



# AFTER ACTION

2012 VOLUME 8

REPORT

## DEDICATED TO SERVICE

**TWO HEARTS FOR  
THE SAKE OF ONE**

**SADDLE UP  
FOR SUCCESS**

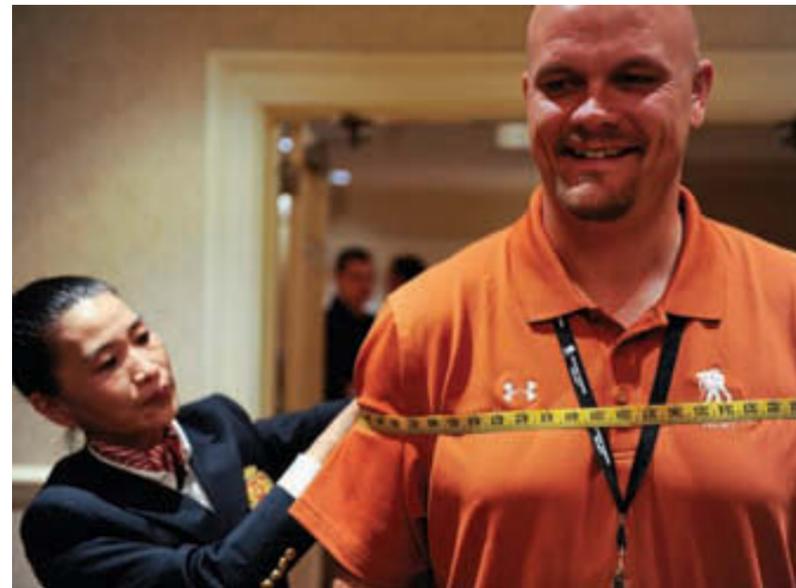


**WOUNDED WARRIOR  
PROJECT®**

[WOUNDEDWARRIORPROJECT.ORG](http://WOUNDEDWARRIORPROJECT.ORG)



IN THE COMMUNITY



A  
B C

**A.** Mark Brogan, Joe House, Adam Edwards, David Nine, William Chasteen, Leslie Mills, Bobbie House, and Sean Beyer attend a University of Tennessee football game, September 22. **B.** Eric DeLion pauses for a photo September 26 on a hike with eight other Wounded Warriors to the summit of Mount Whitney. He said he learned that “the human body can accomplish things the mind never thought it could. By just believing in yourself, anything is possible. No one will ever see me quit, because I have no quit in me. If I begin something, I will finish.” **C.** Jason Johns is fitted for a suit by Brooks Brothers during the **National Alumni Leadership Summit**, October 2012, Nashville, Tennessee.



D  
E F  
G

**D.** Austin Collom, Dean Cain, and Bob Flaig at WWP’s **Carry Forward Awards™** on October 21 in Anaheim, California. **E.** Mark Brewer, center, enjoys **Project Odyssey™** in Hawley, Pennsylvania. **F.** Def Leppard drummer Rick Allen was honored at the inaugural **Carry Forward Awards** in Anaheim, California. **G.** **Project Odyssey** team on October 15 at **Northern Outdoors, Maine**: Ricardo Morlabaez, Josh Gaccione, Kevin Robishaw, Jason Cheney, Todd Titus, Kevin McMahon, Richard Ghent, Aaron Bingham, George Coleman, Rashen Harris, Butch Freeman, Marissa Jollie, Nancy Schiliro, and Steve James.



**ONLINE:** See more photos of the Project Odyssey in Hawley, Pennsylvania, by visiting: [woundedwarriorproject.org/aar-exclusive.aspx](http://woundedwarriorproject.org/aar-exclusive.aspx).

# Asked & Answered

## 1. What is CRSC and CRDP?

**Combat-Related Special Compensation (CRSC)** is a special compensation for combat-related disabilities. It is non-taxable, and retirees must apply to their branch of service to receive it. **Concurrent Retired Disability Payment (CRDP)** is a restoration of retired pay for retirees with service-connected disabilities, and it is taxable. No application is required. Eligible retirees receive CRDP automatically. The purpose of these entitlements is to recover some or all of the retired pay that military retirees waive for Department of Veterans Affairs (VA) disability compensation.



## 2. What are the eligibility requirements for CRSC and CRDP?

To qualify for CRSC, you must:

- Be entitled to and/or be receiving military retired pay.
- Be rated at least 10 percent disabled by the VA.
- Be a reservist who is at least 60 years old or retired under Temporary Early Retirement Authorization (TERA).
- Waive your VA pay from your retired pay.
- File a CRSC application with your branch of service.

Under these rules, you may be entitled to CRDP if:

- You are eligible for retired pay to qualify for CRDP. If you were placed on disability retirement, but would be eligible for military retired pay in the absence of the disability, you may be entitled to receive CRDP.
- You are a regular retiree with a VA disability rating of 50 percent or greater.
- You are a reserve retiree with 20 qualifying years of service, who has a VA disability rating of 50 percent or greater and who has reached retirement age.
- You are retired under TERA and have a VA disability rating of 50 percent or greater.

- You are a disability retiree who earned entitlement to retired pay under any provision of law other than solely by disability, and you have a VA disability rating of 50 percent or greater. You might become eligible for CRDP at the time you would have become eligible for retired pay.

## 3. How do I apply for CRSC or CRDP?

- CRSC – Military retirees who receive VA pay and believe they are eligible for CRSC must apply to their branch of service.
- CRDP – You do not need to apply for CRDP. If qualified, you will be enrolled automatically.

## 4. How is CRSC/CRDP paid?

As with your retired pay, Defense Finance and Accounting Service (DFAS) pays CRDP and CRSC monthly on the first business day of each month. You will receive your CRDP or CRSC payment in the same manner as your retired pay.

## 5. What type of injuries could be considered for CRSC?

Disabilities that may be considered combat related include injuries incurred as a direct result of:

- Armed conflict
- Hazardous duty
- Simulated war
- An instrumentality of war

Additional information regarding CRSC or CRDP can be obtained online at the DFAS website:

<http://www.dfas.mil/retiredmilitary/disability/payment.html>

Once on the DFAS website, additional links will be located on the left side of the page.

### Wounded Warrior Project® (WWP)

If you need additional assistance, the Resource Center can help get you in touch with our Benefits Service team. The Resource Center can be reached via phone Monday through Friday from 9 a.m. until 8 p.m. EST at **888.997.2586** or via email at [resourcecenter@woundedwarriorproject.org](mailto:resourcecenter@woundedwarriorproject.org).

