

Real McCoy

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Soldiers operate military vehicles in a convoy on North Post on July 16 for the 86th Training Division's Combat Support Training Exercise 86-19-03 at Fort McCoy. The exercise was one of many during fiscal year 2019 at the installation that contributed to more than 125,000 troops training on post during the year.

125,166 troops train on post during fiscal year 2019

STORY & PHOTOS BY SCOTT T. STURKOL

Public Affairs Staff

For the 35th consecutive year, more than 100,000 troops have trained at Fort McCoy as 125,166 service members completed training on post during fiscal year (FY) 2019.

Training statistics reflect many types of training opportunities that take place at the installation by activeand reserve-component forces and other governmental agencies, said Directorate of Plans, Training, Mobilization and Security (DPTMS) Training Division Director Brad Stewart.

The numbers were lower than FY 2018's total of 148,733 because several Army National Guard units that usually conduct training at Fort McCoy were sent on deployments to areas of the world where the Army supports numerous ongoing operations, Stewart said. Regardless, it was a training year filled with important as well as some new types of training.

During the year, training included two Combat Support Training Exercises (CSTX) by the 86th Training Division, the Air Force-centric Patriot North exercise by the National Guard Bureau, Global Medic, Diamond Saber, Operation Cold Steel, Cold-Weather Operations Course (CWOC), battle drill (weekend) training, annual training, mobilization, institutional training, and numerous other exercises.

DPTMS personnel document the training statistics each month of the fiscal year, Stewart said. This involves combining numbers of the entire transient training population, which encompasses reserve- and active-component military forces as well as other training agencies, such as law-enforcement agencies or the Wisconsin Challenge Academy.

The FY 2019 training statistics were split between extended combat training (ECT) and battle drills. The ECT total for the fiscal year was 68,812, which includes institutional, civilian, and law-enforcement training and (See TRAIN, Page 3)

Army Ten-Miler teams take 1st, 5th places in 2019 competition

BY SCOTT T. STURKOL Public Affairs Staff

Team Fort McCoy sent two teams of runners to the 2019 Army Ten-Miler competition Oct. 13 at the Pentagon in Washington, D.C., and came away with first- and fifth-place finishes in the Reserve Mixed category.

"My thoughts on the team, as the coach, can be summed up in one word — proud," said Tony Steinhoff, the director of Mission Installation Contracting Command-McCoy and an Army Reserve lieutenant colonel with the 88th Readiness Division. "I'm so proud of each and every team member for sticking to the training plan and giving it their all on race day."

The Army Ten-Miler race, conducted by the U.S. Army Military District of Washington, is a 10-mile run that starts and finishes near the Pentagon and takes runners through the streets of Washington.

Tens of thousands of runners from all 50 states and many foreign countries registered for the 2019 event, making it one of the largest 10-mile road races in the world, according to organizers.

Of all the runners, Steinhoff was the fastest male runner for the team at 1:01:43. Lt. Col. Nancy McCoy with the 353rd Civil Affairs Command was the fastest female runner at 1:20:10. Fort McCoy Team 1 earned (See TEN-MILER, Page 9)



Contributed photo

Members of the 2019 Fort McCoy Army Ten-Miler team pose for a photo with the first place Army Ten-Miler Eagle Trophy on Oct. 13 in Washington, D.C.

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Contributed photo

Fire Prevention Week support in Tomah

Fort McCoy Fire Inspector Curt Ladwig with the Directorate of Emergency Services Fire Department talks with students about fire prevention Oct. 10 at Miller Elementary School in Tomah, Wis. The visit by Ladwig was part of the installation's observance of National Fire Prevention Week.



Photo by Scott T. Sturkol

Fall colors at Veterans Memorial Plaza

Colorful fall foliage is shown Oct. 16 at Veterans Memorial Plaza at the Commemorative Area at Fort McCoy. The 900 block of the installation and the 11-acre area surrounding it are at the hub of the fort's history-preservation efforts. Veterans Memorial Plaza is a tribute to all of the men and women who have served the nation during each era of Fort McCoy's history. Fall colors generally peak on post from mid- to late October each year.

Veterans Day Prayer Luncheon planned for Nov. 7

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The Veterans Day Prayer Luncheon is scheduled for 11:30 a.m. to 1 p.m. Nov. 7 at McCoy's Community Center, building 1571.

The guest speaker is Chaplain (Col.) R. Scott Brown, the First Army command chaplain.

The event is coordinated by the Religious Support Office.

Lunch is provided for the first 140 people who register for the event.

Registration is required by Nov. 5.

For more information or to register, call 608-388-3528.

Open Season starts Nov. 11

The federal benefits open season starts Nov. 11 and runs through Dec. 9.

Federal employees and retirees may make changes to dental, vision, and health insurance selections during this period.

Making changes outside of the open season requires a qualifying life event.

Information on 2019 plans and changes can be found online at www.opm.gov/healthcare-insurance/openseason.

TRICARE Open Season also runs Nov. 11 through Dec. 9.

Open season does not apply to TRICARE Retired Reserve, TRICARE Reserve Select, TRICARE Young Adult, Continued Health Care Benefit Program, or TRICARE For Life.

For information on TRICARE plans and changes, visit www.tricare.mil/openseason19.

Health Fair set for Nov. 18

Fort McCoy will host a health fair from 10 a.m. to 1:30 p.m. Nov. 18 in building 2187.

Representatives with Blue Cross/Blue Shield, Aetna, Delta Dental, and Federal Long Term Care Insurance Program will be on site to answer questions about their plans and services.

Brochures from other providers may be available.

Any remaining brochures will be available in the lobby of building 2187 after the event for those who are unable to attend.

For more information, call 608-388-3019.

Thanksgiving luncheon scheduled for Nov. 19

Dining Facility 1362 will serve a traditional Thanksgiving lunch from 11 a.m. to 1 p.m. Nov. 19.

The following personnel are authorized to dine in the dining facility for this meal: military personnel with family members/guests, DOD civilians and contractors working on the installation, other civilians on the installation, and retired military personnel.

All personnel planning on attending must RSVP by Nov. 6 calling 608-388-6518/4739.

The standard rate for the meal is \$9.10, and the discounted rate is \$6.80.

The discount rate is only for spouses and other dependents of enlisted personnel in pay grades E-1 through E-4.

For more information, call 608-388-6518/4739.



Operations for the 86th Training Division's Combat Support Training Exercise 86-19-03 are shown from the air Aug. 1 at Tactical Training Base Patriot on North Post at Fort McCoy.

