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February 3, 2009

Co. D, 2-8 Inf. Soldiers hone lifesaving skills

SGT. RODNEY FOLIENTE
2ND BCT, 4TH INF. DIV.



COMBAT OUTPOST 4 – Soldiers of the 2nd Brigade Combat Team, 4th Infantry Division, recently conducted Combat Life Saver training at Combat Outpost 4 in Diwaniya.

The majority of the Company D, 2nd Combined Arms Battalion, 8th Infantry Regiment Soldiers were already CLS qualified, but this training focused on honing their skills and introducing the latest equipment available for use in treating casualties on the battlefield.

“Right now, Diwaniya is not a high-action combat area. Because it is so quiet, it’s very easy to become complacent. We want to keep on top of our Soldiers to make sure they have practice because you never know when you might need it,” said 1st Lt. Erik Eisentraut, Company D platoon leader and a native of Rockville, Md.

“This training is very important because most often we’re the first people on the ground to treat a casualty. We always have a medic with us, but the Joes need to know and be comfortable about (treating a casualty). If they’re not and don’t know what to do, they’ll cause more harm than good or they won’t be able help someone

in need,” said Sgt. Steven Whitmire, Company D gunner and squad leader.

“This is always good practice and we need the practice. If you don’t use it, you lose it,” continued Whitmire.

He said the training is beneficial because they discuss different scenarios, and everyone practices the procedures until they get it right.

“The training is extremely important because it keeps them up to par to the necessities of medical trauma treatment,” said Sgt. Matthew Adams, Headquarters and Headquarters Company senior line medic, who is attached to Company D. He has been a medic for more than five years.

“I like to teach things that I’ve seen on the battlefield, especially from my past deployment to Afghanistan,” said Adams, who calls Los Angeles home. “It’s important for everyone to know what to do for a casualty. There’re only a handful of steps you need to know to keep someone alive.”

Adams said he focuses mainly on treating injuries from improvised explosive devices and gunshot wounds, though the training can treat a majority of the injuries Soldiers can sustain.

“We also show them all



Photo by Sgt. Rodney Foliente

Sgt. Matthew Adams, senior line medic attached to Company D, places a nasopharyngeal airway tube down the nose and throat of Sgt. Steven Whitmire, Company D gunner and squad leader, during CLS training at COP 4.

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LIVES

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of our new equipment so if there is a mass casualty, they know how to use the stuff.

Medics could get hurt or there could be more than one casualty. If we have a mass casualty, then the medics will need all the help they can get from the other Soldiers," he said.

"What they learn from CLS lets us work on a more serious casualty while we help supervise what they are doing. The other Soldiers can do the most important parts, such as stopping bleeding, giving IVs and treating for shock,"

continued Adams. "What they're teaching Soldiers now, as compared to in other wars, is much more advanced. The Army is doing an outstanding job training Soldiers who are not in the medical profession."

"The training also builds camaraderie and trust. You trust these guys to take care of you," said Whitmire, who comes from Grand Island, Neb.

"The more we know and practice, the more confidence we have in each other. That takes away a lot of the fear because you know your Soldiers have got your back," agreed Sgt. Trevor Young, Company D gunner and squad leader. Young comes from Mt. Clemens, Mich.



Photo by Sgt. Rodney Foliente

(Above) Sgt. Trevor Young, Company D gunner and squad leader, makes a surly patient as his Soldiers splint up a simulated broken leg using M4 carbine rifles during CLS training at COP 4. (Left) Sgt. Matthew Adams, Company D senior line medic, places an IV into the hand of Spc. Jay Rayburn, Company D tank loader during CLS training at COP 4. Rayburn comes from Clarksdale, Miss.



THE Mountain View

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Working dog brings new life to Servicemembers

SGT. RODNEY FOLIENTE
2ND BCT, 4TH INF. DIV.



CAMP ECHO – Canine series part 4:

Marine Sgt. Posha

"He might not know it, but his job here is to save my life and the lives of others," said Marine Cpl. William Soutra, military working dog handler, Security Battalion, based out of Camp Pendleton, and attached to the STB.

He has been a dog handler for more than two years, the same amount of time Marine Sgt. Posha has been serving. Soutra and his German Shepherd deployed together in October 2008.

