



# THE IRONHORSEMAN

1st Brigade Combat Team, 1st Cavalry Division

Ironhorse Soldiers sharpen  
their skills



# Inside this issue



3 - Ironhorse Soldiers' skills honed during BSA

9- Family Lineage: Ironhorse Soldier follows uncle's footsteps to Cav



15 - Conference empowers, educates, encourages Ironhorse spouses

18 -Women focus on getting, staying healthy in May



1st Brigade Combat Team  
1st Cavalry Division  
Fort Hood, Texas



**Brigade Commander**  
Col. Steve Gilland

**Brigade Command Sergeant Major**  
Command Sgt. Maj. Mervyn Ripley

**Editor/Public Affairs Officer**  
Capt. Angel Jackson

**Public Affairs NCOIC**  
Staff Sgt. John Couffer

**Public Affairs Journalists**  
Sgt. Bailey Kramer  
Pfc. Paige Pendleton

**Broadcast Specialist**  
Sgt. Larry Carter  
Spc. Fred Brown

The Ironhorseman is an authorized publication for members of the U.S. Army. Contents of The Ironhorseman are not official views of or endorsed by the U.S. Government, Department of the Army, or the 1st Cavalry Division.

All editorial content of The Ironhorseman is prepared, edited, provided and approved by the 1st Brigade Combat Team, 1st Cavalry Division Public Affairs Office.



# Ironhorse Soldiers' skills honed during BSA

By Staff Sgt. John Couffer  
1BCT, 1CD PAO

**FORT HOOD, Texas** - Leaders and Soldiers of the 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division conducted a Brigade Support Area exercise from May 31 to June 9, here.

The BSA exercise allowed Soldiers and units to practice their skills and support systems by entering an area where nothing exists and establishing communications, field feeding, medical facilities and other supply assets.

"It's important because ... this isn't something we've necessarily done as a brigade. That is, go to a site that is unimproved, where there is nothing there and actually set up the systems that we have. It shows Soldiers, and leaders in the brigade the magnitude of setting up something like this," said Ipan-Talalafofo, Guam native, Maj. Gina Sannicolas, a logistics officer and the support operations officer assigned to Headquarters and Headquarters Company, 115th "Muleskinner" Brigade Support Battalion of the Ironhorse Brigade.

Sannicolas explained that most leaders don't understand the magnitude and set-up of a BSA.

"It's not as easy as going into an area and setting up tents, there's a lot involved," Sannicolas said. "Setting up where your fuel point is going to be, where your helicopter landing zone is going to be. Things that normally, when you go into a (forward operating base), they tell you where your HLZ for cargo is, where your HLZ for medical evacuation is. So, it's practicing the skill sets that should come with the Soldiers and capabilities inherent of a brigade support battalion."

On top of setting up rear support and required capabilities, the brigade also established Field Train and Command Posts within the BSA, which push logistics packages to forward units thereby providing reach-back capabilities for required support and supplies.

The Muleskinner Battalion has a Forward Support Company attached to all forward units, which communicate through the FT/CPs headquartered at the Muleskinner Tactical Operations Center.

For instance, Sannicolas explained the FT/CP provided fuel for the 2nd "Stallion" Battalion, 8th Cavalry Regiment's gun-



Photo by Staff Sgt. John , 1BCT, 1st Cav Div PAO

*Spc. Pablo Gonzalez, a petroleum supply specialist (left), Sgt. Billy Taylor a motor transport operator (center) and Staff Sgt. Eric Barnett, also a petroleum supply specialist, all assigned to Company A, 115th "Muleskinner" Brigade Support Battalion, 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division, prepare to attaching a water blivet and cargo net to a CH-47 CHINOOK during the Brigade Support Area exercise June 1, at Fort Hood, Texas.*

nery during the BSA, cutting the distance in which the unit had to travel to refuel in half, thereby allowing 2-8 Cav. the ability of constant operations.

A fellow Muleskinner officer echoes Sannicolas' opinion on the importance of this type of training.

Maj. Lydia Thornton, a logistics officer and the executive officer for the Muleskinner Battalion said she thinks it's important all elements of the Ironhorse team integrate tactically and experience the capabilities of support the battalions can provide during training or combat.

During the exercise, Muleskinner's Headquarters and Headquarters Company provided basic life support such as church services, transient tent services and mock-enemy or opposition forces. Company A (transportation/distribution) conducted sling load training, B Co. (maintenance) conducted scheduled and unscheduled evacuation maintenance for their vehicles, C Co. (medical) provided Combat Life Saver implementation and casualty evacuation and the fuel trains were able to transport mail, ammo and food among other things.

Thornton also commented on her appreciation of conducting the BSA.

"I love the field because it brings the best out in individuals and the unit overall. I think that once Soldiers realize how difficult something is, and with their leadership and their training they can overcome it. Everyday got better and better ... and it's validating for leaders at every level," Thornton said.

Based on her observation, Thornton said she thinks the BSA went well and said she would like for her unit to learn two things: Soldiers to have confidence in the ability of the systems they put in place and an increased competence in their individual basic level skills and collective battalion's as well.

In addition to Muleskinner Battalion, the 1st "Centurion" Brigade Special Troops Battalion of the Ironhorse Brigade, also participated in the BSA exercise and provided support assets.

The Centurion Battalion is equipped with unmanned aerial vehicles and military police which conduct security and detention services in the rear-support area. The Centurion Battalion also augments and provides additional capabilities to the brigade's intelligence section and serves as further support to the BSB if needed.



## Ironhorse Soldiers inducted into SAMC



*Photo by Sgt. Bailey Kramer, 1BCT, 1st Cav Div PAO*

*Sgt. 1st Class Taotafa Kirifi, assigned to the 1st Squadron, 7th “Garryowen” Cavalry Regiment, 1st “Ironhorse” Brigade Combat Team, 1st Cavalry Division, prepares for her induction into the prestigious Sergeant Audie Murphy Club June 4 at the Noncommissioned Officer Club at Fort Hood, Texas. SAMC is an organization for enlisted Army NCOs created in early 1986 at Fort Hood.*



*Photo by Sgt. Bsiley, 1BCT, 1st Cav Div PAO*

*Staff Sgt. Michael Branch (right), a mechanic assigned to Company C, 2nd “Lancer” Battalion, 1st “Ironhorse” Brigade Combat Team, 1st Cavalry Division, is presented the Sergeant Audie Murphy Medallion by Maj. Gen. Anthony Ierardi, the 1st Cav. Div. commanding general, at a Sergeant Audie Murphy Club induction ceremony June 4 at the Noncommissioned Officer Club at Fort Hood, Texas. NCO’s whose leadership achievements and performance merit special recognition may be recommended by their chain of command to appear before a SAMC board.*



*Photo by Sgt. Bailey Kramer, 1BCT, 1st Cav Div PAO*

*Sgt. Jose Hernandez (right), an intelligence analyst assigned to 115th “Muleskinner” Brigade Support Battalion, 1st “Ironhorse” Brigade Combat Team, 1st Cavalry Division, is presented the Sergeant Audie Murphy Medallion by Maj. Gen. Anthony Ierardi, the 1st Cav. Div. commanding general, at his induction ceremony June 4 at the Noncommissioned Officer Club at Fort Hood, Texas. NCO’s whose leadership achievements and performance merit special recognition may be recommended by their chain of command to appear before a SAMC board.*



# Meet your battle buddy: the chaplain assistant

By Spc. Paige Pendleton

1BCT, 1CD PAO

FORT HOOD, Texas – Many Soldiers can explain the role of their unit's chaplain, but do they know about the Soldier supporting him from behind the scenes?

