

GX[®]

THE GUARD EXPERIENCE

>> SPORTS

FULL CLIP

DALE JR. UNLOADS
ON A NEW SEASON

>> GEAR

FIGHTIN' WITH THE 240

>> GX HERO

THE CAFFEINATED HERO

THANKING SOLDIERS
ONE CUP OF JOE
AT A TIME P. 78

>> ON THE ROAD

TAKING TRAINING UP A NOTCH

INDIANA'S
MUSCATATUCK IS
A ONE-OF-A-KIND
FACILITY

NATURAL WARRIORS

CELEBRATING THE WOMEN
WHO DEFEND OUR FREEDOM

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NATIONAL GUARD 

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Thank You for Your Service and Sacrifice

Dear Soldiers,

For more than a year, I have had the honor of serving not only as the governor of the Commonwealth of Kentucky, but as the commander-in-chief of one of the most honored organizations in our state, the Kentucky National Guard.

I have long been aware of the National Guard's important role in serving in times of war as well as during natural disasters at home. This past year has given me a whole new understanding of what you do for our state and for our nation.

Recently, as Kentuckians continued to fight in Afghanistan and Iraq, our state suffered its worst natural disaster in history. True to your heritage, you quickly stepped up and did what had to be done.

In many cases your own families at home faced the same problems as those you helped. Still, you put the needs of others above your own. As a result, lives were saved and communities once paralyzed by this historic storm are well on the road to recovery.

That is the very definition of sacrifice.

I would like to also recognize the National Guard units from Florida, Indiana, Ohio, Tennessee, West Virginia and Wisconsin who assisted in this effort. It is comforting to know that, in our darkest hour, our friends are quick to reach across state lines and ask, "What can we do for you?"

On behalf of all Kentuckians, thank you for your dedication, your bravery and your sacrifice. You are all heroes in our eyes, and you can rest assured that the citizens of this great state have a new appreciation for the Citizen-Soldiers and Airmen of the National Guard.

Sincerely,

A handwritten signature in black ink that reads "Steven L. Beshear". The signature is fluid and cursive.

Steven L. Beshear
Governor of the Commonwealth of Kentucky

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Hit Me With Your Best Shot ...

Yeah, that was actually a Pat Benatar reference in GX. Wow. Okay, shake it off. The point is we're kicking off our first GX photo contest.

We take great pride in publishing some of the best photographs out there. In my opinion, the work of guys like SSG Russell Klika, SPC Micah Clare, CPL Roberto DiGiovine and TSGT Brian Christiansen rival that of any mass media photographer. That being said, I'm sure there are many more great talents out there in our military community.

So, we're going to have a little combat photography contest. Naturally, there are few guidelines:

- Photos must have been taken on deployment for Operation Iraqi Freedom, Operation Enduring Freedom or KFOR.
- Photos must include descriptive captions.
- Photos must be high resolution (300 dpi).
- Participating photographers must be current or former military members.
- Send as many photos as you want!
- All entries must be received no later than July 31, 2009.

To enter, go to: www.GXonline.com/photocontest. If your stuff shines, we'll publish it in a future issue of GX.

Looking forward to your shots!



A 155 mm howitzer fires at a target in eastern Afghanistan during spring 2007. The howitzer is crewed by the 2nd Battalion, 321st Airborne Field Artillery Regiment, and artillerymen from the Puerto Rico National Guard's 1st Battalion, 162nd Field Artillery Regiment.

PHOTO BY SPC MICAH CLARE

Thanks!



Keith Kawasaki, Editor-in-Chief
Keith@GXonline.com



ON THE COVER
A Natural Warrior:
GX celebrates this Soldier and all the other female Soldiers who defend our freedom.

PHOTO BY
CW4 O'NEIL WILLIAMS

Rants & Raves



Dear GX,

I just wanted to write to you and let you know what the National Guard has done for my community. The Soldiers have been God's angels. In Hardinsburg, KY, where my family lives, they walked from farmhouse to farmhouse rescuing folks, and at Rough River, KY, where my aunt and uncle live, they literally came in and cleared an entire road and dug these folks out. This is rural farmland, and no one in this community could get in or out to buy propane or kerosene to stay warm until the Guard came in. They have helped my family, my community and me tremendously. Thank you all for your service.

Sincerely,

Linda Zuerner

Paducah, KY

Dear GX,

The issue that covered GRAP and the advice of the Soldiers successfully utilizing the program was great! (Vol. 5, Issue 8) That issue is a great tool in helping [recruiters] explain how to access G-RAP when we don't have a computer handy, not to mention it inspires Soldiers to get out there and talk to people about the National Guard. Keep it coming!

SSG Michael I. Davila

Recruiting and Retention NCO, Louisiana Army National Guard

Got a photo?

Send us a picture of you in service to our Nation, and we'll publish it in GX! Send your photo to Editor@GXonline.com

* We want to hear from you!

Send your questions or comments to Feedback@GXonline.com

What's one thing you love about GX?

The graphics and photography in GX are top notch. I like how the magazine highlights events and activities the Guard is involved in from each state. Keep going on the sections that show Soldiers being recognized inside and outside the military with medals and awards. I like that "Guard Tales" highlights the values of the Guard. Also, keep going on the articles about officers and warrant officers and how to get promoted. Your magazine provides a link to information on leadership opportunities.

SSG Gist M. Wylie, Utah Army National Guard





>> AMERICAN MUSCLE

[**Camp Shelby, MS**]

A squad of M1A2 Abrams tanks from the 30th Heavy Brigade Combat Team, North Carolina Army National Guard, secure their sectors during training at Camp Shelby, MS.

Photo by Adam Livingston







>> TOTAL RECOIL

[Hawthorne, NV]

A Soldier with 2nd Bn, 19th Special Forces Group (Airborne) of the WV, OH and RI Army National Guard engages a target at the U.S. Army Depot.

Photo by SSG Russell Klika







» CLEARING THE WAY

[**Campton, KY**]

SSG Shannon K. Ambrose, a Kentucky Army National Guard Soldier with the 207th Engineer Company, cuts down a tree that had fallen over a roadway making it impossible for residents to get to their homes after a recent ice storm.

 Photo by SPC Michael P. Pfaff





HOOPS FOR HEROES
Soldiers re-enlist at Celtics game.

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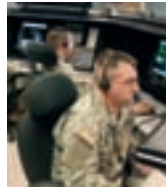
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**"IN ANY MOMENT OF DECISION, THE BEST THING YOU CAN DO IS THE RIGHT THING. THE WORST THING YOU CAN DO IS NOTHING."
—THEODORE ROOSEVELT**



Heroes on The Homefront

GUARD FIGHTS WINTER STORMS

"THIS MISSION IS NOTHING NEW TO THE KENTUCKY NATIONAL GUARD. WE HAVE COME TO THE AID OF OUR FELLOW KENTUCKIANS ON A REGULAR BASIS FOR MORE THAN 200 YEARS."

>> MG Edward Tonini, Adjutant General, Kentucky National Guard



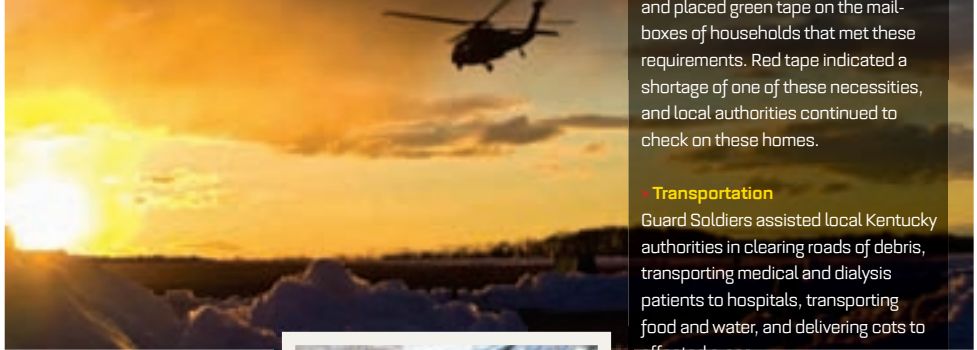
Guard Members Distributed:

2,009,258

BOTTLES OF WATER

1,204,111

MEALS AS OF FEB. 14



Guard Missions

> Wellness Checks

Troops checked every home in Kentucky's 120 counties to ensure the inhabitants there had sufficient food, power, water and communications, and placed green tape on the mailboxes of households that met these requirements. Red tape indicated a shortage of one of these necessities, and local authorities continued to check on these homes.

> Transportation

Guard Soldiers assisted local Kentucky authorities in clearing roads of debris, transporting medical and dialysis patients to hospitals, transporting food and water, and delivering cots to affected areas.

> Communications

Soldiers worked with local authorities to provide satellite and radio-based communications through a Mobile Command Post in Greenville, KY. To aid emergency responders, the Florida National Guard sent six Regional Emergency Response Network vehicles to support, which include cell phone, radio and satellite communications capabilities.

—Information courtesy of the Kentucky National Guard

By Camille Breland

On Jan. 30, 2009, Kentucky's governor, Steve Beshear, called upon every Army National Guard Soldier to assist in alleviating the overwhelming devastation caused by the preceding days' winter storms. At its peak, the rescue effort brought together more than 4,600 Kentucky National Guard Soldiers and Airmen to clear roads, assist emergency first responders, check every resident's home and help the state get back on its feet.

But they didn't do it alone. These Citizen-Soldiers were joined by their brothers- and sisters-in-arms from Florida, Indiana, Ohio, West Virginia, Arkansas and Wisconsin, reinforcing the Guard's motto: Always ready, always there.

"Kentucky is usually sending troops to help others," said Kentucky Adjutant General MG Edward Tonini. "Now it is our turn to receive assistance, and for this we are extremely grateful."

In the days following the ice storms, the Guard established Joint Task Force Kentucky to coordinate the communication and execution of missions between the Guard and both local and state authorities. Within days, most of the state's residents had received food and water, and roads were cleared.

Lives in Kentucky were saved because of National Guard Soldiers. And even though many of these Soldiers' families were living without power and necessities, the Soldiers still served honorably and willingly. **GX**





CELTIC CONNECTION

SPC James N. Brown, a machine gunner with A Co., 1st Battalion, 181st Infantry Regiment, Massachusetts Army National Guard, waves to Celtics fans Jan. 12, 2009, at the TD Banknorth Garden in Boston, MA.

Bertrand, 27. “Thank you to everyone who donated their tickets. It was a very generous thing to do.”

Bertrand, a nine-year MAARNG member from Lynn, volunteered to deploy to Iraq in October 2004 with the 42nd Infantry Division. He was primarily stationed north of Tikrit, serving as a communications sergeant and a .50 caliber heavy machine gunner, participating in most of his unit’s combat logistical patrols. Bertrand is slated to deploy to Iraq again in the summer of 2009 with the 211th.

MOVING UP

Some Soldiers at the game were given ticket upgrades during the game. SGT Stacey M. Chapman, a signal systems operator with the 26th Signal Network Company, was one of the lucky Soldiers selected to receive a courtside seat. Chapman deployed to Iraq in 2004 and served as team member on the 42nd Division Artillery’s Personal Security Detachment. She recently returned to Massachusetts after touring with the U.S. Army Soldier Show, in which she entertained Soldiers and their families by singing and dancing, and later worked as a lighting technician.

“To be back among Boston sports fans made me really feel like I was home,” Chapman said. “The Celtics and the people who donated the tickets really went all out for us. It reminded me that what we do as Soldiers is important, and felt good to know that people recognize it.”

During a break in the action, the Celtics announcer asked that all military personnel in attendance stand up and be recognized. When they did, the packed house gave them a standing ovation, which thrilled the Guard Soldiers.

“Being invited to watch the game courtside was great—the whole night felt like it was just for us,” said SPC Dominique E. Sherburne, a supply specialist with Headquarters and Headquarters Detachment, 211th Military Police Battalion.

Boston Celtics Team President Rich Gotham said, “We are very proud to partner with the Massachusetts Army National Guard to honor the men and women of all our Armed Forces. The Seats for Soldiers program was a great success last season, and we could not have done it without all the fans who graciously donated their tickets to these courageous individuals who defend our country. We [were glad to provide] the Soldiers in attendance with a fun and special night.” **GX**

Hoops for Heroes

MASSACHUSETTS SOLDIERS RE-ENLIST AT CELTICS GAME

Story and photo by SGT James Lally, MA NG PAO | BOSTON, MA

THE BOSTON CELTICS, in partnership with the Massachusetts Army National Guard (MAARNG), hosted a re-enlistment ceremony for 40 MAARNG Soldiers during halftime of the Celtics’ sold-out game against the Toronto Raptors at the TD Banknorth Garden, on Jan. 12.

The Soldiers had either returned from, or were expected to deploy to, Operation Enduring Freedom or Operation Iraqi Freedom. They stood at center court on the famous parquet floor to receive the oath of re-enlistment, administered by MG Joseph C. Carter, Adjutant General of the Massachusetts National Guard (MA NG).

Along with the ceremony, the service members watched the game from executive box seats and enjoyed catered food and beverages.

The Celtics also hosted more than 300 members from all branches of the U.S. military as part of the second annual Seats for Soldiers program, in which Celtics fans donated tickets to U.S. Soldiers and their families. More than 50 tickets were donated to Soldiers from the MAARNG, due to its robust presence in the state.

During a break in the second quarter, the Celtics and the Massachusetts State Lottery honored SPC James N. Brown, a machine gunner from A Co., 1st Battalion, 181st Infantry Regiment, as part of their “Heroes Among Us” program.

Brown and another member of his unit, 2LT Brian Shaffer, saved a woman’s life on Dec. 14, when their unit was called to state active duty for storm relief efforts. For their actions, Brown and Shaffer were awarded the Massachusetts Medal of Merit on Dec. 19, 2008, in Agawam.

“THE CELTICS AND THE PEOPLE WHO DONATED THE TICKETS REALLY WENT ALL OUT FOR US. IT REMINDED ME THAT WHAT WE DO AS SOLDIERS IS IMPORTANT.”

>> SGT Stacey M. Chapman

SGT Daniel W. Bertrand, a signal information service specialist with the Headquarters and Headquarters Detachment of the 211th Military Police Battalion, joined commentators Tommy Heinsohn and Mike Gorman on Comcast SportsNet New England, a live-broadcast sports program, to discuss the game, sports and his experience as a Soldier.

“It was an honor to sit down with Mike Gorman, and a legend like Tommy Heinsohn, to talk shop about sports and the military,” said

Trained and Ready

HERO AT THE READY

Courtesy of the Illinois National Guard | SPRINGFIELD, IL



A REAL HERO
MSG Leon Cormier used his military lifesaving skills to rescue a Springfield woman suffering from a life-threatening medical problem.

Springfield woman, thanking the two unknown men who had saved her life.

"That's why I didn't see her name in the obituaries," Cormier said with a smile. "She was still alive. It was one of the greatest feelings in the world."

In the brief letter, Beverly Sherer told the men they have her heartfelt gratitude and appreciation. She said she had won the "Christmas life lottery" that night.

"I certainly would not have survived, especially without brain damage, without the rapid, effective actions of these two 'angels unaware,'" the letter said in part.

Cormier returned home in May 2007 after deploying to Iraq with the Springfield-based 3637th Maintenance Company. He recently transferred to the 232nd Combat Services Support Battalion based in Springfield. Cormier, part of the first Illinois Army National Guard CLS class in 1994, will be recertified as a Combat Lifesaver on Feb. 1.

The Army Combat Lifesaver (CLS) course is taught to Soldiers in the Illinois Army National Guard, so they can provide medical treatment

to a wounded Soldier. While every squad is required to have a CLS, a majority of Illinois Soldiers receive the yearly training, so they can save the life of a comrade.

The CLS initiates medical treatment at the scene of the incident and maintains that treatment until the Soldier is evacuated to a healthcare facility. It was this training that helped save the life of the Springfield woman in December. Cormier said he cannot say enough about the CLS training he received from the Illinois National Guard.

"I have given IVs to over 15 Soldiers and civilians since 1994. I have also done my share of wrapping sprains, butterfly stitching and [treating] other minor injuries over the years," Cormier said. "I try to carry my CLS aid bag with me whenever practical because, as the events of Dec. 19 show, you never know when you will be called upon to help someone in need." **GX**

"YOU NEVER KNOW WHEN YOU WILL BE CALLED UPON TO HELP SOMEONE IN NEED."

>> MSG Leon Cormier, Illinois Army National Guard

▶ **A ROUTINE NIGHT OUT** at the movies turned into an evening that one Pawnee, IL, Soldier will never forget.

Instincts took over when MSG Leon "Chip" Cormier walked out of a Springfield movie theater on Dec. 19 and saw a woman struggling to catch her breath.

"She was gone. She was turning blue," Cormier said.

The 24-year Veteran of the Illinois Army National Guard has been deployed twice and spent 14 years as a Combat Lifesaver (CLS). He said he didn't get rattled and immediately began performing CPR.

"I have been around the block a time or two. I knew what I had to do and didn't even really think about it," Cormier explained, as he recalled the CPR-related training he'd received in the Illinois National Guard.

Cormier and a security guard from the movie theater, who was an off-duty Illinois State Trooper, performed CPR until the paramedics arrived.

The Pawnee resident thought the 58-year-old woman had died that night. Much to his surprise, he picked up the local newspaper on Jan. 10 and read a letter to the editor written by the

VICTORY MAP



IDAHO

An Idaho Army National Guard UH-60 Black Hawk helicopter airlifted two teenage boys from a canyon outside Boise on Jan. 31. The teens, who had gotten lost while sledding, were rescued using a new hoist installed on the chopper only six months prior. The hoist can lower a deployer from as high as 250 feet above the surface and pick up as much as 600 pounds. Higher altitudes are often required with rocky terrain or obstacles such as tall trees.

NEW YORK

New York Army National Guard Soldiers at a flight facility in Rochester recently offered hands-on CH-47 Chinook helicopter training to Canadian Air Force aircrews readying for deployment. Aviation Soldiers from Company B, 3rd Battalion, 126th Aviation Regiment, who returned from a tour of duty in Afghanistan last April, used their Chinooks and the upstate New York snow to train the Canadians for Afghan flying conditions.

NORTH DAKOTA

Soldiers in the North Dakota Guard supported local authorities in late January to clear unprecedented snow from county roads across the state. Soldiers worked in -40-degree weather to clear the roads.

SOUTH CAROLINA

The South Carolina Army National Guard swore in its 10,000th recruit, Feb. 2, at National Guard headquarters in Columbia.

WYOMING

The Wyoming Army National Guard's Camp Guernsey Joint Training Center won the FY09 Army Community of Excellence (ACOE) Special Category. The mission of the ACOE program is to optimize a quality environment, excellent facilities and excellent services.

CONTINUED ON PAGE 20

New Digs for GED Plus Program

GUARD BREAKS GROUND ON NEW TRAINING COMPLEX

Story and photo by SSG Jon Soucy, National Guard Bureau | CAMP JOSEPH T. ROBINSON, AR

▶ **THE ARMY NATIONAL GUARD** broke ground on an \$18.4 million construction project in Arkansas Jan. 25 that will triple the capacity for the GED Plus program.

Scheduled for completion in early 2010, the training complex will permit up to 7,500 students to pass through the program each year.

The GED Plus program allows non-high school graduates to enlist in the Army National Guard with the stipulation that they earn their GED prior to attending Basic Combat Training. In order to reach that goal, those in the program attend a resident course at the Army National Guard's Professional Education Center (PEC) at Camp Joseph T. Robinson that prepares them to take the GED exam.

Implemented in 2006, the program, which runs anywhere from 12 to 21 days based on the student's test scores prior to enlisting, has seen more than 5,100 attendees, with more than 85 percent earning their GEDs, according to school officials.

"We bring them in and take away all distractions, so they can be successful," said CSM Harry Beaver, command sergeant major for the PEC, pointing out one of the keys to the program's success rate.

Students of the program have little time for distractions. The program is not only geared for preparing students to earn their GED but also to prepare them for the rigors of Basic Combat Training. To that end, the students' days start early and are kept full with classes, physical training and the mentoring of the ever-present drill sergeant.

The drill sergeants oversee the students when they are not in class, and for the students, having a drill sergeant around can be a bit of a jolt.

"At first, it's a shock," said SSG Thomas Kreitzer, a drill sergeant at the school. "It's kind of like the first day at basic training. They don't know what to think. They've got a guy with a big, round hat yelling at them."

But the role of the drill sergeants is to instill discipline and attention to detail as well as provide motivation, said Kreitzer, who recently returned to the school after completing the Drill Sergeant Course at Fort Jackson, SC.

"I use the same fundamentals they use in basic training," Kreitzer

who earn their GED, which can open doors outside the military—but also to the Guard.

"It gives you a more ready force to train with," Kreitzer said.

The program benefits the local community, as well.

"We get a better citizen going back home," Beaver said, "even if they don't stay in the Guard, or the military. Doesn't a better citizen make a better employee? A better neighbor? And things like that [are an improvement] for the future of the United States."

And the future holds big ideas



BREAKING GROUND Army National Guard director LTG Clyde Vaughn (third from right), GED Plus student PVT Megan Jones (second from right), and Arkansas adjutant general MG William D. Wofford, right, perform ceremonial groundbreaking honors for new facilities for the GED Plus program.

said. "I went to Drill Sergeant School for that very purpose—to instill all the discipline they do in basic training down here."

For the first two days, the students' time is spent entirely in the company of the drill sergeant. They are taught military customs and courtesies, drill and ceremony, and are introduced to daily physical training. The program provides benefits not only to the students—

for the program. The new complex that will house the program will consolidate operations from several outlying buildings, some of which are barracks buildings from WWII.

"This complex will allow us to reach out and engage a larger portion of our youth who don't complete high school, but who do have the ability to grow, serve and make a positive contribution to

VICTORY MAP



AFGHANISTAN

An Illinois National Guard unit has had great success becoming the first Explosive Hazards Coordination Cell (EHCC) deployed to Afghanistan in support of Operation Enduring Freedom. The 766th Engineer Battalion's mission provides situational awareness on explosive hazards to Coalition Forces, the International Security Assistance Force and non-governmental organizations. The 15-man group is able to provide trend and pattern analysis and focus efforts on elements directly involved in the removal or reduction of explosive hazards.

THAILAND

The 230th Engineer Company, Vertical, Hawaii Army National Guard and the Royal Thai Marines completed a joint humanitarian mission in Chanthaduri, Thailand, Feb. 11. The primary mission was a five-week-long construction project to build a classroom facility for a rural school.

our country," said COL John Frost, Commandant of PEC.

And for the students, that means a better road to success—something that many have already found through the program.

"I've never once had a private tell me when they walk across that graduation stage that they were sorry they came here," said Kreitzer.

For more on the GED Plus go to www.NATIONALGUARD.com/gedplus.php. **GX**

Athletes and Heroes

IDAHO GUARD SUPPORTS SPECIAL OLYMPICS

By *LT Clint Miller* / BOISE, ID

ABOUT 200 SOLDIERS and Airmen from the Idaho National Guard were on duty to prepare for the 2009 Special Olympics Winter World Games that were held here from Feb. 7-13.