He said he loves being able to live with his dog and constantly be together, though he does like to share Posha with others to help brighten their days.

"Dogs are celebrities during deployment. Just taking him out in everyday life, whether it be the (Post Exchange) or laundry, everyone that walks by can't help but smile. I try to give everyone the benefit to pet him because it brings new life to people," said Soutra, who comes from Worcester, Mass.

The Soldiers they get attached to for missions love to have Posha along, added Soutra. Not only is there an additional security and force protection element, but it brings enjoyment to the troops, especially those at the smaller bases.

Although this is their first deployment together, Soutra

said the two of them make a great team.

"Me and Posha, I feel like we're the same. I've worked with four dogs. Posha's been a rough dog to other (dog handlers) in the past, but I got the opportunity to pick him up after my last deployment, and we click like I think nobody else has. We fit well together," he said giving a gentle slap and petting his dog, which showed his appreciation by licking Soutra's hand.

"He depends on me for the everyday things, whether it be food, water or taking him out to play and (exercise)," said Soutra. Posha, in turn, watches Soutra's back.

He said he is glad to be Posha's handler and loves his job. The two lounged together, Posha still chomping on his dog toy after a round of fetch.

A ready smile came to Soutra's face whenever he looked at his dog.

"Growing up, I always asked my mother for a dog, and she told me I could never have a dog because I was too much to handle. I told her that I was going to join the Marine Corps and see if they'd give me a dog. A couple of years later, here we are," he said with a laugh.

He said he had no regrets about his choice. All the other handlers agreed with the sentiment. To all of them, it's the best job in the military, and they work with the best dogs in the military.

Editors Note: This is the fourth part of a series highlighting the four dogs in a previous story as well as other exceptional canine servicemembers.



Photos by Sgt. Rodney Foliente

(Left) Marine Sgt. Posha, an explosive detection dog, sits with his partner, Marine Cpl. William Soutra, military working dog handler, Security Battalion, based out of Camp Pendleton, Calif., and attached to STB, 2nd BCT, 4th Inf. Div., after a training demonstration at Camp Echo. Soutra comes from Worcester, Mass. (Above) Marine Sgt. Posha chomps on a dog toy after a training demonstration at Camp Echo. He is a German Shepherd and has served in the Marines for more than two years.

Soldiers connect with children through reading

SGT. FRANK VAUGHN
MND - C



CAMP VICTORY – The Soldier slowly turned the pages as he read, making a point of looking up frequently to maintain eye contact with his audience. His vocal inflections rose and fell with each sentence, keeping pace with the story being told.

Sgt. 1st Class James Morton, non-commissioned officer-in-charge of the 10th Mountain Division Special Troop Battalion security section, was not reading a report to his supervisor; he was reading a book to his daughter, Emily, who turns five in February.

The Manchester, N.H., native was participating in the United For Reading program, which allows deployed Soldiers to record themselves reading stories on DVD for their children to watch.

The program is coordinated by Capt. Mike Jones, DSTB chaplain, and his assistant, Spc. Annamarie Greenfield.

Their office allows Soldiers to choose a book from the collection, along with a miniature stuffed animal to help them tell their story. Soldiers may send the book and the furry friend home with the DVD as a keepsake.

“That’s one of the neat things about this program,” Greenfield said. “The book and the animal make a good heirloom for kids, grandkids and so on.”

More than 80 Soldiers have participated in the program since its inception in June 2008.

“We have handed out around 140 DVDs so far,” said Greenfield. “Some Soldiers come back to do it again and again.”

Morton is one of their repeat customers.

“I first discovered this program when I was deployed to Qatar in 2005,” Morton said. “Since coming to Camp Victory, I’ve done it at least seven or eight times.”

While the United For Reading program helps Soldiers like Morton stay connected with their children and loved ones, the benefit to their families is apparent as well.

“One of the major reasons I do this over and over again is because of the stress relief it gives my wife,” Morton said. “She pops in a DVD of me when my little girl is sad.”

Morton said his daughter is glued to the television when he’s on the screen.

“She likes having daddy around,” said Morton. “She’s definitely a daddy’s girl.”

While this program benefits de-

ployed Soldiers with children, it is not limited to them.