# TWO HEARTS FOR THE SAKE OF ONE



Tim Seckel's focus is on the Wounded Warrior who holds the Beretta 391 12-gauge shotgun.

The warrior aims and pulls the trigger and, in the blink of an eye, a flying clay disc explodes into pieces. The warrior turns toward Tim – the man everyone calls “Pop” – and smiles. It's a joyful expression of instant gratification that Tim sees nearly every day at Fossil Pointe Sporting Grounds in Decatur, Texas.

“Every time I see a smile that big, it reminds me of 1st. Lt. Jonathan Edds,” says Tim. “He had a great sense of humor.”

Tim volunteers to take injured service members to Fossil Pointe to shoot sporting clays. After medically retiring from the Army in 2009, serving his fellow military brothers and sisters is a way for Tim to honor his lieutenant's memory.

“It took me about two years to come to grips with my emotions,” says Tim. “Now I realize I want to talk about what happened, because I don't want the sacrifice Edds made to be in vain.”

It happened August 17, 2007, in Baghdad, Iraq, at 12:15 a.m. As Tim used night vision goggles to see while driving his Humvee, an explosively formed penetrator

(EFP) detonated. Pieces from the EFP rocketed into the truck, missing Tim's head by three inches. The blast threw Tim into the radio mount, paralyzing the left side of his body.

Tank commander Doug Serota and gunner Norris

Wily also suffered injuries. A medic everyone called “Band-Aid” tried to resuscitate the lieutenant, even while Doug and Norris engaged the enemy in a near hour-long firefight.

The next day, lying in hospital beds at the combat support hospital (CSH) in the Green Zone, Tim and Norris were awarded the Purple Heart. They looked at each other and realized this is an honor no one covets.

Tim's journey of recovery was just beginning. That journey took him from hospital bed to wheelchair, to using a cane, and finally being able to walk again on his own. He endured two surgeries and spent more than two years in hospitals at Landstuhl, Germany, and both Fort Stewart and Fort Benning in Georgia.

At Fort Benning, after pinning several warriors with the Purple Heart, General Richard A. Cody visited Tim and asked, “Soldier, why aren't you receiving a Purple Heart?”

Tim answered, “General, sir, I received mine at the CSH.”

“That's bull,” the general replied. “I want to pin you with another, right now.” The general summoned for another Purple Heart, and he pinned it on Tim, saying these words: “This honor is well deserved. Thank

you for your service and for your sacrifice.”

Tim's Purple Heart was forged in a crucible of pain, tears, and loss. “My spine is a total Slinky. I've got rods, pins, plates, and screws all down my back. I suffer from traumatic brain injury and post-traumatic stress disorder. But that pales when compared to the sacrifice of others.”

Tim sees the second Purple Heart as a memorial for his warrior friend. And yet, Tim wanted a more permanent and symbolic reminder that would be with him everywhere he goes.

“I got a tattoo inked on my right arm,” Tim explains. “It's of my Purple Heart and displays my Alive Day™ and the name of the hero I will never forget – 1st Lt. Jonathan Edds.”

Back on the shooting range at Fossil Pointe, “Pop's” tattoo is seen by friends and strangers alike. “And when I'm asked about it, I have another opportunity to share the story of four American heroes – Serota, Wily, Irvin, and Edds.”



ANDY HELLMAN:

**“WE HEAL FASTER  
HELPING WARRIORS  
WHO NEED HELP.”**

**“I loved everything about Oregon,”**

says Andy Hellman. “Albany was a great place to grow up.”

His dad served in the Air Force, and young Andy grew up enjoying the outdoors, playing war, and just being a kid.

“But as I got older, I wanted to do something meaningful with my life. I wanted to serve because it is honorable. To me, the Army was the best of both worlds – my love of the outdoors and my desire for a noble career.”

Andy joined the Army Reserve in 1991, just after his 18th birthday. However, Andy’s recruiter had talked him into joining as a mechanic, a decision Andy says he regretted from day one.

“I wanted to be infantry. I wanted to be a fighter – on the edge, holding a gun, and fighting the fight. So when I left the Reserve, I went active duty.”

His career took Andy to Germany for three years, and as he was about to return home in late 1995, Andy’s unit deployed to Bosnia.

“I wanted to go with them, but my unit said no – it’s your time to go home. I was frustrated. I wanted to be there with my guys. But it wasn’t meant to be.”

So, as ordered, Andy reluctantly went home and became a member of the Individual Ready Reserve. In 1999 he joined the National Guard.

“Back in Oregon, I bounced around from job to job, but I couldn’t wait to finally have a purpose in my life. I wanted to do what I was trained to do.” His purpose came in October 2003 when Andy’s unit got the alert – they were headed to Iraq.

“I deployed with a scout sniper platoon. I knew sooner or later we would be in the thick of it, and we were. A good friend of mine sacrificed his leg in an attack before we even got to Baghdad. That’s a big wake-up call to let you know this is real.”

Andy says during that time he was thankful for every breath and for life itself. His only concern was keeping his guys alive.

Andy was shot in the knee while ambushing insurgent mortar men in Sadr City, Iraq. The bullet ripped through the soft spot of Andy’s knee, between the bones, and out the other side. Tragically, their unit was without a medic because he was injured just days earlier. So another scout helped patch Andy up.

“Believe it or not, I was happy to have shed blood for my country. I was thankful to be alive, but I was ashamed I was evacuated out of there. Especially seeing the other, more severely wounded guys in

the hospital and on litters stacked four high on the evacuation plane.”

Andy says he wants to help his fellow Wounded Warriors deal with survivor’s guilt because he knows firsthand how emotional it can be.

“Compared with other warriors – those missing limbs, (living with) severe burns, and making the ultimate sacrifice of death – I felt guilty I hadn’t really done anything. And if I can help others deal with change, I’m ready to do that.”

That’s why Andy is excited about his involvement in National Campaign Team (NCT) with Wounded Warrior Project® (WWP). NCT allows Andy to continue serving fellow warriors by publicly sharing his story through a variety of WWP outlets.

“Warriors come back needing jobs, medical care, places to live, legal assistance, and other reintegration needs. I was impressed with WWP, and I wanted to be on their side helping other warriors. We heal faster helping warriors who need help.”

**Q: What is your favorite song and why?**

A: Music is such a huge part of my life that it’s difficult to choose just one song. It would be difficult to choose my 100 favorite songs, but I really love “The Other Kind” by Steve Earle because I always fail to see all the great things in my life. “Fall of the Peacemakers” by Molly Hatchet is also a great one. Perhaps I should just say “Werewolves of London” by Warren Zevon because it’s just a great, fun song.

