

# ‘Rollover, Rollover, Rollover!’

## ***Soldiers learn how to quickly, properly exit an MRAP***

By Sgt. 1st Class Kristina Scott  
USD-C PAO

BAGHDAD – ‘Rollover, Rollover, Rollover!’

In a real-world situation, it’s the last thing you ever want to hear. However, it’s probably one of the best training opportunities you might ever experience.

The Mine-Resistant Ambush-Protected vehicle is a monster. It’s big, it’s bad, and it’s not the easiest vehicle from which to get out, especially in a moment of panic. So the Army is training Soldiers how to properly exit the MRAP with a rollover simulator called the MET, or MRAP Egress Trainer.

The MET at Camp Liberty is normally run by contracted civilians, but Soldiers who have completed a 40-hour training course are also allowed to instruct, said Sgt. 1st Class Nakia Way, the current instructor, a native of Andrews, Texas, and the battalion operations night battle captain assigned to Company B, Division Special Troops Battalion, 1st Armored Division.

“It’s all about safety. It gives a realistic understanding of what can happen,” said Way.

Each course rotation can accommodate nine Soldiers; two in the front seats, six in the back seats and one in the gunner’s turret.

Soldiers who participate are briefed by the instructor on how

exactly the simulation will occur.

Initially, the simulator is rotated 360 degrees in order to ensure that all seatbelts are tightened properly.

After the first rotation, the MET is brought back to the upright position, and the Soldiers re-tighten all straps and belts. The simulator then goes through a “side drill” in which the MET is rolled onto its side, and all Soldiers are instructed to exit through the gunner’s hatch.

As the Soldiers exit the MET, they must assume they are exiting into a hostile environment, which means immediately establishing a secure perimeter and communicating to the truck commander that all have exited by calling out, in sequence, “one up, two up . . .”

The third simulation concludes with the MET upside down, and Soldiers must again figure out which door they will use to exit.

The MET is equipped with items specifically designed to simulate equipment that might be in an MRAP, but in accordance with safety requirements, the items are made of Styrofoam.

“It shows how them how to secure stuff inside the vehicle,” said Way.

The MET also has realistic items, such as the gunner’s restraint system, which is designed to keep the gunner inside the protective interior of the MRAP.

“It does the job,” said Pfc. Simeon Nunnally, a native of



Photo by Sgt. 1st Class Kristina Scott

Pfc. Justin Weitkamp, a food service specialist assigned to Company B, Division Special Troops Battalion, 1st Armored Division, carefully straps himself into a Mine-Resistant Ambush-Protected vehicle Egress Trainer, here, Jan. 2.

Atlanta, Ga., and an all-wheeled vehicle mechanic assigned to the 501st Military Police Company, DSTB, 1st Arm. Div. Nunnally also added that the restraint system did not allow him to go anywhere.

Sgt. Melissa Florence, a native of Tampa, Fla., and food service sergeant assigned to Co. B, DSTB, 1st Arm. Div., found the training to be beneficial. “I’ve never even seen an MRAP, so

I don’t know what to expect,” she said, before entering the MET. After the rollover training Florence proudly exclaimed, “we successfully maneuvered two worst-case scenarios, and we did it without injuries!”

*Editor’s Note: The MET is available to all commanders who would like their Soldiers to go through the training. Training can be scheduled through Sgt. Maj. Dale Sump, the 1st Arm. Div. future operations training sergeant major.*

# Training keeps convoy security team proficient

Photos by Staff Sgt. April Mota  
101st Eng. Bn. UPAR, 16th Eng. Bde. USD-C



BAGHDAD – Hammering a cotter pin in place, Spc. James Perrone of Headquarter Support Company, 101st Engineer Battalion, completes the hook up of a tow bar to the front of his vehicle during training on Victory Base Complex, Jan. 2.



During vehicle recovery training, Spc. Sean Thibedeau (left) of Raymond, N.H., and Sgt. Bruce Nicely of New Bedford, Mass., both assigned to the 101st Engineer Battalion, remove a tow bar from its bracket for hook-up.