Athletes from over 100 countries with more than 2,500 delegates converged on the state to participate in athletic events, such as alpine skiing, snowboarding, snowshoeing, speed skating, figure skating, floor hockey and cross-country skiing.

Opening ceremonies were held at the Idaho Center in Nampa on Feb. 7. The athletes and delegates then spread across the state participating in various winter sporting events.

stage for a couple of weeks," said LTC Tim Marsano, the public affairs officer for JTF-Special Olympics.

He added that in addition to the Guard members, the task force also includes the U.S. Navy Reserve. This will not be the first time the Special Olympics committee and Idaho National Guard have partnered for an event.

Leading up to the 2009 World Winter Games, the Special Olympics Organizing Committee hosted the 2008 Special Olympics Invitational Winter Games here last February.

On a smaller scale, those games helped to determine which winter sporting events would work best in

"THE BEST PART WAS WORKING WITH THE ATHLETES BECAUSE EVERYONE FED OFF THEIR EXCITEMENT."

>> MAJ Alex Shaffer

At each event venue in Boise, McCall and Sun Valley, the Idaho National Guard had teams ready to assist the Special Olympics organizers and athletes.

The Idaho National Guard stood up a joint task force that diligently worked with the Special Olympics Games Organizing Committee to assist with missions such as logistical support, emergency service support and monitoring vital assets during the games.

"It's been wonderful to participate and watch our Joint Task Force-Special Olympics come together and deploy for this event, which put Idaho on the world's

each community. It also provided a chance for the Idaho National Guard to determine how much support it could provide for the World Winter Games in 2009.

Boise hosted most of the venues for the 2008 Invitational Games. Floor hockey events took place at Boise State University, while alpine skiing was held at Bogus Basin Ski Resort, just outside Boise.

Boise was the distribution center for all venues, and Soldiers and Airmen worked together to organize material and load trucks headed to remote sites.

Idaho National Guard members also assisted with the



SPECIAL DELIVERY

SSG Laura Schmitt loads snowshoe equipment at the Sun Valley Nordic Center during the Special Olympics Invitational Games.

transportation of Special Olympics athletes and delegates throughout the Invitational Games.

During the competition, the Soldiers and Airmen were inspired by the athletes and proud of their contribution to the Games.

"It felt good to take part in an activity that really affected the lives of special-needs athletes," said SFC James Mace of the Idaho National Guard. "I can't wait to participate again next year."

In Sun Valley, the athletes participated in snowshoeing and cross-country skiing events at the Sun Valley Nordic Center.

Heavy snowfall ensured success for the sporting events, but also

provided challenges for the Idaho National Guard.

"It was good working with the community volunteers and Special Olympics staff," he said. "But the best part was working with the athletes because everyone fed off their excitement."

COL John Goodale, the JTF commander, said the Idaho Guard was thrilled to provide logistical support and emergency preparedness support to the Games.

"Supporting the Special Olympics Games is not only its own reward, it also serves as a training event for the Idaho National Guard as we hone our skills to prepare for any disaster emergency." **GX**



AT THE READY

2LT Angela K. Fry receives the rank of second lieutenant from LTC Alonzo R. Luce, commander of the 528th Engineer Battalion, and her daughter, Courtney, during a ceremony in Monroe, LA, Oct. 25, 2008.

“We would have never thought she would join the military, especially at 38 years old, but we should have known better,” Avery said. “She is a very determined person.”

Many may think that going through the rigorous training at 38 would be more difficult than going through it at 18, but Fry disagreed.

“It was difficult, but I felt like I had an advantage over the younger Soldiers,” she said. “I had life experience. I had already been out on my own for a while, and I knew many people in the Guard who warned me that a lot of the training was psychological.”

“They break you down as a civilian, but build you back up as a Soldier,” she said.

After returning home, she began drilling with the 527th Engineer Battalion’s 1022nd Engineer Company in West Monroe as a nuclear-biological-chemical specialist before transferring to the 528th Engineer Battalion in Monroe.

“Most new Soldiers are younger than 38, but her age did not stand out in her physical appearance; it did in her maturity level,” CSM Brent D. Barnett, the battalion’s senior enlisted advisor, said.

“She is just one of those individuals who will jump right in and take charge.”

Fry enlisted as a specialist but soon was promoted to sergeant. With her diverse skills, she was confident that she would be able to serve as an officer. “I not only wanted to be a part of the everyday lives and events that our Soldiers participate in, but I also wanted to lead them,” she said.

Living Her Dream

LOUISIANA SOLDIER REALIZES DREAM OF JOINING GUARD

By SGT Tresa L. Allemang | ALEXANDRIA, LA

▶ **AT 38 YEARS OF AGE** and with a 15-year-old daughter, Angela Fry took on the challenge of basic training and the possibility of deployment. She already had a degree, so it wasn’t for college. She had a job, so it wasn’t for the money.

Now 41 years old, Fry said she enlisted in the Louisiana Army National Guard because she felt as if something was missing in her life.

She said she wanted to make a difference and knew she could if given the opportunity.

“I know people say this a lot, but I really wanted to serve. Enlisting in the Guard gave me an opportunity to not only serve my country, but also my state, and most recently, my own family,” the Eros resident said.

Fry said she first thought of joining when she was volunteering with the American Red Cross in New Orleans after hurricanes Katrina and Rita.

“I think, after an event like that, anyone who has compassion wonders if there is more that can be done,” Fry said, “if there is something they can do to help. Joining the military was something I always wished I had the courage to do, but I thought the opportunity had passed. I thought I was too old.”

A colonel from the Michigan National Guard told her about the Guard and assured her she still met the age requirement. That was all she needed to know.

Susan J. Avery, Fry’s sister, said that when Fry began to talk about joining the military, her family thought she was crazy.



SAFE AND SOUND

2LT Angela K. Fry is reunited with her aunt, Beverly M. Goodrich, after Goodrich and other family members were rescued from floodwaters by the Louisiana Army National Guard after Hurricane Ike in September 2008.

COURTESY OF THE LOUISIANA ARMY NATIONAL GUARD

THANK YOU FOR EVERYTHING

2LT Angela K. Fry hugs her cousin Stephanie G. East after she and other family members were rescued from floodwaters by the Louisiana Army National Guard after Hurricane Ike in September 2008.



She submitted her direct commission packet and anxiously waited to find out what her future held.

"I, as well as many others, immediately saw the leadership potential that she had and encouraged her to become an officer," Barnett said.

Fry's life was struck with tragedy when the house she was sharing with her sister burned down in February 2007. Everything was destroyed, including her computer, and the homeowner's insurance covered very little. She also found herself jobless, since she worked out of her home in Monroe as an independent medical consultant.

She did not stay down for long, though. Within a month of losing everything, she learned that the Louisiana National Guard had started a public affairs program and was looking for journalists. She said she was ecstatic at the news. Fry had earned her bachelor's degree in liberal arts, specializing in public relations and journalism, from the University of Louisiana at Monroe in 1995.

"Not only did I want to be part of such a great team when I enlisted, but now I would be able to tell the Soldiers' stories. I would have a chance to tell everyone about the great things

I've learned that it's not what is pushing against you that matters, it's how hard you push back."

>> 2LT Angela K. Fry

they do," she said. "Sometimes there is so much negativity about the military, but I wanted people to see what I saw when I was working with the American Red Cross during hurricanes Katrina and Rita ... and what I still see today."

Though she saw much of what the Guard did while she was volunteering, she gained even more appreciation of their efforts when her own family was rescued by the Guard after Hurricane Ike in September 2008.

"I knew the night before the storm hit that my aunt's house was starting to flood as she, my uncle and his father left with my cousin to ride out the storm in my cousin's house, which is on higher ground," Fry said. "But I began to get nervous when I lost phone contact with them."

The next morning, as soon as the weather permitted, the National Guard teamed up

with the Louisiana Department of Wildlife and Fisheries to begin search-and-rescue missions with boats and high-water evacuation vehicles.

"I was riding in a Humvee on my way to cover some of the search-and-rescue missions, hoping that I would hear from them, when amongst the many evacuees, I saw a familiar dog on the back of a high-water evacuation vehicle, and then began to see familiar faces," she said, smiling. "Sure enough, it was them."

"I felt immense pride being able to help not only the residents of Louisiana, but by circumstance, my own family," she said. "This time I had the opportunity to make an immediate impact with the full force of the Louisiana National Guard behind me."

Fry's direct commission was finalized Oct. 25, and she was promoted to second lieutenant.

"I think she'll polish her leadership skills as she goes along," Barnett said. "She will always lead from the front, and she'll never ask anyone to do something that she hasn't done, or can't willingly show them how to do."

Fry's co-worker, SGT Rebekah L. Malone, of Pineville, spoke highly of the newly commissioned officer.

"She exemplifies the highly regarded journalistic quality of 'going after the story,'" she said. "She works extremely long hours to write well-rounded stories that highlight the hard-working Louisiana National Guardsmen."

Fry said there are times when, as a Soldier-journalist, she needs to put down her camera and help fill sandbags. "I gladly do both," she said.

Fry said this is exactly where she wants to be. "I plan on staying in the Guard for as long as they will let me," she said, "and I am ready to face any challenges that may come, even deployment."

"Joining the military and becoming an officer were both dreams I thought were out of reach," she continued. "But I've learned that it's not what is pushing against you that matters, it's how hard you push back." **GX**



A SHOW OF SUPPORT
 Hundreds of supporters greeted the 191st MP Co. as they deployed in Fort Lewis, WA, on Jan. 5.

191st MP Company on the changes they saw in Iraq:

"The largest change I've seen in Baghdad this deployment is the ability of the Iraqi Police Stations to support themselves and the populace of the city, in addition to working with the American Troops to learn from our experience and skill."

>> SPC Tyler Vadnie, Headquarters Platoon Medic

"The largest change I have seen in Baghdad ... is the Iraqi Security Forces are doing an excellent job providing better security."

>> SPC Patrick Welsh, 2nd Squad, 2nd Platoon

"Decrease in violence and increase in national support."

>> SPC Andrew Vanyo, 2nd Squad, 2nd Platoon

"The biggest thing I noticed in our area of operation is that we see more people smiling, more kids having fun, and less people being irritated with Coalition Forces disrupting traffic. More people seem to trust us and believe that we are here to help."

>> SPC Jon VanBruggen, 3rd Squad, 1st Platoon

Safe and Sound

191ST MILITARY POLICE COMPANY LANDS ON U.S. SOIL

Story and photos courtesy of the North Dakota National Guard | FORT LEWIS, WA

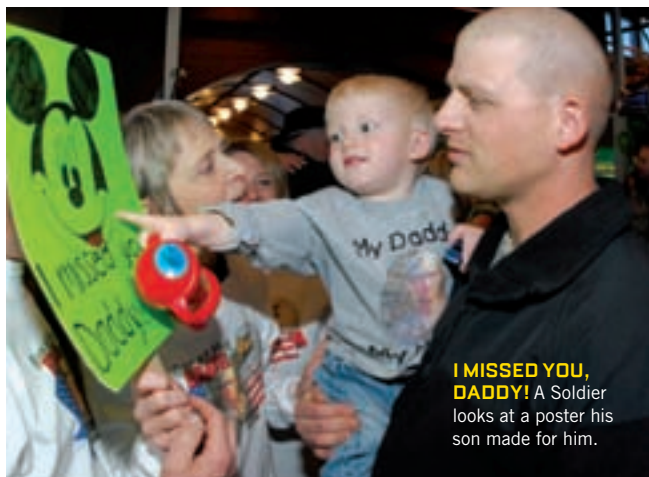
▶ **THE FIRST PLANELOAD OF SOLDIERS** from the North Dakota Army National Guard's 191st Military Police Company arrived in Fort Lewis, WA, on Jan. 5. The remainder of the company joined the unit there the next day. The company deployed to Iraq a year ago, and was on its way home to North Dakota.

"It's always a great day when we can welcome returning [Guard members], and it will be an even greater day when we get them home to their families," said MG David Sprynczynatyk, North Dakota National Guard adjutant general.

"We have National Guard resources in place to speed up the demobilization process," he continued. "While it's been a difficult year for families separated by this mission, we all can be very proud of what our Soldiers accomplished while they were in Iraq. Through vigilance and instruction, they left Iraq better than they found it, and they provided Iraqis with tools to continue that improvement."

Sprynczynatyk and other senior leaders from the North Dakota National Guard traveled to Fort Lewis to greet the returning Soldiers.

A contingent of more than two dozen North Dakota Soldiers was already in place at Fort Lewis, arriving early to begin preparations for the company's demobilization process. Their presence ensured that the demobilization went smoothly and considerably faster than it would otherwise.



I MISSED YOU, DADDY! A Soldier looks at a poster his son made for him.

The 191st MP Company is based in Fargo, with detachments in Mayville and Bismarck, although its members come from 40 different cities. The 191st received its mobilization order in October 2007, and began active duty in January 2008. Since arriving in Iraq to perform military police, security and maneuver support operations, the company has completed nearly 1,300 missions and traveled more than 120,000 miles.

Among the company's accomplishments are assisting in 74 detainee releases and training 346 Iraqi Police in a rigorous, 15-day training program that incorporated weapons training, Iraqi law, police tactics and physical training. The MPs also ensured they left everything better than they found it, including relations with the local communities, living

quarters, communications, Iraqi Police stations, vehicles and other equipment, said the company's leadership, CPT Ben Cleghorn, commander, and rSG Kevin Keefe, the unit's senior enlisted Soldier.

Nearly 10 percent of the 187 Soldiers who deployed with the MP Company last January aren't returning home just yet. Sixteen decided to extend their tours from anywhere between four and 13 months. Keefe said the Soldiers feel a "sense of duty and pride in what they're doing." Continuing that job also presents opportunities for some, including not returning to North Dakota until winter has ended or continuing to do their job until they're ready to start the fall semester in college.

During the mobilization, the Soldiers earned 21 Bronze Star Medals and 153 Army Commendation Medals. Two of the Commendation Medals were for specific acts of heroism with "V" device for valor, and 72 Soldiers earned Combat Action Badges to recognize their direct participation in combat operations. Four Purple Heart Medals were awarded to MPs who were wounded in action. **GX**

THE 191ST HAS COMPLETED NEARLY 1,300 MISSIONS AND TRAVELED MORE THAN 120,000 MILES.



REUNITED A happy family back together again after a wonderful welcome home.



SYSTEMS CHECK

SGT Darryl K. Joseph, a light equipment mechanic with Echo Company, checks a Humvee transmission belt for rips and tears at Camp Stryker, Iraq.

"WE ARE A CRUCIAL PART OF THE REFUELING MISSION."

>> SGT Darryl K. Joseph

Diving into the Motor Pool

ECHO COMPANY REBUILDS GROUND VEHICLES

Story and photo by PFC Jasmine N. Walthall, American Forces Press Service | **CAMP STRIKER, IRAQ**

FOR THE MEMBERS OF COMPANY E, 3rd Battalion, 142nd Assault Helicopter Battalion, the job starts well before the helicopters begin their flights here.

A National Guard unit out of Patchogue, NY, Company E is made up of heavy and light equipment mechanics, refuelers, generator mechanics and suppliers. The mechanics faced quite a challenge upon arriving in Iraq: They were tasked with completely rebuilding and repairing all the vehicles in the motor pool.

"It was a big job," said SPC Luis A. Lopez, a heavy construction equipment mechanic. "But we all pulled together and got the motor pool up and in working order."

The mechanics service all types of vehicles, from construction equipment to light equipment vehicles such as Humvees.

"In a typical month, we service anywhere from 15 to 20 vehicles," said SPC Bill A. Flaherty, a heavy equipment mechanic. "We also conduct scheduled maintenance, such as technical inspections, which are annual inspections that involve tearing down the entire vehicle, removing tires, draining old fluids and inspecting the brakes."

The mechanics also perform preventive maintenance checks and services on the vehicles to ensure they continue to work properly and maintain the mission.

The ground mechanics work on the trucks

that refuel aircraft. The refuelers perform hot fueling—fueling the aircraft while it is running—and cold fueling, which is done when the aircraft is completely shut down.

"We are a crucial part of the refueling mission," said SGT Darryl K. Joseph, a light equipment mechanic. "The vehicles that fuel the aircraft may need repair in the middle of the night, and if they are not fixed right away, the mission is impacted. It's our job to make sure that does not happen."

The mechanics also use their skills in their civilian careers.

Flaherty, who owns a trucking company on Long Island, NY, said he uses the skills he learned in Advanced Individual Training (AIT) on a daily basis.

"AIT taught me about heavy trucks and equipment and how to fix them," Flaherty said. "My company uses trucks to deliver sand and equipment, and now when those trucks fail, I am able to cut down on time and costs because the Army taught me how to be a proficient mechanic."

Lopez has had similar experiences in his civilian career as an employee at a local construction company.

"I learned how to drive heavy equipment vehicles in AIT," Lopez, also from Long Island, said. "So when I started at my job, I was already prepared to not only drive the vehicles, but fix them, as well." **GX**



READY, SET, FIRE!

ALASKA SOLDIERS COMPLETE SUCCESSFUL MISSILE DEFENSE TEST

By MSG Mike R. Smith | FORT GREELY, AK

▶ **IN JANUARY**, Alaska Army National Guard Soldiers from the 49th Missile Defense Battalion launched and directed a ground-based interceptor (GBI) missile that destroyed a target ballistic missile in space, miles above the Pacific Ocean.

The 13th live test of the nation's ground-based midcourse defense (GMD) system, designed to protect the U.S. from a ballistic missile attack, provided a plethora of data for future system development. It was hailed as a success by National Guard officials in Alaska and Department of Defense officials at the Pentagon.

Guard Soldiers here say the system works, and the test proves it. "This is an operational system that is guarding America. It's part of the first line of defense for America, and you have [Guard Soldiers] doing that," said BG Randy Banez, Alaska's assistant adjutant general for space and missile defense.

LTG Patrick J. O'Reilly, director of the Missile Defense Agency, briefed reporters at the Pentagon the day of the test and was "extremely pleased."

For the Fire Direction Center at Fort Greely's missile defense complex 350 miles northeast of Anchorage, the multi-million dollar test came down to five Guard Soldiers tracking a ballistic missile target launched from Kodiak, AK. The crew helped assess the threat as they would a real enemy missile, and then coordinated the launch of a GBI from Vandenberg Air Force Base, CA. They then monitored the GBI as it speedily crossed a vast distance to hit the target in space—bullet hitting bullet—off California's coast.

"It shows that the fire direction center, which is the primary executor of the tactical mission, launches the GBI and negates a threat," said 1LT Ronald Bailey, Guard fire direction center (FDC) battle analyst. "This is the first time that's been done here, and it showed that the

WAR ROOM Alaska National Guard Soldiers operate the ground-based midcourse defense portion of the Ballistic Missile Defense System at Fort Greely, AK.

overall architecture and the human element of the system works."

Bailey, two other officers and two NCOs said endless training sessions on the GMD Systems Trainer had prepared them well for the live event. This team comprised an FDC crew, which consists of a communications operator, sensor operator, weapons system operator, battle analyst and tactical director.

"We train for many more complicated factors and scenarios," said MAJ Kenneth Weiss, senior tactical director for the crew. "We went through a lot of training over the last few months, and it culminated today with the shot of a live interceptor. We had a successful engagement, proving the system works." It was his first live test, he said.

THE WORLD WAS WATCHING

In the news, reports said that the nation's leaders as well as its allies and enemies watched

SGT JACK W. CARLSON III

the test closely. More than 400 news stories on the test were filed worldwide, according to LTC Hunt Kerrigan, Alaska Guard spokesman.

“We host reporters and distinguished visitors here from all over the world ... including Russian and Israeli media ... all of them want to see our mission,” Kerrigan said. “The eyes of the world are on the 49th Missile Defense Battalion.”

Kerrigan explained that the post opens its gates to show the world that the “cutting-edge technology” of missile interception is defensive in nature and under the “capable and skilled hands of National Guard Soldiers.”

There are two FDCs in GMD, including the battalion at Fort Greely and its parent, 100th Missile Defense Brigade in Colorado Springs, CO. Both centers are commanded by Army National Guard officers who are authorized by their governors and the president to serve simultaneously as federal and state Guard Soldiers.

The centers built their total force missions side-by-side with defense contractors, Navy and Air Force radar systems specialists, command and control elements, and other components of the evolving, larger missile shield ordered by President George W. Bush in 2002.

As a tactical unit, Fort Greely is the only FDC with ground-based interceptor missiles on-site. Other GBIs are siloed in California. Both are operational systems. The exact number of operational GBIs is classified. Defense officials say a total of 44 GBIs, the majority at Greeley’s



FIRE AWAY A ground-based interceptor missile lifts off from Vandenberg Air Force Base, CA, in January, during a live test of the nation’s ground-based midcourse defense system.

“THE EYES OF THE WORLD ARE ON THE 49TH MISSILE DEFENSE BATTALION.”

>> LTC Hunt Kerrigan

850-acre missile complex, will be in place by 2013. Additional GBIs are planned for Poland.

“The prominence for Greeley is the evolution of this system,” said COL Michael Yowell, the

Colorado’s 100th MDG commander. Yowell was one of a number of Guard leaders and contractors who watched the test.

“The development of the system, its software, as well as its tactics, techniques and procedures allow the brigade and the battalion to secure and defend America,” he said. Much of Fort Greely was pulled from its 1995 Base Realignment and Closure fate for GMD, and the Alaska Guard, along with dozens of contractors, have been here for several years constructing the high-security complex.

“We are on the cutting edge of technology here,” said Bailey, who stepped out of the FDC after the test for an interview. “This is a real mission that is conducted every day by National Guard Soldiers defending the homeland.”

UNIQUE BATTALION

The Soldiers, many from warm-weather states, work here in winter temperatures that dip to minus-50 F. It’s so cold that the U.S. Army’s Cold Regions Test Center located here distributes test clothing to them.

Today, 200 Soldiers serving as active duty Guard Soldiers call Greeley home. There are no drill status Soldiers here. Since the battalion is considered a forward deployed unit, none of the Soldiers are deployable overseas. Nearly two-thirds of the battalion’s Soldiers are military police who protect the missile complex. The remaining Soldiers are the highly trained missile complex crew members and support staff.

“It’s probably one of the most unique battalions that you will ever see,” said LTC Steve Carroll, battalion commander. “It’s a challenging mission, but it’s also a rewarding one. There are 200 [Guard Soldiers] here who are defending 300 million Americans.” **CX**



AT THE READY From left: SGT Daniel Garner, SSG Dustin Lofits, MAJ Kenneth Weiss, COL Michael Yowell, 1LT Ronald Bailey and 1LT Jason Caldwell pose shortly after they successfully launched and directed a ground-based interceptor missile that destroyed a target ballistic missile in space.



**REFLECTING
ON THE HONOR**

SSG Michael Noyce Merino talks about his duty as the Noncommissioned Officer of the Year.

"I WANT PEOPLE TO BE ABLE TO DISTINGUISH US AS NATIONAL GUARD SOLDIERS BECAUSE OF OUR POSITIVE ATTITUDE AND OUR MILITARY EXCELLENCE."