**Q: What is one thing not many people know about you?**

A: There are so many things people don’t know about me. I’m a pretty private person so I think I will leave it that way.

**Q: What is your favorite quote?**

A: “I am ready to meet my maker, but whether my maker is prepared for the great ordeal of meeting me is another matter.” — Winston Churchill

**Q: What is your favorite hobby?**

A: I think hiking with my dogs or hanging out with my wife, Miranda (pictured left). Those may change once my child is born.

**Q: If you could be any movie character, who would you be and why?**

A: If I were supposed to be a movie character, they would have made a movie about me already. I’ve never wanted to be anybody but me.



## The Nutrition Evolution

Positive thinking is so much healthier than negative thinking, and the same is true when thinking about raiding the refrigerator or cabinets. If you plan ahead, then whatever you have on hand will be a good choice. And, because you've got the good stuff on hand, you won't feel you're depriving yourself.

### Suggestions for starting a nutrition evolution:

- 1** It starts with the grocery cart. Stock up on the fresh cut veggies and fruit vs. cookies for a crunchy snack. If the cookies aren't in the house, you can't be tempted!
- 2** Eat every meal. Do you overeat when you're famished? Make sure you eat three meals a day. Skipping breakfast slows metabolism and is likely to lead to overeating later in the day.
- 3** Hungry between meals? Sometimes we eat because we think we're hungry when actually our bodies are thirsty. Try drinking a glass of water between meals—hey, you need 64 ounces a day anyway—and see if that stops the munchies.
- 4** Use a smaller plate. Since smaller plates look full with less food, you can actually trick yourself into believing you ate more and you'll be less likely to overindulge. Use a salad plate for dinner or a saucer for dessert.
- 5** Make better choices. We get it. You want big snacks to go with the game. But this year, skip the chips and dip and instead snack on grapes, apples, and pretzels. Pop some popcorn, pass on the butter, and have some fun.



## Resolution Calendar

Instead of declaring a New Year's resolution this year, consider committing to a New Year's Evolution. This calendar will get you and your family started on the right path to a more active and healthy lifestyle. Cut this page out and stick it on your refrigerator as a daily reminder of your commitment to a New Year's Evolution.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Step It Up.</b> Start your Evolution by committing to taking the stairs instead of elevators and escalators. As you continue through your Evolution, this step, no pun intended, will go a long way toward building your cardiovascular endurance.	<b>Get Into The Groove.</b> Find a local Zumba class for you and your spouse to attend. This 60-minute class will definitely help you dance away those calories.	<b>Game-On Day.</b> Plug that game console in and pop in a sports game. Invite the family to participate and spend the next 60 minutes engaged in interactive, fun family fitness.	<b>Let the Dog Out.</b> Take Fido off that leash and out to a local park. Thirty to 40 minutes of chasing and tossing the ball around with Fido is guaranteed to get that heart rate up.	<b>Hit The Weights!</b> Resistance training is a sure way to kick up that metabolism. Rotate through a quick routine of two to three sets of eight to 10 reps for each major muscle group.
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<b>Grocery Tour Day.</b> These days can easily be set up with your local grocery store. They can take you on a tour of their freshest produce as well as help you read food labels.	<b>Yoga Anyone?</b> What better way to relax than yoga? Yoga will provide you with relaxation techniques as well as invigorate your body to continue with your Evolution.	<b>Find a Sport to Play.</b> Anything that requires a ball or a stick can certainly turn into a sport. Pick up the basketball and shoot some hoops. Ever heard of broomball? YES! It's a sport too!	<b>Count Your Steps.</b> You can pick up a pedometer at your local sporting goods store. This inexpensive tool will help you keep track of how many steps you take a day. Challenge yourself weekly to increase your step amount!	<b>Get a Kick Out of It.</b> Karate, mixed martial arts, and self-defense classes can be family friendly and their disciplinary nature can give you that extra boost to push through the next 20 days.
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<b>Game-On Day.</b> Plug that game console back in and get the air-popped popcorn ready. Invite the family in for an all out sports game tournament. Loser does push-ups.	<b>Take In Some Fresh Air.</b> Explore your city or suburb by taking a brisk 30- to 50-minute walk. Remember to count the blocks so the next time you can challenge yourself to walk a bit farther.	<b>Pick Up a Healthy Cookbook</b> and engage the family to join you in creating a healthy meal masterpiece.	<b>Take a Spin Class.</b> Spin classes are usually available at most fitness facilities. Beginner classes are usually offered with no previous experience necessary. If you never learned how to ride a bike, don't worry; these bikes are stationary.	<b>Climb That Mountain.</b> Hikes are a great way to get in a great cardiovascular workout. If you don't have trails where you live, you can simulate a hike by using a treadmill and increasing the incline every couple of minutes.



# THE SECRET TO A QUICK AND TASTY MEAL.

## A WELL-STOCKED KITCHEN

With some advance planning, smart shopping, and kitchen organization, healthy and delicious meals can become the norm rather than the exception in your home. Here are the basic ingredients that should be in every kitchen. Remember to rotate items on a regular basis, and adjust the list to suit your needs and preferences.

### HERBS AND SPICES

Basil (dried) • Bay leaves (dried)  
Black pepper • Garlic (granulated)  
Cinnamon (ground and sticks)  
Mustard (dried) • Oregano (dried)  
Parsley (dried) • Rosemary (dried)  
Sage (dried) • Salt (table and kosher)  
Thyme (dried) • Whole nutmeg

### CONDIMENTS

Barbecue sauce • Jams or jellies  
Ketchup • Mayonnaise  
Mustards (assorted) • Peanut butter  
Salad dressing • Soy sauce  
Steak sauce • Worcestershire sauce  
Tabasco or other hot sauce

### PANTRY

Baking powder • Baking soda  
Balsamic vinegar • Bread crumbs  
Beans (canned and dried)  
Bread (sliced, rolls, pita, etc.)  
Cooking wine or sherry  
Cornstarch • Flour (all-purpose)  
Honey • Olive oil • Pasta  
Red wine vinegar  
Rice (assorted varieties)  
Stocks/broths • Tomatoes (canned)  
Sugar (granulated and brown)  
Tuna, chicken, crab, and clams (canned) • Vanilla extract  
Vegetable oil

### DAIRY

Butter • Cheeses (assorted)  
Eggs • Milk

### PRODUCE

Carrots • Celery • Garlic  
Onions • Potatoes  
Salad greens • Tomatoes

### MEAT

Chicken breasts (boneless, skinless)  
Ground meat (turkey, chicken, or beef)  
Pork (loin or chops)

### KITCHEN ESSENTIALS

All good cooks need their tools. Here are a few that our chefs think have a place in every well-stocked kitchen:

Baking pan (9" x 13")  
Box cheese grater • Can opener  
Colander • Cookie sheet  
Cutting boards  
Knives (chef's, paring, serrated)  
Measuring cups and spoons  
Mixing bowls • Salad spinner  
Saucepans (2- and 4-quart)  
Skillets (5–7" and 9–12")  
Spatulas (metal and rubber)  
Storage containers • Thermometer  
Tongs • Vegetable peeler  
Wire whisk • Wooden spoons

## WHOLE WHEAT QUESADILLAS

Nowadays, tortillas and wraps come in dozens of variations. Look for whole wheat flour tortillas in the refrigerated section of your supermarket.