The Army offers more than 200 military occupational specialties, or jobs, that can be made into careers and carried over into the civilian world.

The role of the chaplain assistant begins with exactly what the name describes: assisting the chaplain. Although this MOS has a humble title, the scope of its duties is multi-faceted.

"Our MOS is not really well defined," said Kingsport, Tenn. native, Sgt. Nicholas Teague, the chaplain assistant for the 1st "Centurion" Brigade Special Troops Battalion, 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division. "The job isn't really self explanatory."

Teague said some of his duties include providing religious support to Soldiers at the battalion level, preparing for religious services, providing security for the chaplain while deployed, planning retreats and talking to Soldiers in need of a release.

Killeen, Texas native, Capt. Marshall Coen, the Ironhorse Brigade's Chaplain, said chaplain assistants are invaluable and their primary role is to ensure the chaplain does well.

"Chaplain assistants are vital for the Chaplain Corps," Coen said. "We are a team."

The chaplain assistant is the behind the scenes Soldier making sure everything is set up, advertised, scheduled and organized for the chaplain, Coen explained.

People don't see the setup and breakdown of religious services or after units have used the chapel, Coen said. It's all done by the chaplain assistant, who works Friday and Saturday evenings, and Sunday mornings for religious services.

Coen explained a good chaplain assistant understands the success, knowledge and well-being of the chaplain depends greatly on what the assistant does.

"The chaplain assistant is very much the backbone of the Chaplain Corps," Coen added.

Coen said because the chaplain's main focus is ministry, the chaplain assistant's focus is everything Army related to help the chaplain succeed. The chaplain assistant is not required to have a faith background of any kind.

"As a chaplain and a chaplain assistant, we bring to Soldiers the opportunity for them to practice, live and express their faith," Coen said.

The office of the chaplain and chaplain assistant is considered a place of confession, Coen explained. A Soldier or a family member can come express their feelings and troubles without fear of recourse.

Teague said the majority of his day consists of speaking with Soldiers. Topics vary from stress, relationship issues, post-traumatic stress disorder, and even the loss of a loved one.

"I think our greatest significance is being an outlet for a Soldier to discharge," Teague said. "When you have all that frustration built up in you, you have to turn to somebody."

The Unit Ministry Team visits Soldiers at training sites to spend time with them and get an idea of what is going on in their lives, Teague added.

"Our job, even in garrison, is to metaphorically get our boots dirty with the Soldiers," Teague explained.

In addition to field visits, Teague explained chaplain assistants spend a great deal of time training. They are trained to understand psychology in order to better assist Soldiers. They also undergo rigorous battle drills,



Photo by Pfc. Paige Pendleton, 1BCT, 1st Cav Div PAO

Sgt. Nicholas Teague, the chaplain assistant for the 1st "Centurion" Brigade Special Troops Battalion, 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division, sets up religious items at the Ironhorse Chapel May 28 at Fort Hood, Texas. In addition to talking with Soldiers, chaplain assistants help host prayer breakfasts and luncheons, Teague said.

field training and hand-to-hand combat during Advanced Individual Training at Fort Jackson, S.C.

Teague said general Soldier training is meant to teach the chaplain assistant to empathize and relate to the Soldiers.

"I've seen many times where a Soldier will be right on the edge," Teague said. "Ready to go out and do something they couldn't take back, and being there, being that support made the difference. I think that's the pivotal point of our job."

Coen noted that chaplain assistants are priceless because of their ability to better identify with Soldiers than a chaplain sometimes.

While deployed his duties adapt to suit the combat environment, Teague said.

"The chaplain assistant is there to protect the chaplain at all costs," Coen said. "That is a tremendous responsibility."

Teague explained he must protect and provide security for the chaplain, who does not carry a weapon, as the UMT provides on-the-spot ministry for supporting units deployed.

Coen explained that chaplain assistants must protect the chaplain under pressure and under fire and remain aware of dangerous surroundings while observing and reacting to enemy fire.

There is a lot of pressure on chaplain assistants that most people don't see, Coen added.

When Soldiers see a chaplain assistant caring for a chaplain, they gain more respect for the chaplain assistant after seeing what they really do, especially in combat, Coen explained.

Teague said his initial choice was Military Police, but he is glad he chose this MOS after advice from his brother.

"Really our mission is to provide religious support to Soldiers but it goes a lot deeper," Teague said. "It's more spiritual support because your spirit entails (not only) your religious beliefs, but your life, your emotions, your state of mind and even your overall physical health can be involved."

Coen said the best kinds of chaplain assistants are those not seeking glory. They are hard-working and want other people to shine.

"We bring hope to a lot of people when they're discouraged or when they're down," Coen said. "The chaplain assistant is the one who carries the torch."



# Stallion's hold Military Spouse appreciation event



Photo by Pfc. Paige Pendleton, 1BCT, 1st Cav Div PAO

Vernessa Brown (left), a teacher who is married to Lt. Col. Kelvin Brown, commander of 2nd "Stallion" Battalion, 8th Cavalry Regiment, 1st Brigade Combat Team, 1st Cavalry Division, and Renee L'Elie (center), a Mary Kay representative and spouse of Stallion Command Sgt. Maj. David L'Elie, present Maureen Jouette (right), former Mayor of Killeen, Texas, and current executive director and training resource manager and coordinator of Bring Everyone in the Zone, Inc., with a Stallion Certificate of Appreciation for her dedicated service in supporting the military during the Stallion Military Spouse Appreciation event May 2 at Fort Hood, Texas.



Photo by Pfc. Paige Pendleton, 1BCT, 1st Cav Div PAO

Maureen Jouette, former Mayor of Killeen, Texas, and current executive director and training resource manager and coordinator of Bring Everyone in the Zone, Inc., provides words of inspiration to spouses of 2nd "Stallion" Battalion, 8th Cavalry Regiment, 1st Brigade Combat Team, 1st Cavalry Division at the Stallion's Military Spouse Appreciation event May 2 at Fort Hood, Texas. Bring Everyone in the Zone, Inc. is a non-profit service that offers a variety of counseling and support to service members, spouses and veterans.



Photo by Pfc. Paige Pendleton, 1BCT, 1st Cav Div PAO

Anjali Abraham (left), spouse of Capt. Theo Abraham, commander of Company B, 2nd "Thunderhorse" Battalion, 12th Cavalry Regiment, 4th Brigade Combat Team, 1st Cavalry Division reads a pamphlet provided by guest speaker, Maureen Jouette, former Mayor of Killeen, Texas, and current executive director and training resource manager and coordinator of Bring Everyone in the Zone, Inc. at the Stallion Military Spouse Appreciation event May 2 at Fort Hood, Texas. Bring Everyone in the Zone, Inc. is a non-profit service that offers a variety of counseling and support to service members, spouses and veterans.



# Ironhorse gunnery applies shoot, move and communicate



Photos by Pfc. Paige Pendleton, 1BCT, 1st Cav Div PAO

The 2nd "Stallion" Battalion, 8th Cavalry Regiment, conducts gunnery training with Bradley Fighting Vehicles June 2, at Fort Hood, Texas.

