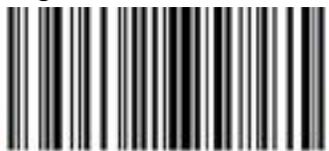


# The MOUNTAIN VIEW MAGAZINE

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Regional Command South



Jan 2011

Inside:  
MLK Celebration  
Life and Death Situations  
Top Shots and more

Photo Illustration

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11

1st Lt. Matt Schroff  
Provincial Reconstruction Team

The “hearts and minds” strategy used by coalition forces has taken on new meaning as government officials work to educate the youth and fix the educational infrastructure of Uruzgan province.

Whether it is repairs to the Tarin Kowt Boy’s School, or renovations to the school in Chora district, leaders are urging more young people to educate themselves as an alternative to the quick cash offered by the insurgency.

“We must focus on education and roads,” said Mohammad Omer Shirzad, Uruzgan provincial governor, speaking during a meeting with Maj. Gen. James Terry, Regional Command South commander. “This will change the landscape of the province in many ways.”

Several projects are underway to serve as a catalyst for this change, spanning from school supplies provided by coalition forces to desks built for a school in Gizab by Afghan laborers at the Provincial Reconstruction Team’s Trade School in Tarin Kowt. Also, the 23-classroom Malalai Girl’s School is on track for completion in April. In a recent meeting with government officials, Samantha de Silva, country sector coordinator for World Bank, spoke about the importance of education for Afghanistan’s youth.

“We must continue to improve the schools in the area,” de Silva said. “This will allow the children to be competitive on the world market with countries like India, Pakistan and China.”

Religious education is also being improved. The new mosque being built in Sorkh Murghab will boast several classrooms for religious study under its massive dome, and a collection of Islamic schools being built in southern Tarin Kowt will offer study for children and adults.

A variety of classes are being offered at the Tarin Kowt Youth Center to serve as a supplement to regular school learning, with more expected to be added to further expand the program. Grants from non-governmental organizations supplement these classes, managed by Ghulam Nabi Ulfat, the centers director for Information and Culture.

“We have over 400 youth in our program,” Ulfat said. “We will get them educated on journalism, computers and English. Maybe if they finish training here, they can find a benefit for themselves.”

Education is expected to gradually improve in parallel with other reconstruction projects in the province, and will be a topic for the upcoming Provincial Shura, which will bring together leaders from all six Uruzgan districts.

On the cover



Photo by Pfc. Nathan Thome

An Afghan National Police officer identifies and treats the wounds of a casualty during an ANP first aid competition held Dec. 30 at Camp Nathan Smith. The competition was held to test the first aid skills of the ANP officers against each other.

## The MOUNTAIN VIEW MAGAZINE

Regional Command South  
**Commanding General**  
Maj. Gen. James L. Terry  
**Command Sergeant Major**  
Command Sgt. Maj. Christopher Greca

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Editorial Staff  
RC-South PAO Lt. Col. Web Wright  
RC-South PAO NCOIC  
Master Sgt. Tami Hillis  
Command Information OIC  
Ensign Haraz N. Ghanbari  
Managing Editor Sgt. Matthew Diaz

*Media queries please contact RC-South Public Affairs at [10thmtnpao@gmail.com](mailto:10thmtnpao@gmail.com)*

Contributing Units

- TF Destiny
- TF Kandahar
- TF Lightning
- TF Raider
- TF Strike
- CT Uruzgan
- CT Zabul
- NTM-A
- 16th MPAD



# ANP PARTICIPATE IN FIRST AID COMPETITION IN KANDAHAR

STORY AND PHOTOS BY PFC. NATHAN THOME



**Afghan National Police officers competed in a first aid competition Dec. 30 at Camp Nathan Smith to test their medical treatment skills against each other and determine which police substation was the best of the best.**



The competition was comprised of two components – an indoor refresher course and an outdoor simulation course.