TRAIN from Page 1

2019 was 56,354.

Stewart said that 35 years of 100,000-plus troops training at the post every year shows the installation workforce's ability to be flexible with the changing missions throughout the Army and the Department of Defense. During the year, for example, the installation team also supported the return of the mobilization mission as the 348th Engineer Battalion mobilized on post for a deployment.

"Even though inactive, we are now, once again, a mobilization force generation installation — one of only

major exercises. The battle drill weekend training total for FY nine in the Army — and we supported the mobilization this past summer in addition to all our other transient training customers and requirements," Stewart said. "The support our installation provides our training customers is well known. Our customer service is excellent because our workforce regularly demonstrates that upper-Midwest work ethic where we work with the customer to get to 'yes.' And, everyone here, whether an Army civilian employee or a contractor, knows why they are here — to help our service members be successful in training and combat."

From Jan. 22 to Feb. 11, the Command Post Exercise

Functional 19-10 was held at Fort McCoy by the U.S. Army Civil Affairs and Psychological Operations Command (USACAPOC). Deputy Commanding General of USACAPOC Brig. Gen. Jeffrey C. Coggin of Fort Bragg, N.C., said he appreciated what the installation support team did for them during their exercise. "This (was) my third CPX, and I'd have to say this is the best

location of the ones that I've experienced because the way that it's laid out," Coggin said. "We're not competing against a lot of other units. We're not competing against a limited amount of assets. Fort McCoy has really supported us extremely well. It's been spectacular how they've really done that.

"There (were) other units training here ... but we had the run of the place, and everyone supported us well," he said. "The infrastructure, housing, feeding, and taking care of our Soldiers (was) great."

During Operation Cold Steel III at Fort McCov from late March to early May, hundreds of troops trained with Task Force Fortnite. Task Force Commander Lt. Col. Greg Derner said gunnery crews trained day and night using several Fort McCoy live-fire ranges, and those ranges and training areas worked well.

"The ranges themselves are the best equipped, technologically, in the Army Reserve," Derner said. "Of the locations where they have conducted Cold Steel, McCoy is the best. ... Overall, the installation is well set up to do this."

For fiscal year 2020, Fort McCoy will continue to see high numbers of troops training on post, Stewart said. This will include numerous CWOC classes throughout the winter and three consecutive CSTXs in 2020.

"The installation will continue to be a year-round Total Force Training Center," Stewart said. "Even though we will continue to see the Army Reserve and National Guard support the Army's operational missions overseas, I think we will see some growth in the training numbers and exercises in 2020. Regardless of the numbers, the installation will continue to be busy as ever throughout the year, supporting our service members. That is what Fort McCoy and its stellar workforce do best."



Students in Cold-Weather Operations Course Class 19-03 complete a ruck march in below-zero temperatures while wearing snowshoes and backpacks while pulling ahkio sleds Jan. 29 at Fort McCoy.

Thousands of troops visit Fort McCoy for mid-October training



Photos by Scott T. Sturko

Wisconsin National Guard troops drive vehicles in a convoy on the cantonment area Oct. 17 at Fort McCoy. The troops were among more than 6,000 service members who trained at the installation in mid-October. National Guard units from Wisconsin and Illinois were among those holding training as well as Army Reserve and Marine units. Troops were completing weapons qualification, truck gunnery, and related training.



Soldiers prepare artillery pieces for training use Oct. 17 at a staging area on the cantonment area at Fort McCoy. Artillery units were among those training on post in mid-October.

Training on new JLTV platform continues on post



Photo by Russell Gamache/Fort McCoy Multimedia-Visual Information Office

Soldiers drive a Joint Light Tactical Vehicle (JLTV) through a water obstacle Aug. 7 at a Fort McCoy driving course. The JLTV family of vehicles is designed to restore payload and performance that were traded from light tactical vehicles to add protection in recent conflict, according to the Army. JLTVs give service members more options in a protected mobility solution that is also the first vehicle purpose-built for modern battlefield networks. JLTV operator training at Fort McCoy began in May.



Photo by Sgt. Cameron Christensen/Exercise News Day

U.S. Army Reserve instructors from the 94th Training Division pose for a group photo July 22 on a Joint Light Tactical Vehicle (JLTV) at Fort McCoy. The instructors have provided JLTV drivers training to Soldiers who attended the Operator New Equipment Training Course on post, which gives trainees more than 100 miles of experience on the Army's new tactical vehicle.



Photo by Scott T. Sturko



Work on five new battle simulations buildings in the 200 block is shown Oct. 3 at Fort McCoy. Contractor MDM Construction Supply of Rockford, Ill., is constructing the new buildings and related infrastructure.

Construction for simulations buildings underway at Fort McCoy

Work on five new battle simulations buildings in the 200 block is underway at Fort McCov.

Contractor MDM Construction Supply of Rockford, Ill., is con-rity. structing the new buildings and re-Fort McCov Directorate of Public Works (DPW). The projected completion date is September 2020.

The Fort McCov DPW is overseeing the work completion.

The new simulation buildings, when completed, will be managed by the Fort McCoy Directorate of Plans, Mobility, Training and Secu-

Simulators and trainers in use at lated infrastructure, according to the Fort McCoy include: the Home Station Instrumentation Training System; Reconfigurable Vehicle Tactical Trainer; Virtual Battle Space Simulation; Call-For-Fire Trainer; Individual and Collective Engagement Skills

Trainers; Virtual Clearance Training Suite; HMMWV (High Mobility Multipurpose Wheeled Vehicle) Egress Assistance Trainer; Mine-Resistant, Ambush-Protected Vehicle Common Driver Trainer; Dismounted Soldier Training System; and Medical Simulation Training Center, said DPTMS Training Support Officer Rob Weisbrod.

(Article prepared by the Fort Mc-Coy Public Affairs Office.)



Workers with contractor MDM Construction Supply work on a foundation Oct. 17 for one of the new simulations training buildings in the 200 block at Fort McCoy.



Contractors complete road repair

Workers with contractor Kaiyuh Services work on replacing sections of concrete Sept. 25 on East G Street between East 12th Avenue and Washrack Road on the cantonment area at Fort Mc-Coy. (Below) A stretch of road where sections of concrete have been replaced is shown Oct. 1. Kaiyuh Services was awarded a \$170,000 contract earlier in 2019 to complete the work. The work includes repairing the dilapidated joints in the concrete, and the contract is coordinated by Fort McCoy's Directorate of Public Works.