**By Pfc. Paige Pendleton**  
1BCT, 1CD PAO

**FORT HOOD, Texas** – Three fundamental skills all Soldiers learn are to shoot, move and communicate.

Soldiers assigned to the 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division continued to sharpen these essential skills during a series of gunnery training exercises spanning from January to June, at Fort Hood, Texas.

Battalions of the Ironhorse Brigade participated in mounted and dismounted gunnery training utilizing Bradley Fighting Vehicles and tanks.

Gunnery training ensures Soldiers maintain accuracy with their assigned weapons systems.

"It makes our crews trained and ready to fight," said New York native, Sgt. 1st Class Richie Pozo, an infantryman assigned to 2nd "Stallion" Battalion, 8th

Cavalry Regiment, 1st BCT.

Bartow, Ga. native, Lt. Kelvin Brown commander of the Stallion Battalion, said the exercises demonstrate the crews' proficiency with weapon systems, their ability to hit targets, maneuver and work as a cohesive team.

Brown said the graded events begin at the team and crew level, then advanced to collective-squad and platoon training.

Some of the Soldiers participating in gunnery training have never fired tanks or Bradleys, Brown said.

"In the end it's all about building lethal platoons," Brown said. "That's what it all boils down to. An individual tank or Bradley crew makes a lethal tank or Bradley platoon."

Communication is number one when it comes to gunnery, Brown emphasized. Soldiers must be able to talk to each other, know how and where to



Photos by Pfc. Paige Pendleton, 1BCT, 1st Cav Div PAO

The 2nd "Stallion" Battalion, 8th Cavalry Regiment, 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division conduct gunnery training June 2 with Bradley Fighting Vehicles at Fort Hood, Texas. Los Angeles, Calif. native, Pfc. Florentino Loya, an infantryman and Bradley Fighting Vehicle driver assigned to the Stallion Battalion, said drivers are trained to fire the Bradley's weapons systems in case they have to act as the vehicle's gunner.

training with Bradley Fighting Vehicles June 2, at Fort Hood, Texas.

move and know what and when to shoot.

Los Angeles, Calif. native, Pfc. Florentino Loya, an

infantryman and Bradley driver in the Stallion Battalion, said drivers must listen closely to all fire commands and carefully



## Ironhorse Gunnery

guide the vehicle to maintain the gunner's precision. If the gunner's body is jerked by movement of the Bradley, the crew may miss a target.

"As a crew, we learn from our mistakes and we learn to communicate better," Loya said.

The natural progression of crews was made evident throughout the training, Brown explained.

"You can see the video tapes, you can

hear the audio and they respond and perform well as a crew," Brown said. "Now those crews are working well together as platoons."

Loya said his crew started out rough and he has learned a lot from his gunner.

Brown said his favorite part of gunnery is when a crew that is having difficulty with the training has a breakthrough and qualifies on their platform.

"You see the look in their eyes," Brown

said. "They're confident in their system and they're confident in their crew."

There is still more training to come, but Loya said he has learned to be ready for a combat zone.

"This is the first real teambuilding event we've had as a battalion in like nine months," Brown said. "Gunnery is something that mechanized Soldiers look forward to."

## Muleskinner medics take part in Career Day

Photos by Staff Sgt. John Couffer, 1BCT, 1st Cav Div PAO



*Cpl. Katherine Depuydt (foreground), a health care specialist assigned to Company C, 115th "Muleskinner" Brigade Support Battalion, 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division, applies first-aid to a scrape on a boy's knee while fellow medic, Pfc. Rebekah Miller (background), also assigned to the Muleskinner Battalion, prepares a bandage during Career Day at Clear Creek Elementary School May 29, at Fort Hood, Texas. The Soldiers provided a field litter ambulance to give kids a first-hand experience in what medics of a field medic's job.*

*Pfc. Rebekah Miller, a health care specialist assigned to Company B, 115th "Muleskinner" Brigade Support Battalion, 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division, talks to children about a field litter ambulance during Career Day at Clear Creek Elementary School May 29, at Fort Hood, Texas.*

*Miller explained the job of a medic and allowed students to explore the inside of the vehicle.*



*Spc. Sara Lacroix (left), a health care specialist assigned to Company C, 115th "Muleskinner" Brigade Support Battalion, 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division, describes the role of a medic and purpose of a field litter ambulance to students during Career Day at Clear Creek Elementary School May 29, at Fort Hood, Texas.*



# Ironhorse Soldier follows uncle's footsteps to Cav

By Sgt. Bailey Kramer  
1BCT, 1CD PAO

FORT HOOD, Texas -- "I regret that I must confirm my recent telegram in which you were informed your son, CPL Anthony E. Costa, Infantry, has been reported missing in action in Korea since 2 November 1950."

Unfortunately, Dominick and Nancy Costa, Anthony's parents, were one of many parents who received this type of condolence letter from the Adjutant General of the Army during the Korean War.

Sgt. Anthony Costa, posthumously promoted, was among thousands of Americans who enlisted to support their country during the Korean War.

At 19 years-old, Anthony served as an infantryman under the 3rd Battalion, 8th Cavalry Regiment of the 1st Cavalry Division. Army records indicate he was captured by enemy forces on Nov. 2, 1950 south of Unsan, Korea, and classified as a Prisoner of War. Documents also state he later died of exhaustion and disease.

Although, the Costa family was devastated by the loss of a brother, son and nephew, it did not stop Anthony's nephew, Pfc. Lenny Costa, from following his footsteps 63 years later.

"Growing up, I had my uncle's picture and hat next to my bed, and I knew I wanted to join the Army," explained Lenny, a Long Island, N.Y. native and cavalry scout assigned

to the 1st Squadron, 7th "Garryowen" Cavalry Regiment of the 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division.

Although Lenny knew one day he would enlist, he didn't follow his dream right away. At 18 he was employed as a bouncer at local New York nightclubs, two years later he moved to Tampa, Fla. becoming a disc jockey and body guard for visiting celebrities. After an incident at work, Lenny, 31, made a life-changing decision to follow his childhood dream of joining the Army.

Escorting a club owner back to his club one night, an unknown assailant attacked Lenny, breaking his eye socket. After recovering, he returned home and saw his uncle's photo. He then went to a local recruiter and started his journey shadowing his uncle.

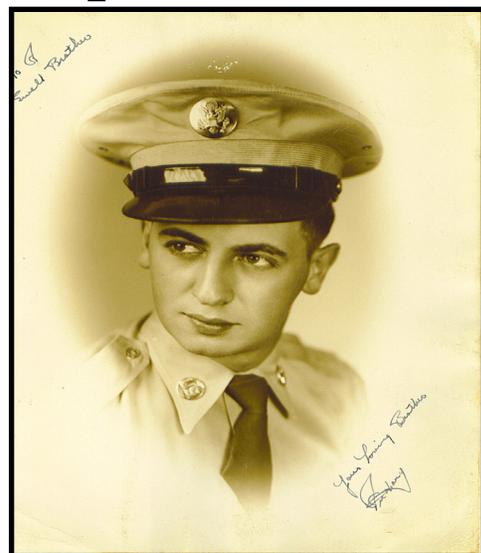
"I went to the recruiter and told her I wanted to join," Lenny said proudly.

Although Lenny came from a line of infantryman, he chose the military occupational specialty of cavalry scout.

Growing up Lenny explained his father never really expressed emotion but told him he was proud of him.

"Both of my parents were supportive," Lenny added. "My mom cried and got a dog. My dad told me for the first time he was proud of me."