“People can read stories to nieces, nephews, cousins or whomever they choose to do this for,” said Greenfield. “We can even set them up to read to school children they don’t even know if they so desire.”

Soldiers who are interested in participating in this program may contact Greenfield by visiting the DSTB Chaplain’s Office at the Hope Chapel Complex, building 51FT8. She can also be reached at 485-4499 or 485-4500 or emailed at annamarie.greenfield@iraq.centcom.mil.



Photo by Sgt. Frank Vaughn

Sgt. 1st Class James Morton, noncommissioned officer-in-charge of the DSTB, 10th Mtn. Div. security section, records himself reading a story to his daughter, Emily, through the United For Reading program.

Bar on post: How do we make it work and would you use it?

To let the CG and others know, go to the
Mountain Sound Off Blog at

www.taskforcemountain.com

Headline Round-up

U.S. News:

The relatively violence-free Iraqi elections mean "substantial" numbers of U.S. troops will be able to return home from Iraq within a year, President Barack Obama told NBC News on Feb. 1. "We are in a position to start putting more responsibility on the Iraqis, and that's good news for not only the troops in the field but also their families, who are carrying an enormous burden," Obama said in an interview with Matt Lauer, anchor of NBC's TODAY show. Obama gave no details, but he said his administration would make its intentions on troop levels in Iraq and Afghanistan known in coming days.

Politics:

DES MOINES, Iowa - The ranking GOP member of the Senate Finance Committee wants Congress to reconsider new funding to the National Science Foundation amid allegations that top staffers spent long stretches of their day surfing the Internet for pornography. Sen. Charles Grassley, R-Iowa, sent a letter to the foundation's Office of Inspector General on Tuesday seeking all documents it has related to the inappropriate use of the foundation's network.

Entertainment:

It shows just how far we've progressed as a country that nerds and jocks can now peacefully coexist on the airwaves, even during a big game. The first Star Trek commercial ever shown during Superbowl aired Sunday, giving as many as 100 million football fans a peek at JJ Abrams' retooling of the sacred sci-fi franchise. No plot reveals other than what we already know from earlier teasers - that this will be an origin story, telling how Kirk (Chris Pine), Spock (Zachary Quinto), and McCoy (Karl Urban) hook up at Starfleet Academy.

Sports News:

Olympic great Michael Phelps acknowledged "regrettable" behavior and "bad judgment" after a photo in a British newspaper Feb. 1 showed him inhaling from a marijuana pipe. "I engaged in behavior which was regrettable and demonstrated bad judgment," Phelps said. "I'm 23 years old and despite the successes I've had in the pool, I acted in a youthful and inappropriate way, not in a manner people have come to expect from me. For this, I am sorry. I promise my fans and the public it will not happen again."

Quote of the Day

When the mouse laughs at the cat there's a hole nearby. - Nigerian proverb

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For the
answer to
today's puzzle,
go to:



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AROUND THE COMMUNITY

Lion's Den

Feb. 3
Pool Class @ 3 p.m.
Madden '09 @ 7:30 p.m.
Spades + Bid Whist @ 8 p.m.
Fridays
"Gospel Hour: Moments of Joy"
@ noon

Fishbowl Gym

Feb. 3
Full Body Aerobics @ 6 a.m.
March 27
Relay for Life HOPE Ceremony
@ 2000 hrs

Striker

Feb. 4
The U.S. Army Super Sunday
tour at MWR North @ 7:30
p.m. for a meet and greet.

Slayer

Feb. 7
R & B group "FRESH" is
performing on Slayer's
gazebo in front of the
fishbowl gym @ 7:30 p.m.

Victory

Feb. 4
Swing Dance Lessons @ 8 - 10
p.m. Building 51 MWR

Liberty

Feb. 5
10th Mountain Division Salsa
Band in concert at Morale,
Welfare and Recreation C-10.
@ 9 p.m.

Feb. 22

Sweet 16 5 K Run. Race begins
at "Z" Lake @ 7 a.m. FREE
T-shirts to the top 115
finishers. POC: Spc. Daniel
Balderas 485-0411 or
daniel.balderas@iraq.cent-
com.mil

Babylon Theatre

Feb. 17
Fire Warden Course @ 1 p.m.
Feb. 18
Fire Extinguisher Class @ 1 p.m.