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NEWS

Renovated bowling lanes reopened with ribbon-cutting ceremony

The bowling lanes at McCoy's Community Center were reopened Oct. 16 with a ribboncutting ceremony at the center at Fort McCoy.

"We have installed new lanes and a new, innovative way of bowling called Hyper Bowling," said Business Manager Lisa Pahl with McCoy's Community Center of the Directorate of Family and Morale, Welfare and Recreation (DFMWR). "Hyper Bowling is a new set of bowling games designed around an innovative, new bumper system, which is actually meant to be used as part of the game. Now, everyone can play and win because every shot counts every time.

"The lights on the bumpers create moving targets that players aim to hit or avoid," Pahl said. "It's a revolutionary new bowling-based attraction that is built to extend our reach beyond the existing bowling population."

The cost for the Hyper Bowling project was \$70,650, Pahl said. Gary Mack from Mack Lane Service of De Pere, Wis., completed all of the renovation work.

"We also have installed new bowling boutique lanes, which are blue," Pahl said. "The cost for this project was approximately \$62,000."

According to the U.S. Bowling Corporation, boutique bowling offers "a sleek and sophisticated environment which can serve as a perfect and very popular complement to a swanky bar, a classy restaurant, or night club venue."

"We are beyond excited to have Hyper Bowling and the new lanes," Pahl said. "We are the only place in Wisconsin that we know of that has Hyper Bowling or blue boutique lanes."

Cutting the ribbon for the reopening were: DFMWR Business and Recreation



Photos by Scott T. Sturkol

(From left) Directorate of Family and Morale, Welfare and Recreation (DFMWR) Business and Recreation Director Scott Abell; Karla Rynes with McCoy's Community Center; Garrison Commander Col. Hui Chae Kim; McCoy's Business Manager Lisa Pahl; McCoy's employee Mark Sprague; McCoy's Manager Mike Napsey; and DFMWR Director Patric McGuane cut the ribbon Oct. 16 to reopen the bowling center, which now has Hyper Bowling and more available to customers.

Director Scott Abell, Karla Rynes and Mark Sprague with McCoy's Community Center, Garrison Commander Col. Hui Chae Kim, Pahl, McCoy's Community Center Manager Mike Napsey, and DFMWR Director Patric McGuane.

"This is an incredible upgrade to our already

successful bowling program," McGuane said. "I believe the service members, civilians, retirees, and families of Fort McCoy are really going to enjoy this new spin on a classic recreational activity. This is a good news story for the Fort McCoy community."

Learn more about bowling opportunities

by visiting https://mccoy.armymwr.com/programs/thunder-bowl-bowling-center, by calling 1-608-388-7060, or stopping by McCoy's Community Center in building 1571.

(Article prepared by the Fort McCoy Public Affairs Office and the Directorate of Family and Morale, Welfare and Recreation.)



A view of the newly renovated bowling lanes in McCoy's Community Center is shown Oct. 16.

ADS

TEN-MILER

their first-place category finish with a time of 4:35:36. Fort McCoy Team 2 placed fifth in the category with a time of 5:11:19.

Fort McCoy Team 1's time bested the second-place finisher by nearly 19 minutes. Steinhoff said the team's plan paid off in the dominant win.

"After our short warmup run Saturday morning — the day before the race — I had two simple messages to the team — run your race and empty your tank," Steinhoff said. "What I meant by 'run your race' was that it's very important they not get caught up in the moment and try to stay with a team member or someone else. It's important to trust in your training, plan your race, and most importantly, not start too fast. Run your race.

"By 'empty your tank,' I wanted to see them leave it all out on the course," he said. "There was no reason to be nervous or concerned about doing poorly because of all the hard work they put in. I wanted all of them to go out there and give it their all and finish strong. I asked them to push hard when they were near the finish line because every second matters. Empty your tank. And based on the results, it's clear they all did exactly that."

Team members, in addition to Steinhoff and McCoy, include:

- Capt. Adan Rivas, (assistant coach), 1st Battalion, 351st Brigade Support Battalion (BSB), 181st Multi-Functional Training Brigade (MFTB).
- Staff Sgt. Orlando BurgosFebus, Fort McCoy Noncommissioned Officer Academy (NCOA).
- Capt. Michael Carkhuff, 3rd Battalion, 340th Brigade Engineer Battalion, 181st MFTB.\
- Master Sgt. Theresa Ertl, 103rd Expeditionary Sustainment Command.
- Capt. Robert Gracia, 1st, 351st BSB, 181st MFTB.
- Capt. Cassandra Immel, 1st Battalion, 338th Training Support Battalion, 181st MFTB.
- Staff Sgt. Matthew Jackson, 11th Battalion, 100th Regiment.
- Master Sgt. Sarah Johnson, 13th Battalion, 100th Regiment.
- Maj. Amy Noble, 88th Readiness Division.
- Staff Sgt. Matthew Northcutt, Fort McCoy NCOA.
- **Sgt. Javier Perez Lopez**, Fort McCoy NCOA.
- Maj. Robert (Rick) Runnion, 86th Training Division.
- Capt. Andrew Turner, 88th Readiness Division.
- Master. Sgt. Nicholas Vance, Fort McCoy NCOA.

Johnson, who was part of Fort McCoy Team 2 and finished with a time of 1:35:48, said every team member went to the competition with the right mindset. ____from Page 1

"We worked hard, trained hard, and were dedicated and committed to do well in this race," Johnson said.

"Winning means you're willing to go longer, work harder, and give more of yourself than anyone else."

Runnion, a Fort McCoy Team 1 member who had the second overall fastest time at 1:06:10, said it was his goal to be a part of the team at the start of the year, and he wanted to help Fort McCoy win the Eagle Trophy.

"I'm retiring this year, so this was my goal for us all to achieve this," Runnion said.

"This team built a lot of camaraderie. Because of this team, I got to know a lot of people from other units on post who I may have never otherwise met. So, with everyone, it has really felt like Team McCoy."

Noble, also a Team 2 member who finished with a time of 1:37:50, added, "Training together for 90-plus days shifts your focus from the individual to the team and to being a motivator, contributor, and having positive energy."

Rivas said he's departing Fort McCoy on a permanent change of station move in November and was happy to see the team achieve this success.

"It was very important for me to help the team as assistant coach before my departure," Rivas said.

"This was my second year on this team and after last year's results, four seconds away from first place, it was kind of personal. It was very gratifying to see how everybody's efforts culminated on getting first place.

