

GX[®]

THE GUARD EXPERIENCE

>> GX HERO

JOSH TURNER

SINGING FOR THE TROOPS
P. 78

>> ON THE ROAD

THE PRIDE OF NEW YORK

ECHO COMPANY GOES TO IRAQ

>> FITNESS

GET 300 POINTS IN 30 DAYS IN THE APFT!
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STORM TROOPERS

THE GUARD TACKLES IKE, GUSTAV AND FAY

GETTING THE GREEN BERET

BECOMING SPECIAL FORCES

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VOL 5 :: ISSUE 6

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GUARD LEGACY



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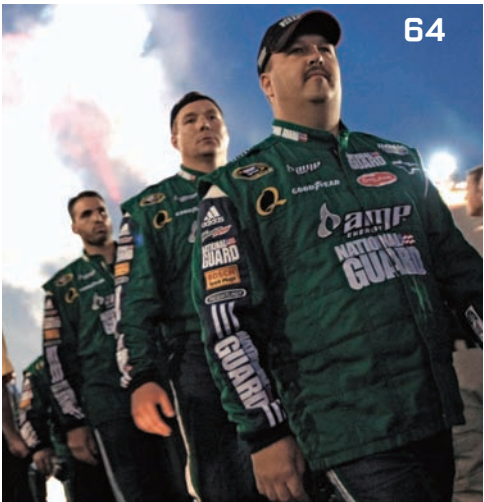
Two Utah Soldiers earn a Silver and Bronze star for heroic actions in Afghanistan.

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America's Role Models

Dear Patriots:

On behalf of the citizens of Mississippi, I extend my deepest gratitude and applaud your steadfast determination to protect and serve our great country. You are heroes and role models for all Americans. As governor, it is my honor and privilege to serve as commander-in-chief of Mississippi's National Guard. I am always humbled when I meet with our Citizen-Soldiers. They continue to meet their missions with the exceptional skills, training and devotion that have been a hallmark of the National Guard for more than 210 years.

When Hurricane Katrina struck our coast and dealt us a grievous blow National Guard members from around the country answered a call to duty and for that I would like to say thank you. Mississippians are incredibly grateful for your assistance and support during this national crisis. Whether a rescue mission, providing supplies or rebuilding our communities, we are sincerely appreciative of your service. Your support truly was a demonstration of the best of the American spirit.

When our nation calls for our troops to be deployed to fight in the War on Terror, the Mississippi National Guard continues to heed the call. Being called away from families and jobs to mobilize for duty are a few of the many sacrifices our men and women make to provide security for our country. As governor, I am determined to support the Mississippi National Guard to the fullest extent, so that its Soldiers can complete their missions successfully.

Again, thank you for your extraordinary service. You are an inspiration and source of pride for all Americans. My wife, Marsha, and I are praying for you and your families. May God bless you.

Sincerely,

A handwritten signature in black ink, appearing to read "Haley Barbour". The signature is written in a cursive, flowing style.

Gov. Haley Barbour

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A New York State of Mind

It's no secret I was born and raised on Long Island. And even though I'm down here in Dixie, I still read Long Island news. Checking out a *Suffolk Life* from last May, I found an article about New York's Echo Company, 3rd Battalion/142nd Aviation Regiment. When I read of SSG Keith Burd, I flipped. SSG Burd hails from Mastic Beach, just about 7 miles west of my hometown, East Moriches. This was my National Guard Soldier—the guy there protecting my family and my community.

Prior to 9/11, the Guard seemed to fly under the radar on eastern Long Island. Still today, you don't see Soldiers in uniform everywhere like you do here in Nashville, let alone in National Guard uniforms. The article said that Echo Company was preparing for an OIF deployment. Right then, I decided it was going to be our mission to give these troops every bit of the support and attention we can throughout the whole tour. I owe these guys.

I dropped everything and phoned Eric Durr at New York's Public Affairs office. "I want to follow them through their whole deployment! These are my guys!" I pleaded. Eric, always a reliable and calm voice, assured me it would be easy as pie. Sure enough, we were able to send our field reporter SFC Clint Wood to catch up with the company during training at Fort Sill, OK.

Clint's first article on Echo Company (see pg. 56) lays the groundwork as we get to know these fine Soldiers. And with that, a reflection on the day forever stamped in their hearts: 9/11. Several of these Soldiers were at Ground Zero, either in uniform as Guard members, first responders or other civilian employment. They felt the enemy's hit firsthand, and now Echo Company is returning the favor.

If you or someone you know is a member of Echo Company, please write to me at Keith@GXonline.com. I'd love to know how these Soldiers inspire you. And yes, you could be published in GX!

Thanks!

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

MISSION: To celebrate and support the Soldiers and families of the National Guard. To provide today's Army National Guard members with information for becoming a better Soldier and better citizen. To encourage and assist Guard Soldiers in maximizing the benefits of their military career as well as their personal and family goals.

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WE WANT TO HEAR FROM YOU!
Send your questions or comments
to feedback@gxonline.com

Dear GX magazine,

I am the wife of a soon-to-be ARNG Soldier and a mother of five. So when my husband, PVT Chronister, enlisted in March, I was shocked by his decision.



I was raised to stay neutral when it comes to the government and its military. It was very hard to accept that I was going to be a Soldier's wife. Even after reading every bit of information that I could get my hands on, I was still skeptical. It wasn't until I read an article in last month's GX magazine that I began to understand just how honorable my husband's decision actually was.

After reading your article about the Missile Defense Base in Alaska and the people who willingly volunteered to be based in such a rugged place, I was instantly inspired. So inspired that I wanted to go there and be a part of it myself.

Before my husband shipped out for BCT on August 19, I thought that I would be miserable and lost without him by my side. I was wrong. I am filled with pride and honor. How can I be sad when I think about what he is out there doing for his country and his family? I can't be.

Since he has been away, I have accomplished things that I felt I couldn't do on my own. Due to my husband and the decision he made to enlist in the DEARNG, I have been filled with an overwhelming sense of pride and empowerment.

The Guard experience has been the experience of a lifetime for my husband and for me. With much gratitude,

Erin Chronister
A Soldier's wife

Hello,

I'm SPC Hernandez with the 135th MP. Your magazine really keeps me informed with pretty much everything I need to know about being in the Guard. The "Deployment" issue (GX 5.3) was probably the most informative so far.

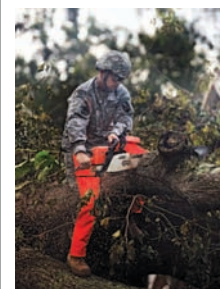
My absolute favorite part of every magazine is the Combatives section. I always flip to there first! However, I would like to make a small recommendation if I could. I think you should start putting a list of upcoming Army Combatives tournaments in each issue. I've been trying to enter tournaments for a while now, but the problem is that they can be pretty tough for a member of the Guard to find. And I think that GX magazine would be a great reference for Soldiers like me who are looking to enter one.

Thank you for your time and keep up the great work!

SPC Joe Hernandez
135 MP CO
Chagrin Falls, OH

CORRECTION

Thanks to those of you who wrote in to let us know that the Florida Army National Guard was not the first Guard unit in Oman ("FLARNG First to Serve in Oman," GX 5.3).



ON THE COVER

A Louisiana Army National Guard Soldier clears fallen trees from a road in Baton Rouge, LA, in early September following Hurricane Gustav.

Photo by
SSG Russell Klika





» **RIDING OUT THE STORM**

[Osteen, FL]

Soldiers from the 2nd Battalion, 124th Infantry Regiment, make their way through a washed out section of roadway to help citizens trapped in their homes by floodwaters caused by Tropical Storm Fay.

Photo by SPC Andrew Hillegass, 107th Mobile Public Affairs Detachment

» OUT ON A LIMB

[Baton Rouge, LA]

SGT Richard Borsch clears debris from a road on Sept. 5, 2008, following the landfall of Hurricane Gustav. Borsch is assigned as a combat engineer with the 926th Mobility Augmentation Company, Louisiana Army National Guard.

Photo by MSG John Nimmo Sr.









» GET THE POINT?

[**Baghdad, Iraq**]

SPC Obed Ortiz, a Corsicana, TX, native who serves as a vehicle gunner with Company D, Division Special Troops Battalion, 4th Infantry Division, Multi-National Division-Baghdad, prepares his M-240B machine gun prior to leaving on a mission, Aug. 27, 2008. Ortiz, 24, is serving in his second deployment with the 4th Inf. Div.

Photo by SGT Jason Thompson





AWARD FOR GALLANTRY: Florida Soldier earns Bronze Star for action in Iraq in 2004.

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BECOMING THE BEST: Guard names top Soldier and NCO of the Year in annual competition.

22



SAVING A COMMUNITY: NY Guard provides medical relief to Afghans.

24



INTRODUCING THE MRAP: New mine-resistant vehicles make battlefields safer.

27



RECOGNIZING SERVICE: An Illinois Soldier receives a standing ovation at a Bears game.

30

HURRICANE IKE

BY THE NUMBERS

2,000
People rescued by the Guard in Texas

29
Counties in Texas declared as major disaster areas

28
Guard engineering teams working to clear roads

200
Shelters opened in 11 cities for displaced citizens

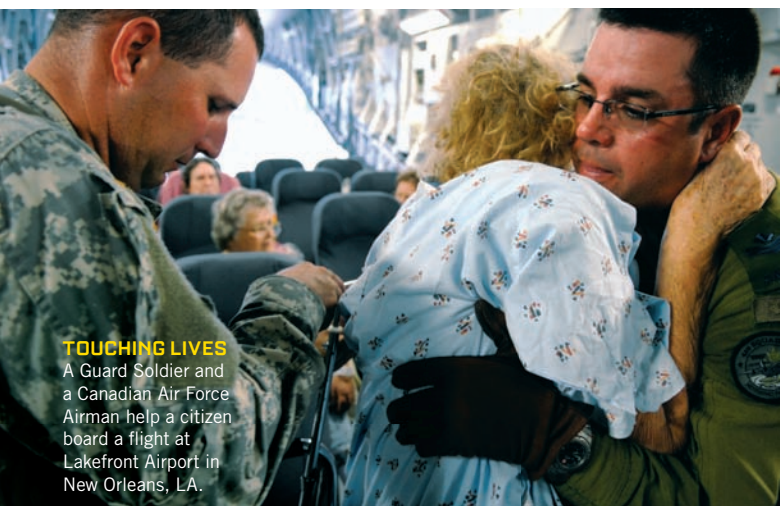
Bush Praises Cooperation in HURRICANE GUSTAV RESPONSE



SURVIVAL GEAR

Mississippi Army National Guard troops provided nearly 1,000 returning Hurricane Gustav evacuees with bottled water and ice at a distribution point near Gulfport, MS, Sept. 2, 2008. Citizens began returning Sept. 1 and 2 after Hurricane Gustav caused most of the region to evacuate to safer areas.

SSG MICHAEL L. GARDEN



TOUCHING LIVES

A Guard Soldier and a Canadian Air Force Airman help a citizen board a flight at Lakefront Airport in New Orleans, LA.

SSG SHAWN WEIS MILLER

By Jim Garamone

WASHINGTON, DC—Cooperation among federal, state and local governments and non-governmental agencies was much better as Hurricane Gustav hit the Gulf Coast than it was when Hurricane Katrina hit in 2005, emergency officials said.

Speaking in Austin, TX, on Sept. 1, President George W. Bush praised the governors of Alabama, Louisiana, Mississippi and Texas, saying, “There was clearly a spirit of sharing assets, of listening to somebody’s problems and saying, ‘How can we best address them?’”

Bush said the federal government is very much involved in assisting the states. Gustav stormed ashore in Louisiana on Sept. 1. More than 2 million people evacuated their homes in advance of the storm that killed 84 people in the Caribbean.

“It’s hard for citizens to pull up stakes and move out of their homes, and face the uncertainty that comes when you’re not at home,” Bush said.

The storm was downgraded to a Category 1 hurricane, but it spawned tornadoes into Alabama and Mississippi, and rain from the storm threatened to flood northern Louisiana and eastern Texas.

Bush told evacuees not to go back home before local officials had cleared the area. “It’s a serious event,” he said. Officials in the area began the search-and-rescue phase

Sept. 1, with more than 70 National Guard helicopters in Meridian, MS, waiting for permission to fly. The U.S. Coast Guard, U.S. Air Force and U.S. Army were also ready to be called up if needed, Federal Emergency Management Agency officials said.

In Gulfport, MS—an area wiped out by Hurricane Katrina—road crews worked to clear highways of debris. In New Orleans, National Guard members and police patrolled the streets of the nearly deserted city. As of Sept. 1, there were more than 12,000 National

Guard Soldiers and Airmen on state missions in the region.

Louisiana Governor Bobby Jindal requested an additional 16,000 National Guard troops for his state, bureau officials said. Governors from as far away as New York and New Mexico offered their National Guard Soldiers for assistance in the Gulf Coast, if needed.

The Army Corps of Engineers, which is in charge of flood protection for New Orleans, said the nearly 8-foot storm surge washed over the levees in some areas, but they did not break.

Television footage showed the water lapping over the levee near the Industrial Canal, where a break flooded 80 percent of the city in 2005. Corps officials said that the pumps can handle the water in the city for now.

Even after the hurricane passed, tornadoes and torrential rain remained a problem for inland counties and parishes. FEMA officials urged all those who evacuated to remain in place until they received further notice. **GX**



PRESIDENTIAL THANKS President George W. Bush shows his appreciation to CPT Bill Douglas of the Louisiana Army National Guard.

SGT PAUL WEEKER

“IT’S HARD FOR CITIZENS TO PULL UP STAKES AND MOVE OUT OF THEIR HOMES, AND FACE THE UNCERTAINTY THAT COMES WHEN YOU’RE NOT AT HOME.”

>> President George W. Bush



WATCHING WATER A Louisiana National Guard member watches from the Claiborne Ave. bridge in New Orleans as water from the Industrial Canal spills over the levees and pours into the city on Sept. 1.

SGT MICHAEL L. OWENS



KEEPING IT SAFE A Louisiana National Guard member patrols a flooded neighborhood.

SSG RUSSELL L. KLIKA



PREPARATIONS

Members of the Florida National Guard prepare for a shift change at the Joint Emergency Operations Center in St. Augustine, FL. The center supported operations in advance of Tropical Storm Fay when Florida Gov. Charlie Crist signed an executive order.

Once the storm made landfall in southwest Florida on early Tuesday morning, Aug. 19, the Florida National Guard sent Soldiers to 10 counties along Fay's path.

Guard members linked up with emergency officials and assessed the damage. The Guard also deployed liaison officers to five northeast Florida counties and staged high-water military vehicles by Thursday, Aug. 21, in anticipation of rescue missions throughout the state.

Aviation assets, including a C-130 Hercules transport aircraft and UH-60 Black Hawk helicopters, were also positioned for aerial support missions as the storm moved across the peninsula.

Storm Support

SOLDIERS IN SOUTH FLORIDA BATTLE FAY

Story and Photos by Tech Sgt. Thomas Kielbasa, FL National Guard Public Affairs

▶ HOMESTEAD, FL—As the heavy rains and wind from Tropical Storm Fay battered Key West, a team of Florida Army National Guard (FLARNG) Soldiers in South Florida were already developing plans for supporting relief efforts after the eventual landfall.

At their headquarters in Homestead, 17 members of the 50th Area Support Group (ASG) were closely monitoring the storm's projected path and deciding how best to support the state's future relief efforts for Tropical Storm—or possibly Hurricane—Fay. Rain bands and wind gusts from Fay had

already reached Homestead and nearby Miami by Aug. 18, and the 50th ASG was preparing for its mission as the main logistics effort for Florida National Guard disaster relief operations.

A task force of logistical specialists, the 50th was responsible for supporting missions including ice and water distribution to storm victims; providing high-water military vehicles; command and control of logistics staging areas; and even removing storm debris.

"All this was done in support of the civil authorities," explained COL Rick Bedard, Commander of the 50th Area Support Group. "We get our tasking from the state through the National Guard Emergency Operations Center. These [missions] can be anything from traffic control around one of the points of distribution to using a forklift to move commodities." **GX**

GUARD CONTINUES SUPPORT AS FAY MOVES ACROSS FLORIDA

Story by Tech. Sgt. Thomas Kielbasa, FL National Guard Public Affairs

▶ ST. AUGUSTINE, FL—As Tropical Storm Fay moved slowly up Florida's east coast and caused flooding in coastal communities, members of the Florida National Guard continued to support the storm relief efforts by first responders.

By the afternoon of Thursday, Aug. 21, nearly 500 Soldiers and Airmen were supporting relief missions for Tropical Storm Fay, primarily by providing command for logistics operations and preparing to engage in recovery missions in flooded areas with Soldiers and high-water vehicles.

On Wednesday, Aug. 20, a team of 15 Soldiers from the Guard's 1st Battalion, 124th Infantry Regiment assisted officials with voluntary evacuations in three communities, helping move citizens threatened by rising floodwaters.

"Right now we've sent reconnaissance teams to 10 different counties and have additional forces standing by in north Florida," said BG Michael Fleming, assistant adjutant general for the FLARNG.

"There are another 14 or so counties that may need assistance as this storm passes westward across the state," Fleming continued. "We are well prepared to assist in any high-water vehicle missions, especially search-and-rescue and area assistance survey work. We work well with our local county and municipal partners and are ready to help them in any way we can."



“WHEN THE STATE CALLS US UP FOR SOMETHING LIKE THIS, WE NEED TO BE READY.” >> SGT Luis Oliva

Because the potential path, strength and expected damage from Tropical Storm Fay were largely unknown, the Florida National Guard stationed logistics specialists at the State Logistics Resource Center (SLRC) in Orlando, FL, where they could help with distribution of needed supplies in the storm's wake.

Bottled water, prepackaged food and other supplies were being loaded by Guard members onto trucks at the SLRC on Wednesday, Aug. 20, in case of widespread power outages.

Soldiers working at the warehouse also managed the flow and tracking of supplies at the 200,000-square-foot facility, which holds more than \$14 million in essential water and emergency supplies for the state.

“We’re maintaining the whole warehouse,” said SFC Larry Flemming of the 631st Maintenance Company. “We have all the trucks stocked and are making sure everything is ready to go.”

On Thursday, Aug. 21, the center of Tropical Storm Fay was located southeast of Daytona Beach, and the storm was projected to begin a slow move toward the west, bringing torrential rain and flooding for much of north Florida.

Fay had also reportedly spawned tornadoes in Brevard County, which includes the cities of Cocoa Beach, Cape Canaveral, Melbourne and others, and weather experts warned of the possibility of isolated tornadoes in northeastern Florida and southern Georgia as the storm moved west.

“This is a very odd storm in the sense that it is moving so slowly, and it has zigzagged across the state,” BG Fleming explained. “This is a storm that has the unique potential to make landfall five times. That hasn't happened before.” **GX**

TRAINING HELPS STORM MISSION RUN SMOOTHLY

Story and photo by SPC Andrew Hillegass, 107th Mobile Public Affairs Detachment

DOSTEEN, FL—As Tropical Storm Fay moved into the Gulf of Mexico, the Florida National Guard continued its assistance in the central part of the state Friday by helping search and rescue teams (SRT) traverse flooded areas and roadways.

Soldiers from 2nd Battalion, 124th Infantry Regiment's Forward Support Company, provided high-water vehicle transportation that allowed SRTs to reach homes that had been cut off by washed-out and submerged roadways in the wake of Fay's record-breaking rainfall.

With the state seeing more than its fair share of tropical systems in the last four years, the Guard has been actively involved in recovery efforts. However, each system can bring with it a new set of challenges.

In order to deal with these obstacles, Soldiers received Defense Support of Civilian Authorities (DSCA) training to coincide with their annual Warrior Task Training to prepare for disaster deployment.

CPT Craig Henson, commander of the Forward Support Company, said the training has made a difference.

“From search-and-rescue, to distributing ice and water or even conducting presence patrols, we make sure that our Soldiers are prepared before they deploy,” he said.

Civilian authorities have relied on the Guard to assist with natural disaster recovery from Hurricane Andrew in 1992 to Katrina in 2005.

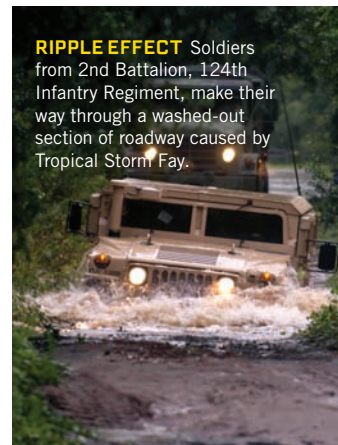
Some Soldiers, such as SGT William Graham, who spent 12

years in the Marine Corps before joining the Guard, have seen more than their fair share of storms.

“I can remember in 1995 responding to the panhandle for Hurricane Opal and feeling good about the Guard being there to help the citizens,” Graham said.