“The ANP have conducted ongoing first aid training with the medics at their police substations since our unit arrived in Afghanistan,” said 1<sup>st</sup> Lt. Ryan Jernegan, executive officer, assigned to 202<sup>nd</sup> Military Police Company, 504<sup>th</sup> Military Police Battalion, currently attached to 1<sup>st</sup> Brigade Combat Team, 4<sup>th</sup> Infantry Division.

“This refresher course is to reinforce what the officers have already learned, so they feel more comfortable and confident in their ability to conduct first aid for their fellow officers,” he added.

The ANP officers gathered at CNS to go over the basics of what they have learned at their respective stations. Sgt. Miranda Kohn was the primary instructor, she gave visual examples of treatment to the ANP officers.

When the course ended, the competition moved outside for the simulated portion of the event. The U.S. MP Soldiers gave a dry run of the course to show the officers how the drill would be run.

This competition helped build the partnership between International Security Assistance Forces and the ANP, said Jernegan. Through the unit’s mentorship, the ANP can build their medical corps. This also gives them the confidence to respond to a crisis, which is essential for them to take over security of their country.

Each group went through the course separately and had to complete three obstacles.

**“I joined the ANP to help my country and my people. I felt that it was my duty to join and do my part in improving and maintaining the security of Afghanistan. This competition has brought me one step closer to accomplishing that goal.”** - Khan, an ANP officer from the Afghan Provincial Response Company

During the first obstacle, officers had to address and treat the wounds of two casualties and carry them to the next obstacle.

The second obstacle required one officer to treat a casualty while the other pulled security. When the casualty’s wounds were treated, officers worked together to get the casualty to the third obstacle.

Once they reached the third obstacle, the officers applied tourniquets to the wounded, placed him on a litter, and then carried him through the finish line.

After every team went through the course, their scores were tallied based on two factors: the time it took to complete the course and the points earned from identifying and treating the wounds.

following the competition, a ceremony was held during which all of the competitors were awarded certificates as a token of their accomplishments.

The afternoon’s events helped build the competitive spirit and camaraderie between the ANP officers, said Jernegan. It gave them the opportunity to test their abilities and prove to themselves that they possess the skills necessary to save lives.

“I am very happy to have won this competition and proud to have been a part of it,” said Khan, an ANP officer from the Afghan Provincial Response Company. “I joined the ANP to help my country and my people. I felt that it was my duty to join and do my part in improving and maintaining the security of Afghanistan. This competition has brought me one step closer to accomplishing that goal.”



Lt. Col. John Voorhees, 504th Military Police Battalion commander, right, currently attached to 1st Brigade Combat Team, 4th Infantry Division, awards certificates to the competitors.



TOP

SHOTS



"TOP SHOTS" ENTRIES ARE OPEN TO ALL READERS. ALL "TOP SHOTS" SUBMISSIONS MUST BE IN BY THE FRIDAY BEFORE PUBLICATION DATE. SEND SUBMISSIONS TO 10THMTNPAO@GMAIL.COM

# BUSY Bees

Story and photos by Spc. Cardell Brown  
1st Brigade Combat Team, 4th Infantry Division

KANDAHAR, Afghanistan – Seabees from Naval Mobile Construction Battalions 18 and 40, assigned to Task Force Raider, concluded a donation drive Jan. 5, at Camp Nathan Smith to benefit the Kandahar Department of Women’s Affairs.

A conference room, filled with an assortment of donated items that spanned from one end of the room to the other set the stage for a busy day for the Navy’s Seabees. Excitement was in the air as Seabees darted in and out a conference room at CNS awaiting the arrival of Zobida Pahinda, the Kandahar Director of Women’s Affairs.

“We’ve been waiting for this day for five months,” said Petty Officer 1st Class Tito Galindo event coordinator from Naval Mobile Construction Battalion 40. “We simply want everything to run smoothly.”

During the donation drive, the Seabees raised more than \$8,000 in clothes, school supplies, food, hygiene products and toys for women in need in Kandahar province.

The KDWA assists women who have suffered from abuse, impoverishment or other issues that have resulted in hard times for women in the province.