"I am really going to miss this team," Rivas said. "I might have to come back next year! I want to thank everyone that made possible for us to travel. Great work Team Fort McCoy!"

The 2020 race will be held Oct. 11 at the Pentagon in Washington, D.C.

Like the previous years, Team Fort McCoy will be split into Team Fort McCoy 1 and Team Fort McCoy 2 and continue to compete in the Reserve Mixed category.

The 2019 Fort McCoy Ten-Miler team wanted to send a special thanks to all who have supported them throughout the year, including the Fort McCoy Garrison's command team and Headquarters and Headquarters Company; Directorate of Family and Morale, Welfare and Recreation (DFMWR) staff members — especially Rumpel Fitness Center personnel; and family members.

"We appreciate everyone's support," Steinhoff said. "We're proud to bring the Eagle Trophy to Fort McCoy."

In 2018, Fort McCoy teams had secondand fourth-place finishes at the competition.

In 2017, the team earned a second-place finish.

Previous to 2017, the last time Fort McCoy had a team in the competition was 2007, when an all-female team that included Lt. Col. Nancy McCoy earned a first-place finish.



Contributed photo

Members of the 2019 Fort McCoy Army Ten-Miler team pose for a photo with Lt. Gen. Charles D. Luckey, chief of Army Reserve and commanding general, U.S. Army Reserve Command, on Oct. 13 in Washington, D.C.



Contributed photo

Retired Lt. Col. Mark Woommavovah, former 181st Multi-Functional Training Brigade deputy commander and former coach of the Fort McCoy Army Ten-Miler team, has his photo taken with Lt. Col. Tony Steinhoff of the 88th Readiness Division and current coach of the Fort McCoy team with the first-place Army Ten-Miler trophy on Oct. 13 in Washington, D.C., after the Ten-Miler competition. Woommavovah was Fort McCoy's Ten-Miler team coach in 2017 and 2018 and helped guide the team to two second-place finishes in those years.

FEATURE

Fort McCoy ArtiFACT: Face cream jar

Researchers with Colorado State University's Center for the Environmental Management of Military Lands were performing routine monitoring of an archaeological site to assess its condition this past summer and observed that the high volume of rains were causing artifacts to erode out of the side of a hill.

At one time, the site was the home of Lorenzo Farr, who built a sawmill along Tarr Creek with his business partner John Foster. Farr also hosted the first town meeting of Lafayette Township in 1856 at this home. Farr's home stood from 1856 until about 1940 and was a private residence until the land was acquired by the U.S. government.

One of the artifacts that washed out of the hillside was a Valaze face cream jar, which originally contained a beauty product sold by Helena Rubinstein. Rubinstein was born in Poland in 1871 but began her career in the beauty business after moving to Australia at the beginning of the 20th century.

Rubinstein's Valaze face cream sold so well that she returned to Europe before the end of the first decade of the 1900s and opened a beauty salon in Paris shortly thereafter, and by 1915, she had opened a salon in New York City. Her beauty products were advertised across America in the 1920s, and by that time, her products were available through department stores and select drug stores. Rubinstein had a public feud with Elizabeth Arden, which was most recently dramatized on Broadway in the musical "War Paint," which opened in 2017 and focused on these two women building and operating large-scale businesses in an era when women had few financial opportunities.

Personal care (health and hygiene) items, like this face cream jar, offer insights to cultural norms for different groups of people during specific times. Many cultures have

Researchers with Colorado State University's Center for e Environmental Management of Military Lands were there had been a decline in the use of cosmetics (for men and women), primarily because of the influence of Queen Victoria.

However, after her death and during the "progressive era" to the "new or roaring '20s" era from 1901 to the 1920s, there were many changes to Western cultural personal care, including the increase in the use of facial care products.

It is likely that this artifact represents the use of the Farr home after 1900 to the 1940s. The artifact is also indicative of women being present at the site because the Valaze "Beautifying Skinfood, Skin Clearing Cream, and Wake-up Cream" was marketed specifically to women.

Cultural resources management at Fort McCoy presents unique challenges. Historic materials and sites can be threatened by military training and other human activities but also by natural phenomena, such as fires and flooding.

Archaeologists at Fort McCoy must remain vigilant to protect the existing cultural resources within the installation boundary for future investigators and researchers.

All archaeological work conducted at Fort McCoy was coordinated by the Directorate of Public Works Environmental Division Natural Resources Branch.

Visitors and employees are reminded they should not collect artifacts on Fort McCoy or other government lands and leave the digging to the professionals.

Any person who excavates, removes, damages, or otherwise alters or defaces any historic or prehistoric site, artifact, or object of antiquity on Fort McCoy is in violation of federal law.

The discovery of any archaeological artifact should be reported to the Directorate of Public Works Environmental Division Natural Resources Branch at 608-388-8214.

(Article prepared by the Colorado State University's Center for the Environmental Management of Military Lands.)



Photo by Colorado State University's Center

A Valaze face cream jar that was found at an archaeological site at Fort McCoy is shown.

86th TD Ten-Milers finish 7th

Members of the 86th Training Division Team Black Hawks are shown in a team photo Oct. 13 after participating in the 2019 Army Ten-Miler in Washington, D.C., where the team placed seventh in the Army Reserve Mixed category.

Pictured are: (back row) Lt. Col. Eric McGowen, Maj. Roger Paige, Maj. Steven Nachowicz, Staff Sgt. William Holland, Staff Sgt. Kelsi Anderson, Maj. Amanda Wojtanowski, (front row) Capt. Madeline Wilcox, Sgt. 1st Class Makela Crayton, and Col. Tamara Arendt.

Paige said the team's efforts were aimed at demonstrating their commitment to amateur athletic competition for Army Reserve service members while contributing to the esprit de corps of the 86th Training Division. Each member competed in this event in his/her personal capacity at their own expense and at no cost to the government.





FEATURE

Community members participate in Fall Craft Night



Photos by Dustin Lakowske

Fort McCoy community members participate in the Directorate of Family and Morale, Welfare and Recreation Child and Youth Services Fall Craft Night on Oct. 17 at the School Age Center/Youth Center at Fort McCoy. Dozens of people attended to create unique crafts they could take home.





(Left and above) Community members use painted hands to make their crafts Oct. 17 during Fall Craft Night at the School Age Center/Youth Center.

FEATURE

RSO archery program teaches children life skills

BY AIMEE MALONE
Public Affairs Staff

More than 20 Fort McCoy family members learned important life skills while participating in summer 2019's Centershot archery program, held at South Post Family Housing.