Graham said he has seen improvement through the years not only in the equipment, but also in the personnel.

“I think that, compared to '95, we are better equipped and have



RIPPLE EFFECT Soldiers from 2nd Battalion, 124th Infantry Regiment, make their way through a washed-out section of roadway caused by Tropical Storm Fay.

better reaction to these types of storms now, especially with what we went through in 2004 and 2005,” Graham said.

These Citizen-Soldiers also bring some of their personal work experience to the missions in addition to their training.

“The great thing about the Guard is that we bring a lot of different skills to the table,” Henson said. “From firefighters to police [officers] to mechanics, we have it all.”

Henson, himself a veteran of the 2004 and 2005 hurricane season, added, “I think the thing that has helped us out the most with operations like this is the lessons learned from past years, because now we know what we need to accomplish, and what is expected of me and my Soldiers.” **GX**

>> ALABAMA

The Alabama National Guard participated in its first Yellow Ribbon Reintegration Program (YRRP) in August. The YRRP is designed to provide National Guard and Reserve members and their families with information on services, referrals and proactive outreach opportunities available during a deployment cycle.

>> ARIZONA

At least 14 Arizona Army National Guard Soldiers and two UH-60 Black Hawk helicopters assisted in the evacuation and emergency care of residents and campers near the Grand Canyon in August after heavy rains overflowed the Redlands Earthen Dam and cut off routes to a village and reservation.

>> INDIANA

CW4 Elizabeth Sheedy became the first female within the Illinois Army National Guard to be promoted to CW5. With more than 30 years of service, Sheedy was promoted Aug. 27 at the Illinois State Military Museum.

>> KENTUCKY

Sixteen Kentucky Army National Guard Soldiers took the Oath of Office as the state's newest military officers during a formal ceremony Aug. 16. Twelve of the new lieutenants completed the 18-month program under the 238th Regiment (Combat Arms) based out of Greenville. The four other candidates joined their comrades after completing the accelerated program located at Fort McClellan, AL.

>> MAINE

Roger Bintliff, Director of Operation Recognition, was awarded the Patrick Henry award by MG John W. Libby on Aug. 28. Bintliff founded Operation Recognition, a program giving more than 40 military families a week of “R&R” at a resort in Maine.

>> North Dakota

The North Dakota Army National Guard recently made history by winning the “Lewis and Clark Recruiting Challenge” for the fourth year in a row. The challenge tracks the number of recruits from North Dakota, South Dakota, Alaska, Idaho, Montana, Oregon, Washington and Wyoming.

CONTINUED ON PAGE 21



FLIGHT PREPARATION
Arizona Army National Guard Soldiers frequently perform search-and-rescue missions.



National Guard Rescues Canyon Flooding Victims

By MSG Mike R. Smith, National Guard Bureau

ARLINGTON, VA—At least 14 Arizona Army National Guard (AZARNG) Soldiers and two UH-60 Black Hawk helicopters assisted in the evacuation and emergency care of residents and campers near the Grand Canyon recently after heavy rains overflowed the Redlands Earthen Dam and cut off routes to a remote village and reservation.

Officials said the Arizona Guard's 98th Aviation Troop Command airlifted more than 174 people from the Supai Village area, which is a popular summer tourist destination for paddlers and hikers at the Grand Canyon. Roads and

footpaths to the area were closed because of heavy rains and flooding, which cut off access for nearly 400 local residents, Havasupai tribal members and an unknown number of campers. Supai is located inside the Grand Canyon and is normally accessible only by foot, horseback or helicopter.

Guard officials said the AZARNG



worked through the state's Department of Emergency Management to support federal, state and local responders.

The Coconino County Sheriff's Office directed air rescue missions that included the two Black Hawks, and a rescue helicopter from the Department of Public Safety.

"We pride ourselves in Arizona

"WE PRIDE OURSELVES IN ARIZONA ON BEING A STATEWIDE NETWORK THAT CAN ASSIST WITH ANY TYPE OF EMERGENCY."

>> Air Force Maj. Paul Aguirre

★ SUPAI IS LOCATED INSIDE THE GRAND CANYON AND IS NORMALLY ACCESSIBLE ONLY BY FOOT, HORSEBACK OR HELICOPTER.

on being a statewide network that can assist with any type of emergency," said Air Force Maj. Paul Aguirre, an Arizona Guard spokesperson. "This includes the federal, county and state assets that are working diligently to make sure the people of northern Arizona are safe."

Other Guard members will continue to work with the Department of Emergency Management to ensure those evacuated remain safe and cared for, including making sure evacuee shelters are properly maintained, Aguirre said. **GX**



CONTINUED FROM PAGE 19

Soldier Receives Bronze Star for Heroic Action

By Norman Arnold

► **CRESTVIEW, FL**—It took them more than three and a half years, but two determined brothers who were members of the Alabama Army National Guard's (ARNG) 711th Signal Battalion in Mobile finally achieved a long-sought goal.

COL Scott Gedling and CSM Jackie Gedling worked tirelessly to gain approval to award the Bronze Star Medal to a Soldier for heroic actions while he was in a unit attached to the 711th in Iraq.

SFC Harold C. Smith of Pensacola, FL, finally received the Bronze Star in a ceremony at his home armory in Crestview, FL. Smith had been a member of the Florida Army National Guard's 653rd Signal Company (Tropo) that deployed to Iraq in 2004.

Then a lieutenant colonel, Scott was commander of the 711th, and Jackie was operations sergeant major, while the unit was deployed to Iraq. The presentation of the award marked the culmination of dedicated efforts by the Gedling brothers to honor Smith for gallantry.

Smith was originally nominated for the award and initial approval was granted in 2004, while the units were still in Iraq. But the award was delayed because of a minor technicality.

During the next three years, the brothers made numerous phone calls, wrote letters and sent countless emails to break the logjam holding up the award of the medal. Scott and Jackie were both aware of the magnitude of Smith's actions and were resolute in seeing the medal formally presented.

Smith was honored for his actions at Camp Echo near Ad Diwaniyah, Iraq. He was cited for "continually exposing himself to hostile fire while coordinating



WORTH THE WAIT SFC Harold Smith of Pensacola, FL, received the Bronze Star in a ceremony at his home armory in Crestview, FL, for heroic actions while he was deployed to Iraq in 2004.

Apache helicopter gunships and Spanish forces to repel an attack at a provincial government building."

"It was a very ugly situation, but his efforts largely contributed to what went on that day and saved a lot of coalition lives," Scott recalled.

Later, when the camp came under assault again, Smith moved to the Spanish tactical operating center during a mortar and small-arms fire attack. He coordinated medevac support for the injured and directed armored support to key areas to repel the attack.

"HE INSTINCTIVELY LOCATED AND RETURNED FIRE AT ENEMY TARGETS UNTIL ALL HIS VEHICLES HAD EXITED THE KILL ZONE. HIS ACTIONS HELPED GET THE CONVOY TO SAFETY WITH NO CASUALTIES OR MAJOR DAMAGE TO UNIT PERSONNEL OR EQUIPMENT."

In another instance, Smith "displayed remarkable courage while engaging enemy insurgents when his convoy was hit with small-arms fire and a barrage of mortars," the medal citation stated. "He instinctively located and returned fire at enemy targets until all his vehicles had exited the kill zone. His actions helped get the convoy to safety with no casualties or major damage to unit personnel or equipment."

Smith was also cited for his resourcefulness in making sure downtimes were minimal on communications equipment and links for supported coalition forces.

Scott Gedling is now assigned as deputy chief of staff for operations in the Alabama ARNG's Joint Forces Headquarters in Montgomery. He presented the medal to Smith in a brief ceremony at the Crestview armory with Smith's family and fellow unit members present.

Jackie Gedling was also there for the program. When the ceremony was over, he joined Scott and reflected on an effort they began nearly four years ago that went all the way to the U.S. Congress before finally coming to fruition. **GX**

>> **OHIO**

The Ohio National Guard's Joint Task Force 73 conducted a Fully Operational Capability (FOC) exercise, Aug. 11–15, to test its ability to support local and state civilian authorities during a Homeland Defense/Homeland Security event. This FOC exercise was based on a scenario of a natural disaster striking the Toledo area.

>> **South Dakota**

The South Dakota National Guard's Enlisted Association will host its Fifth Annual Black Hills Veterans Honor March on Sept. 20 in the Northern Black Hills. The 26.2-mile honor march pays tribute to the many sacrifices made by this nation's Veterans.

>> **IRAQ**

Task Force Voodoo returned to Iraq for its second deployment in the past five years. The battalion flies air assault and general support missions, which include cargo and passenger travel. Most of the battalion is from Louisiana, while 81 Soldiers are from the Florida National Guard.

>> **ROMANIA**

Soldiers from the Utah and New Mexico National Guard finished a month's worth of training with Romanian troops at ranges in the eastern half of Romania. The training included an airborne operation, live-fire exercises, military operations in urban terrain, joint patrolling, situational training exercises and medical training.

>> **TURKEY**

A Nevada Guard Soldier finished second in an international military pentathlon event in Istanbul held July 4–13. Teamed with a British and a German Soldier, SPC Bill Raitter finished second in the international team category of the Interallied Confederation of Reserve Officers, or CIOR, military pentathlon competition. He was the only American to earn a podium spot and the first-ever enlisted Guard member to place at a CIOR pentathlon.

Guard Names Top Soldier and NCO

Story and Photo by SSG Jon Soucy

SAVANNAH, GA—Soldiers from Utah and Montana have been named the Army National Guard's top Soldier and noncommissioned officer of the year following two days of "Best Warrior" competition at Fort Benning, GA.

After two grueling days with little sleep and events designed to stress the candidates both physically and mentally, the winners are:

Soldier of the Year: SPC Jeremy Whipple of Utah's E Company, 1st Attack Helicopter Battalion, 211th Aviation Regiment.

NCO of the Year: SSG Michael Noyce-Merino from Montana's B Troop, 1st Squadron, 163rd Cavalry Regiment.

Thirteen competed recently for the right to be called the two best Soldiers among the Army National Guard's more than 323,000 enlisted men and women and advance to the Army's competition for top Soldier and NCO.

Runner-up for Soldier of the Year was SPC Joel Cadett from Connecticut's Headquarters and Headquarters Company, 1st Battalion, 169th Aviation Regiment. Florida's SGT Douglas Bishop from C Troop, 1st Squadron, 153rd Cavalry Regiment, was named the runner-up for NCO of the Year.

The winners and runners-up were announced during the Enlisted Association of the National Guard of the United States' 37th annual conference.

Whipple and Noyce-Merino will next compete for the Department of the Army's Soldier and NCO of the Year honors in October at Fort Lee, VA.

"There were some phenomenal Soldiers in this competition," said

Whipple. "I knew the competition was going to be tough."

"I'm shocked," Noyce-Merino said. "I never thought six months ago before I started all of this that this would ever happen in my career, so it's a bit overwhelming. Now, of course, the challenge is going to be the next level. But that's kind of the way it's been up to this point."

Although only two individuals walked away with the titles, many felt that all the competitors who made it to this level were truly the best.

"When you get done with this competition, you can stand up to anybody at any time, and you'll have that confidence level because you'll know you have done something that very few people can say they have done or ever will do," CSM John Gipe, command sergeant major of the Army National Guard, told the competitors before the events began.

Thirteen Soldiers recently competed for the right to be called the **two best** Army National Guard Soldiers.

>> Look for exclusive coverage of the "Best Warrior" competition in the next issue of GX!

SIMPLY THE BEST

SPC Jeremy Whipple (left) and SSG Michael Noyce-Merino are applauded after they were announced as the winners of Soldier and NCO of the Year in the 2008 Army National Guard "Best Warrior" Competition at the Enlisted Association of the United States' annual awards banquet in Savannah, GA.



To make it to this level, competitors had already competed at the unit level, major command level, the state level and then the regional level. All 13 had won regional Soldier and NCO competitions.

For many, going through that process was one thing that helped them prepare for the competition at Fort Benning.

"We had the regional competition a few months ago, and I got into really good shape for that," said Cadett. "So all you have to do is maintain it. It's basically all the same events."

Those events included performing a functions check on an M-16A2 rifle, calling for artillery fire, emplacing and recovering an M18A1 Claymore mine, and evaluating and treating a casualty.

The competition also included

events that were much more physically demanding. The competitors began by taking a modified Army Physical Fitness Test (APFT). The push-ups and sit-ups were the same, but a five-mile run replaced the traditional two-miler, and competitors then had to do pull-ups.

Later in the day, they all took part in a combat water survival test. They were required to swim in full uniform and with a weapon after jumping into the water blindfolded. The swimming event was new to some competitors.

"There have been a lot of other events here so far that I've never done before, like the combat swim," Bishop said. "That was the best. Just getting pushed off that high-dive without knowing when you're going to hit the water. I wouldn't even mind doing it a

SPC JESSICA L. SHELDON

little higher next time just to get that adrenaline pumping.”

But for many, the most physically demanding event was the 12-mile road march while carrying a 35-pound rucksack over Fort Benning’s hilly terrain.

“The toughest part—and I didn’t anticipate this—was the ruck march,” said SPC Eli Lilley, from Headquarters and Headquarters Battery, 115th Fires Brigade out of Cheyenne, WY. “I just anticipated stepping out, jogging in a few parts, and pretty much just shutting off my mind and just ruck. But it actually took a lot of mental fortitude to get through that, and that was more challenging than I expected it to be.”

For some, preparing was the most challenging part of the competition.

“The most challenging [thing] for me was that I’m a full-time student, and I usually take 18-21 credit hours per semester,” said Bishop,

SOY/NCOY Competition Consists of:

- > a functions check on an M-16A2 rifle
- > calling for artillery fire
- > emplacing and recovering an M18A1 Claymore mine
- > evaluating and treating a casualty
- > a modified APFT
- > a combat water survival test
- > a 12-mile road march with a 35-pound rucksack

“When they say, ‘I am a Warrior and a member of a team,’ [from the Soldier’s Creed], whoever wrote that wasn’t kidding; this really was a team effort,” said Lilley about the help he received to get ready.

Other Soldiers got help from other resources.

“I spent a lot of time doing ruck marches and runs, typically

“WHEN YOU GET DONE WITH THIS COMPETITION, YOU CAN STAND UP TO ANYBODY AT ANY TIME ... YOU’LL KNOW YOU HAVE DONE SOMETHING THAT VERY FEW PEOPLE CAN SAY THEY HAVE DONE OR EVER WILL DO.”

>> CSM John Gipe

who attends the University of Florida. “So to balance that and still try and stay on top of this has been a bit of a headache sometimes, but it’s working out so far.”

And preparation is the key to success, said many of the competitors. For many, that preparation came in the form of running, ruck marches, additional PT and studying possible board questions. Many of the competitors praised their unit leaders for providing much of the assistance to get ready for the event.

with my dog,” said SFC Jennifer Butler, a course manager at the 640th Regiment (Regional Training Institute) in Riverton, UT.

After the events were completed, many of the competitors felt positive about the experience, including the 12-mile march.

“It’s been a fantastic opportunity,” said Bishop. “The biggest thing is to just soak up every minute of it. You can learn so much from not only the cadre, but also from the senior enlisted people you meet throughout it.” **GX**

Higher Learning

ESGR ADVOCATES SAMPLE LEAPFEST

By MSG Bob Haskell, National Guard Bureau

▶ KINGSTON, RI—No, they did not jump out of a perfectly good helicopter.

But 16 civilians involved with Rhode Island’s Employer Support of the Guard and Reserve (ESGR) program did get an idea of what an international group of military paratroopers would experience during Leapfest 2008, two days before the 26th annual competition took place Aug. 9.

The civilians, including an assistant U.S. attorney, a U.S. Naval War College professor and the owner of a North Kingston pest control business, were flown aboard an Army National Guard UH-60 Black Hawk over the Rhode Island countryside on a heavily overcast morning.

They saw for themselves the terrain that the airborne Soldiers would glimpse during the couple of minutes it would take them to parachute onto a landing zone beside the University of Rhode Island after jumping out of helicopters at 1,500 feet.



SOME PERSPECTIVE Brown University graduate research manager Tom Alarie checks out the terrain for Leapfest 2008 during a flight in an Army National Guard helicopter arranged by the Rhode Island Committee for Employer Support of the Guard and Reserve on Aug. 7.

MSG BOB HASKELL

“We had a good mix of educators, public officials and small-business people who support our National Guard and Reserve troops,” said Donna Callahan, the executive director for Rhode Island’s ESGR committee. “We wanted to give them an idea of what Leapfest, which is hosted by the Rhode Island Guard, is all about.”

ESGR officials frequently escort civilian employers or supervisors for National Guard Soldiers, Airmen and Reservists to events such as Leapfest to give them an idea of what service members do when they are in uniform and away from their jobs. It is one way that ESGR, whose national committee is based in Arlington, VA, attempts to avoid conflicts arising from employees’ military commitments.

Ironically, the ESGR participants in Rhode Island were the only ones to get off the ground that day. The paratroopers from 11 countries were grounded by rain clouds. These “friendship jumps” were also intended to familiarize the foreign troops with the equipment used for the competition, explained Air National Guard Lt. Col. Denis Riel, the Rhode Island National Guard’s state spokesman. **GX**



BREAKING THE BARRIER CPT Joseph Merrill from Binghamton, NY, commander of SECFOR Delta, works with a translator to direct a father seeking medical attention for his son.

LTC PAUL FANNING

One Community at a Time

NEW YORK NATIONAL GUARD PARTNERS WITH OTHER GROUPS TO PROVIDE MEDICAL RELIEF IN AFGHANISTAN

Courtesy of the New York National Guard Public Affairs

UD KHEIL VILLAGE, KABUL, AFGHANISTAN—More than 1,000 residents of the Ud Kheil village were treated by Afghan medical staff, receiving medicine, vitamins and personal items through a recent joint assistance operation conducted by the New York Army National Guard (NYARNG), and Afghan and British Soldiers recently.

The project is the latest in a growing partnership between the Afghan community and its

closest neighbor—Camp Phoenix in Kabul, home to the NY ARNG’s 27th Brigade Combat Team Headquarters and Combined Joint Task Force Phoenix, its coalition allies and the area’s Afghan national security forces.

The assistance mission was held at the girls’ school, a construction project completed this past spring. That work is part of Camp Phoenix’s ongoing outreach effort to support the Afghan government and its people.

“We actually requested that Camp Phoenix provide us with

“We actually requested that Camp Phoenix provide us medicine. That is why the people are happy that U.S. forces are doing this.”

>> Haji Farid, Afghanistan elder



HERE FOR HEALTH An Afghan mother and her child wait patiently for their turn to go inside.

CPT ROBERT ROMANO

medicine,” Haji Farid, the village elder and district representative, said through an interpreter. “That is why the people are happy that U.S. forces are doing this.”

“They have asked for our assistance, and we have been able to provide it,” said CPT John Shannon from Elmira, NY, project coordinator with Task Force Phoenix. “The reason we are able to provide it is because we have this great

cooperation with the Afghan Army, the police and our British allies, and of course, our troops are out here doing a fantastic job as well.”

A team of security forces, and medical and support staff left Camp Phoenix in an armored convoy and moved the short distance east to the village. Units of the Afghan National Army, Kabul Military District and Afghan National Police joined the team there.

Afghan security personnel were already on checkpoints as the team from Camp Phoenix arrived. Providing additional security were members of the 2nd Scottish Regiment, Royal Highland Fusiliers, British Army.

“We worked with the U.S. at the Ali Khail School when I first got here in May,” said CPT Lizzie Winchester, education and training service officer assigned to the 2nd Scots. Her Kabul patrol company conducted mounted surveillance around the site.

Winchester said her troops discovered a suspicious device along the road, which meant that plans were working. In addition, women Soldiers from her command searched females coming to the event, while Afghan Soldiers searched the men to ensure that no weapons or explosive devices would threaten those present.

“This one’s working really well,” she said, adding that she and her team were “enjoying working together once again—supporting each other and the Afghan National Security Forces to make things a bit safer.”

“Our security measures are paying off for us today,” said Shannon, who was quick to point out that Afghan units had leading roles.

“We go to the *shuras* (meetings) to talk to the elders about the health problems of the men, women and children of the community.”

>> LTC Martin Scott, New York Army National Guard

“We are just the outer piece, and they are doing the hard work of making sure everyone who gets into the clinic to be seen—incidentally, by Afghan doctors—is secure,” he said.

“We go to the *shuras* [meetings] to talk to the elders about the health problems of the men, women and children of the community” said LTC Martin Scott, a nurse from Long Island, NY, who works with the Camp Phoenix clinic. At the event, they mentor and support the Afghan medical staff.

“We allow them to take care of their people,” Scott said. “We provide the medications and advice on prescribing and dispensing them.”

“The primary thing we need to build in our area is a clinic,” said Farid, expressing gratitude that

both boys’ and girls’ schools have been built. His community has more than 4,500 homes with an estimated population of 25,000 to 30,000 people.