### MAKES 8 SERVINGS

2 tablespoons vegetable oil  
3 pounds chicken breasts, boneless, skinless  
2 teaspoons salt, or to taste  
1 teaspoon black pepper, or to taste  
4 mangoes, diced  
1 papaya, diced  
1 chipotle pepper, canned, minced  
¼ cup orange juice  
¼ cup lime juice  
4 cups Jalapeño Jack cheese, grated  
2 cups scallions, thinly sliced  
1 cup peanuts, toasted, roughly chopped  
16 whole wheat flour tortillas  
3 tablespoons peanut oil

Preheat the oven to 400°F.

1. Heat the vegetable oil over high heat in a large sauté pan. Season the chicken with the salt and pepper. Cook the chicken breasts until golden brown on all sides, about 8 to 10 minutes. Place the chicken in the oven until cooked through, about 10 to 12 minutes.
2. Allow the chicken to cool for 5 minutes. Shred the chicken into bite-sized pieces.
3. While the chicken is cooking, combine the mango, papaya, chipotle pepper, orange juice, and lime juice. Reserve salsa in the refrigerator until needed.
4. To assemble the quesadillas, place ¾ cup chicken, ½ cup Jalapeño Jack cheese, ¼ cup scallions, and 2 tablespoons peanuts on a tortilla. Top with another tortilla. Repeat with the remaining ingredients to make 8 quesadillas.
5. Heat about 1 teaspoon peanut oil in a large sauté pan. Place one quesadilla in the pan and lightly brown on both sides, making certain the cheese is melted in the middle before removing from the heat. Repeat with remaining quesadillas, adding more peanut oil when necessary.
6. Cut each quesadilla into fourths and serve with the mango salsa.



Source: The Culinary Institute of America's *Gourmet Meals in Minutes*. The Culinary Institute of America (CIA) is a program provider for WWP. For more information on the CIA, visit [ciachef.edu](http://ciachef.edu).



# DEDICATED TO SERVICE



They should have known. Like the day Andrew Harriman's parents take their 7-year-old son to Disney World. Andrew walks into one of the stores, puts on a coonskin hat, picks up a wooden rifle and heads to the front door, where he marches back and forth like a sentry.

"He was always a protector," says his mother, Chloe. "Always a rescuer."

They should have known. Like the day Andrew announces he's dropping out of high school. He wants to be an emergency medical technician – an EMT – and says he doesn't have time to waste on high school. So he quits. And in the same time it would have taken him to graduate, Andrew earns his general education diploma (GED) and his EMT certificate.

Soon after, Andrew hears a call for an ambulance on his police scanner. "The ambulance pulls up," his father, Ben, recalls, "and the paramedic sees Andrew already there. He rolls down the window, hollering, 'Andrew, get a life!'"

Did he ever.

**"HE WAS ALWAYS A PROTECTOR,"  
SAYS HIS MOTHER, CHLOE.  
"ALWAYS A RESCUER."**

In 2006, at age 22, Andrew is now a medic in the 82nd Airborne, 5th Squadron, 73rd Cavalry and deploys to Iraq as part of the well-publicized "surge."

"Like everyone else, we flew into Kuwait to train and to get used to the weather," says Andrew, noting, "On the second day we're there it's 143 degrees!"

Quickly, word spreads about the medic from central Florida. Even for soldiers not in Andrew's unit, "Doc" Harriman has a good rep.

"I saw him treat one of the guys," says Private First Class Dary Finck. "He was good, really thorough. He always seemed to know what was wrong and what to do."

Little can Dary know how right he is. During the first nine months of Andrew's deployment, 22 in his squadron are killed in action, and 98 are injured. All 23 of the men Andrew treats survive.

"There was a lot of skill involved," he says



Photo courtesy of Yuri Kozyrev for Time/Noor/Redux

U.S. soldiers (including SPC Harriman in foreground with blue gloves) shield a wounded comrade from debris kicked up by a rescue helicopter in Qubah, Iraq.

with quiet pride. "But I got very lucky in a lot of circumstances, too."

On March 5, 2007, Andrew and Dary find themselves in a combined unit, teamed up for a dangerous mission. They're sent to resupply snipers in a heavily armed insurgent area of the Diyala River Valley, heading into a village where mannequins have been placed in windows to make the buildings look occupied. Suddenly, from the Iraqi police station, a machine gun opens fire. With a full moon overhead, Dary is in the middle of the road – exposed. He's hit twice in the back as he dives behind a small mound of dirt, the bullets passing through his groin and severing the femoral artery.

"Doc" Harriman moves to rescue Dary, running 100 feet through a withering crossfire from the machine gun nest in the police station and return fire from his unit. "I heard rounds hitting the breast plate of Doc's body armor," Dary recalls, realizing he was in danger of bleeding out. "We were getting just hammered with fire," he says. "Bullets were hitting everywhere."

For Andrew, there's another problem. As he's kneeling over Dary, he sees the muzzle flash from the machine gun and realizes that he too, is exposed. "I got prone and immediately started to blindly treat him," says Andrew.

Then Andrew sees his medical kit explode, hit by

incoming fire. “So I kinda had to make something up,” says Andrew.

Does he ever.

While applying pressure to stop the bleeding with one hand, Andrew grabs a nearby automatic weapon and starts firing. “I alternated between the two, got the bleeding to stop, and burned about 300 rounds,” he says.

Andrew then drags the 6-foot, 250-pound Dary and his 150 pounds of gear – 400 pounds in all – out of the line of fire. He stabilizes his patient and quickly arranges to have him airlifted to safety.

Dary survives his injuries and Andrew is awarded the Silver Star for bravery. By the time his deployment ends he is also awarded a Bronze Star for valor, an Army Commendation Medal with valor, and the Purple Heart, making him one of the most decorated medics in the history of the 82nd Airborne. This was all before his 24th birthday.