>> SSG Michael Noyce Merino

Catching up with the NCO of the Year

SSG MICHAEL NOYCE MERINO TALKS ABOUT HIS YEAR *By Camille Breland*

After being named the Noncommissioned Officer of the Year during the Department of the Army's 2008 Best Warrior Competition, SSG Michael Noyce Merino sailed into the national spotlight.

As the National Guard's first Soldier to hold the title, Noyce Merino's schedule has become increasingly full. He has spoken at events for the National Guard, the Army and for Soldiers in his home state of Montana. He accompanied President Bush on Air Force One to the dedication of the Intrepid Museum in New York on Veteran's Day, and attended the Director's Strength Maintenance Awards Ceremony (DSMAC) with LTG Clyde Vaughn, director of the Army National Guard.

Though he's enjoying his newfound leadership position, Noyce Merino says he is still foremost a Soldier in the Army National Guard.

GX recently caught up with Noyce Merino to discuss life as the NCO of the Year:

GX: Has all the excitement of winning NCO of the Year died down, or is it still very surreal?

NOYCE MERINO: Being the NCO of the Year is still very exciting. Sometimes I forget that it is a big deal, but each time I meet a new group of people and tell my story, the response I get reminds me how excited everyone is about this. I'm still very grateful for the opportunity I have to represent my fellow NCOs in all components of the Army.

GX: Do you feel that being a Guard Soldier has prepared you for the role of NCO of the Year?

NM: Being both an active-duty Soldier and a Guard Soldier has prepared me to represent these two components of the Army. I'm glad that I have a mixed background because I have relational knowledge about active and reserve status and the challenges that commitment brings. As NCO of the Year, I feel I can inspire all Army members to excel and reinforce the "One Army" idea.

GX: How do you stay grounded with all the publicity and recognition you have received?

NM: It's actually very easy to stay grounded, even though I have received a lot of recognition. I realize that every accomplishment is dependent on three factors—opportunity, effort and assistance.

The way I look at it, my effort is only one-third of the recipe for success, and if I had not

received as much support as I did from my unit, my friends and my family—not to mention my employer—I would never have been able to make the most of the opportunity I was given.

I realize also that there are many other people who have not had the opportunity to compete because of duty and commitment, and I honor those NCOs.

I hope I can appropriately represent them and the entire NCO Corps during my short term as NCO of the Year.

GX: With all your newly acquired obligations, is your family proud to be a part of this experience?

NM: My family, especially my wife, Shelli, is very proud of me and the role that I've taken this year. It is stressful sometimes, when I'm gone more than I'm home, but we all are beginning to adjust and deal with the schedule. Overall, my family and I feel that this is a very special time for all of us.

GX: What do you love most—and least—about being NCO of the Year?

NM: What I like most about being NCO of the Year is the opportunity I have to offer encouragement and inspiration to those I talk to. My story shows that a person can go from humble and unpromising beginnings to reach significant accomplishments if that person believes in himself and puts forth an honest effort.

I was able to talk to the Montana Youth Challenge students and tell them my story, which became one of the most rewarding opportunities I've had so far. I was able to relate to them and offer them hope of becoming the person they wanted to be, with a little work. I hope that I was able to make a difference in their lives.

Sometimes, the hardest part is relating to people who assume that I'm arrogant about my position. I don't feel I am better than anyone else; I've just had a fantastic opportunity. It takes some time to break down those preconceived notions and show that I do not want to try to be anything other than what I am—an NCO in the Army National Guard.

GX: Is there anything you would like to say to all the Guard Soldiers out there?

NM: I want every Guard Soldier to know that this is our time. The National Guard is growing in size and importance, and our mission dictates that we are as professional and proficient as our active-duty counterparts. This is a time for each individual to be proud of their service and to represent their state and country with pride and dignity.

For a long time, many civilians didn't know their peers who were in the Guard. Now, I want people to be able to distinguish us as National Guard Soldiers because of our positive attitude and our military excellence. We have come a long way to abolish the notion of second-rate Soldiers and Weekend Warriors; let us completely establish ourselves as the sustainable, operational force we have become.

GX: Do you have any words of wisdom for recruits and RSP Warriors?

NM: For those of you who are just coming into the National Guard or are thinking about joining, I would like to tell you that your country needs your service now. In the Guard, there's a job for every level of commitment and skill. I personally believe that every able-bodied person should serve their country in whatever way they can, and the military is a great place to serve.

I will always be proud of my military service as long as I live, and if I ever forget that my country appreciates me, I will put my uniform on and walk down the street. My experience tells me that the people I meet will remind me how much it means to them that someone is willing to serve on their behalf. **GX**



TALKING SHOP MG William H. Wade II, left, discusses two newly acquired firefighting systems with U.S. Forest Service, Deputy Regional Forester Richard Cook, center, and a California Fire Department representative, right, on the Cal Fire air ramp, McClellan Air Park.

California Ready to Fight Fires

GUARD ADDS STATE-OF-THE-ART EQUIPMENT

By Brandon Honig | SACRAMENTO, CA

FROM THE AIR TO THE GROUND, California National Guard Soldiers are now equipped with the most advanced technology available to combat fires during the upcoming wildfire season, which U.S. Forest Service officials say could once again be full of action.

In late January, the Guard rolled out two newly acquired, next-generation fire retardant delivery systems, the Modular Airborne Fire Fighting System II (MAFFS), as well as three new Tactical Fire Fighting Trucks (TFFT) and two High-Mobility Water Tenders during an event at McClellan Air Park near Sacramento, CA.

“These new firefighting assets will greatly enhance the capability of the National Guard to support first responders and to protect Californians in natural disasters,” said MG William H. Wade II, adjutant general of the California National Guard. “[They] will change the way the National Guard responds to forest fires.”

The receipt of this equipment marks the success of a multi-year process led by Gov. Arnold Schwarzenegger and other elected officials as well as the U.S. Forest Service, the Department of Defense, civilian contractors and other emergency management agencies.

“We asked the federal government to partner with us in supporting our firefighters and were

answered with six firefighting trucks and the most modern military firefighting aircraft in the world—all of which will be based here in California permanently,” Schwarzenegger said. “We are lucky to have the best and bravest fire fighters and National Guard troops in the world, and they are even more prepared with this new equipment.”

Last year, California Army National Guard aircraft dropped 5.5 million gallons of water on statewide fires. The military’s contributions were greatly needed, as 2,100 lightning strikes ignited more than 1,800 simultaneous fires that charred nearly 1.3 million acres of land.

Pilots in the C-130J can keep their eyes on their lead plane and on the fire without ever needing to look down to check their displays. The flight plan, terrain, weather and positions of other planes are all projected on a holographic heads-up display—a piece of glass that provides all the necessary information within the pilot’s field of vision, no matter where the pilot is looking in the sky.

The C-130J also integrates redundant mission computer systems that continuously monitor—and, in some cases, even self-heal—the aircraft’s various systems; advanced inertial and satellite-based positioning systems; and four engines that each can provide more than 4,700-horse-

power. Because of the advanced technology, the aircraft requires only four crewmembers—two pilots and two loadmasters—eliminating the need

for a flight engineer and a navigator.

The state had not had a firefighting capability on its C-130s since late 2006.

The three TFFTs recently acquired by the Golden Bear State are also state-of-the-art equipment, which LTC Allen Johnson of Army Material Command referred to as a “Swiss Army knife of firefighting.”

The eight-wheel drive, 445-horsepower trucks with four-foot fording clearance each include a 1,000-gallon tank that can be carried up a 60 percent incline or along a 30 percent side slope while the truck is fully loaded to 67,000 pounds.

The lone TFFT the California Guard had last year was used at eight fire sites between Big Sur and Crescent City.

In addition, the Guard added two High-Mobility Water Tenders, which also feature all-wheel drive, 445-horsepower engines and 60 percent gradability, but have 2,500-gallon tanks and three-foot fording clearance.

“With the TFFT and the [High-Mobility Water Tenders], we’ll be able to run up the Sierra Nevadas, [and] we’ll be able to take those 2,500 gallons of water,” said John Stoddart, executive vice president of Oshkosh Corp., the vehicles’ manufacturer.

All of the new equipment could be called into action later this year to fight wildfires. U.S. Forest Service Deputy Regional Forester Richard Cook said snow pack and rainfall in the northern part of the state are well below normal for the third consecutive year.

This means that the likelihood is high that California National Guard personnel and equipment will be needed.

About 2,400 Guard members were called up last year to fight fires, including 900 who were trained as hand crews and put on the fire line. At one point, more than 21,000 firefighters were simultaneously fighting California’s wildfires.

“The National Guard says ‘Train us to do this,’ and we do. It’s a great relationship,” California Fire CPT Michael Ramirez said. “It’s not difficult [to train] when you have motivated individuals, and [Guard Soldiers] are adults, professionals ... seasoned guys. It goes a long way.”

The 2009 California wildfire season officially starts in the spring. **GX**

TECH. SGT. JULIE L. AVEY

HAPPY TO BE HOME CPT Robert Mays Jr. flashes a grin at the 140th BLD's homecoming ceremony at the Las Vegas Readiness Center Jan. 23.



EYES ON THE PRIZE LTC Jeff Mark, commander of the 140th BLD, eyes his Soldiers during the unit's homecoming ceremony at the Las Vegas Readiness Center Jan. 23.



"I WOULD LAY DOWN MY LIFE FOR EVERY SOLDIER IN THE DETACHMENT."

>> LTC Jeff Mark, detachment commander

Nevada Soldiers Home From Iraq

140TH MP BRIGADE LIAISON DETACHMENT TAKES TOP HONORS

Story and photos By LTC Terry L. Conder

► **FOUR HOSTILE FIRE ENGAGEMENTS.** Six Bronze Stars. Five Joint Service Commendation Medals.

The 140th Military Police Brigade Liaison Detachment returned to the Las Vegas Readiness Center Jan. 23 to a hall filled with family, friends and media.

With Congresswoman Dina Titus and representatives from Senator Harry Reid and Governor Jim Gibbons' offices in attendance, Nevada's Adjutant General, MG Cindy Kirkland, welcomed home the Soldiers of the 140th and praised them for their selfless dedication and service.

During his speech, detachment commander LTC Jeff Mark, looked toward the formation and said, "I would lay down my life for every Soldier in the detachment." He concluded his remarks by saying the unit had come home with honor.

The 140th deployed to Iraq for nearly a year, playing a key role in detainee operations. The Nevada Soldiers had a hand in the release of 16,000 prisoners and the transfer and movement of 35,000 others. One of the detachment's most important missions was to inspect Iraqi and coalition prisons to ensure the facilities

were following official policy and procedures for detainee operations.

MAJ Troy Armstrong was returning from his second deployment to Iraq. He commanded the 72nd Military Police Company that opened Abu Ghraib Prison in 2003. The 72nd was widely praised for its enemy prisoner of war operations

at Abu Ghraib. Part of the 140th's mandate was to make sure that everyone in Multi National Force-Iraq maintained those same high standards when dealing with detainees and EPWs.

Soldiers in the 140th BLD include LTC Jeffrey Mark, MAJ Troy Armstrong, MAJ Shawn Casey, CPT Robert Mays, Jr., CPT Patrick Walsh, CPT Peter Fuller, 1SG Bud Chattin, MSG Ronald Morse, SSG Omar Calderon, SGT Larry Harlan and SGT Jennifer Ewing. **GX**



ATTENTION! 1SG Bud Chattin prepares to bring the 140th BLD to attention during the unit's homecoming ceremony at the Las Vegas Readiness Center Jan. 23.

Warrior

Natur

CELEBRATING THE WOMEN WHO DEFEND OUR FREEDOM

By Marcia Beene Dickerson



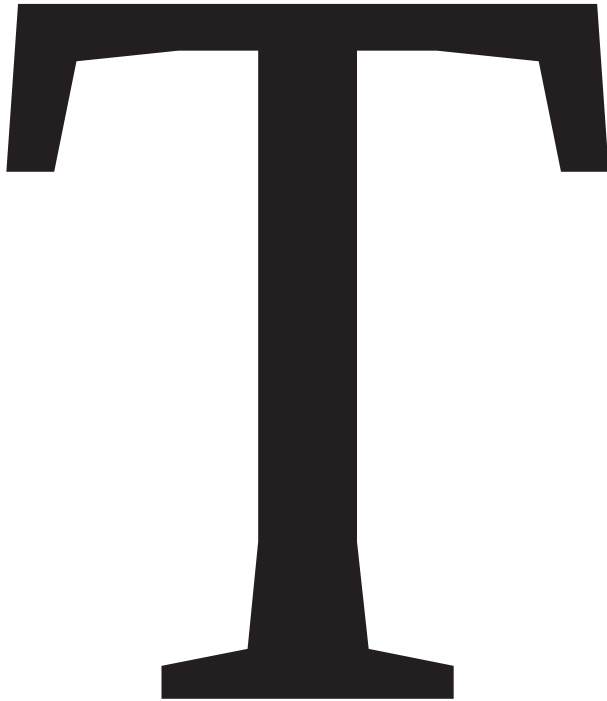
MORE THAN A MOTHER

Mary Tippee provided provisions, cooked, nursed and performed other duties for Soldiers of the 114th Pennsylvania Regiment during the Civil War.

Women are born Warriors—it's in our nature to protect our families and homes from all threats. That's why it's not surprising to find a large number of women in the National Guard today. We want and choose to defend our nation and its ideals.

sal





Awarded in 1865, Dr. Mary E. Walker, Assistant Surgeon, U.S. Army, is the only female to receive the Medal of Honor.

Mary braved bullets and artillery to bring water to cool the cannons and help the thirsty Soldiers. She tended the wounded—even carrying an injured trooper to the rear for medical treatment. As she returned to the battlefield, she saw her husband go down. With no thought for herself, she picked up the rammer staff to help man the gun and remained at her post through heavy enemy fire.

Her tremendous courage impressed GEN George Washington greatly, and he awarded her a warrant as a noncommissioned officer. After receiving her warrant, Mary was known throughout the colonies as “Sergeant Molly.”

In May 1782, Deborah Sampson enlisted in the 4th Massachusetts Regiment as 21-year-old “Robert Shurtleff.” An unusually tall woman, her gender was never questioned, except that her fellow Soldiers joked about her “boyish” face because she never had to shave.

Sampson mustered with the regiment and was sent to West Point, NY. In a battle near Tarrytown, NY, she was wounded in the leg, and in order to keep her identity secret, she tended her own wounds. However, her wounds never properly healed, and she was sent to a hospital for treatment where a doctor discovered her true gender. Her military career ended, but she was honorably discharged from the Army in 1783.

After returning home, Sampson married and had several children. In 1804, approximately nine years after her service, none other than Paul Revere wrote a letter to Congress supporting her service. Congress awarded Sampson a pension, and she traveled giving lectures on her military experiences—most of the time wearing her uniform.

THE TRADITION OF FEMALE WARRIORS IS NOT NEW. America has a proud history of women, from the first settlers to today, who have helped protect this country.

While the traditional militia Soldier was male, women protected their families, farms and towns against threats such as attacks from Native American tribes and mercenaries from other countries. When the American Revolution broke out, many men joined their state’s militia, leaving their wives, girlfriends or mothers to defend their homes.

The Fight for Independence

Some women chose to follow their husbands and help with the fight. Margaret Cochran Corbin fought beside her husband, John Corbin, in the Revolution. On Nov. 16, 1776, Fort Washington came under attack by British and Hessian soldiers. Corbin served as a gunner’s assistant until the gunner was killed. He then took charge of the cannon with help from his wife, Margaret. John was killed later in the battle, but Margaret didn’t stop. She continued to load and fire the cannon alone until she was wounded.

Margaret was recognized for her bravery and was the first woman to be awarded a pension from the U.S. government as a disabled Soldier.

The most famous female Soldier of the America Revolution is Mary Hays McCauly, otherwise known as “Molly Pitcher.” As the wife of William McCauly, an artilleryman, Mary was with her husband at the Battle of Monmouth, July 28, 1778.

Disguised Service

Although women were not allowed to enlist in the military, they did, in fact, take up arms during the Civil War just as they did during the Revolutionary War.

The exact number of women who fought for both the Union and Confederate armies is unknown; however, there is no doubt that women did serve. And like their pioneering sisters-in-arms during the Revolutionary War, these women used clever, concealing clothing to pass themselves off as men.

There are legends about women who volunteered for service. Satronia Smith Hunt joined an Iowa regiment with her husband. A young school girl, Mary Stevens Jenkins, joined a Pennsylvania regiment, served two years, was wounded and was discharged without discovery. A self-financed Confederate officer, Loreta Velazquez, passed herself off as LT Harry Buford.

Officially, the government never recognized any female Soldiers, but archives tell a different story. Two of the most well-documented and well-known female Warriors were Sarah Edmonds Seelye and Albert D.J. Cashier.



A HELPING HAND Molly Pitcher helps Soldiers swab their cannons at the Battle of Monmouth during the Revolutionary War in June 1778.

“Let the generations know that women in uniform also guaranteed their freedom. That our resolve was just as great as the brave men who stood among us. And with victory our hearts were just as full and beat just as fast—that the tears fell just as hard for those we left behind.”

>> 1st LT Sash Brehm, U.S. Army Nurse Corps, WWII

Seelye, who enlisted in the 2nd Michigan Infantry in May 1861, was known as Franklin Thompson, and Cashier joined the 95th Illinois Infantry until 1865, when the unit was disbanded after the war.

Establishing the Army Nurse Corps

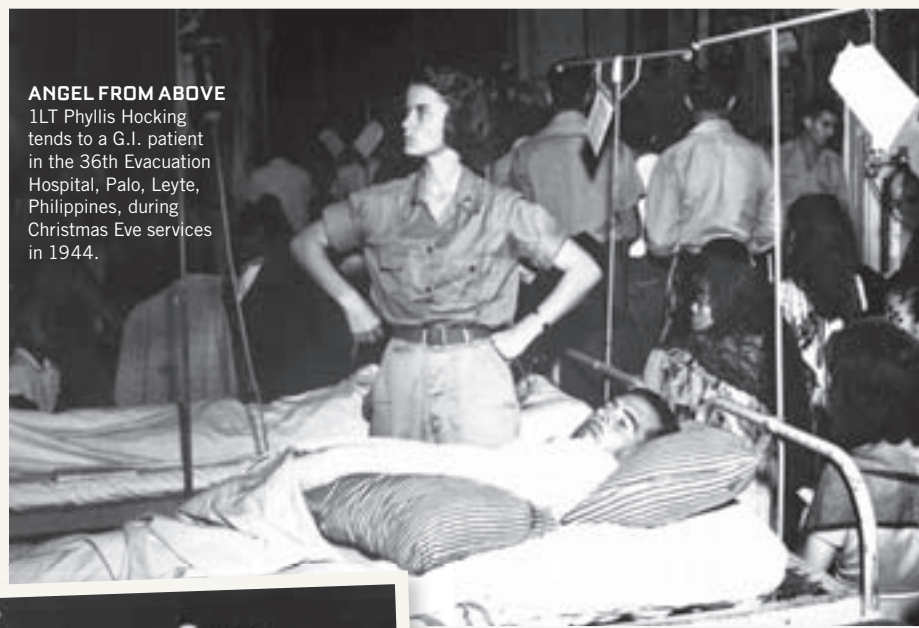
One of the most obvious results of the Civil War was the need for nurses. During the war, women on both sides tended the wounded, assisted doctors and oversaw the administration of hospitals.

With the outbreak of the Spanish-American War in 1898, the U.S. sent Soldiers to Cuba, Puerto Rico, Hawaii and the Philippines. The military was completely caught off guard by the high rate of Soldiers struck down by diseases such as malaria, typhoid and yellow fever in these hot and exotic areas. The military department decided to contract female nurses to work in the hospitals and onboard the hospital ship, *USS Relief*.

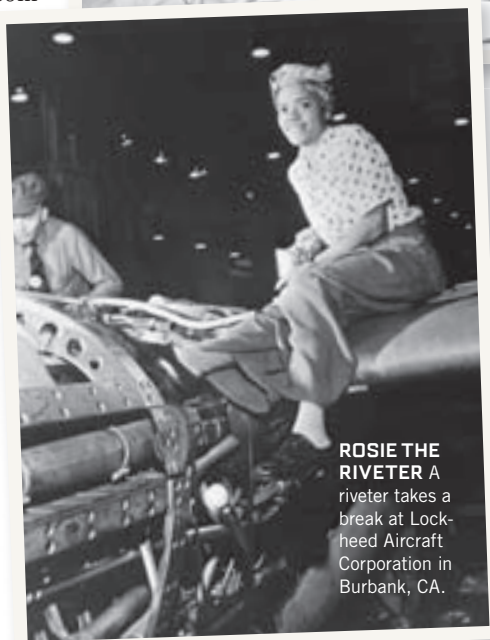
Approximately 1,500 nurses worked for the military department, and, unfortunately, many contracted the diseases they were fighting. However, their brave efforts led to the creation of the Army Nurse Corps (ANC) in 1901.

Due to the success of nurses during the Spanish-American War, the start of WWI saw large numbers of women going overseas as nurses and medical assistants. As the need for nurses increased, the Army (and Navy) Nurse Corps grew tremendously, with approximately 13,000 women serving across Europe.

Because of the shifting battle lines, many nurses found themselves under fire, and some paid the ultimate price. Three Army nurses were awarded the Distinguished Service Cross, the nation's second-highest honor.



ANGEL FROM ABOVE
1LT Phyllis Hocking tends to a G.I. patient in the 36th Evacuation Hospital, Palo, Leyte, Philippines, during Christmas Eve services in 1944.



ROSIE THE RIVETER
A riveter takes a break at Lockheed Aircraft Corporation in Burbank, CA.

Known as the “Great War,” WWI did not keep peace for long, and in September 1939, Germany invaded Poland, startling the world and igniting WWII. The United States offered support to its allies, sending supplies as well as nurses.

In an effort to protect our interests in the Pacific, the Army sent nurses to far-flung outposts such as Hawaii and the Philippines. When Japan attacked Pearl Harbor on Dec. 7, 1941, many nurses were injured or killed. When the island fortress of Corregidor was forced to surrender in 1942, 67 nurses were held as Prisoners of War until February 1945, when the Philippines were liberated.