“Now we are happy that the U.S. forces will build a clinic in the village for us, and they are already starting to work on it,” he added.

“They are doing good things,” Farid said. “Camp Phoenix is our neighbor. When we are meeting and discussing different issues—security, clinics, schools, bridges, ditches ... they are the only organization helping us. And, when we need to talk about the issues, if we give them a call, they invite us; and sometimes we invite them because we think they are from our own village. They are part of our own people.” **GX**

HEALING POWER CPT Judy Izard from Buffalo, NY, a pharmacist assigned to the Camp Phoenix clinic, cradles a child with an infected foot as the mother awaits medications.



LTC PAUL FANNING



EAGER TO LEARN Afghan students receive backpacks filled with school supplies from a village elder at Bagram Girls School in Afghanistan's Parwan province, Aug. 19, 2008.

SGT LYNNIE STEELY

School Renovation Refreshes Young Minds

By SGT Daniel Love

▣ BAGRAM AIRFIELD, AFGHANISTAN—For the children of Bagram Village Girls High School, Aug. 19 was the start of a new semester. Students filtered through the gate the same as on any other school day, but they were surprised to see their school had changed since the end of the previous semester.

Thanks to the efforts of the Afghan government and U.S. forces, the school reopened with three new classrooms, running water, a fresh coat of paint, new desks and a wall surrounding the perimeter.

“You can see a lot of difference in the students’ faces,” said Naqeeba, administrator and headmaster of the school. “The students are good here without help, but we see that our government cares about us. It’s been a month and a half since they came to our school and asked what we needed, and since then, we have seen good progress.”

The 5-year-old school has seen few improvements since opening, but hard-working students have made it an academic powerhouse in the area. The school received an award from the Parwan provincial education minister for its record of having the most students graduate and advance to higher education.

“When the Taliban was in power, it was illegal for girls to go to school, but we never forgot how important it is to educate all Afghan children,” Naqeeba said. “His school used to be housing for Russian pilots, but the government of Afghanistan helped us make it usable as a place of education.”

Before the Soldiers left the students to their learning, they helped teachers and local officials pass out backpacks with school supplies.

“A lot of families can’t even afford to buy paper or a pen for their children,” said Subhanallah, a teacher at the school. “We don’t have a lot of money, but I see a bright future for schools in this area. What matters most is the students are interested in studying and learning, and the people here see the value in education.” **GX**

“WHEN THE TALIBAN WAS IN POWER, IT WAS ILLEGAL FOR GIRLS TO GO TO SCHOOL, BUT WE NEVER FORGOT HOW IMPORTANT IT IS TO EDUCATE ALL AFGHAN CHILDREN.”

>> Naqeeba, school headmaster

Partners in Action

GIVE-AND-TAKE RELATIONSHIP OFFERS GREAT OPPORTUNITIES FOR ARKANSAS, GUATEMALA

Story and Photos by CPT Chris Heathscott, Arkansas National Guard State PAO

CAMP JOSEPH T. ROBINSON, AR—“It’s all about relationship building.”

These were the words used to summarize a recent visit to the United States by leaders of the Guatemalan military as part of an ongoing partnership with the Arkansas National Guard.

“It’s about understanding different cultures and widening our perspective from how the National Guard supports our state and nation, while supporting another country in a manner that benefits us all,” said CPT Tracy Saucy, Arkansas’ International Partnership Specialist.

The Guatemalan delegation was led by the commander of the Guatemalan Air Force, Brig. Gen. Juan Ruiz. Accompanying the general on the visit were the commander of the country’s Reserve Forces, Col. Carlos Moran, and the Director of Military History, Col. Ana Sanchez.

“During a senior leader visit, we have the opportunity to showcase our capabilities,” Saucy said. “Next year, our senior leadership will travel to Guatemala for a reciprocal visit. By actually seeing what each partner has to offer, the leadership can then make recommendations for future events.”

MG William D. Wofford, the adjutant general of Arkansas, led Ruiz on a guided tour of both Army and Air Guard facilities and units, with Arkansas Soldiers and Airmen on hand to explain their respective units’ capabilities.

The highlight of this particular tour came with a Joint Training demonstration at the Fort Chaffee



BIRD WATCHING A Black Hawk helicopter with the 77th Aviation Brigade lifts off at the Chaffee Maneuver Training Center.



STRATEGIZING MG William D. Wofford, the adjutant general, right, and Brig. Gen. Juan Ruiz, commander of the Guatemalan Air Force.



EXPLAINING CAPABILITIES SSG Jason Sheppard with the 142nd Fires Brigade explains the operations and capabilities of the Brigade’s Multiple Launch Rocket System to the commander of the Guatemalan Air Force, Brig. Gen. Juan Ruiz, (to his left) and the commander of the Guatemalan Reserve Forces, Col. Carlos Moran (standing next to the general).

Maneuver Training Center. This included Aviation assets from the Arkansas Air National Guard’s 188th Fighter Wing, the Arkansas Army National Guard’s 77th Aviation Brigade and the Oklahoma Air National Guard’s 138th Fighter Wing. Along with the Soldiers and Airmen participating in the live demonstration with the aviation assets, a team of Navy Seals contributed to the show with an aerial insertion of the team to save a “downed pilot.”

Along with providing an understanding of their partner countries’

capabilities, these partnerships often provide opportunities to learn from each other through shared experiences that are unique to their respective partnerships.

“For example, in 2005, both Arkansas and Guatemala were affected by hurricanes Katrina and Stan,” Saucy explained. “After the storms, we got civilian and military emergency managers together from both sides of the partnership and held an After Action Review, so we could learn from each other and perhaps better our response plans for [future] disasters.”

Along with this experience, Arkansas is looking to its Guatemalan partners to assist in the state’s preparation for another potential natural disaster.

“As the state prepares for the possibility of responding to a major earthquake, we can draw on the experiences of our partner, who deals with earthquakes on a regular basis,” Saucy said. “Our partnership gives us the opportunity to gain knowledge that we might never have had access to without it.”

“It’s important to understand that our partnership isn’t solely a military one,” she added. “We promote civilian exchanges as well. The Arkansas Department of Emergency Management has been actively involved in the partnership since it began in 2002.”

Another example of a civilian exchange occurred in 2007, when three surgeons from Guatemala traveled to Arkansas to observe practices at civilian organ transplant hospitals and agencies, as well as military medical offices. The Arkansas Regional Organ Recovery

According to the National Guard Bureau, 45 states, two territories and the District of Columbia are currently partnered with 54 countries around the world.

State Partnerships

- Alabama – Romania
- Alaska – Mongolia
- Arizona – Kazakhstan
- Arkansas – Guatemala
- California – Ukraine & Nigeria
- Colorado – Slovenia & Jordan
- Connecticut – Uruguay
- Delaware – Trinidad & Tobago
- Florida – Guyana, Venezuela & RSS
- Georgia – Republic of Georgia
- Hawaii & Guam – Philippines
- Hawaii – Indonesia
- Illinois – Poland
- Indiana – Slovakia
- Kansas – Armenia
- Kentucky – Ecuador
- Louisiana – Belize & Uzbekistan
- Maryland – Estonia & Bosnia
- Massachusetts – Paraguay
- Michigan – Latvia

Agency, the University of Arkansas for Medical Sciences and Baptist Hospital participated in that particular exchange.

"We always have the opportunity to learn from each other," Saucy said. "In fact, [later] we are traveling to Guatemala with a group of Army and Air National Guard recruiting managers for a cultural orientation exchange. Our recruiters will be working with our partner recruiters to learn the cultural nuances of the Hispanic youth market. They are hoping to gain insight into the culturally distinct customs and mind-set that make this recruiting market different."

"We've had a pretty strong state partnership with Guatemala since 2002," BG Wofford said. "I think there are some great opportunities that are just now developing that will make it even better not only for Guatemala, but also for Arkansas."

"The United States is a great country," General Ruiz said. "You can teach us a lot, and that knowledge will help us to improve our [military] force in Guatemala." **GX**

- Minnesota – Croatia
- Mississippi – Bolivia
- Missouri – Panama
- Montana – Kyrgyzstan
- Nevada – Turkmenistan
- New Hampshire – El Salvador
- New Jersey – Albania
- New York – South Africa
- North Carolina – Moldova
- North Dakota – Ghana
- Ohio – Serbia & Hungary
- Oklahoma – Azerbaijan
- Pennsylvania – Lithuania
- Puerto Rico – Honduras
- & Dominican Republic
- Rhode Island – Bahamas
- South Dakota – Suriname
- Tennessee – Bulgaria
- Texas & Nebraska – Czech Republic
- Utah – Morocco
- Vermont – Macedonia
- Virginia – Tajikistan
- Washington – Thailand
- Washington, DC – Jamaica
- West Virginia – Peru
- Wisconsin – Nicaragua
- Wyoming – Tunisia



New Vehicles Make Battlefields Safer

By SGT Daniel Blottenberger

BAGHDAD—Multi-National Division-Baghdad military police Soldiers with the 95th Military Police Battalion added another vehicle and combat multiplier to their fleet on Aug. 22 when they received their first Mine-Resistant, Ambush-Protected (MRAP) vehicles fresh off the assembly line at the Camp Liberty MRAP fielding site.

The 18th Military Police Brigade, MND-B, started receiving its initial fielding of MRAPs in June and now has fielded more than 200 vehicles to its Military Police (MP) Soldiers patrolling the streets of Iraq, said MAJ Kimberly Grahek, 18th MP BDE, logistics officer and native of La Follette, TN.

The Soldiers of the 95th MP BN received more than 20 initial issue MRAPs at Camp Liberty on Aug. 22, 2008. The new MRAPs also are the first to be equipped with Explosively Formed Penetrator (EFP) enhanced protective armor. EFP is a large armored shield that protects the side of the vehicle where improvised explosive devices (IEDs) are aimed.

INVENTORY Soldiers of Headquarters and Headquarters Detachment 95th Military Police Battalion check over their initial basic issue equipment for their newly received MRAP vehicle at the camp.

One of the many advantages of the MRAP is its higher profile, which allows Soldiers to better detect threats while on mission.

"We have a better vantage point on the road," said SGT Scott Werner, an MP with the 191st Military Police Company, North Dakota National Guard, 95th MP BN, and native of Bismarck, ND.

The MP Soldiers have been riding in Humvees while conducting their daily Police Transition Team operations. Now, they will have to get accustomed to the new features the MRAP brings.

"It is a much different perspective to get used to," SGT James Greene, a member of Headquarters and Headquarters Detachment, 95th MP BN, and a native of Ravenna, MI, said after completing a training course to become certified to operate the vehicle.

The training course consisted of classroom instruction and hands-on driving time around the Victory Base Complex while conducting both day and night driving training.

The MP Soldiers look forward to the new protection the MRAP provides, but say they will have to see how it works once they are using the vehicle in actual combat operations.

"We will have to see how it goes when we are out there," said Greene, referring to daily missions in Baghdad. "Hopefully, it offers better protection." **GX**

MPs conduct Police Transition Team missions, training the Iraqi police daily on some of Iraq's most dangerous streets. They welcome the new vehicle as further protection against criminal attacks.

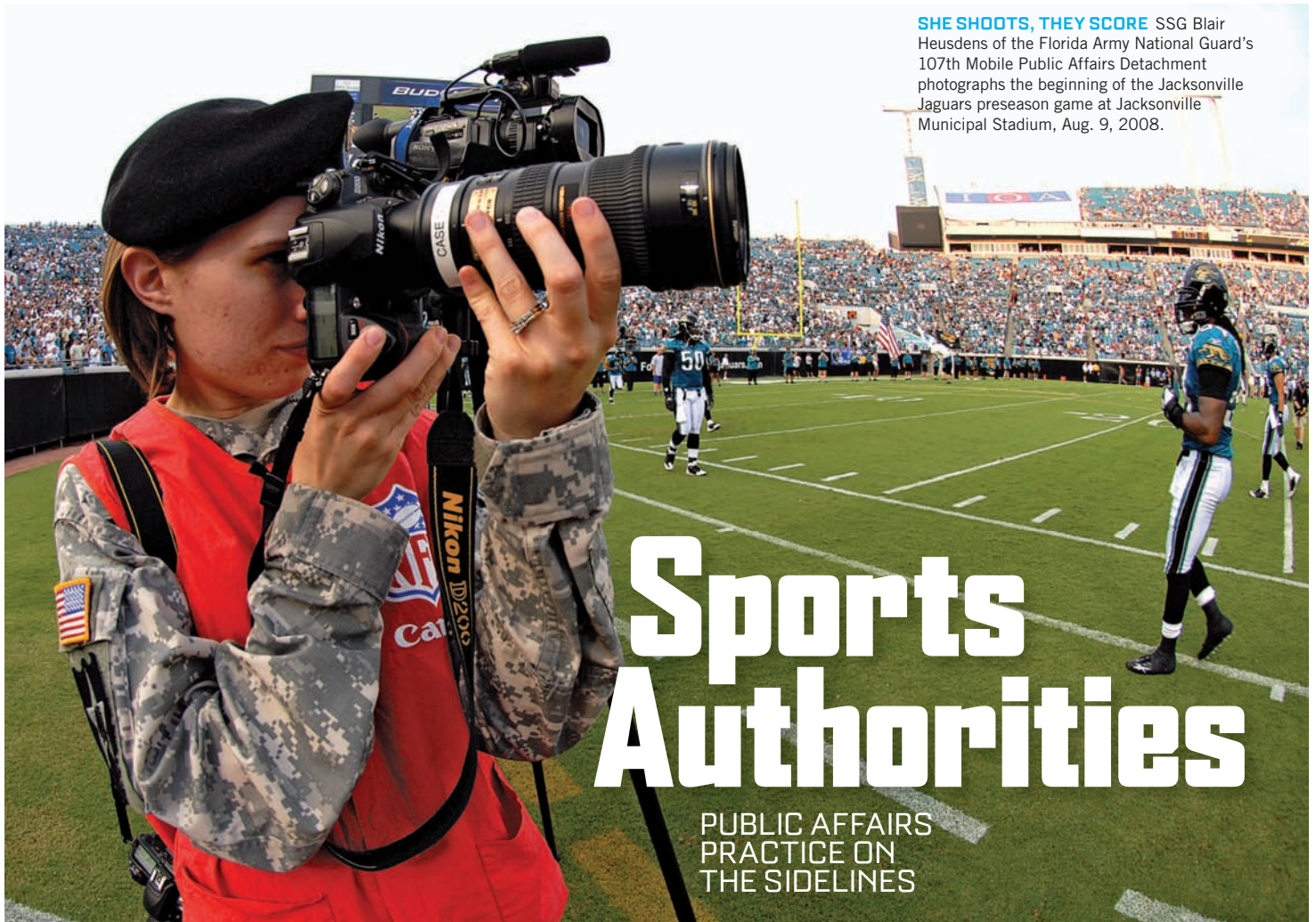
As the vehicle's name states, the MRAP is designed to be far more effective than the Humvee at deflecting the explosions of certain types of improvised explosive devices, particularly those of the powerful, deeply buried variety.

"The MRAP increases the survivability of Soldiers in combat," Grahek said.



UNPACKING Multi-National Division-Baghdad Soldiers with the 191st Military Police Company, North Dakota National Guard, attached to the 95th Military Police Battalion, 18th Military Police Brigade, unpack their basic initial issue items to conduct an inventory on the equipment.

SGT DANIEL BLOTTENBERGER



SHE SHOOTS, THEY SCORE SSG Blair Heusdens of the Florida Army National Guard's 107th Mobile Public Affairs Detachment photographs the beginning of the Jacksonville Jaguars preseason game at Jacksonville Municipal Stadium, Aug. 9, 2008.

Sports Authorities

PUBLIC AFFAIRS PRACTICE ON THE SIDELINES



WORK REVIEW
PFC Becky Robinson (left) and 2LT Allison Givens compare photos.

By Tech. Sgt. Thomas Kielbasa, Florida National Guard Public Affairs

JACKSONVILLE, FL—National Guard Soldiers typically don't attend professional football games as part of their training for deployments. However, 15 Soldiers from the Florida Army National Guard's (FLARNG) 107th Mobile Public Affairs Detachment did just that as they reported from the sidelines of an NFL preseason game.

The Soldiers honed their skills as professional sports reporters during the Jacksonville Jaguars' preseason opener against the Atlanta Falcons. They stood shoulder-to-shoulder with civilian journalists on the sidelines at Jacksonville Municipal Stadium throughout the televised game.

The public affairs detachment is scheduled to deploy in early 2009 to support Joint Task Force Guantanamo Bay in Cuba. The unit is currently completing its pre-mobilization requirements during drill weekends. When unit leaders saw that one of the requirements of their journalists was to write or produce a sports news story, they sought a creative way to accomplish the task.

"We wanted to provide realistic and challenging training," said 107th Commander MAJ Diana Haynie. "By taking the unit to the Jaguars game, we could give them more realistic training."

The challenge throughout the evening was to capture professional-grade photos and video during the fast-paced game and later package the images into either a short video story or a print article.

TS/ST. THOMAS KIELBASA

“Being a sports fan, training like this is really exciting for me. It makes me more motivated to do my job.”

>> SGT Michael Baltz, Florida Army National Guard

The commander said the unit typically completes its training at its armory or in the field, so this venue in front of thousands of cheering football fans was much more glamorous and exciting.

“It’s also a good morale booster: It gives them something different to do outside of an everyday environment,” Haynie explained. “And it gives them an opportunity to have some of their work published outside of regular military outlets.”

She said all of the articles and broadcast spots completed by unit members will be submitted to the Jacksonville Jaguars for publication to civilian and NFL outlets. The digital photos submitted by the detachment may also be used for future publication and distribution to the players, according to Haynie, since most media photos never make their way back to the individual players.

Like their civilian media counterparts, the military reporters must meet certain guidelines when filing their sports news stories, including using correct writing styles and accompanying their accounts with photos or video. But the most important goal is to produce an interesting, accurate and visually exciting feature story that highlights the sports event.

SGT Michael Baltz, a print journalist who has been in the Florida



ON FILM SPC James Cornwell of the 107th Mobile Public Affairs Detachment videotapes the Jacksonville Jaguars preseason NFL game.

National Guard for the past three years, even joined civilian press during the post-game briefing with the players and coaches.

“Being a sports fan, training like this is really exciting for me,” Baltz explained. “It makes me more motivated to do my job.”

Baltz said the excitement of the game and the ability to capture action sports photos was quite a change from the usual military stories he covers for the Florida National Guard.

“Most of the time in the military, you’re doing ceremonies and training [stories], but [here] you’ve got football players out there running 40-yard dashes right in front of you,” Baltz said.

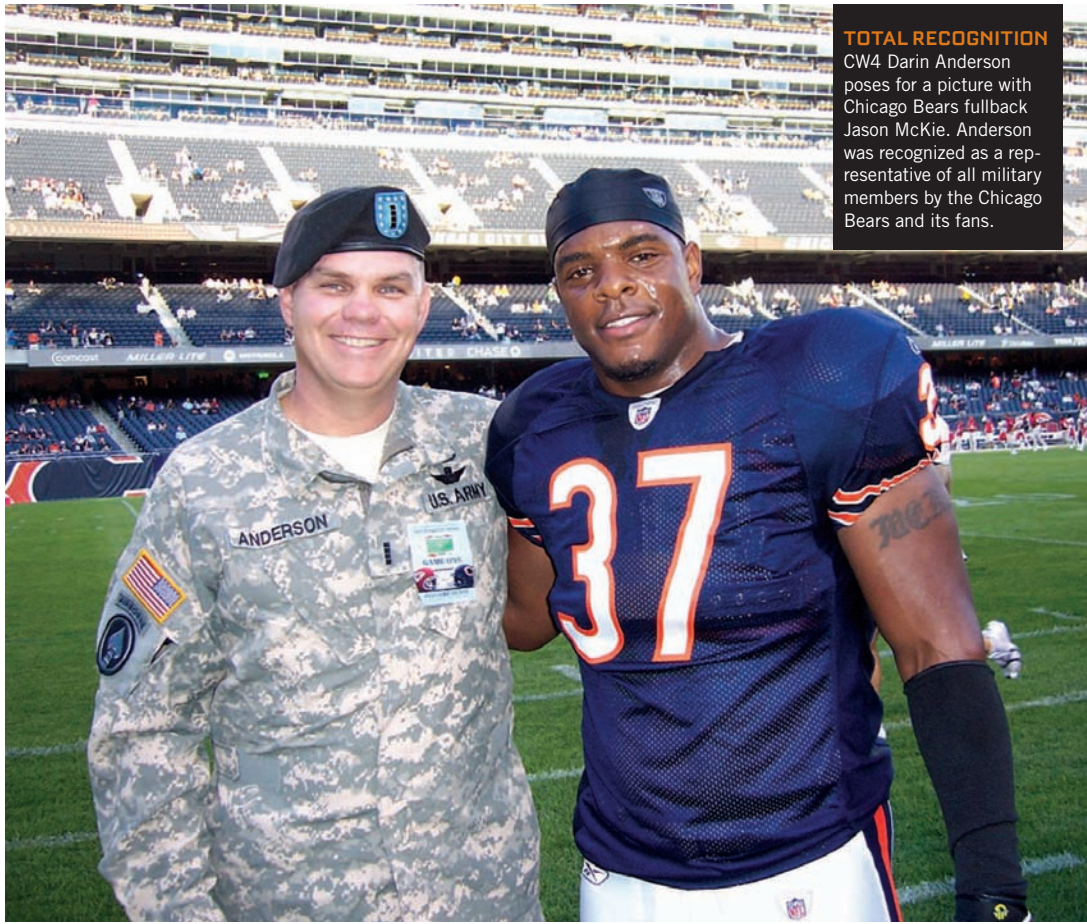
Based in St. Augustine, FL, the 107th Mobile Public Affairs Detachment provides both print and broadcast journalism support to Florida National Guard Soldiers and Airmen. **GX**

“MOST OF THE TIME IN THE MILITARY YOU’RE DOING CEREMONIES AND TRAINING [STORIES], BUT [HERE] YOU’VE GOT FOOTBALL PLAYERS OUT THERE RUNNING 40-YARD DASHES RIGHT IN FRONT OF YOU.”