Lenny told the recruiter he wanted to serve under the 1st Cavalry Division, because his family's history involvement with the unit.



Courtesy Photo by the Costa Family

Saratoga County, N.Y. native, Sgt. Anthony Costa (pictured) served as an infantryman for the 3rd Battalion, 8th Cavalry Regiment of the 1st Cavalry Division during the Korean War. Anthony became an inspiration to his nephew, Pfc. Lenny Costa, a cavalry scout assigned to the 1st Squadron, 7th "Garryowen" Cavalry Regiment, 1st Brigade Combat Team, 1st Cavalry Division, to enlist in the Army.

told the recruiter the story about my uncle and how I wanted to be in the (1st Cavalry Division) because of him," Lenny described. "She told me she would do what she could."

While attending One Station Unit Training at Fort Knox, Ky., Lenny told everyone he was expecting orders to the 1st Cavalry Division, but as he was nearing the end of his cycle, he was the only Soldier left without orders and his hopes were falling.

"Everyone had their orders except me, then my drill sergeant came out," Lenny chuckled. "He called me over and said, 'welcome to the cav.' I was excited."

After graduating OSUT, he arrived to Garryowen February 2010, upon meeting his squadron command sergeant major; he was assigned to his commander's Personal Security Detail.

"(Command Sgt. Maj. Mervyn Ripley) asked what I did before I joined the Army and when I told him I was a bouncer in Florida I landed a position on PSD," Lenny said.

Lenny's unit deployed in support of Operation New Dawn to Joint Base Balad, Iraq in 2011. Later that year, their mission changed to Operation Spartan Shield at Camp Buehring, Kuwait.



Photo by Sgt. Bailey Kramer, 1BCT, 1st Cav Div PAO

Long Island, N.Y. native, Pfc. Lenny Costa, a cavalry scout assigned to the 1st Squadron, 7th "Garryowen" Cavalry Regiment, 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division, searches through his uncle's Korean War case files June 27 at Fort Hood, Texas.



**Ironhorse Soldier follows uncle's footsteps to Cav**

Upon returning from his deployment, Lenny was diagnosed with severe Post Traumatic Stress Disorder and told he would be medically retired.

About a year later, the annual 1st Cavalry Division Reunion was approaching and Lenny

remembered his uncle. He attended the reunion where he met Korean War Veterans who served with his uncle.

"It was just unbelievable," Lenny explained. "They knew so much more than I would have guessed about my uncle."

Not only was Lenny able to meet with veterans who served with his uncle, but he also received paperwork in regards to his uncle's remains, historical information on his whereabouts, and even his uncle's posthumous award.

Although Lenny's time with the Army was cut short, he is proud he was able to serve with the same team as his uncle.

"I did it for my family," Lenny concluded. "I feel like instead of bringing one Costa home, I'm going to bring home two."

**Lancer families visit Soldiers at training site**

*Photos by Pfc. Paige Pendleton, 1BCT, 1st Cav Div PAO*



*Josephine Figueroa (left), daughter of Staff Sgt. Manuel Figueroa, an infantryman assigned to Company B, 2nd "Lancer" Battalion, 5th Cavalry Regiment, 1st Brigade Combat Team, 1st Cavalry Division, and Olivia Chapman (right), daughter of Company B commander, Capt. Micah Chapman, explore a Bradley Fighting Vehicle during the Lancer's family day May 5 at Fort Hood, Texas.*



*Families of Soldiers assigned to 2nd "Lancer" Battalion, 5th Cavalry Regiment, 1st Brigade Combat Team, 1st Cavalry Division spend time together during the Lancer's family day May 5 at Fort Hood, Texas.*

*Avon Park, Fla., native, Capt. Micah Chapman (right), commander of Company B, 2nd "Lancer" Battalion, 5th Cavalry Regiment, 1st Brigade Combat Team, 1st Cavalry Division shows his daughter, Olivia Chapman, a Bradley Fighting Vehicle during the Lancer's family day May 5 at Fort Hood, Texas.*



# Alternative medicine, a Soldier's journey to recovery



*Photo by Staff Sgt. John Couffer, 1BCT, 1st Cav Div PAO*

*Pfc. Lenny Costa (left), a cavalry scout assigned to 1st Squadron, 7th "Garryowen" Cavalry Regiment, 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division, speaks with Joanne Crout, a licensed clinical social worker who works at the Warrior Combat Stress Reset Program May 3, at Fort Hood, Texas. Crout helped Costa during his journey in coping with post-traumatic stress disorder during his three-week "jump start" portion of the WCSRP.*

**By Staff Sgt. John Couffer**  
1BCT, 1CD PAO

**FORT HOOD, Texas** – Surrounded by Family, friends and mentors, 12 people awaited their certificates, signifying the completion of their "jump-start" journey to better health, mind, body and spirit.

One of those receiving their certificate for graduating the beginning portion of the Warrior Combat Stress Reset Program was Pfc. Lenny Costa, a native of Long Island, N.Y. and cavalry scout assigned to Troop B, 1st Squadron, 7th "Garryowen" Cavalry Regiment, 1st "Ironhorse" Brigade Combat Team, 1st Cavalry

Division.

Following a one-year deployment, the 34-year-old Costa said he realized something was different. He wasn't getting along with his Family or members of his unit the same way as before the deployment, but he wasn't exactly sure what was wrong or how to fix it.

Costa said he was diagnosed with post-traumatic stress disorder during a post-deployment health assessment. One of the main issues Costa said he was dealing with was trouble sleeping. He explained that instead of medication, his nurse case manager suggested taking part in a bio-feedback

program, which was supposed to help him relax, calm down and sleep.

"Unfortunately, [the bio-feedback] didn't work, but in the same building is the [Warrior Combat Stress Reset Program], and that's how I found out [about the program]," Costa said.

The WCSRP is an eleven-week intensive outpatient treatment program designed to treat high-risk Soldiers with PTSD, according to the Carl R. Darnall Army Medical Center's website.

"This is a very specific, custom built program for intensive treatment of moderate to severe PTSD Soldiers,"

said Jerry Wesch, director of the WCSRP and clinical psychologist for the out-patient behavioral health department of Darnall.

With 45-years experience, Wesch helped start the program at Darnall. He explained the program's primary focus for the program is to return Soldiers to combat readiness.

"We built the program with that specific population in mind," Wesch said. "Over the years, we have continued to refine our focus on the ability to treat those kinds of Soldiers."

In order to qualify for the program, Soldiers must be diagnosed with PTSD, be willing and ready for a very intense

## Alternative medicine

and invasive program, and their commanders must sign off on their attendance, Wesch said. He added that the participants are volunteers and are not mandated to attend. Referrals usually come from other behavioral health practitioners and medical facilities.

Wesch explained the intensity of this program is like no other because Soldiers are forced to face the root cause of their ailment.

“There is nothing else like this in the military,” Wesch said. “We go right at it, this is hardcore treatment.”

When describing treatment, Wesch explained, “We go at hyper-arousal, which is one of the core treatments. We go at sleep disorders, right at the avoidance disorders...and we go right at the intrusive memories...the things that people don’t want to remember or can’t live with.”

“It’s like going through basic training,” Costa said on the intensity of the program. “They dig into you, trying to figure out what is wrong.”

The program breaks treatment into two parts daily; the mornings consist of group and individual therapy which care for the mind, while the afternoons are used to care for the body and spirit by using complimentary alternative medicine.