Standing ready with a back board, Spc. Aaron Powell of the 1192nd Engineer Company prepares to remove a simulated casualty from a vehicle during casualty evacuation training.



Soldiers of 101st Engineer Battalion Convoy Security Team pull Pfc. Jeramie Burgos, a simulated casualty, from a vehicle.



# Medics build aid station at Taji

By Spc. Luisito Brooks  
4th SBCT PAO, 2nd Inf. Div.

CAMP TAJI – The hands of medics that normally heal Soldiers' injuries were also used to build a facility to treat them as well.

The medics from 2nd Squadron, 1st Cavalry Regiment, 4th Brigade, 2nd Infantry Division constructed an aid station last week, located inside of a large building shared by staff sections within the squadron.

Second Sqdn., 1st Cav. Reg. recently completed a move to Camp Taji because of an expansion of the brigade's operational environment, part of a responsible drawdown of U.S. forces in Iraq. "After we moved here, it was

our goal to build ourselves an aid station that would provide our Soldiers with the best (treatment)," said Capt. John Alvitre, a division physician's assistant with 2nd Sqdn., 1st Cav. Reg. "Our previous aid station was good but now we have more room to conduct our mission."

The unit moved from a space of about 1,200 square feet to one of about 1,700 square feet.

The building of the aid station was no easy task, requiring a team of medics in order to complete it.

"It took the effort of every Soldier in the section working tirelessly for three days to build the aid station," said Staff Sgt. Fernando Esteves, the aid station noncommissioned officer in



Photo by Spc. Luisito Brooks

Spc. Tyler Smith, a Headquarter and Headquarters Troop, 2nd Squadron, 1st Cavalry Regiment, 4th Brigade, 2nd Infantry Division medic examines the level of injury in the foot of Pfc. Jamie Adam, an HHT infantryman from Geneseo, Ill., at the squadron's newly-built aid station



Photo by Spc. Luisito Brooks

Pfc. Jose Corchado, a 2nd Infantry Division medic, examines the right knee of Spc. Chris Cotton, a Company B, 702nd Brigade Support Battalion, 4th Brigade, 2nd Infantry Division mechanic from Newark, N.Y.

charge, from Yona, Guam. "We used hammers, nails, wood and a lot of determination to build it."

The new station not only provides patients great treatment, it also comes with a few perks.

"[I've] got to admit that this place looks really nice," said Spc. Chris Cotton, a Soldier with Company B, 702 Brigade Support Battalion, 4th Bde., 2nd Inf. Div..

"I felt really comfortable here, and the waiting room is really cool because the television and magazines helped pass the time as I waited."

The aid station also provides another benefit.

"The aid station was designed with the purpose of providing maximum patient privacy," said Esteves. "A Soldier can come here and is able to discuss their health information with full disclosure."

The medics said the aid station was an important accomplishment for them.

"We wanted to make the building of this aid station and the transition to this location a smooth one," said Alvitre. "Being a medic not only means taking care of Soldiers in the field but also providing a location where they can come and get checked out."

## On This Day In History

January 8, 2000

### Music City Miracle

On January 8, 2000, in an American Football Conference wild card match-up at Adelphia Coliseum in Nashville, Tennessee, the Tennessee Titans stage a last-second come-from-behind victory to beat the Buffalo Bills 22-16 on a kickoff return play later dubbed the "Music City Miracle."

By halftime of the game, the Titans led 12-0. The Bills came roaring back after the break, with running back Antowain Smith making two touchdown runs to put his team up 13-12. That lead stood until late in the fourth quarter, when Tennessee ended a 10-play drive with a field goal by Al Del Greco. Tennessee now led 15-13, with 1:28 left in the game. After kicker Steve Christie answered with a 41-yard field goal with only 16 seconds left to play, Buffalo thought they had the win.