>> SGT Michael Baltz, Florida Army National Guard



ALL SMILES The FLARNG 107th MPAD captures a memory after covering a Jacksonville Jaguars preseason game.



TOTAL RECOGNITION

CW4 Darin Anderson poses for a picture with Chicago Bears fullback Jason McKie. Anderson was recognized as a representative of all military members by the Chicago Bears and its fans.

>> CHICAGO FULLBACK JASON MCKIE PURCHASED AND DONATED FOUR TICKETS SO ANDERSON AND HIS FAMILY COULD SIT IN THE FRONT ROW FOR THE GAME.

The Chatham resident has been in the military since 1985 and a member of the ILARNG since 1995, Anderson was one of seven Soldiers with Detachment 36, Operational Support Airlift in Decatur, mobilized from April to November 2007 in support of Operation Iraqi Freedom. Anderson flew 110 air combat missions and 610 combat flight hours, and also served as the unit's aviation safety officer, instructor pilot, supply officer, administrative officer and assistant operations officer. After the unit's deployment, he was awarded a Bronze Star, Air Medal and Combat Action Badge.

Anderson's wife, Christine, and their two daughters, 12-year-old Aubrey and 9-year-old Savannah, also attended the game, thanks to the generosity of one of the Bears' players.

Chicago fullback Jason McKie purchased and donated four tickets so Anderson and his family could sit in the front row for the game. The family also had the opportunity to stand on the sidelines to watch the Bears during warm-ups, and met McKie.

The Bears ultimately lost to the Chiefs, but it was still a time to celebrate for the Anderson family. Anderson had celebrated his birthday two days before the game, and his oldest daughter was looking forward to her birthday the next day.

"I thought graduating flight school was the greatest experience of my life, but this surpasses that," Anderson said with a smile. **CX**

Bears Honor Soldiers

By Mike Chrisman, Illinois National Guard PAO

CHICAGO—Nearly 60,000 fans were on their feet and cheering as he stood on the grass of the 25-yard line of Soldier Field in Chicago. For CW4 Darin Anderson, this experience was a childhood dream come true.

"It was the greatest experience I have ever had," Anderson said. "I grew up playing football and have been a Bears fan my entire life. Being on the field and seeing the entire crowd on their feet cheering for me was surreal."

Anderson was honored by the Chicago Bears and its fans on Thursday, Aug. 7 during the third quarter of the Bears' preseason game against the Kansas City Chiefs.

Anderson represented all of the U.S. Armed Forces as he was recognized for his accomplishments as a member of the Illinois Army National Guard (ILARNG). He was shown larger than life-size on Soldier Field's JumboTron as he stood on the field. Everyone in the stadium, including the players, ap-

plauded Anderson for his service and sacrifice.

"I don't really care about the attention for myself," Anderson explained. "However, if it brings more attention to the freedom our troops provide and the selfless service they show every day, then I don't mind."

"Being on the field and seeing the entire crowd on their feet cheering for me was surreal."

>> CW4 Darin Anderson

IN 2007, FAMOUS DAVE'S MAILED MORE THAN 1,500 LETTERS TO ALL BRANCHES OF THE ARMED FORCES SERVING IN IRAQ AND AFGHANISTAN.

FIND OUT MORE ABOUT FAMOUS DAVE'S AT WWW.HOMEOFTHEBIGSLAB.COM.



WRITE FROM THE HEART Customers sign letters in support of Operation Famous Salute at the Famous Dave's restaurant in Cool Springs, TN.

Bringin' Down-Home Hospitality Overseas

By Camille Breland

NASHVILLE, TN—They wrote words of inspiration, shared memories of loved ones in the service and gave heartfelt accounts of their appreciation for freedom. But most of all, they said “thank you.”

For the past two Memorial Days, patrons of a popular, avowedly famous barbecue restaurant in middle Tennessee have taken time to practice a fast-fading art: writing. During the past two years, more than 2,000 patrons and employees of Famous Dave's have seized the opportunity to pen letters of encouragement to troops stationed in Iraq and Afghanistan.

The idea for the letter-writing campaign, dubbed “Operation Famous Salute,” was born after

Laurel Renegar, one of the owners of Famous Dave's, saw a “20/20” report on a company that adopted Soldiers overseas. She immediately called her best friend and business partner, Tamara Lister, and said, “We really need to be doing something.”

So, they did.

“Knowing that we feel blessed to have our company and knowing that it's a gift, we firmly believe that we should be sharing that gift with others,” said Lister, who lives in Nashville, TN, with her husband and children.

Pulling the operation off took weeks of planning, but the restaurant owners didn't do it alone.

Once their vendors and other small-business owners got wind of what Famous Dave's was doing, everyone wanted to help. A local business donated place cards to give the patrons tips for writing the letters. A vendor offered pens and stationery free of charge, and another created outside banners for promotion.

The business owners all had one thing in common: They wanted to show their appreciation for dedicated Soldiers serving overseas.



SELFLESS SUPPORT Famous Dave's franchise co-owner Tamara Lister and an employee display the Operation Famous Salute poster board at the Famous Dave's restaurant in Cool Springs, TN.

“Letter writing doesn't seem like enough, but at least it's a way to communicate ‘We're thinking about ya,’” Lister said. “I think it made the right kind of impact.”

And that impact hit home to Lister, who said her military heritage traces back to the Civil War.

Lister's brother, Rick, served with the Army in Kuwait and Iraq in 2006. During their precious communication time either by phone or email, Rick observed how many Soldiers didn't hear from friends or family, nor did they have a connection to home.

That's when Lister realized, “There's got to be something we can do to remind Soldiers that we really care about what's going on.”

The response to Operation Famous Salute from Soldiers and civilians has been “overwhelming,” Lister said.

Only a few weeks after the first letters were sent, she received a package in the mail from Iraq—It was a plaque of appreciation from a battalion that received some letters.

“Here we were saying ‘thank you’ for what they've done, and in the mail comes a plaque all the way from Iraq saying ‘thanks for caring about us,’” Lister said.

Famous Dave's continues to foster a relationship with Soldiers in Iraq. In fact, its service now goes beyond letters. After learning about an orphanage a battalion adopted in Iraq, Lister and her crew sent Christmas presents to the children there.

Although they are in the business of barbecue, Lister and Renegar know they have a duty much greater than serving up slow-cooked ribs.

They plan to continue Operation Famous Salute “as long as we have our Soldiers serving overseas.”

And, yes, they include a bottle of their famous barbecue sauce in each box of letters. **GX**

INSIDE
THE

SPECIAL FORCES

A Glance
at the Life
of a
GREEN BERET

By Christian Anderson

25



© HOLLY WILMETH / GETTY IMAGES



ON THE LOOKOUT A master sergeant with Company B, 2nd Battalion, 19th Special Forces Group, uses hand signals to direct his Special Forces team while testing the new laser collective combat advanced training system (LCCATS).

PHOTO BY SPC. SAM BEAVERS



CHANCES ARE YOU HAVE SEEN THEM: STANDING THERE

with blank, anonymous faces, strapped to the bone with a rifle, pistol and a big blade sticking out of their belts. They stand out when you see their picture in a magazine or newspaper, but they blend in when they're on missions, dealing with foreign elements. And then at other times they are in their regulation ACUs, blending in with regular Guard Soldiers, keeping a low cover and performing more orthodox missions. The Special Forces, sometimes referred to as the "Quiet Professionals," are a different breed of Soldier; bona fide professionals who not only fight better than any other force known to man, but also use their political savvy and intelligence to win the hearts and minds of people they are sent to help. *De Oppresso Liber* (Latin for 'To Free the Oppressed') is the Special Forces motto—and they truly live by it.

The American public got its first glimpse of Special Forces (SF) with the release of *The Green Berets*, starring John Wayne, in 1968. Although somewhat glamorized, this movie gave Americans an idea of what SF Soldiers were doing in Southeast Asia. Since then, countless movies have been made focusing on Soldiers or at least featuring them in the plot. But besides these movies, what is the real mission of SF? How important are SF Soldiers to the security of our country? It begins with a simple history lesson that takes us back to WWII.



Action-Packed Beginnings

During WWII, the Allied forces needed a specialized, elite unit of Soldiers who could operate in unconventional warfare like never before. The Soldiers would be going deep into enemy lines to

gather intelligence and disrupt the operations they encountered. Named the Office of Strategic Services (OSS), this unit quickly became vital to the Allied war effort as it was self-operational and functional, and the Soldiers were highly skilled. Prior to the OSS, there wasn't a central agency to conduct clandestine missions, and many Allied operational services were forced to work together, not always proving to be the best environment for the individuals involved.

The OSS's role became increasingly important during operations such as D-Day in Europe. Operatives were dropped into France weeks and months before the monumental invasion, assisting the French resistance, gathering intelligence and wreaking mayhem on the German supply lines. In Burma, the OSS got cooking with the Kachin tribesmen, working together to harass the Japanese troops to the point of insanity before disappearing into the jungles after each ambush or fire fight. Although the numbers are not clear, it has been estimated that the OSS in Burma inflicted some 15,000 casualties on the Japanese while taking only a few hundred casualties themselves.

Following the war's end, the OSS was disbanded for various reasons, but many of the individuals involved with this highly efficient organization went on to form the CIA and the Special Forces.

COL Aaron Bank took the industry-specific knowledge and expertise he gained from the OSS and established the 10th Special Forces Group in 1952; and less than a year later, the 10th was in Korea developing a new doctrine to meet the demands of a slightly different type of warfare.

SPECIAL FORCES MEETS THE NATIONAL GUARD

Comprised of two groups, the 19th and 20th, the National Guard's Special Forces units are spread across the country, providing the Guard with a rich, diverse fighting force of men.

The 19th, comprised of units from Utah, Washington, West Virginia, Ohio, Rhode Island, Colorado, California and Texas, with headquarters located in Utah.

The 20th, which is headquartered in Alabama, consists of units in Florida, Illinois, Kentucky, Maryland, Massachusetts, Mississippi, Virginia and Alabama.

Both units are highly organized, trained and bad to the bone, ready to fight whenever and wherever needed. But before a Soldier can go fight under the Green Beret, he must tackle the infamous SF training—the "Q" (Qualification) Course that will chew up even the hardest Soldiers and spit them out.



COURTESY OF THE MISSISSIPPI NATIONAL GUARD

I SEE YOU! A Soldier from the 20th Special Forces Group looks through the scope of his sniper rifle while patrolling the Afghanistan countryside.



THE SF ASSESSMENT AND SELECTION COURSE (SFAS) IS STEP ONE, AND THE REMAINING STEPS IN THE Q COURSE ARE:

SUT (Small Unit Tactics)

At 13 weeks, this intense, lengthy phase focuses on the Soldiers' individual strengths and weaknesses. Soldiers learn survival skills, language training, cultural training, SF tactics, and small-unit tactics and operations. Located at Fort Bragg, NC, this proves to be a major step for a Soldier wishing to get his Green Beret.

Language Training

Soldiers will continue language training to prepare for the SF mission. They may be able to attend advanced language training based on their proficiency skills. In addition, they also learn warrior skills and combatives in this 14-week phase.

MOS Qualification Phase

Soldiers begin their 15 weeks of MOS training for the SF MOS. They immerse themselves in specialty language training, SF Common tasks, Advanced Special Operations techniques (ASOT) and Interagency Operations.

CULEX (Robin Sage)

Kind of like an FTX (field training exercise) on steroids, this phase is comprised of an unconventional warfare culmination exercise. Lasting approximately four weeks, this training is realistic and intense. At this point, Soldiers will do anything not to be dropped from the program.

Graduation/ Outprocessing

After Q Course, SF Soldiers get sent to their unit where the real fun begins. In this phase, they're constantly training to become more proficient in conventional and unconventional warfare. SF gets the pick of the litter when it comes to schools, and there is basically no limit to where or what Soldiers train in. For example, Air Assault, Halo, Pathfinder and Mountain Warfare are just a few schools SF Soldiers can attend; however, there are many others.



A DAY AT THE BEACH A 19th Special Forces Group Dive Team practices beach clearing techniques off of the coast of California.

BRANDON JURSLER



Earning the Beret

Any male can join the Special Forces, regardless of prior military experience, provided they are medically and legally qualified.

“I came in right off the street to start the SF pipeline, which is about a two-year pipeline from the time you walk in to the time you get a Green Beret on your head,” WO1, commander of ODA (Operational Detachment Alpha) 9225, 19th Group, says in an interview with *GX*. “I enlisted with the B Company out of Ohio and basically got started real young, finished the Q Course when I was 19 and rolled right into the operational lifestyle of an SF guy!”

The journey begins for the Soldier at the SF Assessment and Selection Course (SFAS), which is used to assess and select candidates for the Q Course. The course cadre looks for six qualities in each candidate: intelligence, trainability, physical fitness, motivation, influence and judgment. A Soldier must excel in all six qualities to advance to the SF Qualifying Course (SFQC). This 14-day course is demanding and taxing, but is nothing compared to the Q Course.

Physical and mental stresses coincide with the training. The cadre assesses the candidates through observation and performance evaluations, and they are literally always watching and listening for a Soldier to give up or break down. There are varieties of tests and activities the candidates are put through, and there is no feedback or grading on performance until the SFAS is complete.

Many of the duties for SF Soldiers involve various fields of unconventional warfare, so the training is anything but conventional (see sidebar on pg. 35 for more info).

SKY SOLDIERS

Many civilians and Soldiers alike believe Navy Seals are the only ones who get to perform HALO jumps and scuba missions, but SF is right there neck-to-neck with the Seals, keeping its Soldiers proficient in both of these extreme, adrenaline-pumping skills. SF focuses on unconventional tactics as well as waterborne, desert, jungle, mountain and arctic operations.

HALO, which stands for High Altitude Low Opening, is quite possibly one of the most radical ways to get personnel on the ground quickly.

SPECIALTY SPECIALISTS

Each Special Forces company has multiple teams that are trained in many fields of unconventional and conventional warfare, but some are more specialized in certain areas of training and combat. According to WO1, a company will have one Scuba team, one Mounted/Mobility Team, one Military Free-Fall (MFF/HALO) team and one Mountain Team.

“Scuba and MFF are two specialties that are not conducted by every SF soldier,” WO1 says. “Soldiers are chosen and then have to attend the school to be qualified to execute these special infiltration methods.”

Special Operations have run their own diving school for some time, so they can personalize the mission to fit their needs as well as the bill of the mission. Considered one of the most physically challenging courses in the Guard, graduating from this school is an incredible honor.

“After becoming Scuba qualified, SF Scuba teams are very PT- and dive-focused and spend a good portion of their team training time in the water,” WO1 adds.

SF drills are unlike any other in the Guard. Soldiers cannot afford to lose training time or fitness, so they constantly remain proficient, often amping up drills to hone their expertise. Much like the SF mission, each drill is different except that Soldiers can expect it to be hard and demanding. In addition to some standard training, each team will focus on its specific area of combat.

“A few months ago, we [the mountain team] spent a drill weekend focusing on mountain tasks,” WO1 says. “Aside from SF inherent task classes, we went skiing, climbing at an indoor climbing gym, and trained on horses and learned horsemanship skills.”

“This summer we had a full mission profile weekend where we hit the ground running Friday night and conducted back-to-back missions until Sunday morning,” he adds. “It was an intense training weekend, but it was definitely exciting.”

WEAPONS OF MASS DESTRUCTION

Some of the Soldiering skills that Green Berets focus on are qualifying and remaining proficient with their weapons—and not just their M4s. SF guys tend to be experts with anything they can get their hands on, including pistols, rifles, machine guns, sniper rifles, anti-armor, anti-air and demolitions weapons. They remain proficient and even practice with foreign weaponry to always be prepared.

“We’re all very qualified on all of our sniper weapons systems. Because we are a small team,

we carry these extra weapons with us in case we need to reach out there and touch someone,” says SFC, recruiter and operator for ODA 2064 of the 20th Group. “Say a certain operation requires some surgical shooting, then we will pull out our sniper systems rather than slinging bullets from a mile away with our M4s.”

SF Soldiers always need to focus on perfecting their specific MOS specialty skills, developing their tactical and technical skills and constantly building the team relationship. “Working together to make sure that each specialty area gels with the others is paramount to a team’s success,” WO1 explains. “Beyond team training, most SF companies still parachute together and have other training events.”

“EVERY
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PERFECT.”

>> WO1, 19th Special Forces Group

With all this training and schooling, it seems as if SF life could get hectic. But that is part of the job and is expected—not only of the team, but also of the SF community. You can't be the best of the best by playing around. You have to be truly serious about always honing your Warrior skills. Most Guard SF Soldiers attend two schools a year and perform an annual training with their team. Since most SF guys don't want to rest on their laurels, they might even add additional training to further qualify themselves.

"This certainly puts a little more strain on civilian employment and families, but Special Forces demands more than the standard commitment," WO1 says. "Balancing a regular job while being in a Guard SF unit is almost like having two full-time jobs."

SHARING THEIR SKILLS

SF doesn't just focus on being taught new and critical skills; they prefer to teach them to other Soldiers as well. Whether it is a state partnership program with another country or some cross-training with other Guard units, this can be critical because SF Soldiers are relied upon to teach their skills. Teaching skills embeds them in an SF Soldier's head, ultimately making him more proficient.

"The best way to ingrain skills in someone is to have them teach it," WO1 says. "It is also great for the receiving unit."

Additionally, this is a great way for SF Soldiers to recruit any outstanding warriors they encounter who are in regular Guard units.

"Most National Guard Soldiers have a very limited knowledge of Special Forces, so getting an opportunity to work with an ODA educates them quickly," WO1 explains. "Additionally, we still derive most of our recruits from other Guard units ... so every cross-training opportunity is also a recruiting opportunity. We are looking for all the good guys we can get."



Intense PT

When they're not drilling, Green Berets focus on their physical fitness. A typical mission for SF is not a walk in the park, so why should their workout be? They often implement interesting ways to build on their fitness, and with SF Soldiers often being inventive, their workouts can be quite unique. But this isn't for washboard abs or big biceps at the beach; from the time they enter Q Course to when they get their beret, Special Forces Soldiers are always expected to bring their A-game when it comes to fitness.

"Fitness is everything," says SFC of the 20th Group. "You have to be in shape, not only to complete the task at hand, but also to recover to go on to the next one."

"If you're just making the minimal standard, you are not going to make it," SFC adds. "There are going to be many hard days in the Q course, and you won't be able to cut the mustard."

The missions generally require nothing less than the fittest

"To establish trust and confidence in each other, SF teams work hard to CEMENT THE CLOSE FRIENDSHIP that is only comparable to brothers."

>> WO1, 19th Special Forces Group

individuals. Sometimes requiring extreme physical ability, missions can last for days at a time with little or no recovery.

"It is paramount that an SF Soldier has the fitness to be a premier individual Warrior and the endurance to outlast the enemy," WO1 comments.

But the importance is not only to outlast the enemy: SF Soldiers never know when they will have to pull slack for someone on their team if an injury occurs.

"There are only 12 operators on a Special Forces A Team ... sometimes that is all you have when the bullets start flying," WO1 says. "A Green Beret's ability to carry his own weight—and the weight of others when needed—is the difference between coming home with all the boys or coming home in a flag-draped coffin."

A BAND OF BROTHERS

Although Special Forces uses the same ranking procedures as the Guard, the lowest rank a Soldier can have is staff sergeant.

Generally, there are four junior MOS slots for staff sergeants, five senior slots for sergeants first class, one master sergeant, one warrant officer and one captain.