“The donations were extra special because they came from our families and friends back home,” said Petty Officer 2nd Class Carolina Forero from Naval Mobile Construction Battalion 40. “This is just another example of how the American people are helping and showing their support for the people of this country.”

Galindo said the donations came in slowly throughout the summer and fall but as soon as Christmas came, the frequency increased.

As Pahinda arrived and saw all the items that had been donated, her face lit up with a genuine smile.

“Words can’t describe how much this means to me



Petty Officer 1st Class Tito Galindo, left, event coordinator from Naval Mobile Construction Battalion 40, prepares donated supplies for pick up Jan. 5 at Camp Nathan Smith for the Kandahar Department of Women’s Affairs. Seabees from Naval Mobile Construction Battalions 18 and 40, assigned to Task Force Raider, organized a donation drive at Camp Nathan Smith to benefit the Department of Women’s Affairs in Kandahar province.

and the women who need it,” Pahinda said. What you and your families have done will not be forgotten.”

Pahinda went on to say that this is the type of cooperation Afghanistan needs to move her country forward. The Seabees’ contribution has set the bar for building lasting relationships.

After thanking the Seabees, Pahinda quickly began inventorying the items and placing them against a list of women in need.

The Seabees immediately went to work filling six containers worth of items and used a crane to lift the items onto Pahinda’s flat-bed truck.

Regardless of the excitement, a lot of work still needs to be done, said Pahinda. The next plan of action is to ensure each woman gets whatever supplies she needs as quickly as possible.

The Seabees, who are approaching the completion of their deployment, wanted to be certain that they left Afghanistan in a better condition than when they arrived.

“As our tour comes to an end, we couldn’t think of a better way to reach out and positively impact those around us,” said Galindo.



# DRAGOONS HONOR MLK

Story and photos by Sgt. Jerry Wilson  
CTZ Public Affairs

ZABUL, Afghanistan- Troopers from the 2nd Stryker Cavalry Regiment and their coalition counterparts gathered at the Mykel Miller Dining Facility on Forward Operating Base Lagman Jan. 22 to pay honor to Dr. Martin Luther King.

The theme of the MLK Birthday luncheon was “Anyone Can Serve.” Following the invocation by Chaplain Doug Hogsten of FIRES Squadron, attendees were treated to an inspirational dance exhibition by Sgt. Delana Cherry and Spc. Azaria Carr.

The guest speaker for the afternoon was the 2SCR Regimental Operations Sgt. Maj. Melvin Smith, who shared his reflections of the legacy left behind by Dr. King.

“Realizing that we all share a common destiny is one of the first steps along the road to racial harmony and one America,” Smith said. “Doctor King’s teachings help Americans realize that when one of our brothers or sisters is held down by the weight of racism and intolerance, we all lose individually and collectively.”

“Doctor King’s life continues to teach us that with

courage, vision and determination, every one of us has the power to help change the course of our nation and the world,” he said.

Smith went on to discuss the theme that anyone can serve. Dr. King once said, “Life’s most persistent and urgent question is: What are you doing for others?”

“King believed in the American dream. He both witnessed and experienced much of what was wrong with America, but he never lost his faith in what was right with America,” Smith said. Smith went on to talk about how King encouraged service within communities to alleviate poverty and address community concerns. He stressed that a shining example of this philosophy can be seen within the military community.

“The military truly exemplifies the message that anybody can serve and what it truly means to serve others here in Afghanistan,” Smith said. “In U.S. military communities worldwide and in deployed areas, Soldiers of all colors and ranks, live, work, pray and play together on a daily basis.”

Smith closed by urging people to honor King’s memory through service to others and said that the ultimate birthday present they could give would be to insure that King’s memory lives on for generations to come.

The afternoon concluded with a heartfelt musical performance by Spc. Krystel Dela Merced, who played the guitar and sang “A Change is Going to Come.”



Sgt. Delana Cherry performs an interpretive dance in honor of Dr. Martin Luther King Jr.



Spc. Krystel Dela Merced sings “A Change is Gonna Come.”