The incident that led to his Purple Heart came while he was treating nearly two dozen injured Iraqi soldiers. “They were riding a cargo vehicle without any armor,” Andrew recalls. It hit a powerful armor-piercing anti-tank mine. “I was treating 11 guys simultaneously who lost limbs. Then a secondary explosion punctured both of my eardrums,” Andrew concludes.

But the injury that sends him home is the result of



Andrew Harriman had an Air Force nurse make this sign for him after he was injured in Iraq and on the way to Germany for treatment.

friendly fire, an irony not lost on Andrew.

“It was about midnight,” he recalls. “I stepped up into the back of the Chinook, and the heavy-duty machine gun mounted on the chopper went off.” He’s hit in the leg, four rounds from about three feet away, shattering bone and ripping through arteries in his leg.

“It hurt like hell, and I could feel the blood quickly draining. I immediately placed a tourniquet on my left thigh and tightened it until I thought the bleeding had stopped.”

Andrew spends more than a month at Womack Army Medical Center at Fort Bragg, North Carolina. That’s where Wounded Warrior Project® (WWP) comes into his life.

“WWP has helped me immensely – getting me out with other warriors who have been hurt. They’ve helped me with filing paperwork and offered resources for finding a job through the Warriors to Work™ program.”

Warriors to Work helps Wounded Warriors transition back into the civilian workforce by providing career counseling services and job placement assistance. Through individual counseling, resume assistance, and career guidance, warriors’ skills and experience are matched to hiring employers’ needs.

“Wounded Warrior Project has all the aspects covered,” Andrew says.

Andrew decides he wants to continue his life of service as a paramedic – figuring he’s about as well qualified as anyone can be. In 2009 he leaves the Army ready to get started on his new career.

If only it were that simple.

As it turns out, even with all his experience, the state of Florida requires that he take a state-certified training program. “It’s kind of a kick in the face,” Andrew says, clearly frustrated, “that even with all that trauma experience – I have to do what?” He points to the incident in Iraq when he was simultaneously treating 11 people who lost limbs. “Paramedics might see one or two amputations in an entire career, let alone 11 at one time.”

Though he received his certification in April 2012 and is now a paramedic back in Florida, the entire certification process left him with a bad taste. “It ticks me off. I lost a year and a half to two years of moving on to other things,” Andrew concludes.

Sadly, Andrew’s experience is not unusual. In fact, across the country, paramedic training certification can cost \$3,500 to almost \$10,000. US Rep. Jeff Miller (R-Florida), chairman of the House Committee on Veterans’ Affairs, is not happy about that.

“We are literally wasting millions of tax dollars requiring someone to attend training they have already completed,” the representative wrote in an email to

**“WWP HAS HELPED ME IMMENSELY – GETTING ME OUT WITH OTHER WARRIORS WHO HAVE BEEN HURT. THEY’VE HELPED ME WITH FILING PAPERWORK AND OFFERED RESOURCES FOR FINDING A JOB THROUGH THE WARRIORS TO WORK™ PROGRAM.”**

Bloomberg News.

During the months he must wait to complete his paramedic certification training, Andrew discovers some of the post-traumatic stress disorder (PTSD) symptoms that many Wounded Warriors encounter. In Andrew’s case it’s a profound sense of regret over the fact that some of the men from his unit he left behind did not come home.

“Several were killed after he left. He felt guilty,” says Andrew’s father, Ben, a retired pathologist. “I’m so proud that he wanted to continue caring for his men.”

Unable to relate many of his feelings to his parents, Andrew finds significant comfort through the WWP outings he attends. “I’ve been on three of the hunting trips they had. The fact that everyone has had similar experiences really helps. It’s nice. You can be yourself, you don’t have to censor yourself and it’s a nice break from having to keep yourself in check.”

His mother, Chloe, gets her first real glimpse of the gulf between her world – the one in which so many Americans live – and the

world experienced by her son and so many other Wounded Warriors.

It happens when she attends the ceremony for the awarding of the Silver Star.

“When we talked to him on the phone he really didn’t say much about the incident or what he did. And neither his father nor I come from a military background, so we really didn’t understand the significance of the award.”

But as he walks into the room at Fort Bragg prior to the ceremony, she begins to realize that her son has done something very special.

“Hearing what was said gave me goose bumps,” she says, her voice catching with emotion. To this day, as she reads the citation, she struggles to find the words. “Tears. Pride. Lump in my throat. I can’t even comprehend it. We really had no idea. We weren’t there. We don’t know. But at Wounded Warrior Project they do.”

His father concludes, “The opportunities WWP gives him mean a great deal to him. He realizes he’s not been forgotten.”

And because of that, Andrew Harriman can continue to do what he showed the first glimpses of on that day when he was just a little boy, guarding the entrance to the store at Disney World. He can continue his civilian life – the rescuer.

Still.



Andrew Harriman continues to serve as a civilian paramedic.



Photo courtesy of JoAnn S. Makinano

SPC Harriman administering morphine to “one of his guys” who had been caught by shrapnel from a frag grenade. This shot was taken two days before Harriman himself was wounded.



Andrew Harriman (right) during the presentation of his Silver Star at Fort Bragg in late 2007.

# SADDLE UP FOR SUCCESS

## WWP Teams with PATH Intl. for Equine Therapy

If you've ever doubted the connections that animals can form with humans, read the letter from Wounded Warrior Alumna Gretchen Moran that accompanies this article. Gretchen participated in a therapeutic horseback-riding program created by a partnership between Wounded Warrior Project® and PATH Intl.™ and it has made a huge difference in her struggle with post-traumatic stress disorder (PTSD).

PATH Intl. is an organization founded in 1969 to promote safe and effective therapeutic horseback riding throughout the United States and Canada. Its equine assisted activities and therapies (EAAT) help more than 42,000 men, women, and children each year. Gretchen is glad to be among them.

With a \$200,000 grant, WWP made it possible for PATH Intl. to offer scholarships for its therapeutic horsemanship programs to WWP Alumni. The scholarships allow WWP Alumni to ride at PATH Intl. Premier Accredited Centers across the country. Gretchen participated in the program at Hearts and Horses, a PATH Intl. center in Colorado.

It is estimated that hundreds of thousands of people around the world have benefitted from equine therapy. Studies have shown it improves cardiovascular health and respiration. For those who struggle with weakness and fatigue, riding can improve gross and fine motor skills, balance, muscle tone, and postural strength. For those with neurological disorders, riding can improve coordination and agility. Angela Peacock, WWP Alumna, goes riding to reduce her chronic pain. "I ride once a week because it loosens up my back pelvic muscles, which dramatically reduces my pain. I know when I miss a lesson by the amount of pain that returns when I don't ride."