“Free a Man for Combat”

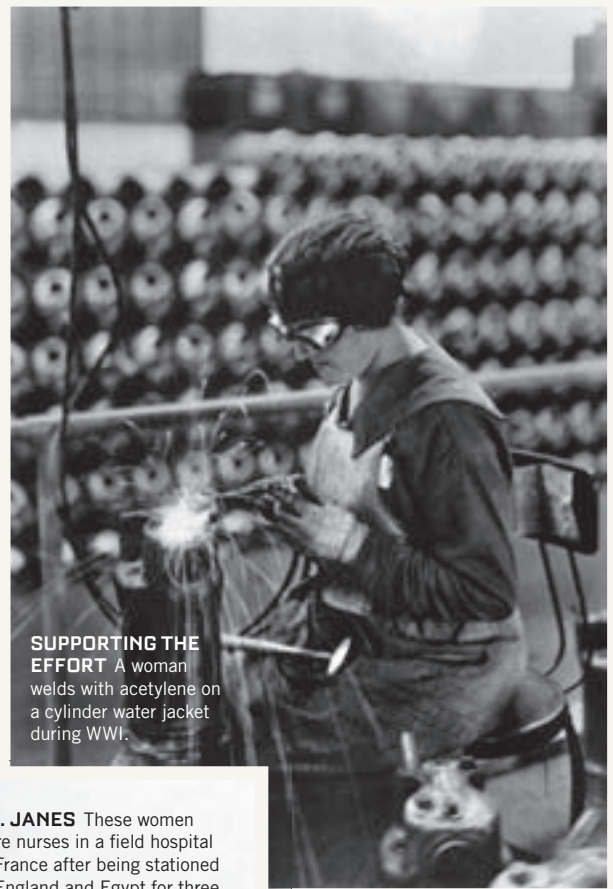
Although the ANC allowed women to serve, WWII opened many doors for women both on the homefront and in the military in non-medical positions. As America’s men went to war, women back-filled their positions at factories (hence the nickname Rosie the Riveter), businesses and even in sports with the All-American Girls Professional Baseball League made famous by the film, *A League of Their Own*. While many women filled the ranks of the ANC, others joined the newly founded Women’s Army Auxiliary Corps (WAAC).

The WAAC would eventually be placed in the National Guard in 1967. MAJ Oveta Culp Hobby, the wife of former Texas governor William P. Hobby, commanded the WAAC. Hobby then went about the task of recruiting women to fill non-combatant jobs, “Free[ing] a man for combat.” By July 1941, the WAAC received over 35,000 applicants for approximately 1,000 jobs.

Although women filled numerous non-combatant jobs such as transportation, clerical and ordnance positions, many of the WAACs were sent to Army Air Force (AAF) units. Overall, the AAF received the largest number of WAACs who became test pilots, ferrying planes to the coasts for shipment overseas and dragging targets for newly minted male AAF pilots. These women became known as the Women Airforce Service Pilots, or WASPs, and were courageous aviators, eventually racking up nearly 60,000 flying hours over the course of the war.

By 1943, it was evident to all that the WAAC was a success, and a bill was signed into law converting the WAAC into the Women’s Army Corps (WAC) and promoting their director, MAJ Hobby, to colonel. With the planning and preparations for D-Day, the WACs were needed more than ever.

200,000
women served
across the services
during WWII.



SUPPORTING THE EFFORT A woman welds with acetylene on a cylinder water jacket during WWI.



G.I. JANES These women were nurses in a field hospital in France after being stationed in England and Egypt for three years during WWII.

over headquarters left behind by the Germans and set up communication networks immediately.

By the end of the war in Europe, approximate 7,600 WACs were stationed in the European theater in England, France and many German cities.

Going “Active”

June 25, 1950, saw the eruption of the Korean War, and just 14 days later, 12 active-duty Army nurses went forward to the front lines at Taejon, where they set up a Mobile Army Surgical Hospital (MASH).

Although many nurses and WACs had been separated from the Army after WWII, they were activated in 1951, marking the first time women were officially called to active duty. Again, the ANC sent women to far-

away places such as Japan to operate hospitals, but nurses were also sent to the Korean peninsula. Two months after hostilities broke out, approximately 100 nurses were serving there.

Present during the landings at Inchon and the eastern coast of North Korea, Army nurses supported combat troops defending the Pusan Perimeter and accompanied them in the press across the 38th parallel to the Manchurian border. The nurses lived among the

Following Ike

In 1943, Europe saw the arrival of the first WAC battalion in Europe. The women served under GEN Dwight D. Eisenhower at the Supreme Headquarters, Allied Expeditionary Force, or SHAEF, in London. This battalion followed Eisenhower to Europe, arriving in France 38 days after the momentous D-Day landings in Normandy. The WACs took

COURTESY OF THE U.S. ARMY / ARMY SURGEON GENERAL

“The qualities that are most important in all military jobs—things like integrity, moral courage and determination—have nothing to do with gender.”

>> MAJ Rhonda Cornum, U.S. Army Medical Corps, Operation Desert Storm



FOR THE CHILDREN

Peggy O'Neil of the Stage Women's War Relief supplied hundreds of American children with yarn and knitting needles to knit garments for impoverished children of France and Belgium during WWI.

Expanding Opportunities

Women continued to serve in the National Guard throughout the 1970s and 1980s; however, instead of non-combat roles, they worked in support and combat-support jobs such as maintaining aircraft and vehicles, and operating heavy equipment like forklifts and large trucks.

The 1991 Gulf War saw many opportunities for women in the National Guard. Operations Desert Shield and Desert Storm saw the first major call-up of National Guard units since WWII. Many female Guard Soldiers moved directly into the fight, flying helicopters and moving supplies to forward operating bases (FOBs).

The Gulf War proved again that women wanted to serve their country. According to a study cited in the August 2003 edition of *Military Medicine*, after the Gulf War, “more women (7 percent) served” during Operations Desert Shield and Desert Storm “than at any time in the country’s history.”

Because of their outstanding contributions during the Gulf War, many National Guard women began assuming major leadership positions.

The first female National Guard general was BG Sharon Vander Zyl of the Wisconsin Army National Guard, who was promoted on June 1, 1992.

With the horrific terrorists attacks of 9/11, a new generation of women answered the call of their nation. One of the first responders to the strikes in New York was the historic 369th Sustainment Brigade.

In 1957,
468
positions were
authorized for
women in the
Guard.

Soldiers, wearing uniforms, sleeping in bombed-out buildings and wearing their steel helmets for protection.

When Communist China intervened, the ANC supported United Nations Forces as they withdrew south of the 38th parallel. By the end of the conflict, ANC nurses helped evacuate an estimated 350,000 personnel.

Women clearly proved themselves in WWII in both the European and Pacific theaters (with approximately 200,000 serving) as well as at home in traditionally male roles—it is estimated that about 6 million women filled wartime jobs in factories. With their heroic service in Korea, the floodgate was officially opened. Women wanted to continue serving their country.

Going Guard

In 1956, Congress finally passed Public Law 845, which authorized female officers in the National Guard. In January 1957, the first Army National Guard female officer, 1LT Sylvia Marie St. Charles Law, was commissioned.

Although there were 468 authorized positions for women in the Army National Guard in 1957, there were only 11 nurses. By 1960, the number had risen to only 56 in a total force of 401,371 personnel.

In 1967, Congress converted the members of the WAC into National Guard Soldiers. While this conversion opened the doors to women in the National Guard, it limited their roles to non-combat jobs such as logistics, food service and clerical positions.


Interestingly, fewer women served during the Vietnam War (approximately 7,500) than in WWII, with most working in medical specialties or clerical positions.

To honor the women who served in Vietnam, the Vietnam Women's Memorial was erected in 1989.

It “recognizes the contributions of military women to their country, as well as civilian women’s patriotic service,” according to Diane Carlson Evans, founder and chair of the Vietnam Women's Memorial Project.

“Right after AIT, I was able to go and cover a story on New York Army National Guard Soldiers who were pulling security for the papal departure at the JFK airport. I was able to go and see the pope and take photos and cover a story on the Soldiers who were helping to protect this man. It was such a cool opportunity—I made a scrapbook about it! I was amazed that I had that opportunity so soon after I completed my training. It was pretty crazy!”

>> PVT Rachel Sanzo, 20, sophomore, State University of New York, Potsdam, 42nd Infantry Division HQ Public Affairs, New York Army National Guard



**"THE NATIONAL
GUARD IS A PLACE
WHERE YOUNG
LEADERS ARE GIVEN
RESPONSIBILITY
FOR EXECUTING
CHALLENGING AND
OFTEN UNIQUE
ASSIGNMENTS EARLY
IN THEIR CAREERS."**

>> COL Stephanie Dawson

A SHINING EXAMPLE

COL Stephanie Dawson upholds the tradition and honor of the National Guard Warrior.

In November 2008, COL Stephanie Dawson was appointed the first female commander of the 369th "Harlem Hellfighters." As a Soldier of the New York Army National Guard and an employee of the New York and New Jersey Port Authority, Dawson recalls: "When the World Trade Center towers were destroyed, my military and civilian worlds became one. I was devastated about what happened, but as a Soldier, I was in uniform at the Harlem armory the next day."

At the time, Dawson was the battalion's Executive Officer where she "spearheaded logistics and support missions for transportation, security and relief operations" in the days following the attacks.

Similarly, CSM Kandy Fredette of the New Hampshire Army National Guard's 54th Troop Command, has seen many "firsts."

Fredette became the organization's first female first sergeant and the state's first female command sergeant major. From 2005 to 2006, Fredette deployed with the 2nd Brigade Combat Team, 28th Infantry Division, Pennsylvania Army National Guard, as a first sergeant.

For her service, Fredette received a Bronze Star. Her citation read: "Her personal leadership style and tireless efforts were instrumental in motivating the maintenance force to perform at an exceptional rate, contributing to the brigade's overwhelming success."

The start of Operation Iraqi Freedom came in March 2003. The National Guard saw its largest activation since WWII, with the numbers swelling to roughly 51 percent of "boots on the ground" by 2005. By 2008, approximately 11 percent of Soldiers in Iraq and Afghanistan were females, according to the Pentagon.

Female Soldiers fill the ranks in roles from support to combat support. One job that has a large number of women is military police (MPs). Regardless of gender, MPs participate in countless convoys requiring protection as supplies are moved around Iraq. Constantly under fire, MPs fight insurgents to keep the drivers as well as their fellow Soldiers safe.

One such incident occurred on June 16, 2005, when for the first time since WWII, a female Soldier was awarded the Silver Star. It went to SGT Leigh Ann Hester of the 617th Military Police Company, Kentucky Army National Guard, for her actions during an enemy ambush on the convoy.

According to Hester, "It really doesn't have anything to do with being a female. Your training kicks in, and the Soldier kicks in. You've got a job to do—protecting yourself and your fellow comrades."

Since Hester, other women have received awards for their remarkable performance as Soldiers, too. SPC Veronica M. Alfaro joined the California Army National Guard in 2005, but when she heard that Alaska's Bravo Company, 297th Support Battalion was deploy-



Download GX 5.5 to see the "Guard Tales" illustrated version of SPC Veronica Alfaro in action! Go to GxOnline.com/pastissues.

MODERN WARRIOR SPC Veronica Alfaro, Alaska Army National Guard, earned a Bronze Star with "V" device after her convoy was ambushed in Iraq on Jan. 15, 2008.

PARLEZ-VOUS FRANÇAIS? Sgt. Madeline Ishmael, a 23-year-old Human Intelligence Collector for the Louisiana Army National Guard, translated French for the Marines on a deployment to Morocco.



ing, she transferred and volunteered for the deployment.

Alfaro, a combat medic and driver, received the Bronze Star with "V" device for her actions during an ambush on her convoy, which included third-country national drivers. Attacked by enemy forces, Alfaro positioned her vehicle into the line of enemy fire, which protected the civilian drivers and allowed her gunner to return fire.

Two civilian drivers were wounded, and Alfaro, with disregard for her own safety, instinctively grabbed her medic's bag and ran past enemy fire to help.

Serving the Future

The opportunities for women to serve their country in the National Guard are endless. Young females are joining the Guard in record numbers, filling positions in supply, maintenance, intelligence, transportation and other jobs.

One such Soldier is SGT Madeline Ishmael, a member of the Louisiana Army National Guard's 418th Military Intelligence Battalion. Since joining the Guard almost five years ago, Ishmael has graduated from the Defense Language Institute, completed her college degree and deployed to Morocco to serve as a French translator and liaison for a U.S. Marine unit stationed there.

Ishmael joined the National Guard for the same reason as women before her: She wanted to serve her country.

"I like knowing that I accomplished something that only a [small] percentage of Americans have done," Ishmael says.

As women fill the ranks of the National Guard across the country, those who have served before us offer support and inspiration. COL Stephanie Dawson offers: "The National Guard is a place where young leaders are given responsibility for executing challenging and often unique assignments early in their careers."

"The biggest difference [between 1957 and today] is that women can aspire to the top ranks of the National Guard," Dawson continues. "In some states, women are already holding command positions at various levels, including adjutant general."

BG Jessica L. Wright, the adjutant general of Pennsylvania, is the first woman ever selected by a U.S. governor and only the second woman to hold the position in the history of the National Guard. Wright, an Army aviator, has a distinguished and significant career. She was the first female aviator in the Army National Guard, and she was the first woman to qualify in medium lift aircraft—the CH-47 Chinook—and in heavy lift aircraft—the CH-54 Skycrane.

From the early women settlers who defended their homes and families to today's highly trained Soldiers, females choose to serve and defend our great country. These women—these natural Warriors—know they must protect what they cherish most. **GX**

The Bugler

STRENGTH MAINTENANCE



The Bugler is a tool to help Soldiers in all aspects of recruiting. From the Recruiting NCOIC to the Recruiting Assistant (RA), all new information about the latest and greatest recruiting tools and programs can be found monthly right here in GX.

Info and photos courtesy of NGB-ASM



>> PATH TO HONOR

January proved to be another record-breaking month for Path to Honor as the online enlistment application program received 12,000 applicants, shattering December's previous record high of 10,000 applicants. Path to Honor has been so successful that it has already received more applications since Oct. 1 than were received in all of FY08. For more information, contact Lisa Menck at (615) 724-4264.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★



>> DRIVE THE GUARD

With the new Drive the Guard program, recruits can jump-start their career in the civilian trucking industry. By enlisting in the Drive the Guard option, recruits get paid while attending a commercial truck driving school, graduate with a commercial driver's license (CDL) and are guaranteed a full-time job with a motor carrier. Information is available at www.NATIONALGUARD.com/drivetheguard.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★



>> **GUARD GOES MOBILE**

You can now access www.NATIONALGUARD.com from your mobile device, allowing you to watch videos, get the latest enlistment options and contact a recruiter. Check it often for updates.



>> **CAREER KIT**

Be sure to keep an eye out for the new Career Kit. The Career Kit consists of DVDs recruiters can provide to potential recruits highlighting MOSs and career fields.



>> **GUARD CARD**

With the launch of the new Guard Card, recruiters will now have more interaction with potential recruits. Recruits will receive a promotional item along with a card directing them to a recruiter. After presenting the card to a designated recruiter, the individual will be eligible for another promotional item and be briefed on potential opportunities with the Guard.

To learn more about Guard Card, go to www.NATIONALGUARD.com/promo/index.





Reporting Your Civilian Employment Information

YOUR ANNUAL OBLIGATION

Story by SGM Thomas Holley

Reserve Warriors in all components are familiar with CEI. However, very few can tell you exactly what it is or what it does. Do you know what CEI is and what it obligates you to do on an annual basis?

CEI stands for “Civilian Employment Information,” and your annual obligation to report your Civilian Employment Information (CEI) can be found in DoD Instruction 7730.54, dated March 31, 2008.

REPORTING REGULATIONS

The Reserve Components Common Personnel Data System (RCCPDS), DoD Instruction 7730.54 dated March 31, 2008 is the official DoD policy directing the reporting of CEI data.

If you would like to read more about the Reserve Components CEI requirements and reporting procedures please see ENCLOSURE 10 CEI TRANSACTION FILE, DD-2171.

The Bottom Line Up Front (BLUF) version states that all Reserve military services shall implement reporting requirements for employment-related information for each officer, warrant officer and enlisted person assigned to the Ready Reserve who are not serving in an AGR status. All Selected Reserve members, excluding AGRs, will annually update their CEI data.

WHY REPORT?

Most likely you are asking yourself: “Why?” The collection of CEI helps facilitate open communication between the Department of

The CEI process is simple and should take only five minutes to complete.

Defense and the civilian employers of the Guard and Reserve service members. CEI informs the Reservists and their employers of their rights, benefits and obligations.

The immediate goal is to increase the effectiveness of the Department of Defense’s employer outreach programs by identifying employers directly affected by DoD policies and mobilizations. Remember, 700,000 reservists have mobilized in all components since 9/11 with an average of 124,000 on active-duty status daily.

Understanding who the employers are and the distinct balance of reserve obligations and civilian employment will allow DoD to assess actual employer needs and identify possible programs to encourage employer support for reserve participation.

UNDERSTANDING YOUR OBLIGATION

A common problem with the CEI process is that Warriors do not understand their obligation for reporting CEI data annually or correctly. It is estimated that 88 percent of all Reserve members have completed the CEI process at least one time during their careers; however, the average compliance rate hovers around 25 percent. This means DoD is unfamiliar with the needs and concerns of 75 percent of all Reservist employers.

The CEI process is simple and should only take five minutes to complete. Members of the Army National Guard use the Defense Manpower Data Center’s Guard and Reserve portal at dmdc.osd.mil/Guard-ReservePortal.

We must never forget that employers help strengthen our country and allow our men and women in uniform to focus on their military mission at hand. The annual reporting of complete and accurate information will ensure that we communicate effectively with civilian employers, recognize outstanding support and increase awareness of reserve obligations.

SGM Thomas Holley is the Senior Enlisted Advisor at the National Committee of Employer Support of the Guard and Reserve. GX

Learn more about ESGR at www.ESGR.org.

All Selected Reserve members, excluding AGRs, will annually update their CEI data.

WE ALL SERVE



BOB BARRETT, VICE PRESIDENT OF HAWAII BASED COASTAL WINDOWS WITH EMPLOYEE AND U.S. ARMY RESERVE SERGEANT MICHAEL ECHIVERRI.

**ARMY NATIONAL GUARD ★ ARMY RESERVE ★ NAVY RESERVE ★ MARINE RESERVE
COAST GUARD RESERVE ★ AIR NATIONAL GUARD ★ AIR FORCE RESERVE**

We all serve. Whether serving our communities or our country, members of the National Guard and Reserve depend on their military units, families, and employers for support. Employer Support of the Guard and Reserve is a Department of Defense agency that seeks to promote a culture in which all American employers support and value the military service of their employees by recognizing outstanding support, increasing awareness of the law and resolving conflict through mediation.



HONORING THE PAST Social studies teacher Clifford Happy (left) of Hot Springs, AR, reviews Heritage Outreach program materials with Scott Farrell (right), National Director of Educational Outreach, at the NCSS conference.



COURTESY OF SCOTT FARRELL

History Springs to Life

HERITAGE OUTREACH RAISES INTEREST IN MILITARY'S ROOTS

By CPT Lara J. Dorman

Our nation's military heritage spans almost 400 years. During this time, the U.S. has evolved from a group of colonies with no professional army to a nation with the most powerful and advanced military in the world.

The Heritage Outreach program is an exciting new educational presentation developed by National Guard Bureau to bring America's military history to life. Started in Montana in 2003, Heritage Outreach has recently expanded into high school classrooms and community organizations nationwide.

The four-part program delves into the cultures, ideas and practices of U.S. military history, and tells the story of America's dedication to promoting independence and freedom. Army National Guard (ARNG) Recruiting and Retention Commands organize the program in their states and provide presenters who weave in the Guard's values.

Since its inception in early 2008, Heritage Outreach has received praise from teachers and recruiters alike. Focusing primarily on the history of four wars—War of 1812, Civil War, WWI and WWII—the program is designed to stimulate students' interest, using illustrated textbooks and hands-on replica items such as helmets, dog tags, shaving kits, playing cards and canteens.

Students learn about the wars' locations, the cultures and backgrounds leading up to the conflicts, military equipment, weapons and tactics, and get a view of the Soldiers' lives.

Teachers are provided with a complete curriculum guide. State coordinators are encouraged

to tailor the program to include Guard history relevant to each state. SSG Larry Bowman of the Montana National Guard, for example, talks about the contributions that Montanans have made to support and defend the U.S. He begins with the formation of the 1st Montana Volunteers/1st Infantry in Virginia City during 1885, and continues through deployments for Operation Iraqi Freedom and Operation Enduring Freedom.

The program also helps educators meet curriculum standards recommended by the National Council for the Social Studies. The Heritage Outreach program fits into four suggested areas of study: culture, continuity and change, civic practices and social behavior.

According to survey results and other feedback, teachers have been extremely impressed with the knowledge and professionalism brought into their classrooms by ARNG presenters. They have been especially encouraged by the students' enthusiasm.

The National Guard hopes to provide this free educational service to more schools. Last fall, through the Partners in Education program, Heritage Outreach was introduced at the annual National Council for the Social Studies conference in Houston, TX, attended by approximately 3,800 social studies teachers from across the country. **GX**

For more info about Heritage Outreach and other ARNG school programs, visit PartnersInEducation.com.



AIR ASSAULT PACKING LIST

BRING THE RIGHT GEAR TO SUCCEED

Story and photos by SFC Ken Suratt

Once you get a slot and your dates to attend Air Assault School, the next big step is to get ready for this fast-paced school. Soldiers will need to prepare themselves mentally and physically, but the simple task of packing is often overlooked. Not only is it important to pack the proper gear for Air Assault, but also the amount of gear you pack can determine whether your time at Air Assault School will be a success or a bust. Use this guide to pack for Air Assault School, and you will be one step closer to becoming Air Assault qualified.