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Safety and situational awareness is always important. Being deployed here on KAF it is even more important. We should help keep an eye on our brothers and sisters at arms. The battle buddy system works and we should use it better than we do. By now we have all heard about all of the assaults here on KAF and we need to protect one another. There should be at least two people walking together at all times at night. This not only will deter any unwanted advances, but it also allows for someone to get help or even help out in a situation. We should be wearing our PT belts and walking in well lit areas. There are a number of shortcuts around KAF but most of them are in dark areas. During the day, use those ways but not at night. We should carry a flashlight with us when going out at night and let people know where we are going and what time to expect us back. This way if you miss your arrival time, that person can let people know what is going on or even look for you. These are just a few ways to make KAF a safe place for Soldiers because we all want to go home.

## SOLDIER IN THE SPOTLIGHT



**Name:** Spc. James Cleveland

**Unit:** Task Force Troubleshooters

**MOS:** 15G, aircraft structural repair

**Hometown:** Sulphur, Okla.

**Quote:** "I am just doing my job to the best of my ability, day in and day out."

Spc. James Cleveland serves as an aircraft structural repairer assigned to Shops Platoon, Company B, 96th Aviation Support Battalion. Normally, Cleveland performs unscheduled sheet metal repairs on helicopters assigned or attached to Task Force Destiny. Cleveland volunteered to do repairs on another unit's aircraft Dec. 16.

The aircraft was considered un-repairable at the organic unit's level. He volunteered his personal, off-duty time, and completed the repair in 24 hours. His dedication to the mission, selfless service and exceptional technical competence restored a vital asset to the owning commander and brought great recognition to him and his unit for the support.



**Cultural Considerations:**

**When meeting someone, the handshake is the most common form of greeting. You will also see people place their hand over their heart and nod.**



COMMAND COLUMN

CJTF -10 has been in charge of RC South for just over 90 days, and I wanted to give you an assessment of our efforts.

Overall, I believe that we are making real progress. Although it is somewhat fragile, I see that we are moving in the right direction.

Working with the ANSF, we continue to deny the enemy safe haven by eliminating their sanctuaries and weapons caches. Together we have been involved in clearing operations that have dealt a significant blow to the mid- and upper-level ranks of the insurgency. The key now is to take advantage of the winter and spring seasons to solidify the gains we have made and continue to isolate the insurgents from the people.

I can say with confidence that the ANSF has made great progress in taking the lead in more and more operations. This progress will ultimately allow the transfer of authority, when the conditions are right, to Afghan primacy for the security of their country.

Our efforts to partner with the district and provincial leadership are paying off and I am pleased with the government's efforts to meet the needs of the community. One such example is our partnered efforts to bring sustainable power to Kandahar City. Through improving the quality of life for Afghan citizens with projects like theses and setting the conditions for commerce and employment, we can assist the Afghan government's efforts to provide economic development and a more stable government.

I want to reiterate the importance of compensating Afghans when we damage property. Regardless if the damage occurs while reducing an IED or during the course of other operations, it is our responsibility to ensure Afghans are being reimbursed for combat related damage.

I am humbled by the ingenuity, motivation, and discipline of our troops. I realize the sacrifices you have made and continue to make and for that I thank you and your families.

Climb to Glory!

## CHAPLAIN'S

### The Seven Deadly Lies of Deployment

Submitted by CH (MAJ) Herman Cheatham

**1. The Lie:** "I didn't sign up for this. I'm missing out."

**The Truth:** Comparing your life during deployment to your friends or neighbors can be deadly. Looking out the window and seeing your neighbor's spouse come home every night can make you feel like your life is somehow not valuable or "right." Equally damaging and frustrating is the habit of comparing your deployment experiences with other military at-home spouses. **Colossians 3:12-14**

**2. The Lie:** "What if \_\_\_\_\_ happens? I'll never be able to handle that."

**The Truth:** God is faithful. When we forget His past faithfulness and the ways in which He has blessed us, we are on dangerous ground. In her book *Calm My Anxious Heart*, Linda Dillow discusses the three areas of anxiety: the "if onlys" involve worry about the past. **Colossians 3:12-14, Psalm 46:1,2a**

**3. The Lie:** "My friends all tell me I'm wasting my life. It's time to move on."

**The Truth:** Listening to the wrong voices is an easy mistake to make in this culture of "disposable" relationships—much too easy. Building good relationships takes effort and marriage takes work. **Hebrews 13:4**

**4. The Lie:** "No one understands what I'm going through. I'll put my life on hold, and then start living again when my spouse returns."