"Most Special Forces teams have a little different approach to ranks than regular units," WO1 explains. "Senior NCOs and officers still receive the appropriate respect for their ranks; however, we tend to focus more on the responsibility of the roles that each Soldier has. This is why you tend to see close teams on the 'first name basis.'"

SF is like a brotherhood, and once you are in, the bond between you and your fellow Soldiers is strengthened through training and friendship. Older Soldiers mentor younger ones, just like a younger brother looks up to the older one.

Unlike conventional Guard units, officers are included in this brotherhood, and the bond between the officer and his men is furthered by the reliance they have on each other.

"An officer in SF is still a U.S. Army officer ... but the barriers in place in conventional line units between NCOs and officers would only cause division on an ODA, since typically an SF officer might be the only U.S. Army officer operating within a 100-mile radius from other Army units," WO1 says. "There is no 'O club'... just the 'Team Club.'"

The SF teams are close for a reason—they rely on each other—and they also lean on each other for support. A company has two teams: Alpha and Bravo. The Alpha teams are the Soldiers on the ground in the nitty-gritty, and the Bravo teams are the guys who keep the operations running smoothly.

"The ODA is the building block that the rest of the SF hierarchy is built around," WO1 says. "The Operational Detachment Bravo (ODB), or 'B Team,' is the headquarters and support echelon that provides direct support to the ODA's mission."

The bond in the Special Forces is what makes it successful. Soldiers know they will always be there to watch each other's backs; this trust and security allows them to focus 100 percent on the mission.



SKY SOLDIERS Two Special Forces troops guide their parachutes during jump training.



“Someone asked me one time, ‘Wouldn’t you rather be with a whole platoon of guys rather than just a team of 10?’” SFC says. “I said, ‘I would take these 10 guys any day over any platoon because I know for a fact I can count on these 10 guys.’”

AT A MOMENT’S NOTICE

The training can get pretty intense as different teams try to prepare themselves in various fields. Because SF can be anywhere in a moment’s notice, it must prepare for various terrain and missions.

“SF Soldiers are required to be universally employable regardless of the obstacles that may be ahead,” WO1 explains. “The Mountain Warfare Team is trained a little more specifically in handling the adverse conditions of high altitude and extreme terrain.

“Most ODAs are trained to fight in any terrain, in any country, in any weather condition, at any time of the day,” WO1 adds.

“Many ODAs have an additional specialization or focus area,” he continues. “This could mean a team being designated the Military Free-Fall Team or Mountain Team, where they devote extra time and effort perfecting another skill set.”

Though each team might have a specific designation, individual SF Soldiers can still pick up a slot at a different school to gain skills.

PERFECTION THROUGH TRAINING

“A Soldier on the Mountain Team can attend the Military Free-Fall (MFF) course, but if a Soldier of the MFF team needs to attend, the mountaineer yields his slot; and this works vice versa,” WO1

“SF soldiers are required to be universally employable regardless of the obstacles that may be ahead.”

>> WO1, 19th Special Forces Group

says. “If a Free-Faller wants to go to Mountain Warfare School, he can go, as long as he isn’t taking a slot from a guy who needs to go from the Mountain Team.”

Regardless of the schooling and training a Soldier receives, he must be prepared to fight and make a difference wherever needed.

WO1 knows the benefits of being an SF Soldier and receiving incredible

training. He got to climb Mount Whitney with his team while on orders in August and took advantage of the experience to further his Warrior skills.

“Training is everything,” WO1 says. “Missions like the Mount Whitney climb only make an SF Mountain Team more prepared to handle high-altitude and mountain warfare. Every team has an obligation to be masters of its chosen art, and as with most skills ... practice makes perfect.”

The SF is a matchless group of Soldiers with exceptional skills who stand out in a world full of armies; and just as King Henry V said in Shakespeare’s play, *Henry V*: “From this day to the ending of the world, but we in it shall be remembered—We few, we happy few, we band of brothers.” **GX**

KEEPING A WATCH An SF Soldier keeps his eyes peeled for the enemy during a training mission at Muscatatuck Urban Training Center (MUTC), IN.



SFC CLINT WOOD

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Making an Impact

NATIONAL GUARD LAUNCHES CAREER MENTORING PROGRAM

By SFC Lloyd J. Bowers

“WHAT DO YOU want to be when you grow up?”

We hear that question often as kids and teens. For young children, the answer comes easily: “Fireman!” “Doctor!” “Ballerina!”

For many high school and college students, however, coming up with an answer is a challenge.

That’s where the Partners in Education career mentor database comes in. The Army National Guard (ARNG) is turning to its members to help students answer that all-important question.

Members of the ARNG hold diverse civilian occupations, so by becoming career mentors in their local community, Soldiers—both current and retired—can make a big impact by sharing their career stories with students across the country.

Part of the nationwide Partners in Education program administered by the National Guard Bureau’s Strength Maintenance Division (NGB-ASM), the career mentor database connects current and retired ARNG members with high school and college students to talk about their civilian careers.

Signing up is fast and simple. ARNG members register using their name, occupation and contact information, including an us.army.mil email address. Educators will be able to search the database by ZIP code and occupation, and connect to ARNG members matching their criteria.

The connection between the educator and mentor will happen behind the scenes, so contact information is not listed on the site. This procedure helps safeguard the privacy of each career mentor. Once registered as mentors, ARNG

members will be contacted by local educators whose students need guidance. Mentors will represent both the ARNG and its diverse civilian occupations at career fairs, in classrooms and individually with interested students.

“The career mentor database is an exciting new way to simultaneously provide a valuable community service and boost the Guard’s visibility as Citizen-Soldiers,” said Scott Farrell, the National Director of Educational Outreach for the Partners in Education program.

In addition to housing the career mentor database, the Partners in Education Web site is a one-stop location for other educator and student resources, including a listing of ARNG programs and presentations.

One of those resources is a new presentation created specifically for the Partners in Education program. Given in high schools by recruiting and retention non-commissioned officers (RRNCOs), this two-part presentation—through the use of dynamic slides, videos, discussion points and handouts—focuses on key decision-making skills, including career planning, applying for a job and budgeting.

Representatives from the Partners in Education program also attend national educator conferences to promote free programs, presentations and resources available to students, teachers, counselors and administrators.

After learning about the career mentor database at the recent Family, Career and Community Leaders of America (FCCLA) conference, Michael L. Benjamin, M.P.H., CAE, Executive Director of FCCLA said, “The Guard is a valued partner of FCCLA. The



MEETING A MENTOR Scott Farrell (right), National Director of Educational Outreach, speaks with SSG Mike Kryzsko, MNARNG, about becoming a career mentor at the EANGUS conference in Savannah, GA.

COURTESY OF PARTNERS IN EDUCATION

“The new career mentor resource is yet another way the Guard is showing its commitment to partnering with the education community and empowering young people to make informed and positive decisions.”

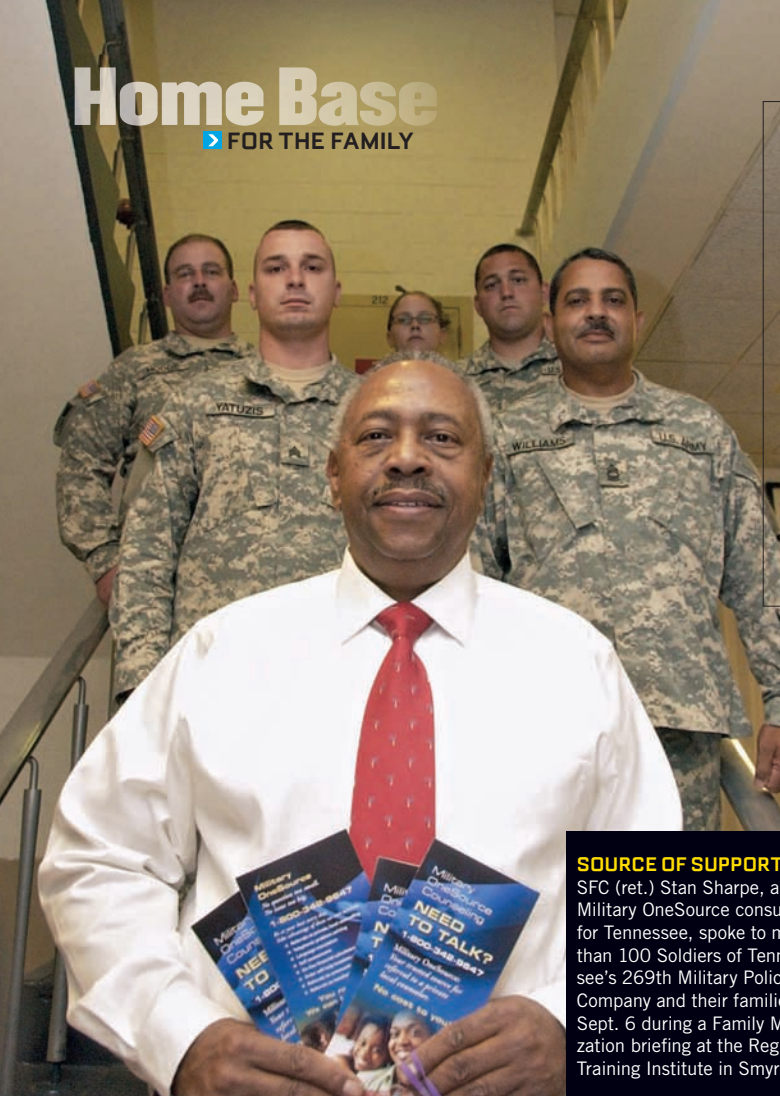
—MICHAEL L. BENJAMIN, EXECUTIVE DIRECTOR OF FCCLA

new career mentor resource is yet another way the Guard is showing its commitment to partnering with the education community and empowering young people to make informed and positive decisions.”

With educators across the country eager to begin using this

new resource, the most important thing to remember is that the database can only be as successful as the number of ARNG members who volunteer to become career mentors.

For more information about becoming a career mentor, visit: www.PartnersInEducation.com. **GX**



A TURKEY Tale

ACCORDING TO STAN SHARPE, one of the best stories of Military OneSource help is the Thanksgiving dinner tale. A young spouse called on Thanksgiving Day last year asking how to cook a turkey. The consultant she reached was a man whose mother was cooking a Thanksgiving turkey at home, so he called his mother and explained the situation. His mom called the young woman and patiently explained the process of cooking her first Thanksgiving turkey.

Military OneSource is available to all military personnel and their families by visiting www.MilitaryOneSource.com or calling (800) 342-9646.



“We’re an anything, anytime or anywhere organization.”

—SFC (ret.) Stan Sharpe

SOURCE OF SUPPORT

SFC (ret.) Stan Sharpe, a Military OneSource consultant for Tennessee, spoke to more than 100 Soldiers of Tennessee’s 269th Military Police Company and their families Sept. 6 during a Family Mobilization briefing at the Regional Training Institute in Smyrna.



SGTs Jason Trea (left) and Erik Yatuzis, both of Tennessee’s 269th Military Police Company, discuss details of the Military OneSource with SFC (ret.) Sharpe during the briefing.

A Man for All Seasons

SFC (RET.) STAN SHARPE SERVES HIS COUNTRY THROUGH MILITARY

By Staff Sgt. Marcia Beene Dickerson

HAVE YOU EVER MET someone you liked from the moment you met him or her? Well, if you haven’t had the pleasure, meet SFC (ret.) Stan Sharpe, a man devoted to serving others.

Sharpe, the Military OneSource Consultant for Tennessee, is remarkable. From serving as a combat medic in Vietnam to working as a Metro Nashville police officer to his most recent position as the Social Services Assistant for the Tennessee National Guard Family Program, Sharpe has spent his entire life helping others.

He served with the 25th Infantry Division for two years in Chu Chi, and joined the Tennessee Army National Guard (TN ARNG) in 1974. He transferred to the TN Air National Guard in 1978, but returned to the TN ARNG in 1980. Overall, Sharpe has 31 years of total military service—but that’s not counting his years of public service.

He has served as a Nashville Airport police officer, a Metro Nashville fireman, a Davidson County deputy sheriff and a Chief Criminal Court Officer—all while serving part-time in the National Guard. Later, Sharpe took a full-time job as a dual-status technician with the TN ARNG and retired

recently after 21 years of service—but that didn’t mean Sharpe was done serving.

In 2007, the Department of Defense issued a directive for all of the states and territories to “promote and supply information to service members and families” regarding available services and support agencies.

This directive is supported by Military OneSource consultants like Sharpe. The consultants serve as direct, local support for service

members from all branches, making the service more personable. Entire units can get important information briefings as well as one-on-one meetings with their consultant. All information is considered confidential.

Sharpe emphasizes the importance of the free counseling services. A military member or a family member can receive up to six free phone counseling sessions conducted by licensed counselors. If needed, a Military OneSource consultant or a phone consultant can set up local sessions as well.

Other services offered by the consultants include financial, personal, child care and elder care support, as well as adoption and pet care.

“We’re an anything, anytime or anywhere organization,” Sharpe says.

Sharpe continues his service to others as he travels across Tennessee giving Military OneSource briefings to all branches of service.

As he answers another call to service, SFC (ret.) Stan Sharpe is truly a man for all seasons. **EX**



Fighting the Good Fight Against a Silent Killer

HOW MAJOR WARREN HARVEY WON THE BATTLE AGAINST HIGH BLOOD PRESSURE

By Patrice Mauck-Messer, ARNG Decade of Health Correspondent

HE SEEMED TO HAVE IT ALL: a great career, a pretty wife, bright twin teenage boys, a 3-year-old son and two accomplished adult daughters. Slim, fit and broad-shouldered, MAJ Warren Harvey was 42 years old, but looked a decade-and-a-half younger—the picture of health. But it was an illusion because he was harboring a silent killer: high blood pressure.

This is the story of MAJ Warren Harvey, a Soldier in the Army National Guard and a seemingly healthy man until he went for a routine dental exam in November 2005. Warren was preparing for deployment to New Orleans in the horrendous aftermath of Hurricane Katrina, but that day, his life and his plans changed. Harvey had dangerously high blood pressure: 190 over 110. He was reading too high for deployment—even too high for dental treatment—and the hygienist instructed him to see his physician immediately. He was at high risk for having a stroke at any moment.

Taking control

An “Army brat” born in Würzburg, Germany, Warren grew up in Little Rock, AR, in a medical family. His father was a physician’s assistant, his mother a nurse. He attended college at the University of Arkansas at Little Rock and then went on to Baptist Medical System in North Little Rock to become a surgical scrub technician. When Warren joined the Army National Guard in March 1989, he was working as a scrub technician in his civilian job and as an infantry officer during his ARNG weekends and summer weeks of annual training.

When Warren, now 43, received his devastating, life-threatening diagnosis, his wife, Sharon, swung into action. Now married to Warren for four-and-a-half years, Sharon has made an extraordinary effort to change her family’s eating habits to prolong her husband’s life—and to improve life for her autistic twin sons.

Sharon marched into the Fort Belvoir, VA, commissary with her mind made up to eliminate as much sugar, salt and processed foods from her family’s diet as possible. She became a devout label reader and diligently researched health and wellness Web sites on the computer. Fried foods, a family favorite, were virtually eliminated from their diet. The deep fryer was consigned to the garbage, and shrimp tempura, along with chicken nuggets, became beloved staples of the past.

Fresh fruit at every meal has replaced sugary desserts. Sharon plans meals with lots of fresh vegetables, never canned, and lots of grilled chicken, always skinless. She still makes the occasional lasagna, but now the ingredients include very lean meat and part skim milk mozzarella and ricotta cheeses. And she still makes stuffing, but doesn’t use butter, instead stirring in the broth left over from cooking the chicken. All canned soups and bouillon have been jettisoned due to the exorbitantly high sodium content; she opts to make her own fresh vegetable soups instead.

Sharon strives to be creative in her meal planning, shopping and cooking. Her mind and eyes are always open to healthy, innovative ways to flavor food without butter and salt. The family still loves potatoes, but Sharon discovered “Golden Potatoes” in the commissary—whole, fresh potatoes grown with a natural butter flavor. At first the couple experimented with various types of light dressings and vinaigrettes, but now Warren likes his salads better with no dressing. Snacks are dried fruits and nuts, and for dessert, a special treat: Sharon’s signature “Date Nut Bar.” Warren loves them, saying, “I’ve probably eaten my weight in dates during the past year.”

A healthy regimen

Warren’s lifestyle and daily routines have changed dramatically. A typical day begins at 4:30



a.m., when he swallows a cup of pills prepared the night before: blood pressure medication, a blood thinner, an allergy pill and a multi-vitamin. Breakfast consists of orange juice and sometimes oatmeal with raisins. Warren commutes from the family home in Fort Belvoir, VA, to the National Guard Readiness Center in Arlington every morning, arriving at approximately 5:30 a.m.

He begins his day with a workout regimen that includes 2 miles on the treadmill, push-ups, sit-ups and core-body exercises. By 7 a.m. he’s at his desk, working at his job as an ARNG G-3 Assignment Officer. At noon, he eats a lunch chosen and packed by his wife—typically leftover chicken, golden potatoes, grilled asparagus, a bag of celery, bottled water, sparkling water or juice, and watermelon. Sharon makes every effort to

“There’s a direct correlation between blood pressure and weight. If you have high blood pressure, you must keep your weight under control. If you don’t have high blood pressure, you still need to keep your weight under control as a preventive measure.”

—MAJ Warren Harvey



keep the salt content of his meals as low as possible—no more than 2 grams per day.

Late afternoon finds Harvey heading out for the hour-long commute home. There he tries to give Sharon a break by spending time with their 16-year-old boys, Mickey and Desi, and helping prepare dinner. His specialty is cutting up all the fruit; cantaloupe, melon, pears and plums are favorites. The family's typical dinner is grilled chicken breasts or lean meat, rice or potatoes, fresh vegetables and fruit. The couple rarely eats bread, as the boys must adhere to a gluten-free diet.

The Harveys spend the early evening feeding and bathing the boys, and putting them to bed by 7 p.m. They then have a few hours together before Harvey goes to bed at 10 p.m. If he feels like having a snack, it's usually a few almonds. Though the family no longer eats real ice cream, Sharon has discovered low-fat, sugar-free ice cream sandwiches at her local bulk, discount grocery store. They're made with skim milk, and each has only 140 calories, 1.5 grams fat and no trans-fats.

Battling blood pressure

Harvey's personal story was the inspiration behind the 2007 ARNG Decade of Health blood pressure campaign, Get Cuffed! But now that his blood pressure is under control, the 2008 Decade of Health weight management campaign, "Lighten Up!" resonates with him also.

"There's a direct correlation between blood pressure and weight," he says. "If you have high blood pressure, you must keep your weight under control. If you don't have high blood pressure, you still need to keep your weight under control as a preventive measure."

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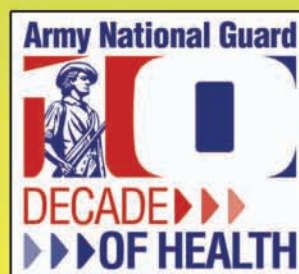
Boots Start Walkin' for Healthy Weight Management

ARNG Lighten Up!®



Always Ready, Always There...
Always Healthy.

www.decadeofhealth.com



Fighting the Good Fight Against the Silent Killer

continued from page 45

Warren, though slim and fit, emphasizes that he works to keep his weight under 170, which is well below the Army Physical Fitness Test maximum standard for his height/weight/age profile. Sharon is quick to agree that weight management is one of the highest priorities on the Harvey family health goals list. Their new healthy eating plan has positively impacted their teenage boys. In the past, when Sharon was working, a family member helped care for the boys, and “they got kind of chubby” on fast food, especially chicken nuggets. The family member moved away, and Sharon eliminated all processed foods from the boys’ diets. They’re all at a much healthier weight now.

“The healthy diet Sharon has created has made a huge difference for the boys; even the way they behave is better—they’re calmer,” says Warren, who likes to think his healthier lifestyle will help improve the current and future health of his children. “When they see me pick up new healthy habits, I’m hoping they will, too.”

However, the road to a new level of health for Warren hasn’t always been smooth. The first few days after taking the high blood pressure medication, “I felt fatigued,” he says,

“and had to take a couple days off from work and the gym. But after that, I guess my body regulated itself, and now I feel the same as I ever did. I feel great now.”

Warren monitors his blood pressure on a regular basis, but listens to his body and gets cuffed immediately if he is uncertain about his blood pressure status. Some months ago, Warren developed a blood clot in his leg and had to go on blood thinners. “This had a significant impact on me,” he says, “I don’t have the stamina I used to have—I can’t run as far.”

High blood pressure, known as hypertension, lies dormant in many Americans, including Soldiers. According to the American Heart Association, one out of three adults is at risk, but hypertension is a manageable health condition. The anxiety and stress that come with deployment and combat readiness are enough to coax blood pressure to above-average levels. These stressors along with heredity, poor eating habits, smoking or limited exercise, increase the risk and incidence of high blood pressure significantly. High blood pressure—if left undetected and untreated—can lead to heart disease, stroke and other debilitating conditions.