For more on Air Assault, go to www.NATIONALGUARD.com/movies

Air Assault Packing List

QTY	CLOTHING/EQUIPMENT	WORN	RUCKSACK	CARRIED
		X		
1	ACU cap w/ rank only	X	2	
3	ACU shirt	X	2	
3	ACU pants	X	3	
4	Brown/tan T-shirt	X	1	
2	Belt, black, web w/ open face buckle, or tan riggers belt	X	1	
2	Boots, combat, black leather, hot weather or desert boots	X	3	
4	Socks, black or green cushion sole	X		
1	ID tags (2) long and short chain	X		
1	Military ID card			X
1	Running shoes w/ white socks			X
1	Waterproof bag		X	
1	Ballistic Helmet, Kevlar or MICH w/ sweatband and chinstrap		X	
1	IPFU (jacket, pants, shorts, LS & SS shirts, watch cap, reflective belt/vest)			X
2	Earplugs w/ case		X	
1	Rucksack, large			X
1	Canteen, 1 quart w/ cup and cover			X
1	Pistol belt			X
1	LBE Suspenders			X
1	Work gloves, leather, black w/ inserts		X	
1	Camelbak or equivalent hydration system			X
1	Poncho			X
1	PolyPro top			X
1	Personal hygiene kit			X
1	Gortex jacket or field jacket w/ name and rank			X
1	Flashlight, Angle, military, w/ red lens and batteries		X	
1	Goggles, military or civilian milspec		X	
2	Brown towels			X
1	Lock, combination			X
2	Pens, black ink			
1	Laundry soap			



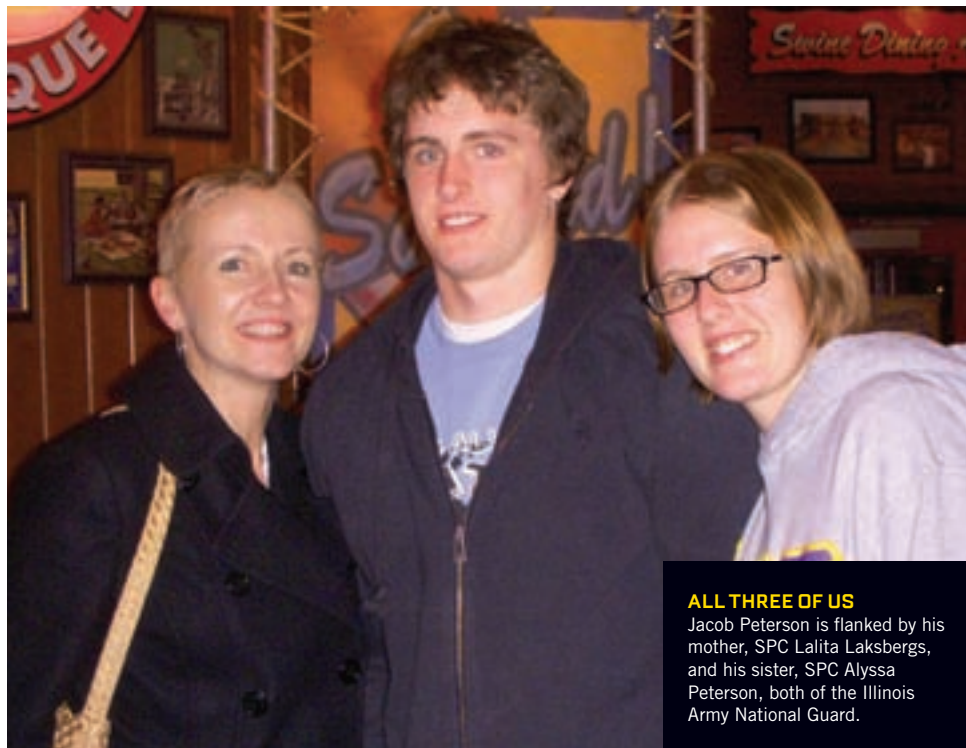
FREEDOM-FIGHTING FAMILY

MOTHER, DAUGHTER, SON ALL MEMBERS OF ILLINOIS GUARD

Story and photos by SSG Stephanie McCurry

SPRINGFIELD, IL—A sister in Afghanistan, a mother deploying to Iraq in a few months and a son/brother enlisting in the Illinois Air National Guard: There is no other way to describe this family than “pro-military.”

Jacob Peterson, a native of Sullivan, IL, was sworn in on Jan. 22, 2009, by Illinois National Guard Adjutant General MG William L. Enyart, becoming the newest member of Springfield’s 183rd Fighter Wing. Peterson will be an electronic computer and switching systems apprentice, working on computers from desktops to large mainframe systems.



ALL THREE OF US

Jacob Peterson is flanked by his mother, SPC Lalita Laksbergs, and his sister, SPC Alyssa Peterson, both of the Illinois Army National Guard.

There is no other way to describe this family than “pro-military.”

“This is a good opportunity to advance my education in a field I will be using in the future,” said Peterson about his decision to join the Guard.

Peterson’s mother, Lalita Laksbergs, of Springfield, and father Jack Peterson of Sullivan, IL, were present to see their son’s enlistment ceremony. Laksbergs is a specialist in the ILARNG with the 139th Mobile Public Affairs Detachment.

Airman Peterson’s sister, SPC Alyssa Peterson, was unable to attend. She is currently serving in Afghanistan with Company A, 634th Brigade Support BN.

“I am so proud of him,” Alyssa said during a phone conversation prior to her brother’s enlistment. Referring to the job training Peterson will receive in the Guard, she added, “I know that he’s doing it for the right reasons, and I know that he’ll do great when he joins.”

When Peterson’s mom was asked how she felt about another child joining the military, she joked that they would finally speak the same language. With this “close-knit” family, something like this can bring them even closer.



PROUD PARENTS

Jacob Peterson, shown with his parents, is currently part of the only family with three members in the Illinois National Guard.

“We’ve always been supportive of each other,” said Laksbergs. “Even being countries away, we’ll have to find different ways to keep the communication support going.”

Peterson will be traveling to Lackland Air Force Base, TX, for eight and a half weeks of basic military training. Once he has completed the training, he will go to Keesler Air Force Base, MS, to complete 24 weeks of advanced individual training. **GX**



BEHIND THE WHEEL

SPC Alyssa Peterson is currently deployed to Afghanistan with Company A, 634th Brigade Support Battalion, which is part of the 33rd Infantry Brigade Combat Team.

“I know that he’s doing it for the right reasons, and I know that he’ll do great when he joins.”

>>SPC Alyssa Peterson

Weathering the Financial Storm



With current financial market conditions as they are, it's important to know the steps you and your family can take to weather any financial storm you may face one day.

Intro by Lynne York, Courtesy of USAA

One simple way to stay ahead in these turbulent times is to “Ask June.” Each month, USAA Certified Financial Planner June Walbert, a lieutenant colonel in the Army Reserve, offers sound financial advice through her “Ask June” column on Military.com.

Ask June

“Ask June” answers actual questions received from Soldiers and their families, covering subjects like tackling debt, saving for retirement, budgeting and other important financial issues.

Read on for June’s answers as she addresses two current issues.

Q: Does debt settlement and/or debt negotiation work as an alternative to bankruptcy?

—Tom

A: Debt settlement or debt negotiation may be a better alternative to reducing your debt load than bankruptcy, but make no mistake about it: All can have a negative impact on your credit score for 7 or more years. However, a settlement will affect your credit score less.

One major negative that’s often unknown or overlooked with settlements is that if \$600 or more of a credit balance is “forgiven,” then a Form 1099 will be sent to the IRS and taxes will be owed the following April 15th.

According to the IRS, taxes on credit card debt may be forgiven under the Mortgage Forgiveness Debt Relief Act of 2007, if the “cancelled debt [was] used to buy, build or improve your principal residence or refinance debt incurred for those purposes qualifies for this exclusion.”

A better alternative might be to contact a local

agency that belongs to the National Foundation for Credit Counseling [NFCC.org]. This type of counseling can help you turn things around, prioritize your cash flow and make prudent financial decisions. If your problems are serious, they will help you set up a Debt Management Plan to meet your obligations and right your financial ship. Best of luck.

Q: I have an ARM (adjustable rate mortgage) and, in three years, I will need to address that issue. In the last 18 months, the value of the house has dropped significantly. Consequently it is upside down. I could just walk away. But where would I live? Should I address the where would I live question first? I was thinking of buying a second home prior to walking away from this one.

—Allen

A: I’m a big believer in personal responsibility. The idea of buying a new house and then “walking away” from your current home makes me feel uneasy—hopefully, you too. After the hard lessons of the last couple of years, it would also probably make a lending institution you might contact about buying a second home apprehensive about lending the money. You could walk away, but should you? You didn’t indicate that making the payments on your home is an issue; just that you’re upside down—you owe more

than the property is currently worth—and are wondering if you should fulfill your obligation.

Do the right thing! I would recommend you keep the mortgage and continue to make payments. Your principal and interest payments will reduce the mortgage balance and eventually the housing market will turn around and drive up your home’s value over time. If you plan on staying in your house beyond three years, you should consider looking at your options for a fixed rate mortgage. Rates are still relatively low, but money is tight. It is, though, worth a shot.

Fixing your mortgage will allow for budgeting a set monthly mortgage payment, now and in the future. Yes, you may have to bring some cash to the table, but this way you’ll feel better about honoring your financial obligation and your credit history. **GX**





Ready to be Resilient?

By Judith S. Harris, BA, MSN, CHES

What's the first thing that comes to mind when you think of “resilience”? Many people equate it with “bouncing back”—getting back on the horse right away when you fall off. Or, as the song “Pick Yourself Up” by Jerome Kern and Dorothy Fields says, “pick yourself up, dust yourself off and start all over again.” Sounds simple, but it’s not an ability that everyone is born with, nor is it exactly the same process for everyone.

Let’s take a closer look at what “resilience” means, and why it’s important to Soldiers, families and communities. According to Sheila Emerson Kelly, assistant commissioner for the Bureau for Behavioral Health, resilience is “the process of adapting well in the face of trauma, tragedy, threats or other significant sources of stress.” But what makes you able to do that and how do you know if you are resilient? Some people may have found out from previous life experiences; some may not have the faintest clue. One thing we know for sure is that resiliency is a learned trait. Those who seem to have it naturally probably learned it by example from parents or others. The rest of us can do the same thing.

There are many characteristics and abilities that contribute to resilience. A person does not have to have all of them to be resilient. He/she can continue learning more of them all the time. The more aspects of resilience you learn, the more ready you are to face stress.

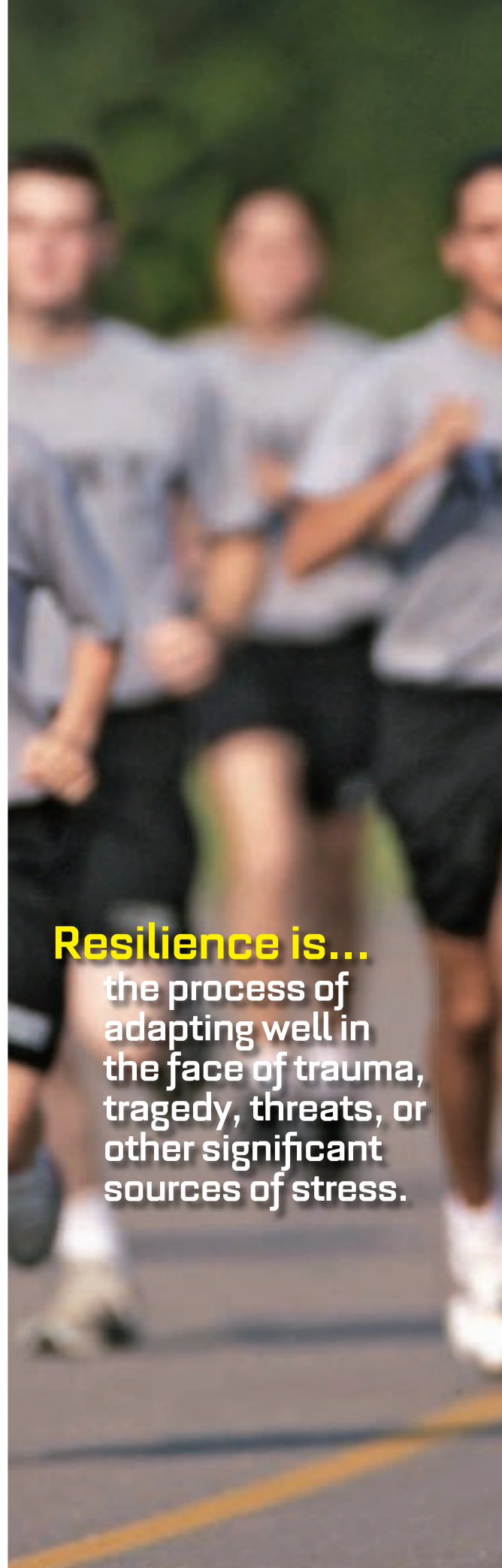
Here are some traits that can be found in resilient people:

- **Hope and Optimism**—we can get through this and we will be OK.
- **Gratitude**—for past successes, friends, family and life in general.
- **Positive attitude**—I am an important part of an important mission; I know I am prepared for this.
- **Humor**—being able to participate in appropriate humorous activities as a stress-reliever.
- **Positive emotions**—proven to be linked to better health, clearer thinking, flexibility, creativity and quickened response time; physiologically helpful in recovering from negative emotions/experiences.

Here are some coping skills that can be deployed to enhance resiliency:

- Know clearly what your responsibility is in a given situation, as well as those of your leaders, comrades and family members.
- Find meaning in challenges—what can I/have I learned from this?
- Know that there is often more than one way to solve a problem and practice/think about different solutions.
- Care about what happens to your family members and coworkers—look out for each other.
- Develop a variety of positive tools—use rapid assessment techniques, apply relaxation response, etc.

One of the most important parts of resilience seems to be the actual physical aspect of positive emotions. According to the article “Psychological Resilience and Positive Emotional Granularity: Examining the Benefits of Positive Emotions on Coping and Health” in *Journal of Personality*, this aspect quickens the body’s ability to rebound from negative emotions and may even make a person better able to handle future stress. The link between positive emotions and clearer thinking seems to strengthen both, which in turn leads to greater coping skills. Which of these traits and coping skills do you have? Which ones would you like to work on? Visit DecadeOfHealth.com for more thoughts, ideas and resources for being at your ready and resilient best! **GX**



Resilience is...
the process of
adapting well in
the face of trauma,
tragedy, threats, or
other significant
sources of stress.



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Are you Ready to be Resilient?



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Always Healthy.

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5 Signs of a “Military-Friendly” University



MAKE SURE YOUR SCHOOL SUPPORTS YOUR MILITARY SERVICE

By Johanna Altland,
Grantham University

If you are looking to earn an undergraduate or graduate degree, you’ve probably heard the term “military-friendly” used over and over again while researching which college or university you should attend. But being military-friendly is more than just a slogan that any institution of higher learning can stake a claim to—it’s what lies beneath that motto that matters most. Here are some military-friendly attributes you should consider when deciding which institution is the right fit for you.

1. Affordable Tuition

The cost of education can vary greatly by institution and by degree program. As a service member, you are eligible to receive Tuition Assistance (TA) from the Department of Defense. Depending on your situation, your TA can cover up to \$250 per credit hour with a maximum of \$4,500.00 per fiscal year, or \$187.50 per credit hour (for some Guard members and Reservists). No matter how much TA you qualify for, a military-

friendly university will seek to minimize your out-of-pocket expenses through tuition discounts and scholarships that cover the cost of your required textbooks and software.

2. Maximum Transfer Credit

Whether you are entering college for the first time or returning after taking some time off, minimizing the amount of time it will take to earn your degree is important. As a service member, you have several options for transfer credits: previous college coursework; military training; and your Military Occupational Specialty (MOS).

Previous College Coursework: Each institution has its own policy regarding transfer credit, so it is important to do your homework. When considering transferring credits, most institutions

will evaluate your credits based on a few main factors: the grade you earned in the course; whether or not the course is comparable with courses in their curriculum; and how long ago you completed the course. Generally, you may be awarded credit if the course’s content is equivalent to the institution’s corresponding course, and if you received a grade of “C” or better in the course.

Military Training: Since 1945, the American Council on Education (ACE) has been counseling colleges and universities about awarding credit for military training and military courses. ACE has a team of evaluators who routinely assess new military training programs for college credit. Currently, there are more than 1,500 colleges and universities that are ACE members. As participating members, institutions agree to consider ACE’s credit recommendations when evaluating military training. Because each institution has its own guidelines for granting credit, it is important to find a school that works within ACE’s recommendations.

Military Occupational Specialty (MOS): Some colleges and universities award college credit for your MOS. To help institutions award credits for a MOS, ACE evaluators work with the U.S.

Evaluating a university’s military-friendly attributes will help you select a school that will support both you and your military service.

Department of Defense and the armed services to identify the skills, competencies and knowledge required for different occupational specialties, and relate them to the same characteristics acquired by students who have completed a comparable college course or curriculum. On its Web site, ACE has a searchable database of military occupations that outlines the occupational specialty, provides a detailed description of the MOS and the credit recommendations based on the skill level attained. For example, if you are an Indirect Fire Infantryman (MOS-11C-005) at Skill Level 30, you are eligible to receive up to 11 possible credits toward a degree. For more information on ACE credit recommendations by MOS, view their searchable database at: MilitaryGuides.acenet.edu/occupationsearch.asp.

3. Flexible Courses

Not all college courses are created equal, so it is important to choose a university whose learning format meets your needs. For most students, that means choosing between online and traditional classes.

If you work erratic hours or could get called away at a moment's notice, attending class online may be the best option for you. However, just as there are different types of college courses, there are also different types of distance learning formats. Some online courses have required log-in times and group work, while others allow you to study and submit assignments when it is convenient for you, as long as you meet the prescribed deadlines.

If you have a set work schedule and learn best when you have face-to-face interaction with your instructors and classmates, then a traditional classroom setting may be the right choice for you. If you decide to go this route, be sure you understand the attendance policy for each course because if you miss too many classes—even if it is for military duty—your grade could be reduced or you could be dropped from the course.

The length of the course could also be an important consideration for you. College courses can range from four to 16 weeks. If you want to progress through your degree program at a faster pace, choose a program that offers six- or eight-week courses.

4. Student Support

Whether you are a military or civilian student, the support and services that an institution offers are very important. In the course of your research, find out which schools offer faculty office hours, tutoring programs, academic advising, mentoring and career services. As a service member, you'll

Why Accreditation Is Important to You:

Accreditation is an important factor to think about when considering any college or university because it indicates that a school is reputable and has met certain quality standards. Accreditation assures students that the institution operates on a sound financial basis, has an approved program of study, has qualified instructors, adequate facilities and equipment, and follows approved recruitment and admissions policies. Because there are a variety of accrediting organizations, you should look for an institution that has been accredited by agencies that are recognized by the U.S. Department of Education (Ed.gov)

Any college or university can advertise that they are military-friendly, but don't take it at face value; it's the policies and procedures that are in place, and the institution's knowledge and understanding of the military—and the unique challenges that military students face—that are truly important. Evaluating a university's military-friendly attributes will help you select a school that will support both you and your military service.

also want to be sure that the institution you choose understands the unique challenges that come with being both a service member and a student. Ask each school about their policies for military students who have to deploy, withdraw or take a leave of absence from their courses because of their service duties. All of these items are very easy to discover through a simple phone call to the university's admissions office.

5. Military Scholarships

Universities familiar with the military understand that providing educational assistance to military family members, Wounded Warriors and Veterans is just as important as meeting the educational needs of our nation's service members. Every service member, Veteran and member of a military family should have the opportunity to pursue a college degree. **GX**



Guarding Paradise

THE HISTORY OF THE HAWAII ARMY NATIONAL GUARD



Story by Jason Hall



ROLE MODEL SSG Jim Evangelista of Kahalui, HI, teaches the children of the Ban Pong Wua School how to do the “shaka.” Evangelista took part in the Cobra Gold joint humanitarian mission hosted at the Ban Nong Buatong School in the Chanthaburi District of Thailand Jan. 24 to Feb. 11.

Intro by Staff Sgt. Marcia Beene Dickerson



Originally ruled by native, warring island kings,

Hawaii has a strong and proud military heritage. The history of the islands of Hawaii is similar to that of the Eastern Seaboard when English settlers first stepped on the land. “Found” by the famous English adventurer, CPT James Cook, in 1778, he claimed the Hawaiian Islands for England, renaming them the Sandwich Islands.

A

Although the islands were considered a kingdom and united under King Kamehameha I, Cook's Soldiers helped provide protection against other nations who wanted a piece of the islands' bounty and its strategic place in the Pacific.

Americans arrived in the early 1800s and began cultivating a trading relationship with the islands. As their “worth” grew, it became apparent that the islands would need greater protection. A constitutional monarchy was established in 1840 with an American, G.P. Judd, serving as prime minister until 1854.

This helped solidify America's relationship with Hawaii, leading to the U.S. establishing a naval base at Pearl Harbor. By 1893, Hawaii was granted independence from Great Britain, and an anti-monarchy sentiment grew among the islands' inhabitants.

The monarch of the Hawaiian Islands, Queen Liuokalani, attempted to retain her power as sovereign. However, with the help of the U.S. government, an Executive and Advisory Council of the Provisional Government of Hawaii was formed and was successful in overthrowing the Queen in a bloodless revolution. Immediately, the American minister in Hawaii, John L. Stevens, ordered U.S. troops to take control of Iolani Palace and various other governmental buildings.

The new Provisional Government of Hawaii began forming the Hawaiian Islands into a republic, but statehood would take almost 60 years. Defense being a paramount concern, the provisional government passed an act on Jan. 27, 1893, which organized one company of “regular troops” and three companies of “volunteers.”



GOOD TO GO
SSG Eddie Reyes, 1st Battalion, 299th Infantry, 29th Infantry Brigade, checks his M-60 machine gun during annual training at Fort Shaftner, HI.



FORWARD MARCH
A company of the 1st Hawaii Infantry march past Iolani Palace in Honolulu en route to Schofield Barracks soon after mobilization in 1917 for WWI.

COL John Soper, formerly of the California National Guard, was named the first adjutant general of the Republic of Hawaii. Soper had several aides helping him create the newly formed military force, including another former California Guard member, CPT John Good.

The officers and Soldiers of the new force had either served in the Royal Hawaiian Army or had experience in foreign militaries. Good was given command of the “regular troops,”

which became known as Company D. This company was filled with former members of the “Honolulu Rifles,” a citizen-militia unit formed in 1857.

Other members of the Honolulu Rifles formed the newly created volunteer Company B, commanded by CPT Hugh Gunn. Companies A and C were made up of German and Portuguese volunteers. In the midst of its formation, the members of the new Hawaii Guard were faced with their first military mission: a citizen revolt.

In June of 1893, the provisional government was identifying and gathering Hawaiian citizens infected with leprosy from all the Hawaiian Islands, and transporting them to the quarantined island of Molokai. However, one group of lepers on the island of Kauai did not go quietly and instigated a revolt against their forced relocation.

Following the killing of a deputy sheriff by the revolutionaries, the government declared martial law, and a unit of the Hawaii Guard was dispatched to Kauai. The Guard Soldiers, along with one cannon, arrived on the island on July 1. In an attempt to dislodge the lepers from their mountain stronghold, a fierce exchange killed three Guard Soldiers and injured several others. The lepers were forced to relocate eventually, but the first Hawaii Guard blood had been shed.

Rebellious Times

Rebellion was a constant threat to the Republic—not by lepers, but by those who wished to restore the monarchy. In an attempt to prevent such a rebellion, the Hawaii Guard's strength increased in numbers, training and equipment. These measures proved their worth when open rebellion against the Republic broke out in 1895. The opening shots occurred on January 6, when police searched the Oahu home of Henry Bertelmann for contraband weapons.

During the search, royalist rebels opened fire on the policemen. A unit of Guard Soldiers was sent to the home and forced the rebels to retreat. But the next morning, approximately 70 rebels counter-attacked and forced the Soldiers to withdraw.

With the escalation of the rebellion, the general alarm was sounded, and the entire Hawaii Guard was soon embroiled in open conflict. For three days, Guard Soldiers battled the royalist rebels through jungles, in and around volcanic craters, and over mountains across the island of Oahu in places such as Diamond Head, Punchbowl, Moiliili and Manoa. It would take almost two weeks to quell the rebellion, but the royalist leaders, Robert Wilcox and Sam Nowlein, were finally captured, and their forces were either captured or forced into exile.