Centershot is a chaplain-sponsored program designed to teach archery and life skills while helping children develop self-esteem and character and form closer-knit families, according to program objectives. It was created by Centershot Ministries, "a nondenominational outreach program that shares the Gospel of Jesus using the life skill of archery," according to its website, www. centershot.org.

"The Centershot program has been going now for about six years (at Fort McCoy)," said Chaplain (Maj.) Robert Rand with the garrison Religious Support Office (RSO).

RSO staff members organize the event and help train the volunteers. More than 20 children participated in the program during the summer, along with 12 adult volunteers.

The Centershot program has 11 steps, each focusing on a different archery and Biblical lesson.

"In those 11 steps, we take the opportunity to show them a foundational Christian base, so we share the Gospel through that eight-week session," Rand said.

"Each lesson is tied to what we do," he said. "In the first week, we learn all the safety stuff. ... The following week is when we introduce the Bible study."

Each archery lesson is tied to a spiritual lesson. For example, Rand said that one of the lessons the children learn is that everyone has



Photos by Dale Gibson/Religious Support Office

Fort McCoy family members learn about safety in one of the first lessons of the Centershot archery program June 4 at South Post Family Housing. Centershot is a chaplain-sponsored program designed to teach archery and life skills while helping children develop self-esteem and character and form closer-knit families. More than 20 children participated in the program in summer 2019.

a dominant side of his/her body. This equates to how people have strengths and weaknesses in their spiritual lives, as well.

Volunteers are trained on safety procedures before the program starts.

The program uses whistle commands to let

children know when it's safe to step forward to the shooting line, and only when children are at the shooting line do they get arrows to shoot.

"We ran a very safe program for the kids," Rand said.

"It's one of the safest programs out there." Rand said that both parents and children enjoyed the program a great deal, and he hopes to keep it going in the future.

"At the very end of the program, we have a finale, and the kids really enjoyed when we took them out to the outdoor archery range to shoot at the animal targets," he said. "Imagine a 7-year-old kid pulling back a 20-pound bow and shooting an arrow and actually hitting the target."

Rand said he currently plans to hold future sessions on Tuesday evenings, but that can be changed if people prefer a different night. The program is open to the children of any Department of Defense personnel, both military and civilian, who work at Fort McCov.

If the program gets enough interest, the RSO would like to run three programs each year: one each in the spring, summer, and fall, Rand said. Each season's program follows a different syllabus so children who wish to participate in the program again will experience something different, Rand said.

Rand said he would also like to develop a competitive archery program for Fort McCoy youth. Children who enjoy the Centershot program could continue with archery by competing in area competitions.

For more information about Centershot, including upcoming sessions, call RSO at 608-388-3528.



Fort McCoy family members study Bible lessons July 9 as part of the Centershot archery program at South Post Community Center.

SAFETY

Keep your eyes on road, texting can wait

BY SGT. 1ST CLASS BRANDON RENNER 4th Battalion, 160th Special Operations Aviation Regiment (Airborne)

I was driving on my usual route. Since I didn't have physical training that morning, my commute was during daylight hours, which I figured would be much safer. I had no idea what danger lay ahead.

I had driven this way to work for months, so I was comfortable with my route, which was a two-lane road with a limited shoulder and 50 mph speed limit. Besides the time difference, the only thing out of the ordinary was the school bus traffic on the road. Normally, I was already at work before the buses started

I was happy to see that a school bus was behind me. That meant I wouldn't be caught behind the multiple stops along this 5-mile stretch of road. What I didn't realize, however, was this posed a danger I had yet to identify. The school bus stops were a few yards off the shoulder. But since the bus was behind me, the children were moving toward the street in anticipation of boarding their ride to school.

I was on my way to the gym to work out with a buddy before we went in to work. As I drove, he texted me, "Headed to the gym." I looked down, read the message, and responded that I was also on my way by texting, "OMW."

The sound of my truck's tires rustling against the edge of the road snapped me back to reality. When I looked up, I saw the faces of those children waiting for the bus over my dashboard just 20 or so feet away. I abruptly corrected and regained traction with the road without harming one of those innocent children. The frightened look in their eves will be ingrained in my mind forever.

About a mile up the road, I had to pull off to regain my composure. I can honestly say I had never been so scared in my life.

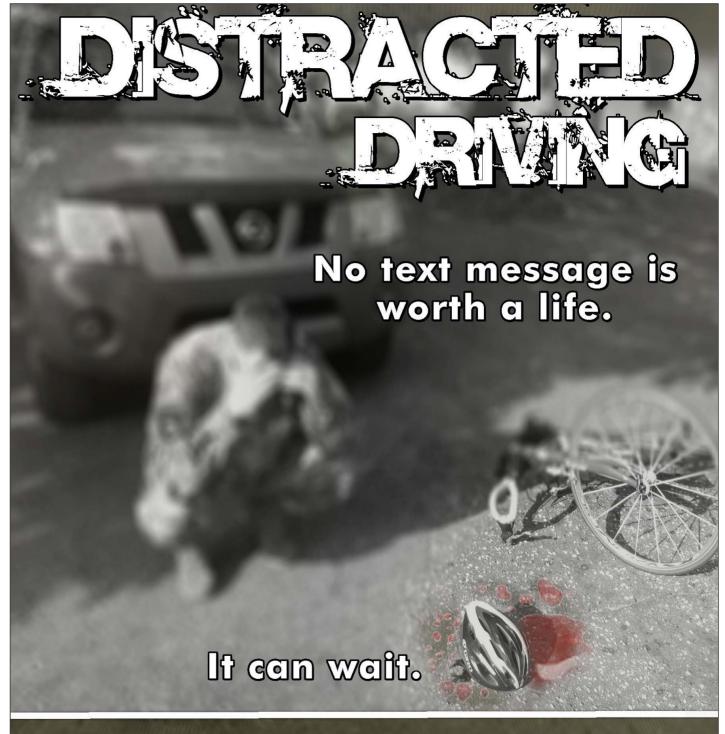
The thoughts after avoiding such a catastrophe ran though my head throughout the rest of the day and into the night. I am the father of two beautiful little girls for whom I live my life to protect.

Those children at the bus stop were someone else's treasures. That morning, answering a text had been more important to me than their safety.

At any given daylight moment, there are 660,000 drivers in the United States using their cellphones or manipulating electronic devices while driving, according to the National Highway Transportation Safety Administration. Studies reveal that texting while driving makes a driver 23 times more likely to crash.