“Some of the things the (WCSR) did, was it helped us learn different ways to handle our anxiety or our PTSD or helped us to get to sleep a little better, and they did it all natural,” Costa said.

Some of the alternative medicine techniques the program offered included Yoga, which aided in breathing and stretching and reflexology which aided in relaxing the body by pressing certain points of nerve endings.

Compared to when participants first enter the program, Wesch said they are different by the end of the three-week period.

“We have been collecting outcome-data beginning with Soldier number one through Soldier 800,” Wesch explained. “We know how our people did.”

Wesch said the exact results of the data aren’t published, but since the program’s inception, the collected data has statistically and clinically shown an improvement in PTSD symptoms, depression, anxiety, pain and sleep.

Wesch said this program’s model works and he said he would like to see it replicated and expanded at other Army and sister military bases. He added we can learn a lot from the data collected to enhance treatment techniques already offered.

For Costa, he said that after completing the initial three weeks of the program, he feels like a different person and that his friends and unit have noticed. He added he would like the program publicized in terms of its effectiveness and availability.

Since participating in the program and receiving help, Costa offers advice to those who think they have or have been told they may have issues needing to be addressed.

“Get help. Don’t think of it as you being weak,” Costa said. “There (are) plenty of places to go....and people that do care and get you to the right places at the right time so you get the help.”



Photo by Staff Sgt. John Couffer, 1BCT, 1st Cav Div PAO

Pfc. Lenny Costa (left), a cavalry scout assigned to 1st Squadron, 7th “Garryowen” Cavalry Regiment, 1st “Ironhorse” Brigade Combat Team, 1st Cavalry Division, receives a certificate of completion from Dr. Jerry Wesch, director of the Warrior Combat Stress Reset Program during a WCSR graduation May 3, at Fort Hood, Texas.



Photo by Staff Sgt. John Couffer, 1BCT, 1st Cav Div PAO

Jerry Wesch (far left-red shirt), director of Fort Hood’s Warrior Combat Stress Reset Program and clinical psychologist, speaks with graduates of the program’s three-week “jump start” treatment portion, May 3 at Fort Hood, Texas.



Pfc. Lenny Costa (right), a cavalry scout assigned to 1st Squadron, 7th “Garryowen” Cavalry Regiment, 1st “Ironhorse” Brigade Combat Team, 1st Cavalry Division, Warrior Combat Stress Reset Program graduation ceremony signifying the end of his three-week “jump start” journey May 3, at Fort Hood, Texas.

# Physical Therapy: a non-invasive recovery

By Sgt. Bailey Kramer  
1st BCT PAO, 1 CD

**FORT HOOD, Texas** – In the Army, Soldiers use physical therapy as a method to help them maintain flexibility and treat injured areas.

Physical therapists not only guide and treat patients, they consult other providers on Soldier and unit readiness by enhancing functional and human performance serving as the command consultants in areas of injury prevention, surveillance, physical fitness, readiness and health promotion.

Washington, Mo. native, Maj. Christopher Allen, an Army Medical Specialist Corps officer assigned to Company C, 115th “Muleskinner” Brigade Support Battalion, 1st “Ironhorse” Brigade Combat Team, 1st Cavalry Division, enlisted in the Army Reserve in 1997 as a personnel clerk while attending college, then later became an Army Reserve Officers Training Corps cadet.

When asked why he chose this field, Allen said, “I had an interest in the sciences and I knew I wanted to do something medically related and was I interested in sports medicine.” Allen graduated the U.S. Army-Baylor Doctoral Program in Physical Therapy in 2001 from the U.S. Army Medical Department and School in Fort Sam Houston, Texas. He is now the Ironhorse Brigade’s Physical Therapist.

Physical therapists practice evidenced-based medicine and if there is no evidence of required injections or surgery, Soldiers may be referred to physical therapy or an appropriate specialty clinic as a

best-step toward to recovery, Allen explained.

Brigade physical therapists control injuries and reduce their impact on readiness. They also improve access to care and provide better flexibility for Soldiers during the rehabilitation process according to the Rehabilitation and Reintegration Division, Army Medical Department, Office of the Surgeon General.

“This arrangement also benefits the rest of the brigade medical staff as we are able to collaborate (and) develop best practice pathways for patients with musculoskeletal injuries and work on injury prevention products,” Allen said.

Physical therapy is important because it is non-invasive, Allen said. It doesn’t require putting something in the body.

As a physical therapist, Allen not only addresses the initial problem, but also provides Soldiers with the tools to self-treat based on the injury, which they can utilize on their own and over a long-term period to prevent them from having to come back, Allen said.

He also said that physical therapy not only treats the isolated area of injury, but also the muscles, tendons and joints around the affected area for overall strength.

“We try to empower patients and Soldiers to manage their own condition,” Allen said.

Allen also said, that if Soldiers manage their condition and conduct their exercises as prescribed, they will see progress over time but some conditions require physical therapy in conjunction with other specialty treatment.

Boscobel Wisc. native, Spc. Zachary Adkins, a combat en-



Photo by Staff Sgt. John Couffer, 1BCT, 1st Cav Div PAO

Washington, Mo. native, Maj. Christopher Allen (right), a medical specialist corps officer and physical therapist, instructs San Antonio native, Spc. David Arriba, a geospatial engineer, both assigned to the 1st “Ironhorse” Brigade Combat Team, 1st Cavalry Division, on how to properly perform an “arm bar” physical therapy exercise June 12 at Harvey Physical Fitness Center at Fort Hood, Texas.

gineer assigned to Headquarters and Headquarters “Hammer” Troop of the Ironhorse Brigade does just that.

Adkins tore the anterior cruciate ligament, or ACL, of his left leg in two places while deployed to Kuwait, which requires continued physical therapy.

Before returning however, Adkins said he was given a list of exercises to do while in Kuwait.

“(Allen) gave me some things to do on my own, it was pretty simple stuff. It was pre-surgery and was designed to keep as much strength in (my) leg as possible and it worked,” Adkins explained.

After returning from Kuwait, Adkins was given guidance on how to not worsen the leg prior to surgery.

“Anything high-intensity in the legs was pretty much of limits, like jumping and running, period, was off,” Adkins said.

There are about two more months of scheduled appointments ahead while still conducting self-treatment at home, but since his surgery

Adkins said, “I feel better now than prior to surgery.”

Adkins said that right after surgery it took him 30 minutes to reach his second-floor barracks room, but now in part because of physical therapy, it takes him about a minute.

“If they give you a routine to do on your own, do it,” Adkins said. “Do not skip appointments, do your exercises. It might suck at first, but it gets better and you can actually see the benefits within a couple weeks.”

After completing his assignment for the Ironhorse Brigade, Allen will serve as the internship director for the U.S. Army-Baylor Doctoral Program in Physical Therapy and will oversee and teach students during the last year of the program.

Allen said he enjoys doing what he does, and when talking about his future in the Army and otherwise Allen said, “career-wise, I need to be a clinic chief, that would be the equivalent of command and then I would like to continue to teach, (that) is what I would really like to do.”

# Conference empowers, educates, encourages Ironhorse spouses

By Pfc. Paige Pendleton  
1BCT, 1st Cav. Div. PAO

**FORT HOOD, Texas** – Chaplains of the 1st “Ironhorse” Brigade Combat Team, 1st Cavalry Division hosted the first Ironhorse Spouse’s Conference June 18 at Fort Hood, Texas.