Jason Willis with Jesse



Shiloh Benton with Magic

PATH Intl. has more than 3,700 certified instructors, 6,000 therapy horses, 43,000 volunteers and 800 member centers around the world. Gretchen is far from the only Wounded Warrior to benefit from the program. Ben Wormington visits Heartland Equine Therapeutic Riding Academy (HETRA), a PATH Intl. center in Nebraska. He said, "My anxiety can be a huge barrier to success. The employees and horses keep me focused on maintaining a calm sense of assertiveness and control without feeling overwhelmed. ... Please continue funding this program."

Another warrior, Tracey Ulanski, sums it up nicely: "It has been a wonderful experience."

WWP Alumni interested in taking part in the EAAT program with PATH Intl. can contact WWP Physical Health & Wellness Coordinator Heather Timins at [htimins@woundedwarriorproject.org](mailto:htimins@woundedwarriorproject.org).

23 October 2012

Ladies and Gentlemen,

*With humility and gratitude I submit to you my experience with Hearts and Horses as a rider and veteran struggling to cope with severe post-traumatic stress disorder (PTSD).*

*When I entered the Hearts and Horses facility, the most overwhelming and enduring feeling I experienced was one of total acceptance. We [veterans] were not once judged by our disability. Neither the horses nor the staff gave even the slightest indication that our current issues diminished us in any way. For the first time in the four years I have been dealing with PTSD, I felt unconditionally accepted. I finally belonged and felt I could begin healing within the safe embrace of the horses and staff.*

*Our group instructor, Tamara, was acutely aware of our individual challenges and expertly guided our experience with the horses. She was able to compassionately shepherd us through each class with an experience finely tailored to our personal needs. Our horses and volunteers were individually matched to our personalities and our personal goals for the course.*

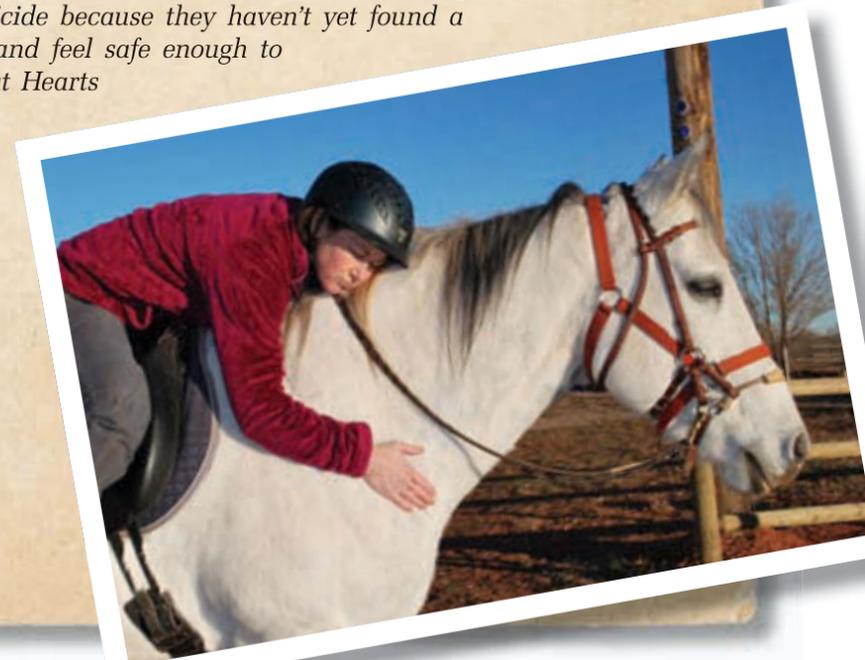
*Before my military service, I felt joy and freedom, and I loved the expansive mountains in Colorado. Now those same mountains are a source of fear and despair because of my military service in Afghanistan. But while riding my horse, Glory, I felt an elation that approached joy and felt a profound confidence that we could ride together into the mountains in the absence of fear and rediscover peace. Through this program I have discovered an indelible hope and certainty that I can overcome the limits of my disability.*

*In closing I would like to reiterate that for the first time in four years struggling with PTSD, I felt at ease in my own skin and confident I can thrive again as a human being. I know countless veterans who struggle tremendously with similar challenges. Many resort to drugs, violence, and even suicide because they haven't yet found a place where they are accepted and feel safe enough to begin healing. It is my hope that Hearts*

*and Horses will continue to serve our veterans. Please honor our veterans who selflessly served to protect our citizens by expanding this incredible program so that many more veterans can begin healing.*

*Respectfully,*

*Gretchen Moran  
WWP Alumna*



## Homes for Warriors

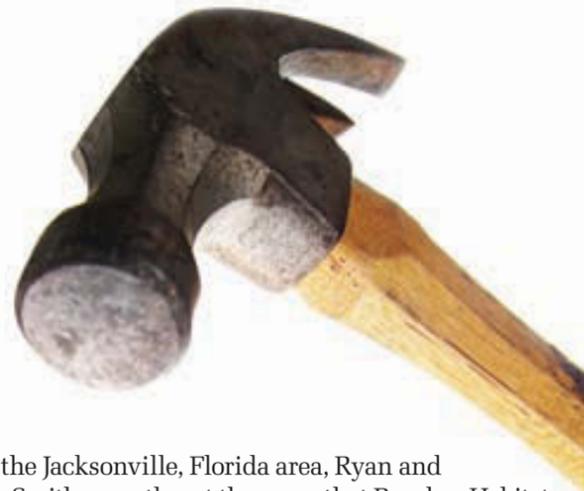
For many Wounded Warriors, it can be a challenge to find an affordable home that can accommodate any special needs they may have. Fortunately, there are organizations that can help.

For instance, JP Morgan Chase has committed to providing 1,000 mortgage-free homes to troops over the next five years. For information visit:

<https://www.chase.com/online/military/military-homeownership.htm>

In addition, Homes for Our Troops raises donations and coordinates the construction of homes that allow wounded veterans to live more independently. The homes are given at no cost to veterans injured since September 11, 2001. For more information, visit:

[www.homesforourtroops.org](http://www.homesforourtroops.org)



In the Jacksonville, Florida area, Ryan and Gena Smith recently got the news that Beaches Habitat for Humanity will be building them a new home in the village of Mayport. The home should be built within four months, with groundbreaking fittingly scheduled for Veterans Day. The best news is that the organization hopes to provide homes for even more warriors in the future.