Joining a Nation

It would not be royalist rebels changing the government of Hawaii; it would be the United States. During the Spanish-American War of 1898, the United States government desperately needed a base in the Pacific for its Naval and Army forces to strike Spanish-held territories, such as the Philippines. The Hawaiian Islands were ideally located and suited for this role; thus, the United States annexed the Hawaiian Islands in 1898. The existing Hawaii Guard was disbanded, and a new reserve force, the Hawaii

Territorial Guard, was formed. The Hawaii Territorial Guard did not have long to wait to serve their newly adopted country. On June 1, 1918, the entire Hawaii Guard was mobilized for service in response to the U.S. entry into WWI. At first, the citizenry of Hawaii greatly opposed the mobilization, as they feared the departure of so many men—many of whom were plantation workers—would destroy Hawaii's sugar industry. However, this opposition disappeared when criticism began that Hawaii was not contributing its fair share to the war effort.



PEARL HARBOR HERO CPL David M. Akui captured WWII's first Japanese POW on the coast of Oahu, following the Pearl Harbor invasion.

Two regiments, the 1st and 2nd Hawaiian Infantry, were formed and rolled into the active-duty Army stationed at Schofield Barracks and Fort Shafter. Another two regiments of non-active duty personnel were formed, which became known as the 298th and 299th Infantry Regiments. Though these Guard units did not see combat during WWI, the training they received would prepare them for an even bigger war that would touch their shores.

In 1940, in preparation for the predicted U.S. entry into the growing European conflict, President Roosevelt instituted the largest peacetime mobilization of the Guard. As part of the mobilization, Hawaii's 298th and 299th Regiments were called up on Oct. 15, 1940, for a year of federal service. Just two months after fulfilling their federal commitment, the members of the Hawaii Guard found themselves in the middle of WWII, coming under surprise attack by Japanese planes on Dec. 7, 1941.

Day of Infamy

As the drone of the Japanese aircraft faded in the distance on that "day of infamy," the men of the 298th and 299th began building defenses on the windward coast of Oahu. During this mission, an historic event occurred: LT Paul Plybon and CPL David M. Akui, members of Company G, 298th Infantry, spotted a Japanese midget submarine beached on the shore nearby. Several of these special midget submarines had been deployed in the attack on Pearl Harbor. Akui approached the craft and captured the submarine's commander, Ensign Kazuo Sakamaki, making history as the first to take a Japanese POW. The man who made history, Akui, would later go on to become a sergeant in the famous unit, "Merrill's Marauders."

In 1942, the 299th Infantry Regiment was deactivated, and its Soldiers were transferred to the 298th Infantry regiment. The 298th, nicknamed "Hawaii's Own!," left Hawaii in 1943 for the island-hopping campaigns of the U.S. forces, seeing major action in the New Hebrides and Guadalcanal theaters.

During the summer of 1942, a special Regular Army unit, culled from both Guard and active-duty Soldiers of Japanese ancestry, was created to form the 442nd Infantry Regiment. While many of their family members were held captive in internment camps in the continental U.S., the men of the 100th fought bravely in the Italian Campaign and became the most decorated unit in the U.S. Army during WWII.

One such Soldier was SGT Daniel Inouye, part of the 442nd Regimental Combat team. Inouye, who lost his arm from wounds sustained in combat, earned the nation's highest military award, the Medal of Honor. He would go on to become a U.S. senator from the state of Hawaii, remaining in that post today.

With the end of WWII, many of the men from the 442nd Infantry Regiment returned to the Hawaii National Guard. The end of the war saw the Hawaii Guard re-organized into its two pre-war regimental combat teams, the 298th and 299th.

The Last State

Changes within the National Guard across the entire country were occurring during this period. But the biggest change for Hawaii came on Aug. 21, 1959, when the territory was admitted to the United States, making it the 50th state. The Hawaii Army National Guard (HIARNG) now stood ready to answer the call made by either state or federal governments.

During the 1960s, at the height of the Cold War, defense against Soviet bombers carrying nuclear weapons was of prime concern to the United States. Hawaii, as a Pacific stronghold, provided an excellent location for the new Nike-Hercules air defense system.



PENS FOR PUPILS SGT Lehuanaani Halemano of the Hawaii Army National Guard passes out pens that were donated by Hawaiians to kindergartners in the school of the Ministry of Women's Affairs. More than 33,000 pens were collected by the Chamber of Commerce of Hawaii.



GREETINGS FROM OAHU Nike-Hercules surface-to-air missiles based in Hawaii give the U.S. the ability to intercept enemy targets over the Pacific.

Nike-Hercules, a surface-to-air missile system capable of shooting down bombers, ringed Oahu, defending the critical Army and Naval bases located there. The 298th Artillery Group manned the Nike sites, making Hawaii the only state in which all batteries were manned by National Guard Soldiers.

In the continental U.S., other states' Guard units participated in annual live fire certification at McGregor Guided Missile Range in New Mexico, while the Hawaii Guard conducted its live fires on the north shore of Oahu. During one of these live fire shoots, the longest successful intercept in history by a Nike-Hercules missile was achieved by members of the 298th's 1st Missile Battalion.

Hawaii's other unit, the 299th, has evolved over time, becoming an integral part of the 29th Infantry brigade. In May of 1968, the 29th was mobilized for federal service for the escalating Vietnam War. Though the 29th did deploy as a unit, many of its Soldiers individually served in other units, and the 29th suffered the highest casualty rate in



THE ALOHA SPIRIT 1SPC Edgar Agonias, SPC Marciel Manago and SGT Quintin Quinories of the 2nd Battalion, 299th Infantry Regiment, Hawaiian National Guard, share the Aloha Spirit as they guard the Al Faw Palace at Camp Victory, Baghdad, Iraq Dec. 5, 2005.

Vietnam of all National Guard units.

Today, the 29th is the largest unit of the HIARNG and is one of the country's 15 elite enhanced readiness brigades. The brigade lives up to its motto of: "Ka Oihana Mamua" (Crossroads of the Pacific), with units located on the Hawaiian Islands of Maui, Oahu, Molokai and Kauai, and on the Pacific islands of American Samoa and Guam, as well as some continental states.

The terrorist attack on Sept. 11, 2001, was felt all the way across the ocean in Hawaii. With the outbreak of hostilities and the ensuing Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF), the Hawaii Guard was called upon for service to the country.

Since the beginning of the war, the HIARNG has seen several deployments overseas. The most

recent occurred in October 2008, when the 29th joined with Oklahoma's 45th Fires Brigade to form Task Force Lava Thunder.

MG Mark A. Graham, First Army Commander, stated: "Task Force Lava Thunder Soldiers will not just deploy; they will make a positive difference in Iraq."

The task force's primary mission will be the critical job of base and convoy security. As the men and women of Hawaii departed to serve their state and nation, Graham assured them, "You will succeed as one team." **GX**

For more information on the Hawaii Army National Guard, go to www.NATIONALGUARD.com/HI

TOP: COURTESY OF THE HAWAII NATIONAL GUARD; BOTTOM LEFT: NATIONAL GUARD BUREAU HERITAGE PAINTING BY JAMES DIETZ; BOTTOM RIGHT: SSG JULIE NICOLLOV

CLEAR THE BUILDING

19th Special Forces Army National Guard Soldiers search each room in a building that once housed residents of the Muscatatuck State Development Center.



BASEMENT SECURITY

Very few urban training sites offer buildings with basements, let alone ones with dirt floors.

It's a sweltering June night. I'm being held face down, my hands bound behind my back, my chin just inches from the wooden floor, and I'm dripping sweat.

TAKING TRAINING UP A NOTCH

Indiana's Muscatatuck Is A One-of-a-Kind Facility

Story and photos by Clint Wood

My captor has such a tight grip on my protective mask—which has now fallen down on my neck—that it nearly chokes me.

My billfold is forcibly removed from my back pocket. Seconds later, I'm told to stand up. Have you ever tried to stand up from this position? After being “assisted” by my captors, a few other detainees and I are led through a huge room, down two flights of stairs and into a small room about the size of a tool shed.

Inside this dingy room, one of our captors shouts, “Get down on your knees,” which we quickly do. I'm now staring at a concrete wall. I know that my captors are after one of my fellow prisoners (he is an HVT, or high value target).

Seconds later, another person enters the room and orders my captor to bring the HVT. I can hear the distinct sound of a Chinook CH-47 helicopter landing in the distance. The HVT is whisked away to the waiting chopper.

My captor asks his supervisor, “What do we do with these two?”

The supervisor replies, “Let them go; the exercise is over.”

Welcome to Their World

Yes, my “night from hell” was just an exercise for the 19th Special Forces Group, and one of their many ways of “welcoming” visitors to the famous Muscatatuck Urban Training Center (MUTC).

The MUTC, once home to the Muscatatuck State Development Center, is located near the middle of Indiana, about 45 miles southwest of Camp Atterbury. I had previously come here in the heat of summer to do a feature story on Special Forces training exercises and to find out what makes these Soldiers the Army National Guard's best. (To read this story in *GX* 5.5, go to GXonline.com/pastissues.)

Now, seven months later and on a much colder day—so cold that several schools in Indiana were running two hours late—I had returned to the MUTC to write a *GX* “On The Road” piece about the training center itself.

I began the morning interviewing the center's commander, LTC Chris Kelsey. The rest of the day was spent photographing the site and interviewing several Soldiers of the California Army National Guard's 40th Infantry Division. I wondered what makes this urban training center different from others in the United States. And I was about to find out.

We're Not in Indiana Anymore

The 40th is preparing for its deployment to Kosovo. I know what Eastern European countries look like—I spent seven months in Bosnia and Herzegovina with the Minnesota Army National Guard's 34th Infantry Division. And if I hadn't known better, I would have sworn I was in an Eastern European country at the first checkpoint.

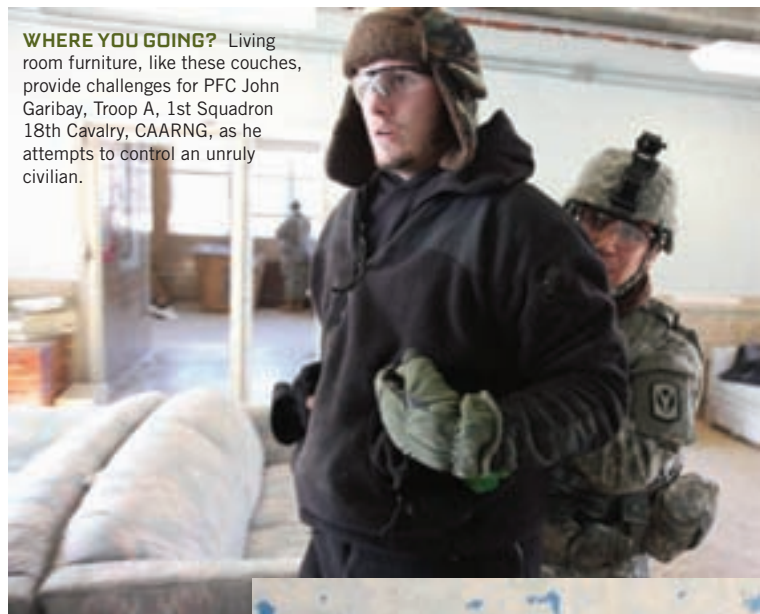
I was riding shotgun in an SUV driven by SGT Bradley Staggs, the center's new public affairs representative. A Soldier immediately stopped us at the checkpoint. He stepped out of his Humvee dressed as if he were already deployed—Kevlar helmet, body armor, M4 rifle and amber protective ballistic eyewear.

Staggs told him that I was with *GX*, but he still asked for our identification. The Soldier radioed to his higher command to get approval. After several minutes, we were cleared to drive closer to the objective, but once again a Soldier wielding an M4 stopped us at a checkpoint.

Practice Makes Perfect

Today, the building that once housed the center's female dormitory was going to be assaulted and cleared. As we were waiting for our turn to be cleared, I could see the building several hundred yards in the distance. As he was trained to do, the Soldier asked us for our identification immediately upon reaching our truck. Once again, Staggs told him

WHERE YOU GOING? Living room furniture, like these couches, provide challenges for PFC John Garibay, Troop A, 1st Squadron 18th Cavalry, CAARNG, as he attempts to control an unruly civilian.



ALL SECURE FOR NOW 2LT Tam-Giao Hong of the 1st Squadron, 18th Cavalry, CAARNG, keeps in contact with his higher headquarters as SPC Javier Flores provides security during the assault.



ISPY WEAPONS SSG Trent Berry, 18th Cavalry, CAARNG, uses a flashlight to investigate a weapons cache found in a Muscatatuck building.

I worked for *GX*, but it didn't matter. He called his higher command for approval.

We were soon waved through. The realism intensified when I walked into the dormitory. Wearing civilian clothes, a winter jacket and carrying my camera equipped with a long zoom lens, I opened the door.

As I stepped in, to my left three men were being held in a tiny room by armed Soldiers. To my immediate right was a Soldier with a watchful eye on the exterior of the building. There were several other Soldiers in the building, too. I was immediately told to stop.

I was in the wrong because the Soldiers didn't know that I wasn't a media role player. Fortunately, everything was smoothed out when one of the 1st Army Observer Controller/Trainers (OC/T) learned who I was.

At about the same time, I heard over the radios that the basement of the building hadn't been cleared yet. So the OC/T and I walked down the stairs to the basement. Realism struck again. As we neared the landing, I realized the Soldiers hadn't entered the basement yet, but I heard yelling in the distance.

Seconds later, the flashlights attached to their rifles were dancing

around the room like lights in a disco. And the yelling began for me to "freeze!"

A basement for an exercise like this is just one of the unique things this center offers—and it's almost too real.

2LT Christopher Van Meter, who has trained at urban training centers at Fort Benning, GA, and Fort Lewis, WA, said the MUTC's existing buildings offer places to search for illegal items.


"[There are a] lot of things to search in the buildings themselves, not made up, not the containers that we're used to," he said.

He said another difference between the MUTC and other training sites is that those sites are made specifically for urban training.

"But they don't have all the nooks and crannies that a normal building would," he noted.

"Those are very square and boxy—whereas here, you've got all the corners and all the extraneous things you need to be looking for."

Having actual buildings with hallways makes Muscatatuck unique,



SOLDIER ON THE MOVE
A 1st Squadron, 18th Cavalry Soldier is a blur as he sprints through a basement in one of the MUTC buildings.

**“WE’VE TAKEN ALL THE
‘OFF LIMITS’ SIGNS OFF—EVERYTHING
IS IN LIMITS.”**

>> LTC Chris Kelsey

said SPC Juan Hernandez, who has trained at Fort Lewis, WA, Camp Roberts, CA, and Fort Leonard Wood, MO.

“Here you have a hallway that ends in four different doors, so it kind of threw us off,” he said. “And there was furniture left behind, so it was another thing to throw at us.”

Keeping it Real

But this type of realism is what Kelsey, an infantry and armor officer who deployed to Iraq in the initial invasion with Indiana’s 1st Battalion, 152nd Infantry, intends to employ.

“We want this to be a real city, and we want you to understand that for every action you take, there is a reaction,” said Kelsey, who became the center’s commander more than a year ago.

And the “city” is going to grow. Camp Atterbury’s Combined Arms Collective Training Facility (CACTF) has been moved to the center.

Kelsey said once the Guard acquired the five-story hospital building on the center’s grounds, the decision was made to move the CACTF.

This facility, to be completed in 2012, will include a church, gas station, hotel and a two-story townhouse. CACTFs can have 20 to 26 buildings.

The MUTC is also forming its own Operations Group for its Combat Training Center. This will be a 145-man cell of Observer Controller/Trainers commanded by a colonel.

Kelsey said he and his staff are always addressing challenges like these, and also ones the units propose.

“My first answer is always, ‘Yes we can do that. Now let’s sit down and figure out how to make it safe,’” he said.

Game On for Everyone

There is another stumbling block for units training here—the local populace. According to MAJ Dennis Keener, MUTC operations officer, the training center—which borders two county roads—mixes not only Soldiers and role players, but civilians doing their daily jobs, too.

Keener suggests that getting from Atterbury to Muscatatuck is an important piece in the exercises’ synchronization.

For this reason, rules of engagement, rules of force and escalation of force play a key role. Kelsey added, “How do you deal with the local populace while you do this kinetic operation? This is a question the units have to ask.”



ONE-OF-A-KIND BUILDING LTC Chris Kelsey (left) and 1SG Robert Hempstead pause in front of the five-story hospital building at the MUTC. Kelsey is the MUTC’s commander and Hempstead is the first sergeant.

FAST FACTS

Muscatatuck Urban Training Facility is home to:

- > 20 three-story buildings
- > 16 two-story buildings
- > 6 split-level buildings
- > 9 buildings with basements
- > 1,000 acres
- > 70 buildings
- > 2,000+ rooms

A media role player isn’t the only one who could be involved in military exercises at the MUTC: All employees, including Kelsey, are fair game. For example, the convenience store manager could one day wear a “suicide bomber” vest and try to clear a checkpoint.

For participating, she is allowed to use her building at a reduced rate.

“So when a unit says, ‘I want to do a scenario where we are robbing a convenience store,’ she has to play,” Kelsey said.

If the MUTC hired a private contractor to provide a role player for a year, it would cost about \$100,000, he said.

He added that all of the Indiana state employees working at the MUTC—carpenters,

plumbers and electricians—have donned ethnic costumes to make their role-playing even more authentic.

Kelsey cited an example. A unit training at the center told him they broke one of the building’s doors. Kelsey won’t deal with the unit representative on the matter. The unit needs to contract with the role-playing carpenter.

“He will play that part, fix the door and send them the bill,” Kelsey said, “just like they would have to do in that country. [It’s] to get them to understand something other than the Army contracting system.”

He pointed out that these role players sometimes put the door in wrong or haggle with the unit, too. “It depends on what they want in their scenario to drive their train,” Kelsey commented.

The hospital building, which includes an elevator, a dental office and a morgue, can easily derail a unit’s exercise. It is, in fact, one of the largest training buildings in the Army’s inventory. “Can you imagine trying to do a search on that thing in the middle of the night, or an assault on it?” Kelsey questioned. “It’s just that complex.”

A Unique Training Facility

Kelsey, a Desert Storm Veteran, noted that the CACTF would include concerns like natural resources, agriculture and industrial elements—something most training facilities don’t have.

Before our interview, he had just finished a phone conversation concerning the possibility of having goats on site, too. “We would like to also add donkeys, llamas, chickens and maybe some horses,” he noted. “It is kind of training-dependent. It depends on what [the units] need.”

“We partnered with Purdue University’s and Indiana University’s agricultural schools,” he continued. “So we will assist in some of that.”

Animals aren’t the only things that will make Muscatatuck a much-talked-about training site. Units can have power outages, broken water lines, sewer problems and morning rush-hour traffic.

“This is a lot different from previous infantry urban training sites,” Kelsey commented.

“We shot stuff,” he remarked. “We shot, maneuvered and communicated, [and] that is all we had to worry about. Not so anymore because it has evolved.”

He said he has been instructed to make the center like a little city.

“You can’t build that and hang a sign [saying] it’s ‘off limits’ on every other building. So we’ve taken all the ‘off limits’ signs off—everything is in limits,” he said.

He added that this center is “designed for soft power.”

“How do you negotiate with the local government or local leadership? Sometimes the leadership isn’t in the government,” he said.

He added that the Soldiers must interact with a variety of religious factions and ethnic groups, too.

“You deal with the personalities without using a gun,” he stressed.

Jail Cells Hold History

Muscatatuck’s jail cells were once home to America’s “Public Enemy Number One,”

other people. And there are more jail cells on the way. A nearby city has informed Kelsey that they can’t afford to have their old cells salvaged.

So Kelsey is having an engineer unit remove the cells, and a Guard transportation unit will bring them to the center. These cells also will bring realism to the prison.

“When you get in, it will smell, feel and taste exactly like a prison,” Kelsey said. “There won’t be a paper sign on the wall that says ‘jail’ and chicken wire. You’ll get in it in the middle of the night and go, ‘Dang, this is a jail.’”

The Guard Takes the Reins

The Indiana Army National Guard took possession of Muscatatuck State Development Center in July 2005. The center, the former Farm Colony for Feeble-Minded Youth, was built in 1919. It housed 279 residents at one time.

The state decided to close the center because it would cost too much to refurbish and maintain the buildings. The buildings include a power plant, waste treatment plant and central kitchen facility.

Kelsey said the state’s initial plans were to demolish the buildings

and give the site to Purdue University for agricultural and forest lands. The university has 800 acres that border the southern side of the MUTC.

He pointed out that the Development Center had employed about 3,000 people. So the Guard has met with the community to provide assistance, hiring back several of the state employees, including the power plant employees, carpenters and electricians.

The Guard also purchases materials and gasoline locally,

FUTURE PRISON This building and its twin at the Muscatatuck Urban Training Center will become a prison complex with guard towers and perimeter fencing.



“IT WILL SMELL, FEEL AND TASTE EXACTLY LIKE A PRISON. YOU’LL GET IN IT IN THE MIDDLE OF THE NIGHT AND GO DANG, THIS IS A JAIL.” >> LTC Chris Kelsey

John Dillinger. The Depression-era bank robber, who topped FBI Director J. Edgar Hoover’s Most Wanted list in the 1930s, spent time in one of the three-story buildings.

“The buildings aesthetically lend themselves to being a prison complex, so we are just going to take that and run with it,” Kelsey noted.

These two buildings will be turned back into a prison with a perimeter fence and guard towers. One building will have 60 prison cells, and the other twin building, connected by a tunnel, will include a courthouse, offices and guard barracks.

The cells have balconies with densely woven metal fencing surrounding them, preventing the prisoners from jumping off or pushing

and sends out bids to the local community for minor construction projects.

“They are starting to see what this is going to be from what it was,” he said.

He said this type of assistance makes him feel good too, because the center is providing jobs when the economy is undergoing tough times.

Something else makes it all worthwhile for Kelsey and his staff.

“It’s worth it to see the units come out of here and go, ‘Wow, we got to do something that we haven’t been allowed to do anywhere else. But we’ve learned some valuable lessons that we wouldn’t have learned because you took the safety out of it,’” he said. **GX**

Fighting Spirit

▶ SHARP AND STRONG



Daytona Thunder

Dale Jr. and the No. 88 Guard car lead the pack in the 2009 Budweiser Shootout.

SPORTS

GX catches up with Dale Jr. before his fast attack at Daytona.

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FITNESS

Build up your chest in Operation Pushing for Points.

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GEAR

Fightin' with the M240 Bravo

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FULL CLIP

DALE JR. **UNLOADS ON A NEW SEASON**

BY BEN WARDEN

THE POPULAR BUDWEISER SHOOTOUT CHANGED FORMATS FOR 2009.

Usually consisting of pole winners from the previous season, this year NASCAR highlighted all four engine manufactures and their biggest names. Each of them (Ford, Toyota, Chevrolet and Dodge) entered their top six teams along with one wild card team, either a past Sprint Cup Champion or another car based on owner points. Also, the race was increased from 70 to 75 laps.

Regardless of the format change, the goal is still the same: Beat everyone else. Dale Earnhardt Jr. and the National Guard team went for their second straight Budweiser Shootout win. *GX* talked with Dale Jr. about the Shootout and his second year of racing with the Guard.



GX: How important is it to repeat the success you had at last year's shootout?