Chaplains were able to connect with spouses of Soldiers, building from other family and spouse oriented programs previously sponsored by the brigade, said Killeen, Texas native, Capt. Marshall Coen, Ironhorse chaplain.

“I think a lot of times our spouses feel (disconnected),” Coen said. “They feel like they have to go to a hail and farewell or have to go to a company event to support their significant other. Well, this is solely for (spouses).”

The goal is to turn the conference into a monthly gathering for any Ironhorse spouse that would like to attend, Coen expressed.

“An extension of the Soldier is family,” Coen said. “A good Army family is a family that understands how the Army works.”

Clear objectives were created to ensure the true focus of the conference was not lost, Coen said.

“As we look at our programming, or look at our focus, we want to make sure that what we do, we do for empowering, educating and encouraging the spouses to continue to do well in the military,” Coen, explained.

Coen believes spouses possess a wealth of knowledge. They have experience, a passion to care for their families and their Soldier, and face hardships service members don’t always see.

The conference is structured

on the adult learning model in which a facilitator raises a topic allowing spouses to discuss.

Alamogordo, N.M. native, Stephanie Mello, a mobilization and deployment specialist for Army Community Service, spoke at the conference to bring together, educate, and continue to encourage spouses in the Army lifestyle.

Mello was invited to speak because of her current position for ACS and because she authored a book reflecting her more than 20 years as a military spouse. She is also a Navy Vietnam War veteran and an Army veteran.

The focus of Mello’s discussion was resilience and spouses reaching out to one another for support.

“A lot of us wait for people to reach in and you can’t,” Mello explained. “If you want to really thrive in this experience you have to be willing to reach out, but we’re afraid to do that. We’re really afraid to open up our security net.”

Mello explained the conference is an opportunity for new and seasoned spouses to share experiences.

“One (type) reminds us what we were like when we were young, when we were new,” Mello said. “The other lets us know that eventually we get to a point where we do feel like we belong.”

Mello added that programs of this nature are only as successful as the people who participate.

“Maybe you will hear the same thing that you heard before, but maybe, just one time, you will hear something new,” Mello said. “That will change how you deal with a situation, how you deal with a person, or



Photo by Pfc. Paige Pendleton, 1BCT, 1st Cav Div PAO

Stephanie Mello, a mobilization and deployment specialist for Army Community Service speaks to spouses of the 1st “Ironhorse” Brigade Combat Team, 1st Cavalry Division, during the first Ironhorse Spouse’s Conference June 18 at Fort Hood, Texas.



Photo by Pfc. Paige Pendleton, 1BCT, 1st Cav Div PAO

Spouses of the 1st “Ironhorse” Brigade Combat Team, 1st Cavalry Division, participate in a group discussion during the first Ironhorse Spouse’s Conference June 18 at Fort Hood, Texas. The mission of the conference is to empower, educate and encourage Ironhorse spouses as they achieve and succeed in the Army family, said Killeen, Texas native, Capt. Marshall Coen, Ironhorse chaplain.

how you feel about yourself and the strengths that you have.”

The chaplains want families and especially spouses to recognize they do have a voice and it’s important, Coen explained.

“Whether the Soldier is in the Army for three years or 30 years, it’s your (family) you go back to at the end of that three years or 30 years,” said Col. Steve Gilland, Ironhorse Commander.

“In order to be successful ... you have to have that support network, and that support network is right here. It’s your family.”

If one spouse leaves more encouraged than they came, then the conference was worth it, Coen said.

# A Soldier's passion, a vehicle's readiness

By Sgt. John Couffer  
1st BCT, 1st Cav. Div. PAO

**FORT HOOD, Texas** – While growing up in his hometown of Fort Wayne, Ind., his father mentored him on how to diagnose and fix various vehicles with a fair amount of accuracy and interesting enough, his father was deaf. Now, as a Soldier, he supervises fellow mechanics and repairs faults on military vehicles ensuring their operational capability.

Sgt. Jovan Davis, an all-wheel vehicle mechanic assigned to Headquarters and Headquarters Company, 1st "Centurion" Brigade Special Troops Battalion, 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division, assists Soldiers assigned to Headquarters and Headquarters "Hammer" Troop of the Ironhorse Brigade, conduct preventive maintenance checks and services on their unit's vehicles.

Davis said he wasn't a hands-on mechanic type of person, but his father would, on occasion, bring him to work to listen for car problems. He added they would communicate, by signing, to validate and correct the issue and that is how he was introduced to mechanics.

Later in life, Davis said he was turned on to the Army by his cousin. He said he eventually tested for and joined the Army as a mechanic for the educational opportunities.

Davis then attended a total of 40 months of Advanced Individual Training at Aberdeen Proving Ground, Md., and was sent to Germany for his first assignment.

When asked what he likes about being a mechanic, the seven-year Army Veteran said it's about the calmness he gets by working one-on-one with an engine.

"If it's a big job, I like to work by myself, I like to work at my own pace," Davis said.

Davis explained that, as a junior Soldier, he was known

as a slow worker, but each job he finished was done correctly the first time and on time.

When it comes to maintaining mission-ready military vehicles, conducting PMCS is very important, Davis said.

"PMCS is a whole concept, it's kind of the life blood of the heavy brigade combat team," said Midland, Mich. native Capt. Timothy Martin, commander of Hammer Troop. "We exist solely on our vehicles.... and our ability to use our vehicles in the fight."

Martin explained in order for the brigade's vehicles to function in the fight, Soldiers should be hands-on and become familiarized with their vehicles to the extent they know the quirks, mechanics and operation of their vehicles. He added, the better a Soldier knows their vehicle, the better it will operate.

Martin said operators aren't the only individuals responsible for their vehicle's maintenance.

"Everyone needs to learn, regardless of rank," Martin said.

He added, everyone, from the operator to unit commander and mechanic, has a part they play in the overall scheme of maintenance in the Army, and if any piece of the maintenance ladder falls, the whole system falls.

Davis said once a fault is identified by the operator, the deficiency is checked and re-checked by the operator's supervisors and by a mechanic.

Martin said although the Army instructs that command maintenance be done weekly, different mission-sets may require maintenance to be done more often.

"It really is dependent on (operational) tempo, because if you go out to the field, you do it daily," Martin said.

Another reason to conduct maintenance daily in the field or in combat is to ensure the vehicle is ready to move at a moment's notice, Martin said.



Photo by Pfc. Paige Pendleton, 1BCT, 1st Cav Div PAO

*Spc. Joseph Love, an aviation operations specialist assigned to Headquarters and Headquarters "Hammer" Troop, 1st Brigade Combat Team, 1st Cavalry Division, checks for leaks on the undercarriage of a military vehicle using the vehicle's Technical Manual as a guide April 15 at Fort Hood, Texas.*

Davis explained that one of the most important things to do when conducting PMCS is to go through troubleshooting procedures when something does not work properly.

"I've heard stories about a guy replacing a whole wiring harness for a simple light bulb, when truth-be-told, he didn't even need to change it," he said.

Inspecting for mechanical faults is important, but there are other items to look for while conducting PCMS.

Safety equipment is part of PMCS and usually encompasses items like a first-aid kit, warning triangles and a fire extinguisher. Other safety measures to inspect include functioning lights and an operational horn, said Los Angeles native, Spc. Joseph Love, an aviation operations specialist also assigned to Hammer Troop.