Help is available and we encourage you to learn more by calling the Resource Center at 1.800.WWP.ALUM (997.2586)



## Warriors to Work Maximizes Career Opportunities



A job fair or career fair is basically a networking event, an opportunity for you to understand more about the companies in your area and learn about what they are looking for in their employees. Job seekers who attend job fairs tend to believe that companies will hire on the spot – and often leave disappointed when they aren't employed at the end of the day. Employers participating may or may not be simply looking to see what the candidate landscape might look like.

To better assist our Alumni searching for work, the Warriors to Work™ program staff may attend job fairs to network, make new contacts, and gather information about what local companies are looking for in a potential candidate to help you. Warriors who attend job fairs should think of them as an opportunity to practice networking skills, meet and talk briefly with hiring managers, ask questions, and gather information to be better prepared for the transition to the civilian workforce.

If you would like assistance with your job search, please email us at: [wtow@woundedwarriorproject.org](mailto:wtow@woundedwarriorproject.org).

## This Ranger's Pride is More Than Skin Deep



Brent South proudly showing his ink.

Brent South wears his uniform all the time. Literally.

The Tampa, Florida, resident and retired Army chief warrant officer 4 proudly shows a detailed, emotional tattoo on his right arm featuring his uniform, military service, and family. The tattoo will grow over the next year and expand to his left arm as a tribute to his military career and patriotism.

"No matter my outside appearance, I've always felt like I was wearing my uniform under my skin," Brent, 42, says. "The significance of this tattoo is that through scarring and injury, the skin is peeled away and underneath is my Army uniform."

Brent grew up a self-proclaimed "military brat" whose father and grandfather served in the Navy. He joined the Army in 1990 and served 20 years with multiple deployments. He recalls most of June 12, 2004 – his Alive Day™ – when a helicopter he was in crashed outside Taji, Iraq, and into the Euphrates River. He suffered neck, face, back, and leg injuries as the

helicopter rolled three times after striking a tree.

Brent served nearly six more years, but the injuries continued to affect him. When he retired in April 2010, he was told to expect the worst, particularly with his injuries.

"Lots of people told me how difficult a transition it was going from military personnel to the civilian market," Brent says. "After eight months out, (I found) all the stories were true."

In late 2010 he began consulting with tattoo artists at Art Explosion, located near MacDill Air Force Base in Tampa. It took multiple drawings, tattoo artists, and cutouts of his uniform sleeve to finalize the tattoo he now sports from right shoulder to elbow. The tears and burns in his skin represent the helicopter crash, revealing the Army uniform and combat unit deployments. Previous tattoos show his 1st Ranger Battalion, older son Tanner's name and a tribal tattoo. The process took 18 hours and three separate days of inking.

The tattoo remained hidden under long sleeves at work until a discussion came up with co-workers about military service. Brent gladly rolled up his sleeve as the conversation deepened.

"I don't think most folks know the sacrifices that soldiers go through," Brent says. "The reaction of people has been pretty awe-inspiring. They thank me for the service and have a greater understanding."

Brent plans to make the tattoo even more prominent soon. The uniform ink will be extended down to his right wrist for all to see. His left arm will also be draped in an American flag from shoulder to wrist to accompany younger son Nathan's name. Both sons were able to fill in the coloring for the first A's in their names (Tanner chose green and Nathan red).

Brent has been saving to meet the approximate final \$4,500 cost. But that will be inconsequential when both tattoos are complete. The target date is June 2013, the anniversary of Brent's Alive Day.



A closer look at the tattoo design.

## WWP HAPPENINGS

### WEST REGION

December 16  
 Kansas City Chiefs at Oakland Raiders  
 Oakland, California  
 C: kmisa@woundedwarriorproject.org

December 31  
 Seattle Symphony New Year's Eve Concert  
 Seattle, Washington  
 C: ppace@woundedwarriorproject.org

January 26  
 George Strait Concert  
 Boise, Idaho  
 C: ppace@woundedwarriorproject.org

February 4 – 7  
 EMBLEM 2013 Winter Ski Camp  
 Bozeman, Montana  
 C: jsinchak@woundedwarriorproject.org

February 7 – 10  
 Soldier Ride®  
 San Diego, CA  
 C: mspeicherharris@woundedwarriorproject.org

February 28 – March 3  
 Tamarack Warrior Ski Weekend  
 Tamarack, Idaho  
 C: ppace@woundedwarriorproject.org

### SOUTHEAST

January 10 – 13  
 Soldier Ride®  
 Miami/Key West, Florida  
 C: mspeicherharris@woundedwarriorproject.org

January 23  
 WWP to Host Disabled American Veterans Day  
 St. Petersburg, Florida  
 C: vburnham@woundedwarriorproject.org

March 1 – 3  
 Soldier Ride®  
 Jacksonville, Florida  
 C: mspeicherharris@woundedwarriorproject.org

### NORTHEAST REGION

December 28  
 NY Alumni Holiday Party  
 New York, New York  
 C: tntellas@woundedwarriorproject.org

December 15  
 NY Alumni Yankees/Toys R Us/WWP and Santa  
 New York, New York  
 C: tntellas@woundedwarriorproject.org

December 19  
 Alumni NY Texas Hold 'Em  
 New York, New York  
 C: tntellas@woundedwarriorproject.org

December 20  
 Holiday Ice Skating  
 Reston, Virginia  
 C: mbunce@woundedwarriorproject.org

December 30  
 Dallas Cowboys at Washington Redskins  
 Landover, Maryland  
 C: mbunce@woundedwarriorproject.org

January 22-25  
 Family Support Retreat  
 Wintergreen, Virginia  
 C: familysupport@woundedwarriorproject.org

February 8-11  
 Family Support Retreat  
 Charlotte, North Carolina  
 C: familysupport@woundedwarriorproject.org

February 14  
 Valentine's Day Couples Event  
 Bethesda & Rockville, Maryland  
 C: aclark@woundedwarriorproject.org