DALE JR.: Winning the first race of the year—whether it's for points or no points—is always pretty special. There's no better way to start a season than by winning the first one right out of the gate. Being that it's an exhibition, it's more cool than it is important. It doesn't necessarily determine how the rest of your Speedweeks will go because we run different cars for the Daytona 500. But it's the opening act of a new season, and everyone wants to start off with a bang. I guess it's more important for bragging rights.

GX: What gave you the edge at last year's Shootout?

DALE JR.: Good car. Good motor. Being in the right place at the right time ... it all factored into it. The Budweiser Shootout is a crapshoot, so the best car doesn't always win. But we had a good one, and everything was clicking. I had teammates up front, and we worked together quite a bit. It was just a good race where everything went right.

GX: How did you prepare for this year's Budweiser Shootout?

DALE JR.: Tony (Eury) Jr. and the guys in the shop did the preparing. I took it easy. They rebuilt our restrictor-plate cars in the off-season and made them better. The one big thing is we don't have NASCAR testing anymore, so the three days we used to have in January at Daytona to shake down the cars, we no longer have. I

guess that takes away a good bit of the preparation, but that's the case for all the teams. We basically show up at the track with what we brought and hope it goes fast.

GX: Does the Shootout help you prepare for the Daytona 500?

DALE JR.: No, not really. I guess it might help you shake the cobwebs off after sittin' around all off-season, but that's about it. It's a completely different race than the Daytona 500. The Shootout is at night, the 500 is in the daytime. Two completely different races, different distances, different strategies, different everything ... We don't even use the same car, so you can't even compare notes on the car's attitude.

GX: How does it feel to race under the National Guard hood for the second year?

DALE JR.: I'm proud to represent the National Guard, not just at Daytona, but everywhere. Last year we were able to take the Guard to Victory Lane in the Budweiser Shootout, and it was an incredible experience to be able to celebrate with them. I see how excited they were about this program, and it fires me up. I consider myself fortunate to be associated with the National Guard. I appreciate the commitment they give to this country and to our race team. **GX**

Check out Dale Jr.'s new Guard site at DaleJrGuardGarage.com.



LONE COUNTRY ROAD
Several Soldiers with National Guard Cycling proudly wear their jerseys on a group ride.

The Power of The Pedal



NATIONAL GUARD CYCLING BUILDS FAMILY BONDS

By Christian Anderson

CHANCES ARE YOU HAVE SEEN A CYCLIST or two pedaling down the road. Next time you spot a group of riders, look a little bit closer and you might notice red, white and blue jerseys—as more and more Soldiers are joining the ranks of National Guard Cycling.

Between training for cycling events, riding for physical fitness, commuting to and from work, and riding recreationally with family and friends, Guard members are donning the Guard Cycling jerseys in increasing numbers to announce their military affiliation and promote the benefits of cycling.

National Guard Cycling team riders routinely take part in scheduled rides held throughout the country, providing opportunities for Guard members and families to strengthen bonds.

Best of all, these men and women form a moving billboard for the National Guard, reminding Americans that there are heroes in their presence every day.

PUSHING THEIR PASSION

National Guard Cycling was created in April, 2007, by MAJ Thomas Crotty and CPT Mark Burns, with the goal of promoting the sport for

Guard members and their dependents. The two met through biking and hit it off instantly. National Guard Cycling was born less than a month later, following a group ride the two organized for some Guard members and friends at the National Guard Bureau.

Sharing their vision of using cycling to help Guard members become healthier and shake off the stresses of military service, they set out to provide structure and visibility for cycling activities that were already being held.

“We know that many Guard members and their family members are riding throughout the United States. By having National Guard Cycling, we ... give them an opportunity to share the experience” Crotty said.

“WE REALLY JUST WANT TO PUSH CYCLING AS A VEHICLE TO BRING AWARENESS TO THE GUARD FAMILY.”

—MAJ Thomas Crotty

Initially, members simply had access to an online discussion group and cycling jerseys. But in just two years, National Guard Cycling has made huge leaps in popularity and success. They’ve grown from a couple of Guard members riding together into an internet-based forum where cyclists can get help and advice on everything from finding the right bike and bicycle maintenance, to training and diet.

Members also publicize events, share stories and pictures, offer knowledge and expertise, and post comments about their experiences as they encourage others to ride.

The program has also become a support group that brings Guard families together and strengthens bonds within the military community. And the Guard members’ red, white and blue team jerseys not only distinguish them from other riders, but also allow them to show their pride in being associated with the National Guard.

“We really just want to push cycling as a vehicle to bring awareness to the Guard Family,” Crotty said. “We want to promote health and fitness, and give Guard members and their families the opportunity to enjoy time together in a healthy environment by going out for a simple neighborhood bike ride.”

And according to Crotty and Burns, all you need to do is dust off that old bike in the garage and start pedaling.

“Most folks have access to a bike or know someone that has access,” Crotty stated. “It just takes initiative to get on it.”

BRINGING IT HOME

The mission of National Guard cycling is more than just hanging out and blowing off some steam on the bike. It is about taking care of family—a concept that can easily be ignored with all the military and civilian obligations Guard members must balance. Cycling can also be a great family reintegration activity following deployment.

“It’s about the family—this is about the individual Guard member and his or her family being involved in cycling. If you want to go out and race or do a triathlon, go for it,” Crotty said. “But if you want to go out with your kid and strap on helmets and spend time creating a memory of a lifetime, this is the program.”

While there are several types of races for speed riders or endurance athletes, National Guard Cycling participants want to take their time and make sure everybody they pass sees who they are and what they represent.

PHOTOS COURTESY OF NATIONAL GUARD CYCLING

“For our group rides, we are not out going fast, and we will not leave anyone behind,” Crotty assured.

“The goal is riding together, not leaving a rider alone” Burns added.

FROM IDEA TO HIGH GEAR

In the future, National Guard Cycling has plans for a cross-country ride. Burns came up with the concept in 2005 while participating in a big cycling event.

“I was expecting everybody there to look like Lance Armstrong,” Burns said. “I was very pleased

to see people of all walks of life and riders of all different shapes and sizes.”

But it wasn’t until the ride started that Burns realized how the Guard could benefit from a cycling program.

“I saw a guy walking by with an Army jersey, and later as we were peddling down the road, there were people cheering us on.” Burns added, “I thought ‘This could become big.’”

One notable military-themed event is The Citizen/Soldier Century Ride, scheduled for September, 2009. Showcasing the National Guard Year of the NCO, the event will take riders from

Arlington, VA to Gettysburg and back, during the 9/11 anniversary. Riders will navigate challenging routes connecting the National Guard Headquarters to the grave sites of many original militiamen. Riders will even be ferried across the Potomac River during the day-long event. Shorter routes will be available for family members to participate in the event.

Additionally, many shorter local rides are planned throughout the cycling season, including the annual ride to see the Cherry Blossom Festival in the Tidal Basin of the National Mall in Washington, D.C. For those traveling, they can search the website for ride information in Guard-friendly locations nation-wide.

THE RIGHT MEN FOR THE JOB

The logistics to set up such enormous rides can be mind-boggling. But Crotty and Burns are logging the necessary experience to manage future events. They recently participated in the Wounded Warrior Unity Ride, held in September, 2008.

Riding 110 miles each day with 100 other military personnel and supporters, the two-day trip took them from Ft. Eustis, VA to Quantico Marine Corps Base, and continued to Walter Reed Army Medical Hospital. The Unity Ride supported service members being treated at the famed military hospital, and both Burns and Crotty agreed the feeling of helping Service members in need was very gratifying.

“The ride brings awareness to Wounded Warriors. And when people see hundreds of bicycles going up a road, they put all the politics aside and everything becomes focused,” Crotty said. “Some people salute, some honk their horns, and others wave and cheer.”

Burns and Crotty know they want to keep participating in events like the Wounded Warrior Unity Ride and help sponsor something for the National Guard and its Soldiers and Airmen. “We are looking forward to a great ride in the Citizen/Soldier Century and the future of National Guard Cycling.”

National Guard Cycling will do more than strengthen the legs, hearts and lungs of participating cyclists and their families. It will change their lives and create memories that will last forever. And what better way to bring awareness to the Guard than by biking around the country representing the Citizen/Soldiers. **GX**



LET'S RIDE

Soldiers, friends, family and supporters of National Guard Cycling take a moment for a photo opportunity after a weekend group ride.



NGCC RIDERS

Soldiers from National Guard Cycling often wear their colors proudly on weekend rides.

For information on National Guard Cycling and the Tour de Guard go to www.NationalGuardCycling.com.



TEAMWORK

The No. 4 Guard Car's pit crew works hard to keep Wheldon in the lead on the track.



COOL AND COLLECTED

Dan Wheldon is confident that he will bring the No. 4 National Guard Car into victory lane in 2009.

The Home Advantage

DAN WHELDON OPENS INDYCAR SEASON IN ST. PETE

By Ben Warden

INDYCAR DRIVER DAN WHELDON of the No. 4 National Guard car certainly enjoys the one time a year he can drive through his neighborhood at 200 MPH without the fear of a ticket. Born and raised in England, Wheldon has called St. Petersburg, FL, home since moving to America full time to race in 1999.

Known to locals and frequent visitors as "St. Pete," this beautiful, seaside location is also home to the first IndyCar race of the 2009 season.

The Honda Grand Prix of St. Petersburg is a "street course," meaning that the racing is held on public roads as opposed to a racetrack. The course connects existing roads with two landing strips of the local airport, creating a 1.80-mile long course that sits right by the water.

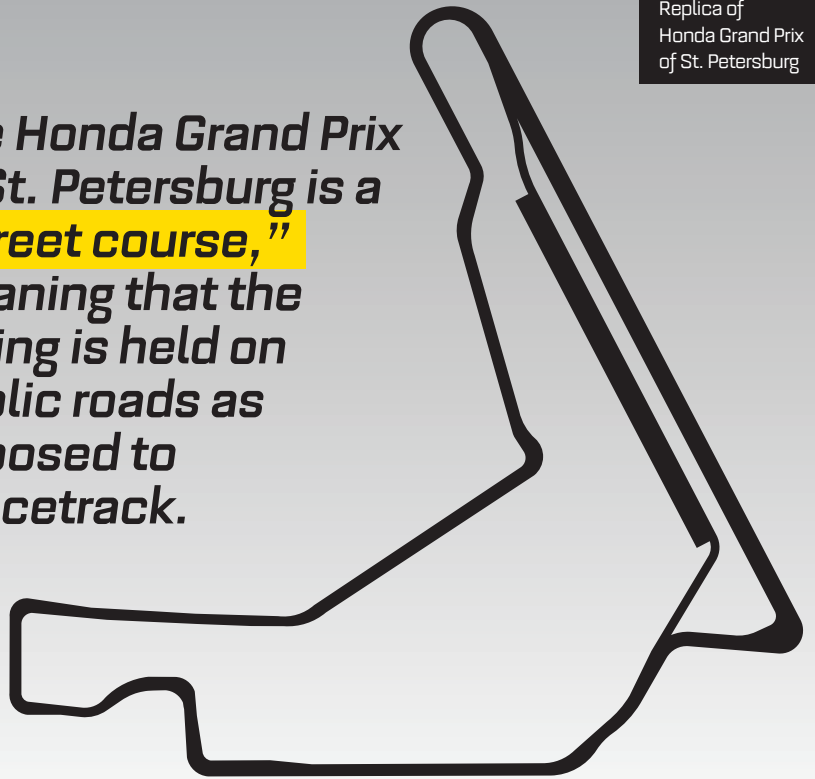
Although races have occurred there since the mid-80s, the first IndyCar race didn't occur there until 2005 and was won by none other than the hometown boy himself, Dan Wheldon, while a driver for Andretti Green Racing.

Wheldon is now back with the race team that first gave him an IndyCar ride, Panther Racing. That, in addition to it being a sort of "home game" for him, should make a good showing for the No. 4 National Guard car.

They say home is where the heart is. If that's the case, Dan Wheldon and Panther Racing are prime for a return to glory at St. Pete. **GX**

The Honda Grand Prix of St. Petersburg is a "street course," meaning that the racing is held on public roads as opposed to a racetrack.

Replica of Honda Grand Prix of St. Petersburg



For more info, go to www.NATIONALGUARD.com/guardracing/IRL.



CLOSE QUARTERS COMBAT

Getting Back to the Basics: Using the Armbar

Story and photos by SGT Michael Kerkhoff, Combat Arms Training Center

LET'S GET BACK TO BASICS. Last month during drill, I watched two young Soldiers rolling on the mat. These two Soldiers were even in size, and the same could be said for their skill level. I stood back and watched the two grapplers attempt some techniques that were a little advanced for their skill level. One of CATC's long-time mentors told us during a training event, "the difference between you guys (National Guard Soldiers) and members of specialized units are the special unit guys have mastered the basics." I've

applied this thought any time I'm on mission, in training or teaching. I stopped the two Soldiers and asked them if I could show them some of the finer points when applying the straight armbar. We slowed things down, took our time and, in an hour, the two were proficient at applying the straight armbar. This got me thinking about the next Combatives article, so we are going to slow things down and get back to basics starting with the armbar. Let's roll! **GX**



1. ACU has DCU in the mout. DCU attempts to push ACU off him. ACU recognizes this and muscle memory takes over, telling him to submit DCU with the straight armbar.



3b. To fix this, ACU grabs DCU's arm and pulls it up as he pulls his legs in close to his body further trapping DCU.



2. ACU places his hands on DCU's chest, with one arm over the arm he chooses to break and one arm under. As he does this, ACU pushes down on DCU's chest as ACU hops to the balls of his feet. While pushing off of DCU, ACU keeps his rear low, so DCU has no room to move to the guard position.



4. ACU pinches his knees together trapping DCU's arm. This will help ACU get extra leverage for the tap.



3a. As ACU swings his body around to finish the armbar, he must make sure not to leave space between his butt and DCU's head. If ACU leaves too much space, DCU has the ability to escape. Remember, "space equals escape."



5. Finally, ACU ensures that he has DCU's thumb pointed up and lifts his hips up.

OPERATION

PUSHING FOR POINTS

[OPP4P], VOL. 3

By Ken and Stephanie Weichert



HEADS UP! SGT Ken gets you ready for the Army Physical Fitness Test (APFT).

[RECEIVED]

SGT Ken and Stephanie,

Just wanted to tell you that Operation Pushing for Points really works! I increased my APFT score 42 points in 30 days! Thanks!

HOAH!
SSG Stephen L., TXARNG

SGT Ken and Stephanie,

[RECEIVED]

I have been doing the workout for just over two weeks now, and it has made a world of difference to me. I have lost one and a half inches on my waist alone and have lots of renewed energy. May God bless you both! Thanks again for everything!

Sincerely,
SPC Tina H., CAARNG

[RECEIVED]

SGT Ken and Stephanie,

Wow! I barely passed the APFT last month. I tried Pushing for Points and could not believe how much it made me stronger. I got 60 more points after one month of your program. Thanks for what you two do!

Sincerely,
PFC Mike S., TNARNG

[SENT]

Stephanie and I are happy to hear that the health and fitness programs are working for you! We made some improvements to our 30-day APFT workout calendar, based on reviews from the field. We hope you like it! Please keep us informed of your progress and stay the course!

HOAH!
SGT Ken



EXERCISE INSTRUCTIONS

8-Minute Abs

The following instructions are the steps for performing the “8-Minute Abs” audio program on www.NATIONALGUARD.com/fitness:

1. Flutter Kicks:

- Perform Flutter Kicks for 60 seconds.
- Freeze your legs together approximately 12 inches above the ground for 20 seconds. Flex your feet.

2. Straight Leg Pulses:

- Perform Straight Leg Pulses by moving both legs together, up and down, 12 to 18 inches from the ground for 30 seconds.
- Freeze your legs together approximately 12 inches above the ground for 20 seconds. Flex your feet. Raise your legs straight upward until your feet line up over your hips.

3. Straight Leg Drops:

- Perform Straight Leg Drops by lowering your legs to 12 inches above the ground and raising your legs to the start position. Continue moving your legs up and down for 60 seconds.
- Hold your legs in the upward position. Point your arms toward your toes. Flex your feet.

4. Vertical Leg Crunches (Dying Cockroach):

- Perform Vertical Leg Crunches by raising your upper body toward your toes and returning to the start position. Continue moving your upper body up and down for 60 seconds.

5. Box and Reach:

- Perform the Box and Reach drill by elevating your upper torso and reaching, with your arms, over your left thigh and dropping back slightly and reaching over your right thigh. Continue switching, left and right for 60 seconds.
- Bend your knees to 90 degrees of knee flexion, place your hands behind your head, fingers clasped.

6. Cradle Crunch:

- Perform the Cradle Crunch drill by raising your lower and upper body sections, at the same time. Return to the start position and repeat. Continue for 30 seconds.
- Straighten your body and turn over on your abdominals. Contract your rear end and lower back muscles until your chest and knees come off of the ground. Bend your elbows and tuck them in toward your sides and keep your hands level with your shoulders.

7. Modified Back Bends:

- Perform Modified Back Bends for 30 seconds.

8. Modified Child’s Pose (Balasana):

- Perform the Modified Child’s Pose stretch for 30 seconds.
- Roll your back up to a kneeling position.
- Elevate your knees and stand up.

Aerobics

Examples: Running in place; Side-Straddle-Hops (“Jumping Jacks”); High Steps/Knees

ARMY PHYSICAL FITNESS TEST (APFT)

Following are the steps for performing the APFT:

- Warm-up and stretch.
- Perform 2 min. of Push-ups.
- Record your score.
- Rest 5–10 min.
- Perform 2 min. of full Sit-ups.
- Record your score.
- Rest 5–10 min.
- Run 2 miles.
- Record your score.
- Cool-down and stretch.

References: Army Field Manual (FM) 21-20, Physical Fitness Training, FM 3-22.20, Physical Readiness Training, and Department of the Army (DA) Form 705, APFT Scorecard.

Dive Bomber Push-up

Start: Balance your body on your hands and feet with your back and legs forming a straight line. Position your feet several inches outside the width of your hips, hands slightly more than shoulder-width apart, legs and arms straight. Next, raise your hips upward until you reach 90-degrees at your hips, head aligned with your arms.

Actions: Lower your body to the ground slowly by bending at the elbows until your face reaches the ground. Continue moving downward to forward to upward by slightly dragging your upper body across the ground until your abdominals are over your hands, pressing your body upward until your arms are straight and your lower back is arched back. Return to the start position by reversing the steps. Inhale through your nose as you lower your body and exhale through your mouth as you return to the start position.

DIVE BOMBER PUSH-UP



“If you can imagine it, you can achieve it. If you can dream it, you can become it.”

— William Arthur Ward

FOAM ROLLING: Use a foam roller to help stretch tight areas of the body.

Example: If your calves are tight, put the foam roller under your calf and gently press your calf into the roller. Move your leg so that the foam roller massages the entire length of your calf.



Full Sit-ups

Start: Lie down on your back with both legs together and bent 90 degrees at your knees. Place your heels on the ground and point your toes upward. Interlock your fingers and place your hands behind your head.

Actions: Tighten your abdominal muscles and raise your upper body until your back becomes perpendicular with the ground and return to the start position. Continue until your goal is reached. Exhale through your mouth as you raise your body and inhale through your nose as you return to the start position.

Notes: The repetition counts when you return to the start position. It is authorized to temporarily rest in the upward position without resting your knees.

Warning: Do not pull on your neck with your hands. Keep your elbows wide and your face pointing upward during the exercise.

Half Sit-ups

Start: Lie down on your back with both legs together and bent 90 degrees at your knees. Place your heels on the ground and point your toes upward. Interlock your fingers and place your hands behind your head.

Actions: Tighten your abdominal muscles and raise your upper body until your shoulder blades come off of the ground and return to the start position. Continue until your goal is reached. Exhale through your mouth as you raise your body and inhale through your nose as you return to the start position.

Warning: Do not pull on your neck with your hands. Keep your elbows wide and your face pointing upward during the exercise.

PHYSICAL FITNESS ASSESSMENT (PFA)

Following are the steps for performing the PFA:

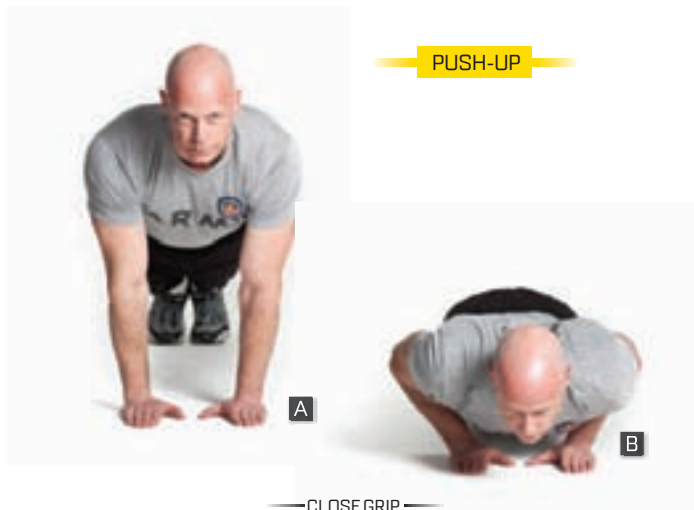
- | | |
|--------------------------------|--|
| 1. Warm-up and stretch. | 7. Rest 5-10 min. |
| 2. Perform 1 min. of Push-ups. | 8. Run 1 mile. |
| 3. Record your score. | 9. Record your score. |
| 4. Rest 5-10 min. | 10. Cool-down and stretch. |
| 5. Perform 1 min. of Sit-ups. | <i>Reference:</i> Initial Entry Training (IET) |
| 6. Record your score. | Standardized Physical Training Guide. |

Push-up

Start: Balance your body on your hands and feet with your back and legs forming a straight line. Maintain a neutral spine, feet together or up to 12 inches apart, hands shoulder-width apart, legs and arms straight.

Actions: While keeping your abdominal muscles tight, lower your body straight down by bending both elbows until your upper arms become parallel with the ground. Return to the start position and repeat. Inhale through your nose as you lower your body and exhale through your mouth as you return to the start position.

Notes: The repetition counts when you return to the start position. It is authorized to temporarily rest by raising your hips. You cannot sag your back, go to your knees, or lift your hands or feet off of the ground. You must return to the start position before resuming the exercise.



“Without ambition one starts nothing. Without work, one finishes nothing. The prize will not be sent to you. You have to win it.”

—Ralph Waldo Emerson

Push-up Improvement Plan #1

The following instructions are the steps for performing Push-up Improvement Plan #1 on www.NATIONALGUARD.com/fitness:

1. Begin the Push-up exercise in the close grip position.
2. Continue as long as you as you can in this position.
3. Assume an authorized rest position.
4. Slide your hands outward to the normal grip position.
5. Continue as long as you as you can in this position.
6. Assume an authorized rest position.
7. Slide your hands outward to the wide grip position.
8. Continue as long as you as you can in this position.
9. "Go to muscle failure!"