A texting driver also spends 400 percent more time with their eyes off the road. Studies show that just reading a text takes a driver's eyes off the road for about five seconds.

At the speed I was driving (55 mph), I could have traveled the length of a football field in five seconds. Since I responded to the



Each day on U.S. roadways, eight people are killed and about 1,200 injured in crashes involving distracted drivers. Are you driving distracted?

text, though, my eyes were off the road much had I injured or killed one of those children at our full attention to driving. I failed to do that longer than five seconds.

My actions would have affected many lives

and everyone we share the road with to devote loss of life.

the bus stop. We owe it to ourselves, families, and am fortunate it didn't result in a senseless

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NEWS NOTES

School Impact Aid Survey sent from local schools

School Impact Aid Surveys have been sent home by area schools.

The Sparta and Tomah area school districts receive federal funding for students who reside on military bases, have a parent/guardian who is currently active military, resides in low-income housing properties, or has a parent/guardian employed at one of these properties.

Forms should be completed and returned to your child's school.

Below are important points to keep in mind when filling out the form:

- The form must be completed for every student who attends Sparta Area School District. One form cannot be used for the entire family.
- Section I on the Impact Aid Survey form must be completed for each child in the district.
- Sign and date the form at the bottom of the page. If there is not a signature and date, the form is invalid.

For more information, call Fort McCoy School Liaison Officer Becky Walley at 608-388-6814.

Flu vaccine available at Fort McCoy clinic

The flu vaccine is available to selected Fort McCoy personnel: Child and Youth Services, police, fire, and Emergency Operations Center personnel.

Clinic times and dates are 8 a.m. to noon and 1 to 2 p.m. Nov. 12, 14, and 26 at the Fort McCoy Occupational Health Clinic, building 2669

Starting Dec. 3, the vaccine will be available to garrison appropriated fund employees and active-duty and Active Guard Reserve Soldiers, while supplies last.

For more information, call 608-388-2414.

'Spooktacular' bowling bash set for Oct. 25

A "spooktacular" bowling bash is scheduled for 6 to 9 p.m. Oct. 25 at McCoy's Community Center, building 1571.

The event is for children 14 years old or younger and will include a costume contest, games and prizes, crafts, and bowling specials.

Bowling costs \$2 per game for children during the vent; shoe rental is free. All other activities are free.

No registration is required. Call 608-388-3213 for more information.

Trapper education course planned Oct. 26-27

A trapper education course will be held 8 a.m. to 5 p.m. Oct. 26-27 at Whitetail Ridge Shi Area

The course covers traps and trap parts, trapping techniques, regulations, Wisconsin wildlife, fur handling, and more, with ethics



Photo by Scott T. Sturko

HSEEP training

Fort McCoy workforce members participate in Homeland Security Exercise and Evaluation Program (HSEEP) training Oct. 17 in building 905 at Fort McCoy. Approximately 25 people were in the HSEEP training coordinated by Directorate of Plans, Training, Mobilization and Security and Wisconsin Emergency Management. Learn more about the training in the Nov. 8 issue of The Real McCoy.

being the central theme.

Anyone who wants to trap in Wisconsin must complete a trapper education course.

Anyone who trapped in Wisconsin prior to 1992, has taken a comparable course in another state, or is actively engaged in farming may qualify for an exemption.

Students who are under the age of 10 should get an instructor's approval before enrolling in a class.

The course costs \$12. The course is open to the public.

For more information or to register, visit https://dnr.wi.gov/education/outdoorskills/traped.html.

The course is hosted by the conservation officers of the Fort McCoy Directorate of Emergency Services Police Department.

'No Treats, Just Tricks' set for Oct. 31

The "No Treats, Just Tricks" relay race and walk is scheduled for 11:30 a.m. Oct. 31 at Rumpel Fitness Center.

All participants must be dressed in a costume. Runners will compete in teams of three, and each runner will run 1 mile.

Walkers must start and finish a 1-mile walk as a team.

Prizes will be awarded to the fastest running and walking teams as well as the top three costumes.

The event is free and open to all eligible patrons of the Directorate of Family and Morale, Welfare, and Recreation. Registration is required by 11 a.m. Oct. 31.

For more information, call the fitness center at 608-388-2290.

Trick-or-treat hours set for Fort McCoy housing

Trick-or-treat hours will be 4 to 7 p.m. Oct. 31 in the South Post Family Housing Area.

Remember to follow safety guidelines for trick-or-treating. Handouts are available at the Family Housing Office, building 6158.

Mall of America bus trip scheduled for Nov. 2

A bus trip to the Mall of America is scheduled for Nov. 2.

The bus will pick up and drop off participants at McCoy's Community Center, building 1571. The bus will depart Fort McCoy at 7 a.m. and the Mall of America at 4 p.m.

Transportation costs \$20 per person. You may bring snacks and bottled drinks for the bus ride. The trip is open to all Fort McCoy employees and their guests.

Registration is required by Oct. 25. For more information, call 608-388-3011.

Turn clocks back on Nov. 3

Daylight Saving Time ends at 2 a.m. Nov. 3. Remember to turn clocks back one hour.

Daylight Saving Time is also a good time to check smoke detectors and change their batteries. For more information about fire prevention, call 608-388-2508.

Basketball league starts Nov. 6

A three vs. three basketball league runs Nov. 6 through Dec. 11 at Rumpel Fitness

Center, building 1122.

Games will be played Wednesdays starting at 5 p.m.

The league is open to Fort McCoy Soldiers, family members, and civilians. Teams can be co-edu, and two substitutes are allowed per team. Games are played to 21 and self-refereed. Prizes will be awarded to the first- and second-place teams.

Registration is required by Oct. 31. For more information, call 608-388-2290.

Strengthening Parenting class planned for Nov. 6

Strengthening Parenting Practices for the Military Family is scheduled for 9 to 10:30 a.m. Nov. 6 at Army Community Service (ACS), building 2111.

The class covers tools for solving everyday problems, how to talk to your children about military lifestyle issues, and how to manage emotions when disciplining children.

Registration is required by Nov. 4. For more information, call 608-388-7262.

PCS Open House set for Nov. 6

A PCS Open House is scheduled for 11 a.m. to 1 p.m. Nov. 6.

The event is coordinated by Army Community Service.

Representatives from the Exceptional Family Member Program, the passport section, Personal Property Office, Housing Office, and the School Liaison Office will be available at the event.

Information tables, children's relocation materials, maps, and other items will also be available.