“All Soldiers need to know their blood pressure numbers,” Warren says. “Many Soldiers are coming back from Iraq with high blood pressure. Even if it can’t be cured, it can be treated. It’s vital that all Soldiers get cuffed. Getting cuffed is the first step to early detection and is key to getting effective treatment.”

For those who theorize that “DNA is destiny,” Warren comments, “Males in my family have a

APPLE WALNUT BARS

Preparation Time: 20 min. Servings: 8

Ingredients:

1 cup walnuts
1/4–1/2 cup almonds
2 cups dates
1/4 of a medium peeled apple, diced
1 1/4 tsp. cinnamon
20 raisins

Instructions:

1. Chop walnuts in a food processor; set aside in a medium-size mixing bowl.
2. Chop almonds finely, set aside and do not add in with the walnuts.
3. Put dates, cut-up apple, cinnamon and raisins in the food processor, and process until they are finely chopped.
4. Add date mixture into bowl with walnuts.
5. Mix with a spoon, then knead in almonds a bit at a time until consistency is firm enough to form a 2" x 4" bar about 1/2" thick.
6. Place bars on a plate, let them stand uncovered for about half an hour (to let some of the moisture evaporate), and then put individual bars in snack baggies.

DATE NUT BARS

Preparation Time: 20 min. Servings: 8

Ingredients:

3/4 cup pecans
1/4–1/2 cup almonds
2 cups dates

Instructions:

1. In a food processor, coarsely chop pecans. Set aside in a medium-size bowl.
2. In a food processor, finely chop almonds. Set aside from pecans.
3. In a food processor, chop dates well.
4. Combine almonds and dates and mix together slowly, adding almonds, kneading until consistency is firm enough to form 2" x 4" bars about 1/2" thick. Let stand uncovered for half an hour to let some of the moisture out. Put individual bars in snack baggies.

These bars are great for breakfast or a snack at work or school—a nutritious substitute for candy bars!

history of diabetes, high blood pressure and colon cancer.” But due to timely intervention, the Harveys hope to dodge these genetic bullets. It’s obvious Sharon has made a Herculean effort to design a new healthy lifestyle for her family. But when asked about this, she is modest. “You’ve seen my wonderful husband,” she says. “I love him very much, and I love my kids ... why wouldn’t I do everything possible to keep them around for a very long time?” When asked what advice she

would give other military wives and mothers, Sharon says, “Start slow ... try to change one bad nutritional habit at a time ... walk a few blocks before you attempt miles. Don’t try to do it all at once.”

Why fall prey to high blood pressure unnecessarily? The detection process is painless and quick, and treatments are readily available. Make an appointment for a reading and get a free blood pressure check-up. Know your numbers and what they mean, and take action as recommended by your healthcare provider. The more you know about your body, the better you can take care of it; just ask the Harveys. **GX**

MAJ Harvey and his wife, Sharon, each have a daughter from a former marriage: Brittany (18) and Rhiannon (28), who is married to a Navy serviceman. They also have a son, Alex, almost 3 years old.

“All Soldiers need to know their blood pressure numbers. Many Soldiers are coming back from Iraq with high blood pressure. Even if it can’t be cured, it can be treated. It’s vital that all Soldiers get cuffed. Getting cuffed is the first step to early detection and is key to getting effective treatment.” —MAJ Warren Harvey

No More Excuses

HOW YOU CAN **FIT EDUCATION** INTO YOUR LIFE

By Johanna Altland, Grantham University

AS FALL BEGINS and students are in school, now is a good time to give some thought to earning your undergraduate or graduate degree. Going back to school as a working adult can be like taking a giant step into the unknown. One of the top reasons why adults are reluctant to return to school is because they don't know how to fit studying and courses into their already busy schedule. Let's take a look at how you can better manage your time at home and work, so you can finally make your dream of earning your degree a reality.

Tips for Time Management at

HOME

Establish a routine

Having a schedule at home will allow your children to know what

is expected of them and when it is expected. For example, plan for your children to have an hour after school to play (not watch TV) inside or outside while you get dinner ready. After the family sits down together to eat, it's homework time. Have your children do their homework in the kitchen, so you can help them while you clean up the dishes. Then, depending on your children's bedtime, they can have 30 minutes or so to watch television before bath time and lights out.

Once your family's schedule is established, you'll find little spots of time to complete your coursework. You can study while your children complete their homework and your spouse cleans up the dishes, or you can study in the peace and quiet after your children go to bed.

Combine similar tasks

You can save time by completing multiple errands at once, like getting your oil changed, grocery shopping and picking up the dry cleaning. Repeating trips and tasks because of poor planning is time-consuming.



Another way to save a few minutes is to utilize retail stores that are located in the same area, so you aren't wasting time by driving across town.

Hire a helper

One of the best bangs for your buck is to hire a "mommy's helper" one night a week or on the weekends. Usually, a mommy's helper is a young adult looking to gain babysitting experience, so the \$20-\$30 you pay them for a few hours is well worth it.

The babysitters can keep the children occupied while you spend time studying for an upcoming test, finishing your term paper or catching up on your reading.

Assign chores

You shouldn't be the only one cleaning up around the house. Assigning your children chores will not only free up time for you to study but it will also teach them responsibility.

As an added benefit, they'll learn quickly that if they don't make such a mess when playing with their toys, it won't take them as long to clean up.

Tips for Time Management at

WORK

Prioritize tasks

A wise woman once said that there is a difference between what someone thinks is urgent and what *is* urgent. Learn how to prioritize your tasks and complete the most critical ones. Time-sensitive projects should not be left for the last minute, so try to take time to work on these

in conjunction with your everyday tasks.

Stay organized

Many of us become overwhelmed at work because so much is going on at once.

Take time to clean off your desk and put everything in its place. Starting fresh with a clean desk will provide a sense of accomplishment and prepare you for the first item on your priority list.

Chart your day

Take a few minutes to organize your workday into blocks of time—this will keep your mind fresh and on task.

First, take 3x5 cards and break your workday down by the hour. Then assign a task for each hour on the card. Switch up your tasks every one or two hours to keep your mind fresh. Finally, follow the timeline you set for yourself, and at the end of the day, you'll be amazed at how much you accomplish.

By implementing the tips above, you'll not only discover hidden hours where you can spend time studying and completing assignments, but you'll also feel more in control. By becoming more productive at work, your boss may be willing to give you an hour each day to work on your homework or study for an exam. No one said that going back to school would be easy, but it's manageable if you make the most of your time each day. **GX**

Quick Guide: Making Time for Studying

At home:

- Establish a routine
- Combine similar tasks
- Hire a helper
- Assign chores

At work:

- Prioritize tasks
- Stay organized
- Chart your day



Getting Your Dream Car

HOW TO FIND THE RIGHT CAR AT THE RIGHT PRICE

Courtesy of USAA Financial Services Group

Buying a new or used car can seem as complicated as filling out a tax form—but don't despair. Here's the scoop on how to get the car you want without breaking the bank or losing your mind.

Visit the Web

To get the best deal, arm yourself with information from the Web. That's what USAA member Anthony Severson, 23, of San Antonio, did. "I'm a little susceptible to high-pressure sales pitches, so I really wanted to do it on my own," Severson says.

Severson visited manufacturer Web sites for specs and surfed www.Edmunds.com and www.ConsumerReports.org for fuel consumption and safety ratings. Then he bought a new Ford Mustang GT from a local dealer.

Visit those sites, along with www.Cars.com, www.kbb.com and www.USAA.com to compare prices and options. Then contact dealers,

ask for their IT department and mention your online research, says Philip Reed, consumer advice editor for Edmunds.com. This lets them know you're familiar with the prices—and it can boost your chances of striking a sweet deal.

Get more money

Some car dealers want you to spend as much as possible. Protect your wallet by eyeballing your budget.

"It's personal finances 101," says Bruce Belzowski, assistant research scientist at the University of Michigan Transportation Research Institute. "You're trying to balance your financial life, and transportation is one of the line items on your budget."

Figure out how much you can afford per month. Try to put 20 percent down to avoid being upside down on your loan, or owing more than the car is worth. And don't let that monthly payment weigh you down. Ideally, a car note and expenses, including insurance and maintenance, shouldn't be more than 12 percent of take-home pay.

Use calculators at www.Edmunds.com, www.USAA.com and other Web sites to get an idea of monthly payments for different vehicles.

Safety first

The last thing you want is to buy two tons of unsafe steel. When USAA member Vanessa Mizel, 21, of Chicago, was looking for a car, she put safety first by "Googling" various vehicles and checking out ratings on www.USAA.com.

"I was looking at the Chevy Cobalt and found that the safety ratings weren't as good as the Honda Civic," she says. "The Civic had more air bags, and my insurance rates went down."

David Zuby, senior vice president of vehicle research at the Insurance Institute for Highway Safety, suggests looking for electronic stability control, which helps drivers maintain control of the car and side curtain air bags, which protect the head in side crashes.

Get covered

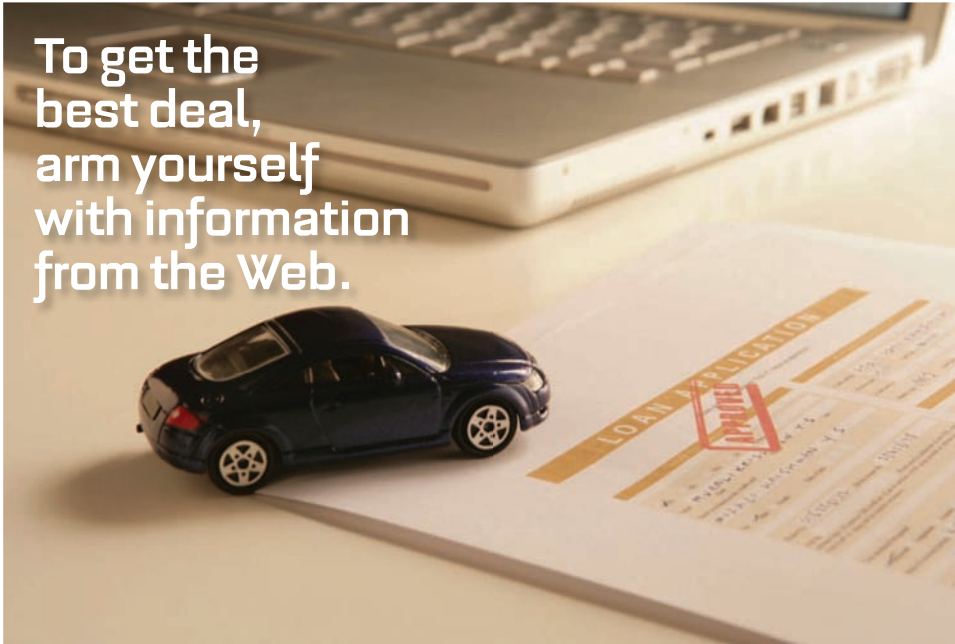
Check with your state's insurance department for personal liability insurance requirements.

"Most states require liability limits of \$25,000 per person, \$40,000 per occurrence for bodily injury and \$10,000 for property damage," says Ralph Ebersole, director of dealer training for www.Cars.com. "Usually, that's not enough based on the cost of things today."

USAA financial experts suggest coverage of \$100,000 for property damage and enough liability to cover your net worth—the difference between the value of what you own, including cash, and what you owe. Consider comprehensive and collision insurance as well. Want lower monthly payments? Get a higher deductible—what you pay out of pocket before insurance kicks in. If you get a fast car, like Severson's Mustang, you can expect to pay higher insurance premiums.

Find financing

After agreeing on a price, you'll need a decent auto loan. "It's a good idea to look for independent financing before you go to a dealership," Reed says. Online lenders will tell you what interest rate you qualify for and your credit limit. Take that to the dealership. "You can still finance through the dealership, but checking first is self-defense," Reed says. Chances are you can find the right car—at the right price—for you. **GX**



To get the best deal, arm yourself with information from the Web.

Figure out
**how much you
can afford to
pay per month
on a car note.**

Car Finance Agreement

Minnesota Signs National Guard Family Covenant

Story and Photo by Army SSG Jim Greenhill,
National Guard Bureau

LAST MONTH, Minnesota became the first National Guard state to formally sign an official family covenant. Secretary of the Army Peter Geren, Minnesota Gov. Tim Pawlenty and other elected officials and commanders from all service branches joined LTG H Steven Blum, chief of the National Guard Bureau, and MG

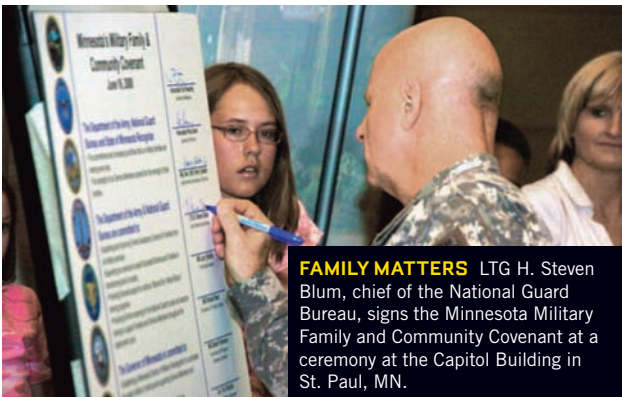
Among other goals, the covenant aims to provide better services to assist Citizen-Soldiers and their families, expand services to wounded warriors, and help Soldiers returning from deployments.

Senior leaders worldwide began signing Army family covenants in 2007, pledging \$1.4 billion for Soldier and family programs. Minnesota was the first Guard state to get on board.

The Minnesota National Guard has a program called Beyond the Yellow Ribbon for returning combat veterans.

The program provides a smorgasbord of Soldier and family support from before deployment to long after the return home. Elements include mental and spiritual preparation for the transition from citizen to warrior, marriage enrichment workshops, counseling, reintegration training and long-term support through other activities.

The program partners the



FAMILY MATTERS LTG H. Steven Blum, chief of the National Guard Bureau, signs the Minnesota Military Family and Community Covenant at a ceremony at the Capitol Building in St. Paul, MN.

"This is the gold standard for how to take care of Soldiers and their families." —LTG H. Steven Blum

Larry Shellito, Minnesota's adjutant general, to sign Minnesota's Military Family and Community Covenant.

"This is the gold standard for how to take care of Soldiers and their families," Blum said. "Minnesota is leading the way for the nation."

"The Minnesota Military Family and Community Covenant recognizes the increasing sacrifices that our service members are making every day," Shellito said.

"[It] lays out specific actions that both military and civilian leadership can do to sustain the assistance programs that work, expand on those that need it and create an even higher sense of awareness among the great citizens of Minnesota."

Minnesota National Guard with community, educational, government and medical institutions.

"Returning from combat to civilian life has never been easy," Shellito, a Vietnam combat veteran, said in a June report to Congress about the pilot program. "We ask our National Guard Soldiers and their families to make this transition with little to no training and preparation for the challenges they face. We owe them better in light of the service they've selflessly rendered." **GX**

—PFC Stephanie Cassinos of the Minnesota National Guard and Susan Huseman of Army News Service contributed to this report.

The covenant aims to provide better services to assist Citizen-Soldiers and their families.

NEW PROGRAM, NEW YEAR

Secretary of Defense Robert M. Gates announces the National Guard's new Yellow Ribbon Reintegration Program, which will begin in 2009.

Taking Care of Our Own

YELLOW RIBBON PROGRAM

HELPS GUARD SOLDIERS REINTEGRATE AFTER DEPLOYMENT

By Staff Sgt. Marcia Beene Dickerson

AS THE NATIONAL GUARD continues to support the Global War on Terror (GWOT), the frequent deployments weigh on Soldiers and their families. One of the many things the National Guard is best at is taking care of its own.

In order to help sustain Soldiers and their families, Secretary of Defense Robert M. Gates has established a national combat veteran reintegration program called the Yellow Ribbon Reintegration Program.

The program consists of a number of services, including information, referrals and proactive outreach programs throughout the nation. The program will be fully implemented by 2009.

According to the Directive-Type Memorandum (DTM) 08-029, reintegration is defined as the time of arrival at home station until "at least 180 days following demobilization."



Breaking It Down

EXPLAINING THE YELLOW RIBBON REINTEGRATION PROGRAM SERVICES AND ACRONYMS

JFSAP: Augments existing family programs & provides outreach

MilitaryOneSource: A 24/7 365 information & referral service available toll-free at 8 00.345.9647 or by visiting www.MilitaryOneSource.com

TurboTap: Provides online transition info through a customized individual transition plan. Visit www.TurboTap.org.

Financial Ed & Counseling: Uses education, counseling and high-tech programs to help Soldiers and their families make sound economic decisions

Recreation & Fitness: Provides a "buy-down" of the costs of fitness, sports, recreation, social, health and wellness, as well as classes, special events, child watch, camps and tutoring. (Note: Buy-down programs will be 100% for E5s, and below and 50% for E6s and above)

Child Care: Buys-down the cost of child care with a state-licensed or regulated family child care home or child care center.

Member & Family Preparedness: Provides resources such as family care plans, DEERS, ESGR, VA benefits, TRICARE and legal counseling

TAA's (Transition Assistant Advisors): Serve as a point of contact to assist Soldiers with VA benefits, healthcare services, TRICARE entitlements and community resources

"IT IS CRITICAL THAT WE PROVIDE THE SUPPORT NECESSARY FOR OUR SERVICE MEMBERS AND THEIR FAMILIES." —SECRETARY OF DEFENSE ROBERT M. GATES

The objective of the Yellow Ribbon Reintegration Program is to reconnect Citizen-Soldiers with their families, communities, employers and others in order to help smooth the transition from full-time Soldier back to full-time citizen.

Activities are to be conducted at 30-, 60- and 90-day intervals and will include marriage and single Soldier workshops, reconnecting with children, career counseling and job fairs. Other workshops will include TRICARE, VA benefits, educational benefits, legal and financial counseling, as well as medical briefings and screenings.

A Soldier's family members will be included in all phases of their Soldier's deployment from pre-deployment, deployment and sustainment, to redeployment and

reintegration. This ensures the families are aware of their entitlements and benefits, as well as helps them transition into the military lifestyle.

The Yellow Ribbon Reintegration Program will be implemented through the Joint Family Support Assistance Program in each state.

In his memorandum directing the program, Secretary Gates stated: "It is critical that we provide the support necessary for our service members and their families."

With this directive, the National Guard has been charged with a large task; however, due to the nature of our volunteer spirit, it puts the stamp of approval on the Guard's natural ability to take care of its own. **GX**

SUPPORTING ITS SUPPORTERS

HAWAII COMPANY EARNS GUARD-FRIENDLY AWARD

By SGT Sara Moore

BECAUSE IT ALWAYS HAS BEEN a family-owned and operated business, it's no surprise that Coastal Windows, a small Hawaiian company, knows how to take care of its employees.

The company applies its family philosophy to taking care of all its employees, including those who serve in the National Guard and Reserve. For its support of employees serving part-time in the military, Coastal Windows is

being awarded the 2008 Secretary of Defense Employer Support Freedom Award.

Coastal Windows has 62 employees, and at present, only one of those serves in the National Guard, said company vice president Bob Barrett. However, that employee, SGT Mike Echiverri, is well taken care of when he's at home and when he's deployed.

Echiverri has been on two deployments and is preparing to leave for his third. While he's gone, Coastal Windows maintains all his benefits, including health, dental, vision and retirement plans. He also continues to earn sick leave and vacation time, and is given additional

time off to spend with his family before and after each deployment. The company also takes care of Echiverri's family, Barrett said, by including them in company functions and keeping them informed with the company newsletter.

Supporting an employee who serves in the military is something that comes naturally to this company, Barrett said. "We're a family-run business, and people who work here are part of the family," he said. "To us, it's not just an employee that goes to war, it's a family member." **GX**



TOP RIGHT: WENDELL FRANKS/ISTOCKPHOTO
DONNA MILES



THE
ID HO
ARMY NATIONAL GUARD
AMERICA'S PERPETUAL HEROES



LANDING PARTY Soldiers from Charlie Troop 2-116 Cavalry Regiment of the Idaho Army National Guard jump from a Chinook helicopter during a combined force exercise where they performed a raid on a mock village.

PHOTO BY SSG CODY EARL

By Jason Hall

THE IDAHO ARMY NATIONAL GUARD is young compared to many Guard units in the eastern states. In fact, the history of the Idaho militia does not even begin until 1877, after the Civil War. However, the men and women of the Idaho National Guard have played a crucial role in shaping the history of the United States and the world in the 20th and 21st centuries.

The Idaho Militia

Idaho was originally part of what was called the “Oregon Country,” an area that saw sporadic military action by Army Soldiers dealing with local tribes. The Idaho Territory was created in 1863, and miners quickly moved in upon the discovery of rich mineral deposits, including gold and silver.