Like Martin and Davis, Love said the potential for something to go wrong because of an improper PMCS, or overlooking a missing item, can affect the mission.

Although Ironhorse's maintenance is important, it is not limited to vehicles.

"Maintenance is supposed to encompass everything, the "holistic Soldier" concept,"

Martin said.

Martin then explained the concept encompasses night vision equipment, individual-protective and communications equipment, weapons platforms and the Soldiers and their basic skills; because Soldiers need immunizations and medical evaluations to ensure maximum combat effectiveness.

When it comes down to taking care of equipment, Martin said to do the right thing.

"The Army has made it very simple. They said, here's a manual, just do this one thing once a week and you will have cared for your vehicle correctly," Martin said.

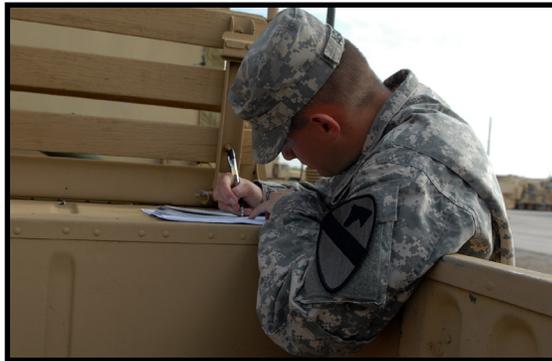
Davis said, as a mechanic, he likes to share his knowledge of maintenance with Soldiers who are willing to learn.

To further his maintenance knowledge and Army career, 27-year-old Davis said he has plans to get promoted to Staff Sgt. and submit a packet to become an Automotive Maintenance Warrant Officer. He added that if those plans don't work out, vehicle mechanics is in his future.

# Hammer Soldiers conduct vehicle maintenance

Photos by Staff Sgt. John Couffer, 1BCT, 1st Cav. Div.

*Pvt. Walter Agati, an air defense battle management system operator assigned to Headquarters and Headquarters "Hammer" Troop, 1st Brigade Combat Team, 1st Cavalry Division, writes vehicle deficiencies on a Maintenance and Inspection Worksheet April 15 at Fort Hood, Texas.*



*Spc. Dallas Slay, a geospatial engineer assigned to Headquarters and Headquarters "Hammer" Troop, 1st Brigade Combat Team, 1st Cavalry Division, checks to ensure proper vehicle light function of a HMMWV April 15 at Fort Hood, Texas.*



*Sgt. Scott Hannah, a fire support specialist assigned to Headquarters and Headquarters "Hammer" Troop, 1st Brigade Combat Team, 1st Cavalry Division, checks the transmission fluid on a HMMWV April 15 at Fort Hood, Texas.*

# Sgt. Maj. of the Army observes Stallion training



Photo by Staff Sgt. John Couffer, 1BCT, 1st Cav. Div. PAO

*Sgt. Maj. of the Army Raymond Chandler III (left), the senior enlisted member in the Army, speaks with Command Sgt. Maj. David L'Elie, the senior enlisted member of 2nd "Stallion" Battalion, 8th Cavalry Regiment, 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division May 28, during a visit at the Blackwell Multi-use Range at Fort Hood, Texas. Chandler took his time to meet and speak with Soldier during their Table I gunnery training.*



*Sgt. Maj. of the Army Raymond Chandler III (left), shakes the hand of Los Lunas, N.M. native Sgt. James Holling, an armor crewman assigned to Company B, 2nd Battalion, 12 Cavalry Regiment, attached to the 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division during his visit and observance of Stallion's Table I gunnery May 28, at Fort Hood, Texas.*



Photo by Staff Sgt. John Couffer, 1BCT, 1st Cav. Div. PAO

*Sgt. Maj of the Army Raymond Chandler III, speaks with Soldiers assigned to the 2nd "Stallion" Battalion, 8th Cavalry Regiment, 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division, during a visit to their training May 28, at Fort Hood, Texas. During Chandler's visit, he took his time in addressing Soldiers' questions and spoke about the Army's future.*

# Women focus on getting, staying healthy in May

By Pfc. Paige Pendleton  
IBCT, 1st Cav. Div. PAO

**FORT HOOD, Texas** – May is Women’s Health Care Month which encourages women to be physically and mentally fit, eat healthy and avoid unhealthy behaviors.

Harrisburg, Pa., native Capt. Sarah Ferreira, a military intelligence officer and one of the physical training coordinators for 1st “Ironhorse” Brigade Combat Team, 1st Cavalry Division, is no stranger to fitness.

Ferreira said she thinks physical fitness is a top priority for females to help ensure they can carry their own weight and be assets to their team.

Jackson, N.J. native, Sgt. Kemelia Campbell, a Master Fitness trainer assigned to 1st “Dragon” Battalion, 82nd Field Artillery Regiment, of the Ironhorse Brigade, said unfortunately, not many female Soldiers are willing to challenge themselves physically against a male counterpart.

Campbell explained that during the Master Fitness Trainer course every Soldier was expected to perform to the same standard.

She said Soldiers should focus on taking small steps to improve their fitness.

“If you go out on your own and take it one mile at a time, I’m telling you it can change you mentally,” Campbell said.

Ferreira explained some additional things women can do to ensure they stay in top condition are eating healthy, getting at least seven hours of sleep, staying away from tobacco products and limiting alcohol intake.

“Those are the areas specifically that women need to focus on and hone,” Ferreira said. “How we’re treating our bodies and what we’re putting into them.”

Ferreira mentioned that eating healthy is an integral part of maintaining overall fitness.

“If you don’t want to go to lunch here on post, pack your lunch,” Ferreira said.

Campbell explained that females in the military who work out excessively, but still have weight issues can monitor their diet and change their eating habits to make a difference.

When it comes to staying fit, Ferreira said Soldiers are not without options here on post.

“There’s tons of programs outside of the 6:30 to 7:30 a.m. Army PT that they can do,” Ferreira said, referring to the various intramural sports or classes offered at the resiliency center or any of the seven gyms on Fort Hood.

Some of the classes include aquatics, Zumba and Cross Fit.

Ferreira said she believes staying in control of physical health doesn’t have to be a solo mission.

“I find out sometimes I tend to work out harder, more efficiently and stay focused if I have a team or a buddy there with me,” Ferreira said.

In addition to pushing the Ironhorse staff when it comes to PT, Ferreira said she also mixes up the workout routines so Soldiers don’t get bored.

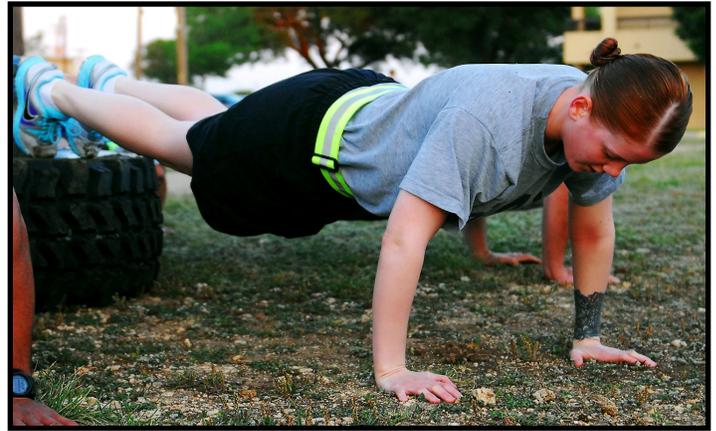
Using landscape bricks, litters, ruck sacks and other items in place of free weights, Ferreira is able to add variety to the PT schedule for her team.