When Christie made a short, low kickoff, Lorenzo Neal caught the ball near the Tennessee 25-yard line. Running to his right, he handed off to tight end Frank Wycheck, who spun and threw a low lateral pass to receiver Kevin Dyson. Dyson headed down the left sideline, completely fooling the Bills defense and rushing 75 yards into the end zone. The play, named the Home Run Throwback, was designed by the Titans special teams coach, Alan Lowry, to be used only when the Titans were trailing and they expected the opponent to deliver a low line drive, or squib kick, to eat up time on the clock. Tennessee had run the play a number of times in practice, but with the receiver Derrick Mason, not Dyson.

As the Titans celebrated, the game officials huddled to determine whether Wycheck's pass to Dyson had in fact been a lateral and not a forward pass, which would have made the play illegal. After studying the play at the sideline replay booth for a seemingly interminable length of time, Referee Phil Luckett emerged to confirm that the call on the field would stand, and the touchdown was good. The Music City Miracle gave the Titans their first playoff win since 1991 and capped one of the most exciting finishes in NFL playoff history. The Titans made it to the Super Bowl that year, coming from behind to tie the St. Louis Rams in the fourth quarter before a last minute touchdown put the Rams on top, 23-16.

## USD-C Pic of the day!



Photo by Capt. Franklin, 2nd Sqdn. 1st Cav. Reg. UPAR

CAMP TAJI – Spc. Drew Holman, a native of Gresham, Ore., with A Troop, 2nd Squadron, 1st Cavalry Regiment, participates in a gunnery skills test, Dec. 29.

## FAMOUS FEATS OF CHUCK NORRIS



### DID YOU KNOW?

Chuck Norris once kicked a horse in the chin. Its descendants are known today as giraffes.

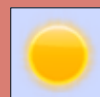


## Quote For Today

“Men are respectable only as they respect.”

-Ralph Waldo Emerson-

### Iraq 3-Day Weather Report



Today  
69° F | 50° F



Tomorrow  
69° F | 48° F



Sunday  
68° F | 46° F

### TRIVIA TIME!!

In 1951, where did U.S. marines conduct a surprise amphibious landing?

Last Issue's Answer: 30 YEARS

## Cav Round-Up radio newscast available

### USD-C PAO

BAGHDAD – The Cav Round-Up is a three-minute radio newscast from Baghdad covering military units and events across United States Center–Division.

For this newscast, please contact the Media Relations Staff with DVIDS at 678-

421-6612 or e-mail [news@dvidshub.net](mailto:news@dvidshub.net).

Today's Cav Round-Up # 237 was produced by Sgt. 1st Class Brian Scott, USD-C Public Affairs Office.

This newscast includes the following stories:

1. Soldiers from the Iron MPs of the 1st Armored

Division polish their mission skills under the supervision of the unit they are replacing. Interviews with Pfc. Katelyn Parente, 501st driver, Spc. Eric Dutschek, 501st MP team leader, Spc. Robert Brubaker, 501st MP gunner. <http://www.dvidshub.net/?script=general/general>

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## Trigger's Tease

		7	4		3	5		
	1		9		6		3	
	5						2	
1				3				7
3			7		8			5
4				1				2
	4							7
	3		5		9		4	
		2	3		1	8		

The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three very simple constraints to follow: **Every row of 9 numbers must include all digits 1 through 9 in any order. Every column of 9 numbers must include all digits 1 through 9 in any order. Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.**

Every Sudoku game begins with a number of squares already filled in. The more squares that are known the easier it is to figure out which numbers go in the open squares. As you fill in the squares correctly, options for the remaining squares are narrowed and it becomes easier to fill them in.

### Yesterday's Answers

2	6	3	4	8	1	5	9	7
5	8	4	3	9	7	2	1	6
7	9	1	2	5	6	8	4	3
8	5	9	6	7	4	3	2	1
3	7	6	8	1	2	4	5	9
1	4	2	5	3	9	6	7	8
6	3	7	9	4	5	1	8	2
9	2	5	1	6	8	7	3	4
4	1	8	7	2	3	9	6	5



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