With the population of immigrants from the eastern states increasing, more stress was put upon the uneasy relations between pioneers and Indians who had lived on this land for hundreds of years. Several wars broke out between the settlers and Native Americans. The most famous of these, the Nez Perce War of 1877, saw the use of the newly formed Idaho militia. The war began in 1876 when a decree was made that the Nez Perce tribe would be relocated to the Lapwai Reservation to make room for future settlers.

However, the Nez Perce, led by Chief Joseph, did not want to leave their land. When attempted negotiations with the Americans failed, the tribe began its journey to the reservation on June 14, 1877. On the way, an incident occurred in which

immediately mobilized the 1st Idaho Infantry Regiment to answer the call for troops. The 1st Idaho moved to the West Coast where it boarded transport ships destined for the Philippines. Once the regiment arrived, it joined other regular Army and National Guard units preparing to capture Manila, the capital of the Philippines. The 1st Idaho participated in removing the Spanish forces from the Philippines, only to be dragged into the ensuing Philippine Insurrection of 1899.

The dawn of the 20th century brought major change for the Guard, which included dropping the term “militia” in all states and officially using the term “National Guard.”

Another major change occurred in 1916 when the president was given the authority to mobilize the Guard for national emergencies. President Woodrow Wilson waited only 15 days to use this new power before calling up the Guard to protect the nation's border with Mexico.

The Idaho National Guard's 2nd Regiment was sent to the Mexican border and spent almost a year guarding against possible attacks by Pancho

and 116th Cavalry regiment would later go on to make National Guard history.

WWII's Jungleers

In 1940, the Idaho National Guard was called up for the largest peacetime mobilization in its history. With the specter of war looming over Europe again, the U.S. military wanted to train and prepare the National Guard for possible deployment overseas. Following the Japanese attack on Pearl Harbor, the nation entered the war and, just as they had during the Spanish-American War of 1898, the Idahoans embarked to the Philippines.

As in WWI, members of the Idaho Guard were folded into the 41st “Sunset” Division, a National Guard division with other Guard units from Oregon, Washington, Montana and Wyoming. Though known as the “Sunshine” division, a new nickname would emerge during the unit's tenacious fighting in New Guinea—the “Jungleers.” Under the command of GEN Douglas MacArthur, the Jungleers played a crucial role in the Southwest Pacific campaigns as they struggled through the mountainous jungles of New Guinea, actions that led to the liberation of the Philippines.

With New Guinea behind them, the Jungleers would prove to be integral in the “island hopping” offensives in the spring of 1944. Critical to the success of the campaign was the capture of airfields. The first U.S. objective was the airfield on the small island of Biak. The unit faced its most difficult challenge of the war as it attacked more than 11,000 entrenched Japanese troops located on the island. The vicious fighting ended with more than 2,000 American casualties, but the Japanese suffered far worse,

with only about 10 percent of their soldiers surviving. The men of Idaho would continue to serve and help bring about victory in WWII.

Historical Service in Korea and Vietnam

One Idaho National Guard unit that saw service in both World wars—the 116th Engineer Battalion—would make National Guard history by being the only Guard unit—Army or Air—to serve in both the Korean and Vietnam wars. During the Vietnam War, the 116th served for a year in-country, building defenses as well as constructing and maintaining roads for important supply routes. The significant role played by the 116th is illustrated in remarks made by GEN William C. Westmoreland, Army Chief of Staff, on Aug. 30, 1969, at the unit's homecoming in Idaho Falls, ID:

“Men of the 116th Engineer Battalion, I am pleased to join the citizens of Idaho in honoring and welcoming you home today. Your battalion, the largest Army reserve-component unit mobilized for service in Vietnam, is truly representative of the people of Idaho and the United States. In

“[The Snake River combat patch] signifies [that] the people of Idaho have been to combat and back, and hopefully we will bring everyone home.” —SGT Warren Hurt

SNAKE RIVER REGIMENT

The 1st Idaho Cavalry was redesignated as the 116th Cavalry Regiment. The unit was organized in 1920 in the valley of the Snake River, thus earning it the nickname, “Snake River Regiment.”



it is believed that members of the Nez Perce killed four settlers in the Salmon River Valley. In retaliation, the Army sent 100 cavalrymen to attack the tribe; however, the ensuing battle resulted in 34 cavalrymen being killed, with only two Nez Perce members wounded.

The Nez Perce wished to avoid further bloodshed and continued on their way to the reservation. Unfortunately, the U.S. troops, supported by the Idaho militia, believed they were correct in regarding this as a war and continued to skirmish with the tribe along the route. Several battles occurred until one final battle in October 1877, which resulted in Chief Joseph's surrender. By 1880, the military force, which included militia Soldiers, had almost completely relocated Idaho's Native American population onto reservations, clearing the land for more settlers.

The Birth of the Idaho Army National Guard

Idaho achieved statehood in 1890 and enjoyed eight years of relative quiet until the Spanish-American War broke out in 1898. The young state

Villa and his raiders. While deployed, more than 20 Soldiers of the 2nd Regiment were hospitalized, with four of them dying of pneumonia.

WWI Service

In 1914, war erupted in Europe. It took three years for the United States to enter WWI. With the U.S. entry into the war in 1917, the 2nd Regiment was recalled from the Mexican border to Idaho to prepare to go overseas as part of the American Expeditionary Force. The Idahoans were attached to the 41st Infantry Division and saw combat in several battles. In total, 19,279 served during WWI, and 782 of those were killed.

Between WWI and WWII, National Guard units went through several reorganizations. Idaho's 2nd Regiment would become the 116th Engineer Battalion. The 1st Idaho Cavalry was redesignated as the 116th Cavalry Regiment. The unit was organized in 1920 in the valley of the Snake River, thus earning it the nickname, “Snake River Regiment.” The 116th Engineer Battalion

performing your federal mission, you have confirmed once again the American concept of Citizen-Soldier. And in so doing, you added another brilliant chapter to the annals of the Idaho National Guard ... To you who are returning, I say, you have established your place in history as a vital part of our One Army . You have added significantly to the accomplishments of the Army engineers. The Army is proud of you. Idaho is proud of you. Your country is proud of you. With men like you, the motto of Idaho will never be in jeopardy. Yes, with men like you, Idaho and America will 'exist forever.' ”

When you consider that the 116th Engineer Battalion served in WWI, WWII, the Korean War and the Vietnam War, you start to realize the error of the recent statement that the Guard is being deployed “now more than ever.” The simple truth is that the National Guard has fought overseas in every major conflict in which the United States has been involved.

Covering Operation Desert Storm

The Guard would prove its worth again during the first Persian Gulf War. Idaho's 148th Public Affairs Detachment (PAD) was a 13-member unit that served in the Gulf War, providing military journalistic skills and media relations. The 148th PAD, attached to the 3rd Armored “Spearhead” Division, arrived at Dhahran, Saudi Arabia, on Jan. 12, 1991. During the first evening of Operation Desert Storm, the members of the 148th spent a tense night wearing chemical suits and protective gear due to a SCUD missile alert. The next evening, members of the unit witnessed the historic moment of the first launch of a Patriot missile that intercepted a low-flying SCUD.

The 148th PAD escorted reporters and published the division's weekly newsletter, the *Saudi Spearhead*. In order to produce the newsletter, the 148th had to transport its written stories 12 miles by truck to where a camera-ready layout was produced. The layout was flown to Germany for printing; then the printed newsletters were flown back to Saudi Arabia for distribution. Possibly the greatest contribution made by the 148th was its role in assisting journalists and reporters from ABC News, *Time*, *The Wall Street Journal* and others covering events of the war, including the largest American tank battles since WWII.

The “Snake River” Combat Patch

The Idahoans returned to this part of the world following the terrorist attacks of Sept. 11, 2001. The participation of the Idaho Guard in Operation Iraqi Freedom has resulted in a historic first for members of the 116th Brigade Combat Team. This unit, also known as the 116th Cavalry, received combat patches for its right sleeves—a first for the 116th.

Typically, National Guard Soldiers deployed overseas were assigned to active duty Army units,

VANTAGE POINT SPC Bradley A. Creech from Charlie Troop 2-116 Calvary Regiment keeps watch for insurgent activity after clearing a building during a joint training exercise.



BOOM! An M2 Bradley from the 2-116th Calvary Regiment, Idaho Army National Guard, fires its 25 mm cannon during Bradley Table VIII. The live-fire event was during the squadron's annual gunnery qualification.

thus earning the combat patch of those Regular Army units. However, because the 116th served in Iraq as a brigade, the Soldiers are able to wear the “Snake River” combat patch. The significance of this event is not lost on the Soldiers of the 116th.

SPC Ann Hayden, a three-year member of the 116th, summed it up best, saying, “It's nice because I'm part of the National Guard, and it's a National Guard patch.” This patch is more than a piece of cloth. “It signifies [that] the people of Idaho have been to combat and back, and hopefully we will

bring everyone home,” SGT Warren Hurt said.

On Aug. 2, 2008, two Idaho units received the Meritorious Unit Commendation. This was the first time this commendation had been given since WWII. The 148th Field Artillery from Pocatello and the 938th Engineer Detachment from Driggs received the commendation for outstanding performance during wartime. To this day, the men and women of the Idaho Army National Guard continue to bring honor to themselves, their state and their country. **GX**

On the Road
▶ DISPATCHES FROM THE FIELD

THE PRIDE OF NEW YORK

**FROM 9/11
TO IRAQ,
SOLDIERS
STEP UP
TO SERVE**

By SFC Clint Wood



AS A MEMBER OF THE 1ST BRIGADE COMBAT TEAM (BCT) OF THE 34TH

Infantry Division's Public Affairs Team, I remember what a great job GX did covering the BCT's long deployment. We spent a record 16 months in Iraq and a total of 22 months supporting Operation Iraqi Freedom (OIF) from September 2005 to July 2007. In fact, the Associated Press just finished a seven-part series on the deployment entitled "The Long Haul." So I jumped at the chance to do similar coverage of an Army National Guard (ARNG) company from New York deploying to Iraq this fall. There are several powerful stories from the Echo Company of the 3rd Battalion, 147th Aviation. So interesting, in fact, that we broke this piece into two sections. In Part 2, you'll learn where several of these Soldiers were on 9/11 and how that day changed

their lives. All the interviews took place in a barracks or a training area at Fort Sill, OK. The Soldiers were undergoing their first month of mobilization training at the fort, which is the only active-duty Army installation on the South Plains.

A MELTING POT UNIT

This company, headquartered in Patchogue, Long Island, NY, with a detachment in Albany, also supports a brigade-sized combat aviation unit—Task Force 34, which includes units from Minnesota, Florida, Iowa, Louisiana, Missouri, South Carolina, Texas, West Virginia and Oklahoma.

An active-duty Army assault helicopter battalion from Germany also will fall in with Task Force 34. More than 700 of the approximately 1,600 Guard members are from Minnesota's 34th Infantry Division (ID), also known as the Red Bulls.

This company is newer than most ARNG companies, having formed in June 2006. For this deployment, it includes Soldiers from the New York cities of Patchogue, Rochester, Dunkirk, Olean, Albany and New York City, plus several Soldiers from Missouri.

Many of this company's Soldiers volunteered for this deployment. SPC Alan Hamilton of Ghent, NY, who is married to a former Soldier and the father of a nearly 2-year-old boy, had a powerful story.

His Expiration Time of Service (ETS) was in February 2008, and he was told at Fort Drum, NY, that he would not be stop-lossed, which meant he could be honorably discharged. Instead, he stayed in the Guard for this deployment.

"The guys I served with, my motor pool, are a great bunch of guys, so I couldn't turn my back on them with the knowledge of being there for the first time," said Hamilton, who served in Iraq 2004–2005 at Forward Operating Base Marez in Mosul.

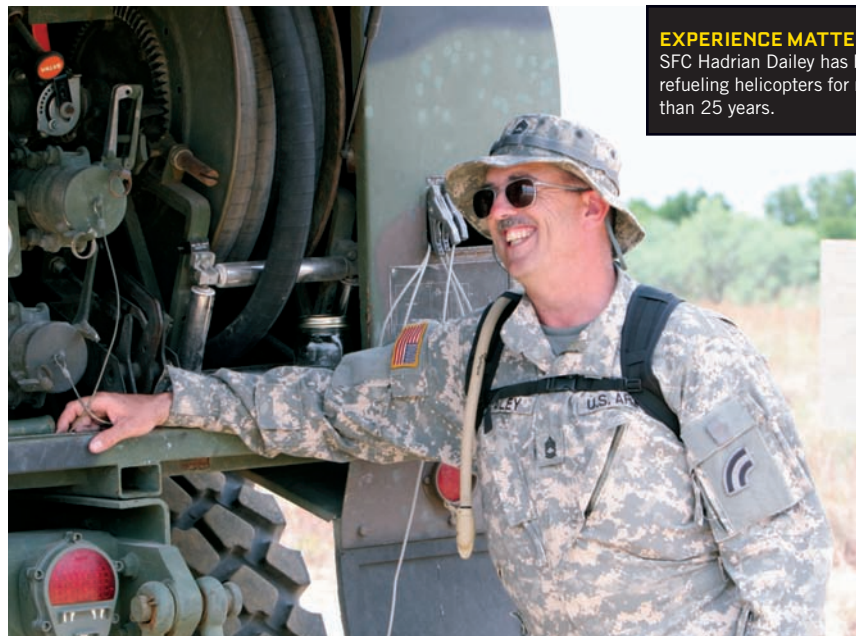
If he left the Guard, Hamilton explained, "... I would have felt ... like I was walking away from a duty."

A HANDPICKED COMPANY

SFC Daniel Collelo of Holtsville, NY, a readiness noncommissioned officer (NCO) at the time, also played a huge role in forming Echo Co., the battalion's only ground support company. Given a Unit Manning Roster (UMR) and the task of forming the company, Collelo began handpicking Soldiers for the required Military Occupational Specialties (MOSs); he noted that serving more than seven years as a recruiter was a plus in this assignment.

"I reached out and grabbed some of them from the units they were in, and I pulled them into mine," he said.

Some of these Soldiers are former Marine NCOs Collelo had served with in the Marines, and one is an officer whose first salute at his commissioning ceremony was to Collelo.



EXPERIENCE MATTERS
SFC Hadrian Dailey has been refueling helicopters for more than 25 years.



RUSHING TO REFUEL

SPC Sean Kelly rushes to a Black Hawk to refuel it as SPC William Crandall mans a fire extinguisher during a refueling mission on a FARP on Fort Sill.

“The guys I served with are a great bunch of guys, so I couldn’t turn my back on them with the knowledge of being there for the first time.”

>> SPC Alan Hamilton

Collelo, the platoon/operations sergeant for the company’s distribution platoon, said this deployment would mean a lot to him. He was there when these Soldiers enlisted and trained, and now he’d be there when they went to war.

He left the recruiting field and volunteered for this deployment to be with his recruits, some of whom he’s known for a decade.

“I just couldn’t sit behind that desk anymore,” he said. “I sat there and enlisted guys and watched them go to Iraq and come back. I couldn’t take it any more. I wanted to be part of the big show”

Company commander CPT Brian Caskey, a married father with two children, was originally slated to deploy to Afghanistan with the 27th Infantry Brigade. But when he learned that Echo Company was supporting that brigade, he chose to deploy with them instead.

One reason for this decision was that several Soldiers from western New York had worked for him, and he was looking forward to leading

them in Iraq. “This is what I was trained to do as a leader,” he said.

Caskey will lead his company in missions including refueling helicopters like the Chinook CH-47 and Apache AH-64, conducting ground maintenance and manning motor pools. He has also been told that his mess platoon will be responsible for force protection.

WARRIOR TRAINING

The company began its first Annual Training (AT) at Fort Drum, NY, in September 2007. In 2008, the unit trained there again.

Caskey said his Soldiers completed most of their tasks, such as leader and individual briefs, and individual warrior tasks before arriving at Fort Sill. When he trained with the company in April, the Missouri Soldiers from Echo Company, 1st 106th Aviation Battalion, based in Fort Leonard Wood, MO, were there, too.

Knowing his Soldiers came from all across New York and Missouri, Caskey wondered, “How is it all going to meld?”

But he already knew. “In essence,” he said, “we are all here to do our jobs. [That] makes it very professional and made the cohesion really tight.”

Platoon Operations Sergeant Collelo pointed out that the company is very unified. In fact, he feels it is the strongest in the battalion, because the Soldiers do nearly everything together; they work the same shifts, live in the same space, and do physical and convoy operations training together.

SFC CLINT WOOD

“Without a doubt, everything we do, we do together,” he said. “We built a family fast. It was unbelievable.”

SPC Angela Granger, a former Division 1 college basketball player and goalie for a state-champion high school soccer team, believes the mobilization training helped the camaraderie.

“It’s like one big family,” said Granger, who volunteered for this deployment and is one of approximately 10 female Soldiers in the company. “I feel like I’ve known these people forever now”

THE HOT MISSION

Refuelers have the most dangerous mission. Several times while being deployed to Iraq and riding in helicopters like Black Hawks and Marine CH-46 Sea Knights, we had to exit these aircraft while they were being refueled—with engines running.

This is called “hot” refueling—one of the most dangerous missions this company will have, according to SFC Hadrian Dailey, a petroleum supply specialist who has been in the Guard for 25 years.

I once watched three Black Hawks refuel this way during the day and once at night on a Forward Arming and Refueling Point (FARP). Though there is some downtime, the Soldiers take action once the “birds” appear on the horizon.

As the helicopters would approach the FARP, the Soldiers began yelling, “Okay—let’s go, let’s go!” Amazingly these three Black Hawks were refueled with a total of more than 650 gallons in about seven minutes.

The refueling operation begins with Soldiers directing, or “marshaling,” the helicopters into the landing zone (LZ).

Dailey, whose civilian job is a line service technician at Rochester Airport, said these marshalers have specific instructions telling the pilots how to maneuver their helicopters and set down. Once the helicopters land, two Guard members run to each of the birds.

One is the fueler; the other is the fire guard who stands near a fire extinguisher at one of the fuel points. Several feet away from the LZ, another Soldier is in charge of pumping the fuel from a heavy expanded mobility tactical truck (HEMTT) M978 2,500-gallon tanker

According to Dailey, these pump operators have to ensure that they can see all refueling operations at all times.

“They have to pay attention in order to react to anything and everything,” he said.

SPC Curtis Kellog, who has been in the Guard for four years and is a machinist as a civilian, said that when working a refueling shift, he concentrates only on the mission. “You’re not thinking about home or anything else,” he explains, “because you’re too busy.”

Kellog said that refueling these aircraft “hot” is an adrenaline rush.

“You don’t notice the blades spinning but you’ve got the exhaust right over your head, [and] you can feel the heat coming off of that,” he said. “You’ve just got to be aware of your surroundings.”

He explained that the crew chiefs and pilots also observe the refuelers, which further requires that everything is done right.

“[If] you do something wrong, there are more lives at stake than just your own,” he said.

These refuelers also have to be extra careful to avoid creating static electricity, so they can’t wear watches or rings, or carry cell phones.

“You’re not supposed to have any kind of ignition device on you at all,” Dailey said. “You see guys with Combat Infantry Badges (CIBs), and they have to come off”

Regarding static electricity, Dailey said, if you look up at the helicopter’s rotor discs at night, you can see static electricity dancing off the blades. This is called St. Elmo’s Fire.

SSG Arnie Cirilli, a Guard Soldier for 27 years, described night refueling like this:

“When you go up to a helicopter, you can hardly see it. You’re reaching, your heart is pounding, you’re refueling it and then you back away. You always get that rush.”

SGT Mark Lupiani, who was one semester away from earning a four-year degree when he volunteered to deploy, said refueling Apaches is also a rush to him.

“You’re standing in between their weapons systems and the bird, so you’ve got to have trust [in] that pilot and have faith that he knows what he’s doing,” Lupiani explained.

BUILDING TRUST

Cirilli has built trust with countless refuelers, having been involved in the field his entire Guard career. He joined the Guard five months after serving in the Marines as an infantryman 1977–1981.

His ETS was in February 2008, so he had the opportunity to retire, but he didn’t want to leave his Soldiers.

“It just didn’t feel right,” he yelled as a Black Hawk hovered overhead. “So one way or the other, this is my swan song.”

The Soldiers of Echo Company are like family; they’ve done many things together—trained, volunteered, lived through 9/11 and now deployment. Like America, they’re a melting pot of backgrounds, and America is fortunate to have them on mission front lines at home and abroad. **GX**



NIGHT LANDING
A Black Hawk makes a night landing at the FARP.

PUMPERS AT NIGHT
Pumpers always need a clear view of the refueling operation.



THE SOLDIERS OF THE NEW YORK

Army National Guard's Echo Company of the 3 Battalion, 147th Aviation based in Patchogue, NY, not only have a connection to the National Guard and its federal mission, but also to New York's state mission. While the horrific events of 9/11 affected the nation overall, Soldiers of Echo Co., and their families and homes, were directly affected.