For more information, call 608-388-2359.

NAF property sale set for Nov. 6

A nonappropriated fund property sale is scheduled for 8 a.m. to 1 p.m. Nov. 6 at building 1560.

The sale is open to military members, dependents, and retirees from 8 to 8:30 a.m.; for Department of Defense ID card holders from 8:30 to 9 a.m.; and the general public at 9 a.m. ID cards are required for entry before 9 a.m. A spouse and/or children may accompany ID card holders.

All items are sold as is. Loading assistance and tie-downs will not be available.

Sale-goers are asked not to part in the RIA Federal Credit Union and USO-Wisconsin parking lot, which is across the street from the sale.

For more information, call 608-388-2232/2852.

Next issue of The Real McCoy

The next issue of The Real McCoy will be published Nov. 8. The deadline for submissions is Oct 30. Call 608-388-4128.

facilities

services

This schedule is projected through Nov. 8.

Bold, italic typeface indicates a change since the last publication.

Call facilities to verify hours. To report updates, call 608-388-2769.

Computer Lab: Building 50, room 100A.

Open 7:30 a.m.-4 p.m. Mon.-Fri. Computers, projector, printer, scanner, fax machine

CWT (Carlson Wagonlit Travel) SatoTravel:

Building 2180. Open 7:30 a.m.-4 p.m. Mon.-

Fri. Call 608-388-2370, 608-269-4560, or

Education/Learning Center: Building 50, room 123. Open 8 a.m.-4 p.m. Mon.-Fri. Call

Exchange: Building 1538. Open 8 a.m.-7 p.m. Mon.-Sat. and 8 a.m.-3 p.m. Sun. Call 608-269-5604, ext. 101 or ext. 4343.

ID Card/DEERS Section: Building 35. Open

7:30 a.m.-3 p.m. Mon.-Fri. Call 608-388-4563

IHG Army Hotels: Building 51. Open 24/7. Call 608-388-2107 or 877-711-TEAM (8326).

Launderette/Dry Cleaning: Building 1538. Open 10 a.m.-5 p.m. Mon.-Fri. and 10 a.m.-2

Laundry Facilities: Open 24/7. Exclusively

for use by Soldiers training on Fort McCoy

Civilian, family members, and retired military

members are not authorized to use these

facilities. Call 608-388-3800 to find out which

to verify ID Section is operational.

p.m. Sat. Call 608-269-1075.

buildings are open.

available. Call 608-388-2474.

800-927-6343

Dining Facility

Dining Facility 1362, located at the Noncommissioned Officer Academy, is open. Military members and Department of Defense civilians on official orders for temporary duty training may use dining facilities. Groups of 10 or more must first coordinate through the Food Program Management Office at 608-388-6518/4739.

Hours

Breakfast — 6-8 a.m. Lunch — 11:30 a.m.-1 p.m. Dinner — 5-6:30 p.m.

Rates
Breakfast — \$3.45
Lunch — \$5.60
Dinner — \$4.85

Recreation

Automotive Skills Center: Building 1763. Open 1-9 p.m. Thurs.-Fri. and 9 a.m.-5 p.m. Sat Call 608-388-3013

Better Opportunities for Single Soldiers (BOSS): Meets at 4 p.m. each quarter in building 1363. Next meeting: Sept. 12. Call 608-388-3200.

iSportsman: Portal for hunting, fishing, and outdoor recreational activities. Register, apply for permits, and sign in or out at https://mccoy.isportsman.net

McCoy's Community Center: Building 1571. Offers books, arcade, gaming area, and bowling. Manager has discretion on closing time. Call 608-388-7060

Bowling Center: Open 11 a.m.-11 p.m. Mon.-Fri. and 4-10 p.m. Sat.-Sun. Extreme bowling 4-9 p.m. Fri.

Leisure Travel Services Office: Open 10 a.m.-5:30 p.m. Mon.-Fri. Call 608-388-3011.

PineViewCampground/RecreationalEquipmentCheckoutCenter:Building8053. 9 a.m.-5 p.m. daily. Call 608-388-2619.

Rumpel Fitness Center: Building 1122. Open 5 a.m.-8 p.m. Mon.-Thurs., 5 a.m.-7 p.m. Fri., and 6 a.m.-2 p.m. Sat.-Sun. 24-hour access available to those who register. Call 608-388-2290.

Indoor swimming pool, atrium, sauna and steamroom: Open 6 a.m.-7 p.m. Mon.-Thurs., 6 a.m.-6:30 p.m. Fri., and 9 a.m.-1:30 p.m. Sat.-Sun.

Sportsman's Range: Open 3-7 p.m. Fri. and 9 a.m.-5 p.m. Sat.-Sun. Call 608-388-9162/3517.

Tactics Paintball & Laser Tag: By appointment with two-day notice. Call 800-531-4703.

Dining

McCoy's Community Center: Building 1571. Catering/administration, call 608-388-2065.

Primo's Express: Open 11 a.m.-9 p.m. Mon.-Fri., 4-11 p.m. Sat., and 4-10 Sun. Buffet available 11 a.m.-1 p.m. Mon.-Fri. Call 608-388-7673

Sports bar: Open 4-11 p.m. Mon.-Fri. and 4-10 p.m. Sat.-Sun. Manager has discretion on closing time.

Snack Avenue: Building 1538. Located inside Express. Open 6 a.m.-7 p.m. Mon.-Sat. and 8 a.m.-3 p.m. Sun. Call 608-269-5604 or 608-388-4343.

Specialty Express Food Court: Building 1538. Open 10 a.m.-6 p.m. Mon.-Fri. Call 608-269-5615, ext. 303.

Whitetail Ridge Chalet: Building 8061. Closed for the season. Chalet available year-round for private parties. Call 608-388-3517.

Services

Alteration Shop: Building 1538. Open 9 a.m.-5 p.m. Mon.-Fri. and 10 a.m.-2 p.m. Sat. Call 608-269-1075

Barber Shop (Exchange): Building 1538. Open 9 a.m.-5 p.m. Mon.-Fri. and 10 a.m.-2 p.m. Sat. Call 608-269-1710.

Car Rentals (Enterprise): Info available at the Exchange, building 1538. Use the phone at the Enterprise sign. Call 608-782-6183 or 800-654-3131: use CDP# 1787245.

Car Wash: Building 1568. Offers self-service and automatic bays and vacuums. Open 24/7. May close during extremely cold weather. Accepts cash, tokens, or credit cards. Token machine on site. Tokens also sold at McCoy's Community Center, building 1571. Call 608-388-4161.