**The Truth:** Choosing to be isolated during this time is a sure step toward loneliness and depression. We need each other, and asking for help is not a sign of weakness. **Psalm 139:7-10**

**5. The Lie:** "My kids are going to be scarred. I'll never get back these years."

**The Truth:** God can take even the most difficult of circumstances and use it for His good. Never lose hope that God is at work in this circumstance in your children's lives. Yes, there will be scars, times of loneliness and confusion—but because of God's purposes, they can be "holy scars." **Romans 5:4-5**

**6. The Lie:** "He's always gone. And once he gets home he'll be getting ready to go again. Deployments are never going to end."

**The Truth:** Deployments will end. They will not last forever. Losing perspective and "going global" is one sure way to sabotage right-thinking. **Psalm 31:14,15a**

**7. The Lie:** "I may as well not even be married. With my spouse gone all the time, my needs are not being met. God wouldn't want me to be this unhappy."

**The Truth:** Selfishness is a marriage-killer. Ignoring the opportunity to see how you are blessed, having a heart of ingratitude, and acting out of resentment, bitterness and cynicism is a demonstration of pride and self-centeredness. **Philippians 2:3,4**

COVER

# 10TH MOUNTAIN DIVISION SIBLINGS REUNITE WHILE DEPLOYED

The war on terror is the longest military campaign in U.S. recorded history that American forces have been involved in. As a result, servicemembers have been separated from their families for months, even years at a time. However, for one 10<sup>th</sup> Mountain Division (LI) Soldier, her assignment to the Fort Drum, N.Y. based unit and deployment here provided the opportunity to reunite with her brother.

Capt. Jessica Russell, a finance officer assigned to the division's Headquarters and Headquarters Battalion, Intelligence and Sustainment Company, had not seen her brother, Sgt. Josiah Russell, in nearly seven months. Before then, the Oswego, N.Y., natives had not seen each other in almost two years due to his Iraq deployment and her assignment as a basic training company commander.

In a casual conversation with her Battalion Command Sgt. Maj. Roy Rocco regarding her brother, his upcoming re-enlistment and being deployed to the same country, she mentioned wanting to see him and being a part of his momentous occasion before he redeployed back to Fort Drum, Jessica said.

"To be totally honest, I didn't think anything would come out of the whole conversation with the sergeant major," said Jessica.

Meanwhile, in northern Afghanistan's Balkh province, Josiah thought of the possibility of coming down and seeing big sister Jessica, but his busy schedule always dictated otherwise, he said. The 23-year-old sergeant is serving as a member of the Quick Reaction Security Force at Camp Mike Spann in Mazar-e-Sharif. When he is not pulling security out on patrols, Josiah serves in the camp's fire department and is preparing to redeploy back to the United States.

"I just came back from a mission when my platoon sergeant approached me and said I had to go see the command sergeant major (Philip Chepenik) with my squad leader. I'll admit, I was a bit concerned and didn't know what to think," said Josiah, a combat engineer assigned to Brigade Special Troop's Battalion, 1st Brigade Combat Team, 10<sup>th</sup> Mountain Div. (LI).

Rocco had gathered all of Josiah's information from

Jessica and contacted his old Fort Drum neighbor, Command Sgt. Maj. Philip Chepenik.

"I told him the story about one of our officers having a brother in his unit and how she wanted to re-enlist him before his unit redeployed. He sent me an e-mail back stating he would work it on his end. A couple of days later, Captain Russell contacted me stating that her brother would be coming down on the 20<sup>th</sup> to re-enlist," said Rocco.

