samuel 12). Isolation also convinces us that so we put on the mask. I believe we are the only ones wrestling it takes a real strong person to be with a particular problem. We begin to believe no one will understand, so why open up and 3. You must choose. You cannot seek help? After all, if we just keep make someone commit to



a lid on our problems or issues, The same thing is true in our we'll contain them, but secretly they will control us. Don't fall into 6. **Confrontation.** Resist the the trap of isolation.

> being connected with someone or you will fail. Here are some things I recommend doing:

- be your spouse, a family member encouragement, and correction. or a good friend.
- willing to be seen for who you really are. Many of us are afraid to let anyone see who we are deep down. We are afraid of rejection or of damaging our reputation transparent.

- something they do not want to commit to. Each person must willingly choose to change.
- 4. **Confidentiality.** Everything shared with a battle buddy (friend) goes no further than the two of you.
- 5. **Commitment.** Each of you must be willing to live to a higher standard and be held to the commitments you make. The person across the table must have a deep desire to see you succeed. Your shared goal is to help each other live your best for God.
- temptation to "go easy" on each other because of your you must have someone you can I once heard that the banana that close friendship. Accountability is separated from the bunch gets requires confronting the reality of peeled first. That analogy hits the situation, facing the truth and home. Don't live your life without accepting the challenge to do the right thing.
 - 7. **Compass.** The Word of God must serve as the compass and the standard for all counsel, Chaplain (Maj.) Edward I. Choi, 3rd Stryker Brigade Combat Team, 2nd

Arrowhead Remembers



Sgt. 1st Class Coater B. Debose

B. Debose of Moss Point, Star, Iraq Campaign Medal, Mississippi was born on 11 Global War on Terrorism March 1957. SFC Debose Expeditionary Medal, Army was attached to 5th Battalion, Service Ribbon, Overseas 20th Infantry Regiment, Service Forward Operating Base Spin Reserve Overseas Training Boldak, Afghanistan, where Ribbon, Armed he served on the Security Reserve Medal with Silver Force Assistance Team.

include the Bronze Star (Posthumous). Medal (Posthumous), Purple Heart Medal (Posthumous), Defense Service Medal, and mother Doris Jackson. Afghanistan Campaign

Sergeant First Class Coater Medal with Bronze Service Ribbon, Forces Hourglass and M Device, NATO Medal (Posthumous) SFC Debose's military awards and the Combat Action Badge

SFC Debose is survived Army Achievement Medal, by his wife Juanita Debose, Army Reserve Component his son, Latravis Debose, Achievement Medal, National Daughter, Caronica Jackson



Spc. Michael Demarisco

joined the US Army in Medal, Base Lewis-McChord to NATO Medal (ISAF). the 1st Battalion, 23rd July 2011.

He is posthumously awarded the Bronze Star Medal and the Purple Heart. His other awards include the Army Com-

SPC Michael Demarsico, mendation Medal, Naborn in Massachusetts, tional Defense Service Afghanistan February 2011 as an In- Campaign Medal with fantryman. He went to Campaign Star, Global Fort Benning, Georgia War on Terrorism Serwhere he completed ba- vice Medal, Army Sersic combat training and vice Ribbon, Overseas AIT. He arrived at Joint Service Ribbon, and the

Infantry Regiment in He is survived by his mother and father, Lisa and Michael Demarsico.

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