Commissary: Building 1537. Open 10 a.m.-6 p.m. Mon.-Sat. Early bird/self-checkout open 9-10 a.m. Mon.-Fri. Call 608-388-3542/ Call 608-269-5604, ext. 203.

Patriot Outfitters: Building 1538. Open 9 a.m.-6 p.m. Mon.-Fri. and 9 a.m.-4 p.m. Sat.-Sun. Call 608-269-1115.

Permit Sales: Building 2168. Hunting, fishing, and firewood permits. Open 7 a.m.-3:30 p.m. Mon.-Fri. Call 608-388-3337.

Retirement Services Office: Building 35. Open 7:30 a.m.-3 p.m. Mon.-Tues. and Thurs.-Fri. Call 608-388-3716.

R.I.A. Credit Union: Building 1501. Open 9 a.m.-1 p.m. Mon.-Wed. and 9 a.m.-1 p.m. and 2-5 p.m. Thurs.-Fri. ATMs are located in building 1501 (available 24/7); McCoy's, building 1571; Exchange, building 1538; and IHG Army Hotels, building 51 (available 24/7). Call 608-388-2171

Service Station/Express/Class VI:
Building 1538. Open 6 a.m.-7 p.m. Mon.Sat. and 8 a.m.-3 p.m. Sun. Call 608388-4343. Pay-at-the-pump gas is open

Visitor Control Center: Building 35. Call 608-388-4988 for hours.

Family Support

Army Community Service: Building 2111. Open 7:30 a.m.-4 p.m. Mon.-Fri. or by appointment. Call 608-388-3505.

Army Substance Abuse Program: Building 1344. Open 7:30 a.m.-4 p.m. Mon.-Fri. or by appointment. Call 608-388-2441.

Child Development Center: Building 1796. Open 6:30 a.m.-5:15 p.m. Mon.-Fri. Call 608-388-3534/2238

Housing Office: Building 6158. Open 7 a.m.-4 p.m. Mon.-Fri. Family Housing, Single Soldier Housing, and referral services. Call 608-388-2804.

Military and Family Life Consultant Program (MFLC): Building 2111. Provides education, information, and support for anyone affiliated with the military. MFLC services are confidential. Available 8 a.m.-4 p.m. Mon.-Fri. or by appointment. Call 608-388-8068 or 608-598-7324

Red Cross: Fort McCoy active-duty Soldiers and Family members can call 877-272-7337 for emergency assistance. For other Red Cross services, call 800-837-6313 or 608-788-4000

School Age/Youth Center: Building 1792. Activities for youth grades kindergarten through 12. Offers after-school, nonschool, and inclement-weather care for eligible youth. Open nonschool days 6:30 a.m.-5:30 p.m. or 2:30-5:30 p.m. Mon.-Fri. for After School Program. Call 608-388-4373.

Health Care

Alcoholics Anonymous: For more information, call 608-388-5955/2441.

Fort McCoy Civilian Employee Assistance Program: Screening and referral services for civilian employees and Family members experiencing difficulties due to problems related to substance abuse, mental health, marital/family discord, or other causes. Call 608-388-2441/5955.

Fort McCoy Sexual Harassment/Assault Response & Prevention (SHARP): 24/7 hotline: 608-388-3000.

Occupational Health Clinic: Building 2669. Open 7 a.m.-3 p.m. Mon.-Fri. Call 608-388-3025.

TRICARE: TRICARE North Region, 877-874-2273; TRICARE West Region, 877-988-9378; TRICARE South Region, 800-444-5445; TRICARE for Life, 866-773-0404; or www.tricare.mil.

Troop Medical Clinic: Building 2669. Call 608-388-3025 for available services or assistance locating local services while training at Fort McCov.

Worship

Catholic: Chapel 10, building 1759. Mass at 9:15 a.m. Sun. Fellowship 9:30-11 a.m. Sun. at building 2675.

Jewish: Congregations of Abraham, 1820 Main St., La Crosse, Wis, Call 608-784-2708.

Mormon: Church of Jesus Christ of Latterday Saints, 702 E. Montgomery St., Sparta, Wis. Services from 10 a.m.-1 p.m. Sun. Call 608-269-3377.

Protestant: Chapel 1, building 2672. Service at 10:30 a.m. Sun. Fellowship 9:30-11 a.m. Sun. at building 2675.

Protestant Women of the Chapel: Building 2675. Bible study. Call 608-388-3528.

Spanish Language: Catholic services in Norwalk at 4 p.m. Sun.; call 608-823-7906. Seventh-Day Adventist services in Tomah; call 608-374-2142.

If you have an emergency, call 608-388-2266, and the on-call duty chaplain will be contacted

<u>Organizations</u>

American Federation of Government Employees (AFGE), Local 1882: Building 1411. Open 7 a.m.-4 p.m. Mon.-Fri. Meets at 5 p.m. second Tuesday of each month. Call 608-388-1882

American Society of Military Comptrollers: Meets several times throughout the year. For more information, call 608-269-1912.

Reserve Officers Association, Fort McCoy-Readiness 43: For more information, call 920-535-0515 or email justdave49@centurylink.net.

USO Wisconsin at Fort McCoy: Building 1501. Open noon-8 p.m. Thurs.-Mon. For more info or to volunteer, call 414-477-7279 or email ehazlett@usowisconsin.org.

Warrant Officers Association, Chapter 0317: For more information, email usawoamccoy@outlook.com.

CONDITION IF YOU HEAR THIS INDICATES INDIVIDUAL ACTIONS Be alert. Ensure all personnel are warned. Take cover by evacuating to a safe 3- to 5-minute steady tone Disaster imminent or in progress. Examples: Tornado, flash **Natural Disaster** location or sheltering in place. Notify supervisor of location. Tune in to local or voice announcement flood, hazardous-materials release, wildfire. radio or TV stations for emergency information. Be alert. Ensure all personnel are warned. Implement force-protection condi-30-sec. to 5-min. wavering tone Attack imminent or in progress. Examples: Vehicle bomb, terror-**Attack** tion (FPCON) procedures as indicated. Take cover by evacuating to a safe ist action, release of biological or radioactive materials. or voice announcement location or sheltering in place. Notify supervisor of location. Be alert for secondary hazards. Account for all personnel. Check building. **All Clear** Voice announcement Immediate threat from disaster or attack is over. Await instructions on FPCON level. Report fires, injuries and other hazards.

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