Jessica said she was really excited that her brother was coming down and couldn't wait to see him.

"The sergeants major really came through for us," she said.

After meeting with his sergeant major, Josiah was told to pack his bags and head to Kandahar where he met his sister and spent the next few hours catching up and taking photos to send home to their proud mother, Susan Tarbell, who lives in Oswego.

Approximately five years ago, Jessica, a young Army officer, took Josiah, a local farm-hand, to their local Army recruitment center and convinced him to join. Once the contract was drawn up, she swore him in.

"I was glad to see my sister. I started to think it wasn't going to be possible to see her out here, but here we are, just like before, her swearing me in again. I wouldn't want it any other way," Josiah said.

The Russell's have made military service a family affair. Jessica and Josiah have another brother, Justin, currently serving in the National Guard. Jessica enlisted him as well.

"It's always a great day in the Army when we can re-enlist quality noncommissioned officers. But, to have an older sister re-enlist her younger brother is great for both the Army family and the Russell family," Rocco said.

Reflecting on the occasion, Jessica said she is proud of her families' service, and feels the military is a great institution, allowing many opportunities to excel. She said she wouldn't want anything else for her family.



# THIS JUST IN!

FROM THE INTERNET

I'M A HUGE METAL FAN.

ME TOO!



# Training saves life of Soldier after grenade blast

Combined Team Uruzgan Public Affairs Office

MULTINATIONAL BASE TARIN KOWT, Afghanistan – U.S. Army 1<sup>st</sup> Lt. Thomas Lorenson considers himself lucky to be alive. The Seattle native from Apache Company, 1<sup>st</sup> Squadron, 2<sup>nd</sup> Stryker Cavalry Regiment survived a close-quarters grenade blast Jan. 13 in northern Uruzgan province.

Apache Company Soldiers were conducting a routine patrol through the Nyazi Valley that morning, looking for an improvised explosive device facilitator who was suspected of moving back into the area.

During the search of a compound, Lorenson encountered an Afghan man who pulled a grenade from beneath a pile of blankets on the floor, armed it and rolled it in his direction.

“Ultimately I was just kind of paralyzed,” he recalled. “I pulled the trigger just out of training I guess, and lifted my arm up just to shield my face right before it went off.”

The grenade detonated, sending shrapnel tearing through the left side of Lorenson’s face and body. The man who threw it died as a result of his wounds from the engagement.

“I didn’t even know I was really hurt until I started seeing my kit was covered with blood,” he said.

“It’s never easy to see one of your men injured, but after seeing Lieutenant Lorenson, I knew he was in good hands with the platoon’s combat medic,” said Capt. Matthew Piosa, Apache Company commander.

Within moments of the attack his fellow Soldiers

sprung into action providing first aid and transmitting a request to evacuate him to the nearby Role 2 Hospital at Multinational Base Tarin Kowt.

“I couldn’t have asked for better treatment and care from my guys and then once I got to the Role 2 it just seemed like everything was just clicking,” Lorenson said. “I let my mom and my wife and my folks know that I’m good and I’m ready to get back up and keep working.”

Despite stitches in his left arm, back and face, he was eager to return to work with his Soldiers and encouraged doctors to release him back to duty within days of the incident.

“I told them that if I can get up and walk around and move my arms and wiggle my fingers and toes, then I should be where I can help out with the platoon and I’ll come down to get my stitches taken out later on,” he said with a laugh.

Piosa couldn’t be prouder of the way his Soldiers responded to the attack. He believes their training is likely the reason Lorenson is alive today.

“Being able to rapidly neutralize threats in a close quarters-environment is something that is engrained into every infantryman,” he said. “In this case, it not only saved Lieutenant Lorenson’s life, it saved the lives of the other Soldiers within the compound.”

While Lorenson does feel lucky to be alive, he said he knows it wasn’t just luck that saved him.

“It just made me feel really good, knowing that they were so well trained that they just snapped into action,” he said.

Soldier’s Board

When was the NCO support channel formally recognized?

Dec. 20, 1976

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