Push-up Improvement Plan #2

The following instructions are the steps for performing Push-up Improvement Plan #2 on www.NATIONALGUARD.com/fitness:

1. Begin the Push-up exercise in the close grip position.
2. Continue as long as you as you can in this position.
3. Assume an authorized rest position.
4. Slide your hands outward to the normal grip position.
5. Continue as long as you as you can in this position.
6. Assume an authorized rest position.
7. Slide your hands outward to the wide grip position.
8. Continue as long as you as you can in this position.
9. "Go to muscle failure!"
10. At the 2-min. mark, or when you reach muscle failure, raise your hips and perform Shoulder Push-ups until you have reached your goal.

Note: Refer to Push-up instructions for proper form techniques.

Push-up Interval Training

Push-up Interval Training is where you complete the most Push-ups possible in 20-second intervals.

Example: Perform push-ups for 20 seconds and rest 20 seconds. Repeat this sequence for the required amount of time. 1 set x 4 minutes is 6 sets of Push-ups at 20 seconds each with six resting periods of 20 seconds each.

Push-up Pulses

Start: Balance your body on your hands and feet with your back and legs forming a straight line. Maintain a neutral spine, feet together or up to 12 inches apart, hands shoulder-width apart, legs and arms straight. While keeping your abdominal muscles tight, lower your body straight down by bending both elbows until your upper arms become parallel with the ground.

Actions: Using your arms, raise your body upward 4–6 inches. Lower your body and continue until your goal is reached. Inhale through your nose and exhale through your mouth naturally.

Note: These actions are performed quickly.

Running Long Distance

Long Distance Running is performed at moderate speeds.

Note: The best way to condition your body for the 2-mile run as part of a fitness test is to condition your body to run longer distances.

Running Interval Training

Running Interval Training is running at moderate and fast speeds.

Example: Choose to run on a treadmill, track, or well-known route. After a thorough warm-up, run at a moderate speed (jogging) for 30 seconds and sprint as fast as you can for 30 seconds. Repeat this sequence for the remainder of your run. Or, if on a track, sprint the stretch and jog the curve.

Note: Be certain to time your sprint drills. That way, you can challenge yourself to sprint for longer periods of time each week.

Shoulder Push-up (as part of Push-up Improvement Plan #2)

Start: Balance your body on your hands and feet with your back and legs forming a straight line. Position your feet several inches outside the width of your hips, hands slightly more than shoulder-width apart, legs and arms straight. Next, raise your hips upward until you reach 90-degrees at your hips, head aligned with your arms.

Actions: Lower your body to the ground slowly by bending at the elbows until your face nearly reaches the ground. Return to the start position and repeat. Inhale through your nose as you lower your body and exhale through your mouth as you return to the start position.

Stretching

For examples, see GX 6.2, FM 21-20 and FM 3-22.20. Download it at www.NATIONALGUARD.com/downloads/gxmagazine.

Uneven Push-up

Start: Balance your body on your hands and feet with your back and legs forming a straight line. Next, place your left hand on a platform that is 4–12 inches higher than the ground. Maintain a neutral spine, feet together or up to 12 inches apart, hands shoulder-width apart, legs and right arm straight.

Actions: While keeping your abdominal muscles tight, lower your body straight down by bending both elbows until the upper part of your right arm becomes parallel with the ground. Return to the start position and continue until your goal is reached. Switch arm positions and repeat. Inhale through your nose as you lower your body and exhale through your mouth as you return to the start position.

Equipment Needed: None

Forms Needed: DA Form 705

Watch fitness videos and download workouts at www.NATIONALGUARD.com/fitness or email sgtken@GXonline.com.

SSG KEN AND STEPHANIE WEICHERT



EVAN BAINES

A six-time Soldier of the year and Veteran of both Operation Iraqi Freedom and Desert Storm, SSG Ken Weichert and his wife, Stephanie, a certified personal trainer, founded the START Fitness® program, a San Francisco-based group exercise and hiking business that delivers military-inspired, boot-camp style workouts to Soldiers and civilians. The program now trains and certifies basic, senior and master instructors.

Warning: Always seek the advice and guidance of a qualified health provider with any questions or concerns you may have prior to commencing a fitness program. This article should not be relied on or substituted for professional medical diagnosis or treatment. The exercises presented are for suggestion only. Participate at your own risk. Stop if you feel faint or shortness of breath.



30-DAY APFT WORKOUT CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
[WEEK ONE]	<ul style="list-style-type: none"> •Push-up Improvement Plan #01 x 2 sets at 2 min. each •Half Sit-ups x 2 sets at 2 min. each •Running x 1-2 miles 	<ul style="list-style-type: none"> •Running Long Distance x 2-4 miles •Half Sit-ups x 2 sets at 2 min. each 	<ul style="list-style-type: none"> •Push-up Improvement Plan #01 x 3 sets at 2 min. each •Half Sit-ups x 3 sets at 2 min. each •Running x 1-2 miles 	<ul style="list-style-type: none"> •Rest 	<ul style="list-style-type: none"> •Running Interval Training x 1-3 miles •Half Sit-ups x 2 sets at 2 min. each 	<ul style="list-style-type: none"> •Push-up Interval Training x 1 set at 4 min. •Half Sit-ups x 2 sets at 3 min. each •Running x 1-2 miles 	<ul style="list-style-type: none"> •Rest
[WEEK TWO]	<ul style="list-style-type: none"> •Push-up Improvement Plan #01 x 2 sets at 3 min. each •8-min. Abs x 2 sets <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><i>Note: 8-min. Abs is available as an audio workout download on www.NATIONALGUARD.com/fitness</i></p> </div>	<ul style="list-style-type: none"> •Running Long Distance x 3-5 miles •8-min. Abs x 1 set 	<ul style="list-style-type: none"> •Dive Bomber Push-ups x 1 set at 1 min. •Uneven Push-ups x 4 sets at 1 min. each •Push-up Pulses x 2 sets at 1 min. each •8-min Abs x 2 sets •Running x 1-2 miles 	<ul style="list-style-type: none"> •Rest 	<ul style="list-style-type: none"> •Running Interval Training x 2-4 miles •8-min. Abs x 2 sets 	<ul style="list-style-type: none"> •Push-up Interval Training x 1 set at 6 min. •8-min Abs x 2 sets •Running x 1-2 miles 	<ul style="list-style-type: none"> •Rest
[WEEK THREE]	<ul style="list-style-type: none"> •Running x 1-2 miles 						
	<ul style="list-style-type: none"> •Push-up Improvement Plan #02 x 2 sets at 2.5 min each •8-min. Abs x 2 sets •Full Sit-ups x 1 set at 1 min. •Running x 1-2 miles 	<ul style="list-style-type: none"> •Running Long Distance 4-6 miles •8-min. Abs x 2 sets 	<ul style="list-style-type: none"> •Push-up Interval Training x 1 set at 5 min. •Uneven Push-ups x 2 sets at 1 min. each •Push-up Pulses x 2 sets at 1 min. each •Full Sit-ups x 1 set at 2 min. •Running x 1-2 miles 	<ul style="list-style-type: none"> •Rest <p>Strategy: Perform no fitness training 24 hours prior to the APFT, PRT or PFA.</p>	<ul style="list-style-type: none"> •PFA x 2 sets 	<ul style="list-style-type: none"> •Running Interval Training x 2-3 miles •8-min Abs x 1 set 	<ul style="list-style-type: none"> •Rest
[WEEK FOUR]	<ul style="list-style-type: none"> •Push-up Improvement Plan #01 x 2 sets at 3 min. each •Full Sit-ups x 1 set at 2 min. •Full Sit-ups x 1 set at 1 min. •Running x 1-2 miles 	<ul style="list-style-type: none"> •Running Long Distance 4-6 miles •8-min. Abs x 2 sets 	<ul style="list-style-type: none"> •Running Interval Training x 1-2 miles •8-min. Abs x 1 set 	<ul style="list-style-type: none"> •Push-up Interval Training x 1 set of 4 min. •Full Sit-ups x 1 set of 1 min. •Running x .5 miles <p>Strategy: Taper training 48-72 hours before the APFT or PRT.</p>	<ul style="list-style-type: none"> •Rest <p>Strategy: Perform no fitness training 24 hours prior to the APFT, PRT or PFA.</p>	<ul style="list-style-type: none"> •APFT x 1 set <p><i>Note: The APFT in OPP4P is for training purposes.</i></p>	<ul style="list-style-type: none"> •Rest

GLOSSARY

APFT: Army Physical Fitness Test
PRT: Physical Readiness Test

PFA: Physical Fitness Assessment
OPP4P: Operation Pushing for Points



The Sweet Life

Easy Tips for Stress Relief, Part 2

By Stephanie Weichert

ARE YOU BORED?

You might be if you're like most people. We get up and go to work day in and day out—the same thing over and over again. Sometimes it can seem a little like the movie *Groundhog Day*. So, how do you beat feeling blasé?

One way is to try something new. Here are a few simple, low-cost ideas on how to put a spark back into your step. Get ready to flex your mental muscles.

GO LOCAL

Thinking about an inexpensive weekend trip or outing? Check out

what your city has to offer. You can find its official Web site by starting at OfficialCitySites.org. Here is a sampling of what I found: By clicking on Tennessee, I was directed to the official state Web sites. There, I dug a little deeper to find my specific city, where I discovered that Tennessee State Parks were offering special rates for villas, cabins and inns during the winter months.

TAKE A CLASS

Does taking a painting class or a gardening seminar pique your interest? Turn to your local YMCA for some family-friendly fun at [.net/programs. There you can find programs for kids and adults alike, including scuba classes, sports programs, teen leadership workshops and arts programs. You can find the YMCA nearest you on its Web site. If you're new to the Y, ask about its military discount when you join.](http://ymca</p>
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TRAIN FOR AN EVENT

You can help save lives while you exercise! Team in Training (TNT) is a nonprofit organization benefiting the Leukemia & Lymphoma Society. Whatever your sport, TNT offers training and fund-raising support and can connect you with events in your area.

STUDY SOMETHING NEW

Join a book club. Check out BookClub.meetup.com to find one near you.

GET FIT

If you want to get in shape but are having a hard time figuring out where to start, try the fitness articles in past issues of *GX* magazine. You can download past issues online at GXonline.com/pastissues. We especially recommend issue 4.1, which covers both diet and fitness. Look for Operation Back to Basics and Operation Diet Dissection.

SET A GOAL

Goals can vary. You might set a goal such as taking the stairs instead of elevators whenever possible, or reading an inspirational quote every day. It doesn't have to be anything major, just something you might enjoy or benefit from.

LEARN WHILE YOU DRIVE

Listen to books on CD in your car. This not only passes time, but helps you learn something new. Just don't forget job No. 1—paying attention to the road.

GET READY TO FLEX YOUR MENTAL MUSCLES.

COOK CREATIVELY

Into cooking? Tickle your taste buds with authentic ethnic cuisine. For ideas, check out MyRecipe.org. I found recipes for everything from Malaysian to German to Vietnamese dishes.

RECONNECT

Call an old friend. You might be surprised by how glad they are to hear from you! **GX**

FIGHTIN' WITH THE 240 BRAVO

1,000 ROUNDS OF DEFENSE A MINUTE

By Christian Anderson

They are everywhere in Iraq and Afghanistan—Soldiers walking around with one of the biggest, most lethal looking guns known to mankind: the M240 Bravo. But Soldiers don't carry this awesome machine gun just to look menacing; they carry it because it is better than anything the enemy carries. Theodore Roosevelt's advice, "Speak softly and carry a big stick," really rings true with Guard Soldiers who carry the M240 Bravo.

THE BIGGEST PUNCH AROUND

Firing a 7.62mm bullet at the rate of nearly 1,000 rounds per minute, the M240 Bravo is one of the most effective and efficient firearms in the

Guard arsenal. The bullet is slightly heavier than the standard 5.56mm round in either the M16 or M4, allowing it to be effective at longer distances.

The round also disperses greater energy on impact, giving serious new meaning to the term "bang for the buck."

Spewing out a high volume of suppressive fire, the M240 Bravo allows Guard Soldiers to defend themselves in any situation, day or night. This belt-fed, gas-operated, crew-served weapon has arguably been the greatest contribution to the Guard arsenal since its addition in the 1990s. Replacing the outdated Vietnam-era M-60, the

M240 Bravo promises to be the weapon of choice for both the present and future missions.

Just like its predecessor, the M-60, the M240 Bravo is very versatile and capable. It can be

The round also disperses greater energy on impact, giving serious new meaning to the term "bang for the buck."

carried by the everyday infantry Soldier, mounted on a variety of vehicles or placed in a fixed gun position, such as a guard tower. This ensures that Soldiers can count on the M240 Bravo in any situation.

OLD RELIABLE

The M240 Bravo's design and engineering is flawless, and the weapon has one of the highest mean rounds between failure (MRBF) rates at 50,000.

This is a big deal, since the last thing a Soldier wants in a firefight is a jammed weapon. It's different if a weapon jams at the range, but when bullets are flying and American lives are at stake, there is no room for error.

Realizing the M240 Bravo is one of its most reliable weapons, the Guard gives it to the Soldiers who are in some of the harshest environments. Sandstorms, rain, mud and extreme temperatures might slow down a Soldier, but not the M240 Bravo.

It has led our Soldiers into Iraq and Afghanistan, and will continue to defend freedom—one bullet at a time—for many years to come. **GX**

RIDING HIGH The M240 Bravo is so powerful and dependable that it is often relied upon as the turret gun for countless Guard units.



TURRET SHOT A Soldier with the 218th Infantry Brigade, South Carolina Army National Guard, fires a turret-mounted M240 Bravo in a training exercise.





**M240
BRAVO
SPECS**

Manufacturer:
Fabrique Nationale
Manufacturing, Inc.

Length:
47.5 inches (120.65
centimeters)

Weight:
24.2 pounds
(10.99 kilograms)

Bore diameter:
7.62mm (.308 inches)

Maximum effective range:
1.1 miles (1.8 kilometers)
on tripod mount

Maximum range:
2.31 miles
(3.725 kilometers)

Rates of fire:
Cyclic: 650-950 rounds
per minute
Rapid: 200 rounds
per minute
Sustained: 100 rounds
per minute

(Courtesy of Global Security)

“The incredibly versatile M240B is one of the best weapons to have backing you up in a firefight.”

—SSG Harry Meek, TNARNG

“She doesn’t realize how much of an impact she can make on a Soldier’s day. It’s not just a cup of coffee, it’s an amazing show of support. Sometimes it’s the simplest actions that have the most impact.”

>> SGT Richard K. McMullen
Colorado Army National Guard



THANK YOU It is rare that Soldiers find out the “Java Angel’s” true identity, but all are grateful for her thoughtfulness.

TECH. SGT. CHERESATHEIRAL



the caffeinated HERO

THANKING SOLDIERS
ONE CUP OF JOE
AT A TIME

Story and photos by
Tech. Sgt. Cheresa Theiral

Some know her name. Others don't know her at all. But because of her generosity, many service members and first responders in two communities south of Denver, CO, know they can get free coffee at two Starbucks locations—despite the fact they've never met her.

It's a simple act, really: a cup of coffee here and there. But she sees it as more than that. It's her own personal cause, and one she has gladly undertaken for more than two years running.

She doesn't do it for the accolades she receives. In fact, for a long time, she preferred to remain anonymous. But the identity of Cindy Barnhill wouldn't remain a mystery in the hearts of the Coloradans who have had their spirits—and autonomic nervous systems—lifted by her generous supply of caffeinated concoctions.

Barnhill, of Parker, CO, is a prime example of an American patriot. Supporting the men and women who ensure her freedom and safety is just something she does.

"I appreciate what everyone has given back to me," Barnhill said of America's heroes. "You're letting me drive around, have my

freedom. If I want to go shopping, if I want to do this, or I want to do that, I can do it—and it's because of you."

So the simple act of buying coffee for military members, police officers, firefighters and emergency responders is just one of the ways this patriot thanks them for their selfless service.

The Highest Respect

At the Colorado National Guard headquarters in Centennial, CO, Barnhill is known as "Java Angel."

"She doesn't realize how much of an impact she can make on a Soldiers day," said SGT Richard K. McMullen, a Soldier at the Joint Force Headquarters in Centennial, CO. "It's not just a cup of coffee, it's an amazing show of support. Sometimes it's the simplest actions that have the most impact."

“My mom and dad always taught me to have the highest respect for people,” said Barnhill, describing her upbringing. She pointed to an era when the utmost courtesy was offered to those serving their communities and nation, whether in the military or in other types of civil service.

“Who do we call on when the times are tough?” she asked rhetorically. “You need to respect them when you don’t need them, too.”

“She’s awesome! The fact that she is willing to take on her personal mission without external guidance or assistance in order to support troops and members of the first response community. I define her as a most impressive individual,” said SPC Johnny Shin, also at the Joint Force headquarters. “Even with something as simple as coffee, it is people like her who make it worthwhile to be a member of the Colorado National Guard and a Soldier of the United States.”

Combination Inspiration

Two-and-a-half years ago, Cindy’s husband, Roger, passed away from cancer. Before he died, the World War II buff and son of a decorated Army veteran told her she had to go on. But how?

Shortly after Roger’s death, the grief-stricken widow attended a Hoedown for Heroes event in Loveland, CO, where she met a man whose son had died a week earlier in Iraq. She was so touched by his courage, in spite of his loss, that she was inspired to shake hands and say “Thank you” to every service member she met that day.

And she hasn’t stopped since.

That fateful event in Loveland, coupled with the memories and spirit of her late husband and father-in-law, inspired her to give back to all her American heroes. But she wanted to do more than use mere words and simple gestures to express her profound gratitude.

Part of her daily routine included getting her caffeine fix at the local Starbucks. It wasn’t long before she began noticing many other coffee aficionados—military members, police officers, firefighters and emergency medical technicians—satisfying their cravings there as well.

Then the idea to buy their coffee came to her. But rather than let the inspiration be a one-time gesture, the cause began coursing through her blood. And like any loyal parent, once her coffee-for-service mission was born, she held on to it fiercely.

And she’s never looked back.

“This is something I think my husband would be very proud of because he told me before he died that I had to go on with my life,” she said. “And I promised him that. We were married 22 years, and I never broke a promise to him, and I wasn’t going to start now.”

So, inspired by her late husband and father-in-law, along with the Gold Star father and the plethora of service members she met one fateful day in Loveland, she went on.

And she’s continued to go on for the last two-and-a-half years, spending more than \$15,000 on her caffeinated—or, if you prefer, decaffeinated—cause, dedicated to the men and women who put their lives on the line in the service of their community, state and nation.

Accolades for an Awesome Lady

When Barnhill began her undertaking, she had no idea what a profound impact it would have on the people she was serving.

“The support I’ve gotten from all of you [military and first responders], the thanks mean so much to me and help me get through the grief of losing my husband,” said Barnhill.

In fact, she’s received so many accolades, that the Starbucks on Lincoln Avenue in Parker bought a scrapbook to hold all of them. Military members, police officers, firefighters and EMTs have left their business cards, patches from their uniforms, pins and coins for Barnhill. And perhaps most meaningful of all is knowing it all comes from the hearts of those who have had their spirits lifted by her.

“This is just a small thank you for your gift to us as firemen, cops and military heroes,” reads a letter signed by Colorado State Trooper, and U.S. Marine veteran, Mike Witkowski. “It is amazing that after your loss you can still find the strength to give!”

Other notes echo those comments.

“Thank you for your generosity and support,” said Navy Chief Petty Officer Ron McKenzie, an Iraq veteran. “Serving folks like you is easy.”

“Thank you for the coffee!” said Brandi Jorgens, a registered nurse with AirLife Denver. “You brighten my days, which are often not so fun!”

“Your generosity and thoughtfulness always leaves me with a smile,” said Bob Baker, operations chief with the South Metro Fire Rescue Authority. “Thank you for recognizing our men and women in blue.”

“It is because of people like you that I am proud to serve this country,” another said.

The outside of one envelope tucked neatly inside the scrapbook reads: “To a person that makes the fight all worth it at the end of the day! Thanks for the support during a time of need.” The card inside is signed simply “The Troops.”

And although all the feedback she’s received has been positive, Barnhill often wonders whether buying coffee is really enough. But she simply couldn’t think of anything else she could do to show these heroes what their service means to her. And as to the simple gift she’s giving back, “It means the world to me, and I will not stop this,” she said.

Although she has received numerous offers for assistance to her cause, she doesn’t want help. This is her personal undertaking. “This was my way of giving back,” she said. “Doing this is a reason to get out of bed ... and carry on.” **GX**



“My mom and dad always taught me to have the highest respect for people.”

JAVA ANGEL Cindy Barnhill enjoys two things: Coffee and thanking Soldiers for their service.

—Cindy Barnhill



A GOOD LAUGH Colorado Army National Guard Soldiers SFC Pam Ames, SGT John Utsey and SPC Jessica Welch share a laugh with Cindy Barnhill at a Starbucks Coffee store in Centennial CO, Dec. 29, 2008.

TSGT CHERESA D. THEIRAL



SUBTLE GRATITUDE Cindy Barnhill thanks Soldiers with something very simple but yet comforting: a cup of coffee.

“I was shocked, and I couldn’t believe that someone would actually do that.”

—PFC Amber Cooper, COARNG

NIGHT RESCUE

MARCH 25, 2008, BAGHDAD, IRAQ—CW4 NOEL C. LARSON AND HIS CREW OF C COMPANY, 1-140TH AVIATION, WASHINGTON ARMY NATIONAL GUARD ARE TASKED WITH PROVIDING RECONNAISSANCE AND SUPPORT TO COALITION FORCES ON THE GROUND CONDUCTING A NIGHT RAID. LARSON KEPT HIS UH-60 BLACK HAWK SMOOTH AND STEADY DESPITE A BRUTAL SANDSTORM IN THE AREA.

THE GROUND FORCES BEGAN THEIR ASSAULT AND SUSTAINED SEVERAL CASUALTIES. MEDEVAC HELICOPTERS WERE NOT ABLE TO PICKUP THE WOUNDED DUE TO THE SANDSTORM, SO LARSON OFFERED HIS BLACK HAWK AS AN EMERGENCY MEDEVAC PLATFORM.



WITH THE FIREFIGHT RAGING BELOW, LARSON ACCOMPLISHED A SKILLFUL LANDING DESPITE POOR VISIBILITY AND ENEMY ACTIVITY, AVOIDING BUILDINGS, POLES AND WIRES IN THE TIGHT LANDING ZONE.




AFTER THE THREE WOUNDED SOLDIERS WERE LOADED ONTO THE CHOPPER, LARSON PROCEEDED TO THE FORWARD OPERATING BASE. THE FLIGHT BACK TO THE FOB WAS ROUGH BUT LARSON'S BLACK HAWK MADE IT THROUGH THE SANDSTORM FOR MEDICAL TREATMENT.



LARSON AND HIS CREW RETURNED TO THEIR MISSION OF PROVIDING RECONNAISSANCE AND SUPPORT FOR THE GROUND FORCES. CW4 NOEL C. LARSON RECEIVED THE DISTINGUISHED FLYING CROSS AT THE 66TH AVIATION FLIGHT FACILITY DECEMBER 5, 2008.

END

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