“I probably focus more on [fitness] than the average person, but I like to do that stuff,” Ferreira said. “It’s what I enjoy.”

Campbell said combining fitness with lifestyle is also a key part of being healthy. She suggests females change their pastimes to promote fitness by going to a park with friends instead heading to a club, or parking as far away from the door as possible before going shopping.

“Stop being a couch potato,” Campbell said. “Go outside and do something.”

Although Women’s Health Care Month is only during the month of May, getting active, getting fit and being healthy is significant for women all year long, especially in the Army.



All photos by Pfc. Paige Pendleton, IBCT, 1st Cav. Div. PAO Prescott, Ariz., native, Spc. Jennifer Guerrero, a human resources specialist assigned to Headquarters and Headquarters “Hammer” Troop, 1st “Ironhorse” Brigade Combat Team, 1st Cavalry Division, performs elevated push-ups during physical training May.



Prescott, Ariz., native, Spc. Jennifer Guerrero, a human resources specialist assigned to Headquarters and Headquarters “Hammer” Troop, 1st “Ironhorse” Brigade Combat Team, 1st Cavalry Division, performs elevated push-ups during physical training May 14.



Florence, Colo. native, Spc. Angela Smith (left), an intelligence analyst, and Black Hawk, Colo. native, Spc. Molly Brown (right) a small arms and artillery repairer, both assigned to Headquarters and Headquarters “Hammer” Troop, 1st “Ironhorse” Brigade Combat Team, 1st Cavalry Division, conduct muscle failure physical training May 14 at Fort Hood, Texas.

# Ironhorse Soldier participates in Ruck for a Cure



Photo by Sgt. John Couffer, 1BCT, 1st Cav. Div. PAO

Capt. Cathy Zimmerman (far left), a logistics officer and Simi Valley, Calif. native assigned to Headquarters and Headquarters "Hammer" Troop, 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division, passes traffic as she walks with volunteer participants taking part in a 2.5-mile Ruck for a Cure May 4 in Nolanville, Texas. RFAC was created by two prior-service members, James Allred and Wayne Whitbeck, to raise \$50,000 dollars for cancer research and awareness by trekking 3,000 miles across America.



Photo by Sgt. John Couffer, 1BCT, 1st Cav. Div. PAO

Capt. Cathy Zimmerman (right, in pink), a logistics officer and Simi Valley, Calif. native assigned to Headquarters and Headquarters "Hammer" Troop, 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division, walks with volunteer participants taking part in a 2.5-mile Ruck for a Cure May 4 in Nolanville, Texas. RFAC was created by two prior-service members, James Allred and Wayne Whitbeck, in an effort to raise \$50,000 dollars for cancer research and awareness by trekking 3,000 miles across America.



Photo by Sgt. John Couffer, 1BCT, 1st Cav. Div. PAO

Volunteers of Ruck for a Cure take a photo May 4 in Nolanville, Texas. The volunteers walked 2.5 miles in support of RFAC in an effort to raise \$50,000 for cancer awareness and research.

## CONTACT US

Have an interesting story idea? Know an interesting Soldier? Feel free to contact our office via phone, email or social media. We would love to hear from you!

Office Phone: (254) 285-5927  
Email: [Ironhorsebct@gmail.com](mailto:Ironhorsebct@gmail.com)

Facebook: Ironhorse BCT  
<https://www.facebook.com/1stBCT1stCD>

Twitter: [1cd1bct@gmail.com](https://twitter.com/1cd1bct)  
<https://www.twitter.com/1stcav1bct>



# Ironhorse EO News

## Your BDE EOA

1BCT Equal Opportunity  
Advisor

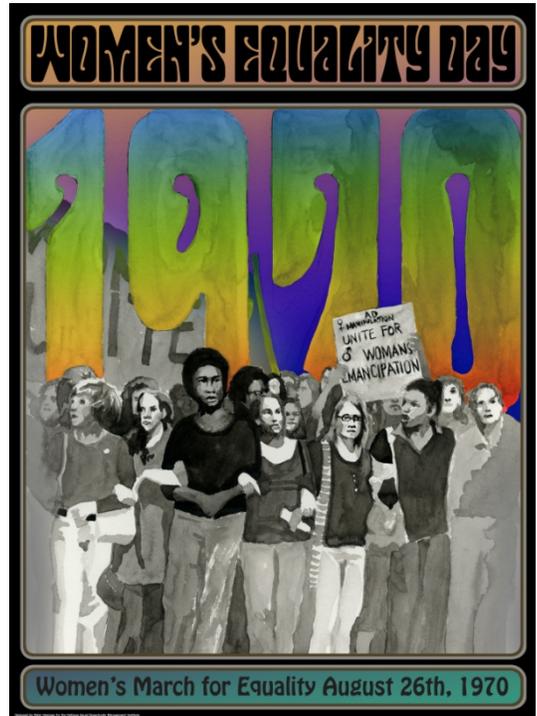


SFC Crow, Robert D.  
(254) 288-9553  
BLDG 37013

robert.d.crow4.mil@mail.mil

## WOMENS EQUALITY DAY

The theme for this observance remains the same each year: "Celebrating passage of the 19th Amendment to the Constitution giving women the right to vote." I began to research the Women's Strike for Equality, which took place across the United States on August 26, 1970, celebrating the 50th anniversary of the passing of the 19th Amendment and calling attention to current equality issues of the day. The design inspiration came from 70's concert posters. The black and white image of women marching became more dynamic juxtaposed against the psychedelic background colors, said DEOMI Illustrator, Mr. Peter Hemmer, in describing this year's Women's Equality Day poster.



## Monthly Observance

### Women's Equality Day Observance

Guest Speaker  
Mrs. Diane Howard, Ph.D.

26 August 2013  
1330 – 1430hrs  
Club Hood  
Grande Ballroom

### What is Women's Equality Day?

At the request of Rep. Bella Abzug (D-NY), in 1971 the U.S. Congress designated August 26 as "Women's Equality Day." The date was selected to commemorate the 1920 passage of the 19th Amendment to the Constitution, granting women the right to vote. This was the culmination of a massive, peaceful civil rights movement by women that had its formal beginnings in 1848 at the world's first women's rights convention, in Seneca Falls, New York.

The observance of Women's Equality Day not only commemorates the passage of the 19th Amendment, but also calls attention to women's continuing efforts toward full equality. Workplaces, libraries, organizations, and public facilities now participate with Women's Equality Day programs, displays, video showings, or other activities.

For more information, visit the National Women's History Project at:  
<http://www.nwhp.org/resourcecenter/equalityday.php>

## SQDN/BN EOLs

- HHT, 1BCT  
SSG Clay / 287-6121  
1-7 CAV
- SSG Buchanan / 618-7162  
2-5 CAV
- SSG Mouring / 288-1417  
2-8 CAV
- SFC Benavides / 288-6000  
1-82 FA
- SSG Grabowski / 288-7851  
115<sup>th</sup> BSB
- SFC McLeod / 287-0812  
1 BSTB
- SSG Pinder / 288-2221

SOURCE: [www.deomi.org](http://www.deomi.org) (DEOMI Release Women's Equality Day)

*Maximizing Potential Through Leadership and Equality*