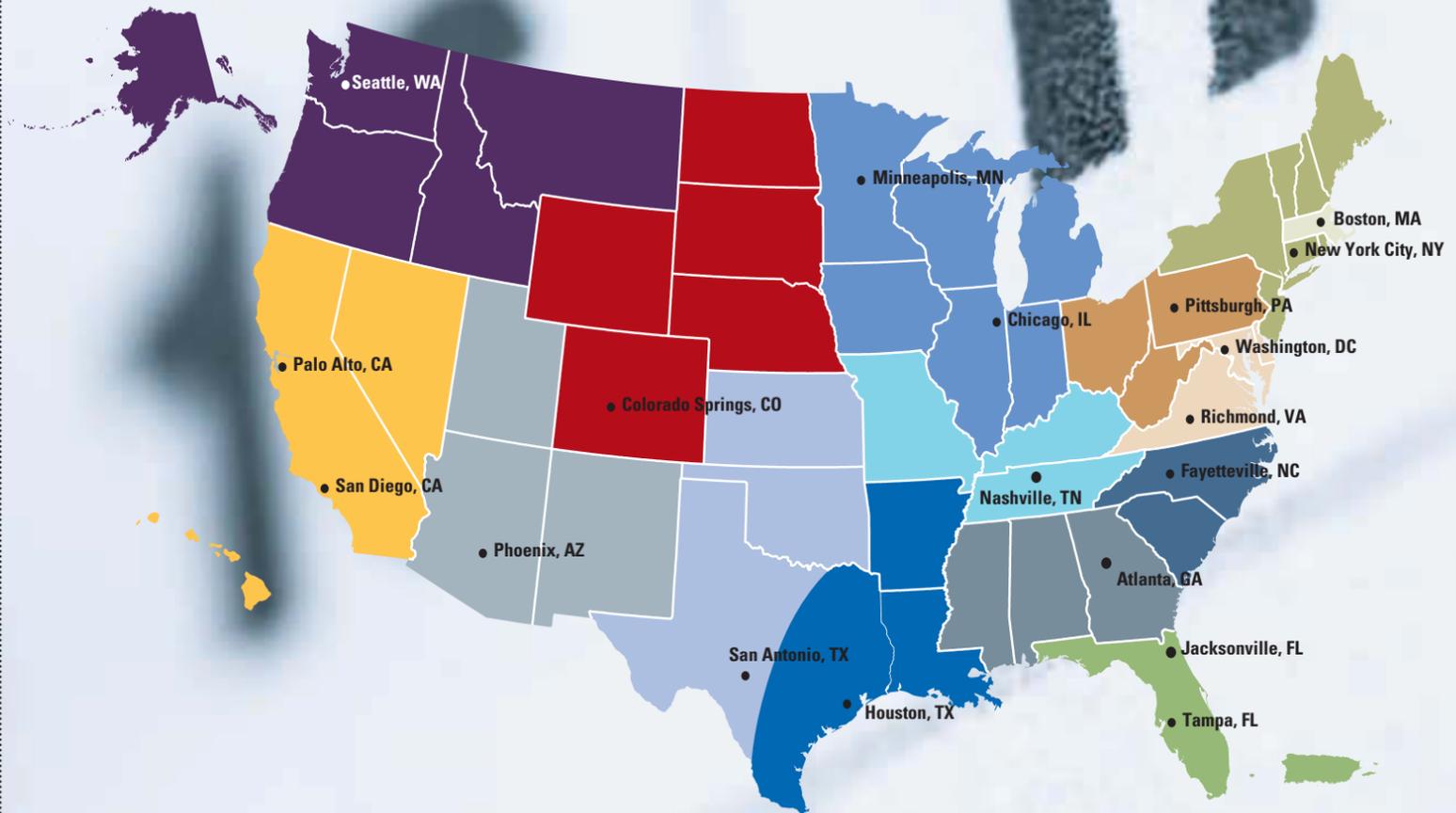
### CENTRAL REGION

December 21  
 Warrior Skeet Shoot  
 Texas City, Texas  
 C: jboerstler@woundedwarriorproject.org

December 30  
 WWP Program Dinner and Expo  
 Dallas, Texas  
 C: jboerstler@woundedwarriorproject.org

December 31  
 WWP Program Dinner and Expo  
 Grapevine, Texas  
 C: thorton@woundedwarriorproject.org

February 21  
 WWP Program Dinner and Expo  
 Leesville, Louisiana (Ft. Polk)  
 C: jboerstler@woundedwarriorproject.org



## WWP OFFICE LOCATIONS

### ARIZONA

4150 N Drinkwater Boulevard, Suite 100  
 Scottsdale, Arizona 85251  
 p: 480.946.0663 | f: 480.946.3686

### CALIFORNIA

2468 Historic Decatur Road, Suite 150  
 San Diego, California 92106  
 p: 619.981.9642 | f: 619.222.0215

### Palo Alto Team

### COLORADO

1 S Nevada Avenue, Suite 205  
 Colorado Springs, Colorado 80903  
 p: 719.377.9491 | f: 719.473.6183

### FLORIDA

4899 Belfort Road, Suite 300  
 Jacksonville, Florida 32256  
 p: 904.296.7350 | f: 904.296.7347

### Tampa Team

### GEORGIA

3343 Peachtree Road NE, Suite M20  
 Atlanta, Georgia 30326  
 p: 404.974.9234 | f: 404.467.0573

### ILLINOIS

230 W Monroe Street, Suite 200  
 Chicago, Illinois 60606  
 p: 630.522.4774 | f: 630.368.0648

### Minneapolis Team

### NEW YORK

370 7th Avenue, Suite 1802  
 New York, New York 10001  
 p: 212.629.8881 | f: 212.629.8885

### Boston Team

### NORTH CAROLINA

4200 Morganton Road, Suite 300  
 Fayetteville, North Carolina 28314  
 p: 910.487.0116 | f: 910.860.0036

### PENNSYLVANIA\*

301 Grant Street, Suite 900  
 Pittsburgh, Pennsylvania 15219

### TENNESSEE

223 Rosa L. Parks Avenue, Suite 301  
 Nashville, Tennessee 37203  
 p: 615.782.7226 | f: 615.782.7233

### TEXAS

12672 Silicon Drive, Suite 105  
 San Antonio, Texas 78249  
 p: 210.569.0300 | f: 210.561.2656

### Houston Team

### WASHINGTON, DC

1120 G Street NW, Suite 700  
 Washington, DC 20005  
 p: 202.558.4302 | f: 202.898.0301

### Richmond Team

### WASHINGTON

2223 Alaskan Way, Suite 220  
 Seattle, Washington 98121  
 p: 206.441.7096 | f: 206.441.2506

Teams can be reached through regional offices  
 \*Soft opening November 26, 2012

Please note that event dates and availability are subject to change.  
 Check with the appropriate event contact (C) for updated availability and dates.

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## PARTING SHOT ★ ★ ★ ★ ★



Prince Philip, Duke of Edinburgh (right), greets Soldier Ride® founder Chris Carney, Jeremy Richmond, Dominador Ragay, Derrick Luster, and Marcelle Arvizo at Sandringham Estate during the Soldier Ride UK, October 6, 2012.

**IN THE NEXT ISSUE:** POLICY MATTERS