Thanks to the diligence of 2LT Matthew Foster of Echo Co., I was able to interview these Soldiers for a few minutes while they were undergoing mobilization training at Fort Sill, OK.

Naturally, they all have stories about where they were during 9/11 and how they were involved. For example, SSG Michael Donahue, who served in both the Navy and active-duty Army, was one of the few to see the World Financial Center's Winter Garden—where "time stood still."

SPC Donald Skelton, 47, went to Ground Zero on Sept. 11 for a good reason: He was with the fire department of the New York City Rescue 4 team. His cousin, a New York City police officer and also a member of the Rescue 4 team, was killed in the collapse of the World Trade Center's south tower.



REMEMBERING 9/11

SGT Mark Lupiani was working his civilian job in construction that day. He called his platoon sergeant and volunteered to go to Ground Zero to help, spending the next 16 days there pulling security.

He called the task "the roughest experience of my life by far," adding that, "TV doesn't do it justice at all."

He worked 16- to 18-hour shifts, standing up at all times. He also lived in the barracks at Fort Hamilton, where 10 Soldiers shared a small room. But the hardest part for him was interacting with the victim's relatives.

On his first day manning a checkpoint that verified proper identification to enter the site, a middle-aged couple approached Lupiani and a fellow Soldier. The man began to speak, but

FAB FIVE From left: SPC Donald Skelton, SPC Angela Granger, SFC Daniel Collelo, 2LT Matthew Foster and SSG Michael Donahue are members of Echo Company.

couldn't find the words. Finally, he said, "My son was an EMT worker when the buildings collapsed."

"When you saw a family member and looked into their eyes, it was just like a horrific pain was transferred to you," Lupiani explained.

He added that a week later, two women approached him and told him that they had siblings on one of the planes that crashed into the towers. The women started crying, and Lupiani and his fellow Soldiers hugged and comforted them. After their shift, these Soldiers went to a church and wept.



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“When you saw a family member and looked into their eyes, it was just like a horrific pain was transferred to you.”

>> SGT Mark Lupiani, on being at Ground Zero

But SFC Daniel Collelo of Holtsville says he'll never weep at Ground Zero. He won't go there—ever.

On 9/11, Collelo and several other Soldiers were at the Lake Grove recruiting office, about 40 minutes from Ground Zero. Minutes after the attacks, he said, all of the office phones and cell phones were ringing.

One of call was from the New York governor's headquarters, instructing Collelo's office and all other recruiting stations to shut down. Local Guard units were immediately mobilized.

TIME STOOD STILL

SSG Michael Donahue was not ready to see what he saw at the Winter Garden—the former 45,000-square foot centerpiece of the World Financial Center.

“It was just weird; it stopped me in my tracks,” Donahue said of the cafe.

He spoke of how “time stood still,” with all of the clocks stopped at the same time, and donuts and coffee still on the abandoned tables. He described how the 2,000 glass panes of windows were covered in dust.

The grand public space suffered severe damage on its east side during the attack. The North Bridge—the 400-foot pedestrian overpass connecting the World Trade Center to the World Financial Center—was crushed.

Located in Medford, NY, Donahue's Guard unit was also in close proximity to Ground Zero—less than an hour away.

Donahue, a Navy veteran who was a flight director on the USS Nimitz and a Guard member since 1997, said he was ordered to the armory within 30 minutes of the attack. A brigade intelligence section NCO, he was tasked with ordering satellite imagery for the National Intelligence Agency.

“I was pretty much the subject matter expert on the spot,” Donahue said.

When Donahue, a motor sergeant for Echo Co. and former tank mechanic in the Army, arrived at Ground Zero, it was a mess, he said.

He was also there when Port Authority police officers John McLoughlin and William Jimeno were rescued after being buried for hours in rubble near a freight elevator “[Rescuers] were all excited that they found these guys who were still alive,” Donahue said.

In the next few days, he saw a huge pile of fire engines—about 30 feet high and 200 feet long—completely destroyed. Some still had their lights flashing.

“The trucks were twisted like pretzels,” Donahue said.

His other task was to give tours of Ground Zero to dignitaries, including New York Gov. George E. Pataki and President George W. Bush.

SPC Donald Skelton's life changed drastically on 9/11. His cousin was killed during the collapse of the World Trade Center's south tower, and he joined the Guard because he was concerned about the welfare of his four children. His late cousin also had four children.

Skelton, a combat engineer in the Marines from 1979–1982 and now a truck driver in the National Guard, was delivering milk that fateful day. He heard a radio report about the first plane hitting the World Trade Center's north tower, when the aircraft was erroneously reported to be a small Cessna plane. Skelton saw the second plane hit the south tower on a TV in a customer's home.

At around 4 p.m., he received a call from his uncle that his cousin was missing. The next day, a Web site reported that his cousin was still alive and taken to a hospital.

On Oct. 11, Skelton went to Ground Zero.

“It was horrible,” he said, adding that looking at the destruction in newspaper photos was nothing like being there.

Skelton's cousin's body was found in the south tower on Oct. 30. From eyewitness accounts, his cousin and a lieutenant rushed out of their firehouse nearby and ran under the pedestrian walk because of the victims falling from the towers.

His cousin, who was found with a tool still in his hand, was among the 411 emergency workers who died responding to the events and attempting to implement rescue and fire suppression efforts.

His brother was a New York City police officer who was off duty when the planes hit the towers.

JOINING THE CAUSE

In true American spirit, our nation not only pressed on after 9/11—we united.

In the following months, families bonded, citizens declared their patriotism, and Americans chose to defend their state and nation by joining the National Guard.

On Sept. 12, 2001, Collelo's answering machine was full of messages from civilians interested in joining.

The three months after the attacks were the best months for enlistment in the New York Recruiting Command's history. Collelo was amazed at the “... prior service Soldiers [who] came out of the woodwork” to re-enlist.

SPC Alan Hamilton, a carpenter, was one of those who joined the Guard because of 9/11. He was working near the Westchester County airport, about an hour and a half from Ground Zero. At around 11 that morning, he and a co-worker noticed that no airplanes were flying overhead like they normally did.

When they got word of what had happened, “we were getting ready for who knows what,” Hamilton recalls. By February 2002, he had joined the Army National Guard.

9/11 will forever be etched in the memory of Americans and in history books worldwide. Citizens throughout the United States joined the cause of defending our nation at home and abroad, and Soldiers of the New York Army National Guard's Echo Company were no different. They answered the call of duty then, and they're ready to answer it again today. **GX**

Fighting Spirit

▶ SHARP AND STRONG





SPORTS

Dale Jr.'s crew chief talks about life in the pits; a triathlete goes for the gold; the Guard fishes in a bass tournament.

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FITNESS

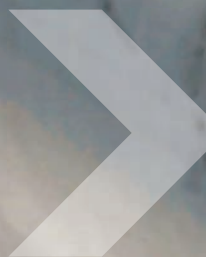
SGT Ken explains how to get 3000 points on the APFT in 30 days.

72

GEAR

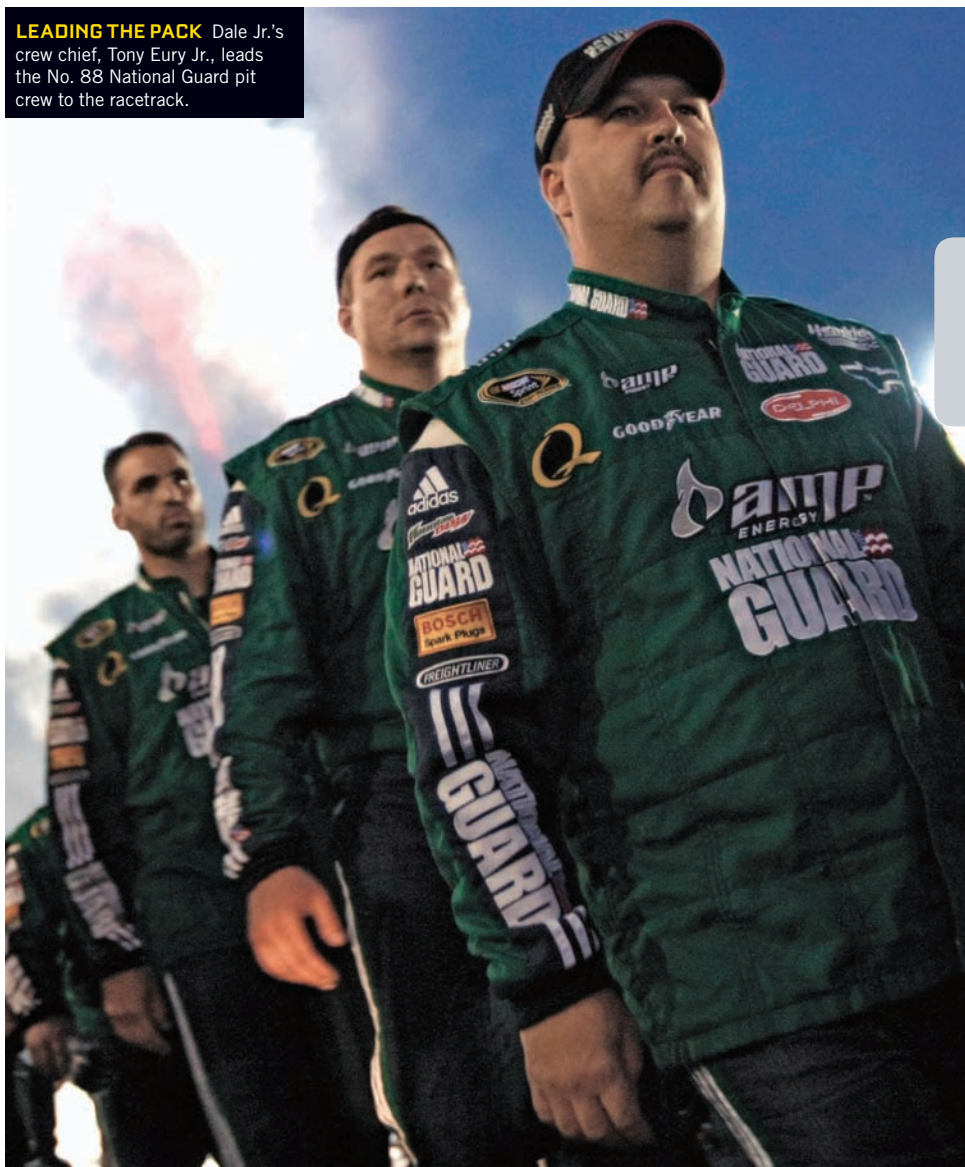
Take an inside look at the M1 Abrams battle tank.

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DALE JR. LEADS THE PACK IN THE NO. 88 NATIONAL GUARD CAR AT THE 3M PERFORMANCE 400 PRESENTED BY BONDO AT THE MICHIGAN INTERNATIONAL SPEEDWAY AUG. 17.

LEADING THE PACK Dale Jr.'s crew chief, Tony Eury Jr., leads the No. 88 National Guard pit crew to the racetrack.



Q&A

with **No. 88's** crew chief

GX: When did you know you wanted to pursue a career in the racing industry?

Tony Eury Jr.: I think I've wanted to be in racing ever since I was about 13 or 14 years old. I came over here because my granny used to work for Hendrick Motorsports, and that was probably the first couple races [that] I got to go to. I went with Rick [Hendrick] down to Atlanta. That's when I first really got the urge to work on race cars, and I picked this field. It's very intriguing. You take a scrap piece of metal and turn it into something that can run over 200 miles an hour. That's been a real fantasy for me. You know, I've enjoyed driving the cars, but working on them is a lot more fun for me.

GX: What is it like to be a crew chief for one of the most popular drivers around?

TE: It can be hectic at times. You've got every eyeball on you, and every person is scrutinizing everything that you do. The bottom line is you go out and perform and do the best you can do every week—that's the biggest thing. As long as you can go home satisfied that you've done everything in your power to win the race and put Dale in the spotlight—that's pretty much self-satisfaction. The rest just kind of comes with it, and you just learn to accept it and deal with it.

GX: How do you handle being on the road so much during the season?

TE: It's pretty tough. If there is one thing that is bad about our job, it's the 36-week schedule. You figure if you're testing, you're not going to be home at all that week, or maybe one or two days. We usually leave on Thursday and get home anywhere from 11 p.m. to 1 a.m. on Sunday. So that's probably the worst part about our job. You've got to have a lot of friends on the road and on the race team, and you have to socialize with those guys. That just makes the time pass faster.

Keeping Dale on the Track

In sports, there are always two key figures to a team: the athletes and the coach.

The main athletes are often quarterbacks, point guards and pitchers, but the coach is the person on the sidelines who makes the calls. Similarly, Dale Jr. drives the No. 88 Guard car, but Tony Eury Jr., Dale's crew chief, plans the strategies and makes the calls to keep Dale racing to top finishes. *By Christian Anderson*

GX: How do you maintain your composure in the pits with all the action going on during race day?

TE: A lot of it is experience. But that's one of the goals. When you're that hyped up, you've got every camera looking at you, you've got people who you're representing, and you've got people who are looking up to you. When you get out of shape, the rest of the team gets out of shape. If you can show that you're tough enough to keep your composure and keep everything in line, those guys will follow that. There's a saying that my dad always told me: 'If you're mad, you're not thinking.' So you constantly try to keep a positive outlook on how you can make things better all the time.

GX: What is your favorite part about being part of Hendrick Motorsports?

TE: I think the best part about it is just the number of people you meet and the engineering side of it. You know, I'm really intrigued about all the computer programs they have over here and the 7-post [testing equipment]. It's like going off to college—you're getting a little bit more of an

education. Being surrounded by people who know so much about this stuff is entertaining to me and kind of keeps me pumped up through the whole deal.

GX: If you could switch spots with someone on your team for a day, who would it be?

TE: It would probably be a CNC programmer [computer numerical control programmer]. I've always wanted to draw stuff in CAD (computer-aided design) and program the machines, because it's amazing what those machines can just spit out—a piece of aluminum from a straight block—and you've designed every bit of it on a computer. If I wasn't in the position I am right now, that's what I would be trying to do.

GX: When you see National Guard Soldiers at the races, do you feel a sense of pride in representing them?

TE: It's pretty cool for those guys to be able to have someone to pull for [in NASCAR]. For the guys who aren't here and are over in Iraq, you know that they're watching you on television,

and you're entertaining them during such a hard time. It's very satisfying to see those guys and to meet them. You get a sense of pride, and you have respect for those guys.

GX: How do you define a patriot?

TE: A patriot is someone who will sacrifice the ultimate for their country. They would do anything for the flag and the country. They're like us on a race team; they have pretty much sacrificed everything to put their country before anything else.

GX: If you could give a shout-out to the Soldiers, what would you say?

TE: I'd like to tell them thanks for everything they have done for us in Iraq. I wish every one of them could come home safely, but it's because of them that we get the privilege to do everything in the United States that we get to do. I think there are a lot of people who don't realize exactly what those guys are giving up. I'd just like to tell them "thank you" from my side. **GX**



PULL! Tony Eury Jr. looks on as Dale Jr. checks out the new Beretta shotgun he received for winning the Samsung 500 auto race pole.

Chasing the Olympic Dream

PATRIOTIC ATHLETE TAKES STARS AND STRIPES TO BEIJING

By Christian Anderson

EVERY ATHLETE HAS A DREAM, a goal that he or she strives for and works hard every day to achieve.

Sarah Haskins' dream to be an Olympian became a reality this August when she competed in the 2008 Beijing Women's triathlon. Haskins made the cut for the Olympics Triathlon on June 22, at

the ITU Hy-Vee World Cup in Des Moines, IA.

Triathlon, a sport in which contestants swim, bike and run in the same day, has been an official summer Olympic sport only since the 2000 games in Sydney, but it has proven to be a popular one for athletes in top-notch condition.

And Haskins is one of those athletes. Since bursting onto the

professional triathlon scene only four years ago, she has made a huge impact on fans of the sport by qualifying for the Olympics.

Haskins set herself up for a career in the triathlon when she began swimming at 5 years old and running cross-country and track a few years later. She eventually won state championship titles in both swimming and cross-country, and earned a spot on the University of Tulsa's cross-country and track team.

Haskins ran strong at Tulsa, earning several All-Conference finishes. After graduating with a degree in elementary education, she focused on teaching.

Haskins' family thought she should give a triathlon a try, so they signed her up for one, motivating her to stay fit and active after her collegiate sports career ended.

"I always wanted to give triathlon a go," Haskins said. "I had a really strong swimming background when I was growing up. In the back of my head, I thought it was something I could attain, but at the time I was running in college.

When I did my first triathlon, my sister signed me up, and I just remember falling down after I got off my bike because my legs were so 'jello,'" Haskins added.

(Editor's note: After biking hard and using certain muscles for an hour, triathletes often experience "jello legs" as their legs adjust to the change of movement and



PEDDLING STRONG

Sarah Haskins hammers the bike leg at the U.S. Olympic Trials Race in Tuscaloosa.



OLYMPIC TRAINING

Sarah Haskins sprints to a second-place finish at the U.S. Olympic trials Race in Tuscaloosa, AL, April 19 where she qualified for the Olympics.

circulate blood. This takes only a few minutes to recover from, but novice triathletes often experience the feeling.)

Haskins ended up loving triathlons so much that she competed in five more events that summer. In less than a year, she was accepted to train with the Olympic triathletes at the Olympic Training Center in Colorado Springs, CO. Triathletes, as well as athletes from many other sports, come here to train with some of the best coaches and in the best facilities, preparing them to master their performance.

While at the Olympic Training Center, Haskins met her husband, Nate Kortuem, also a professional triathlete. Currently, Nate is a USA

"I ALWAYS WANTED TO GIVE TRIATHLON A GO. I HAD A REALLY STRONG SWIMMING BACKGROUND WHEN I WAS GROWING UP. IN THE BACK OF MY HEAD, I THOUGHT IT WAS SOMETHING I COULD ATTAIN." >> SARAH HASKINS



“[The Soldiers] have my utmost respect and support, and I know it’s hard to be away from their families.”

>> SARAH HASKINS

Triathlon bike mechanic, so Haskins enjoys his expertise in keeping her bike running smoothly.

“When he travels with me, he usually gets the joy of carrying my bike box,” she joked.

Haskins looked forward to representing the United States in the Olympics and spent a lot of time preparing for the race.

“Beijing has been my main goal for the past couple of years—especially this year,” Haskins said. “I was excited about the race; I have [worked] all season for it.”

Training for an Olympic triathlon can be both physically and mentally taxing. The 1.5K (1 mile) swim, 40K (25 mile) bike and 10K (6.2 mile) run take their toll on even

the strongest athletes. Haskins trains and lives most of the year in Colorado Springs, CO, where she can benefit from altitude training.

To prep for Beijing, Haskins and her fellow triathletes trained hard to be in peak condition for race day. Haskins looked forward to the

According to the program’s Web site, “Train 4 Autism is a foundation dedicated to bringing together a community of athletes, physically-active and socially-conscious people who are committed to raising awareness and funds for research and treatment for



LEADING THE WAY
Haskins sets the pace on the bike leg as she leads her competitors through the Olympic Trials Race on April 19.

swim and her reduction in training time, which allowed her muscles to heal. She hoped to build an early lead in the swimming event.

“My strongest discipline, compared to the other world athletes, is swimming,” Haskins said.

On Aug. 18, Haskins finished 11th out of 49 competitors, a mere three minutes behind the first-place finisher.

With all the fame and fortune that comes with being a popular professional athlete, Haskins remains adamant about helping others, specifically through an organization called “Train 4 Autism.”

those living with autism and their families.”

After talking with Haskins about training, racing, supporting charities and representing the Stars and Stripes in Beijing, GX asked her if she wanted to send a shout-out to the Soldiers.

“I would say [the Soldiers] have my utmost respect and support, and I know it’s hard to be away from their families,” Haskins said.

“I appreciate their service,” she continued. “And when they get back and if they have any questions about triathlons, they can contact me!” **GX**

Fishin' with the Guard

ANGLERS CAST AND COMPETE FOR \$1 MILLION



SURVEYING THE WATERS Like all professional anglers, National Guard Fishing Team angler Brent Ehrler depends on his instincts and senses to locate bass during a competition such as the FLW Cup.

By LTC Les Carroll

THE NATIONAL GUARD has put its handprint all over the world of big-time bass fishing. It was a sponsor for the Forrest Wood Cup, staged in August on the pristine waters of Lake Murray, near Columbia, SC. Not only was the Guard a Cup sponsor, but it also sponsored a team of top-notch professional anglers who fished well during the week—and wore the National Guard team colors even better. Each day when the tournament leader walked onto the stage for his weigh-in, he carried his fish in the National Guard “leader bag,” fishing’s version of the Tour de France yellow jersey.

The Guard also sponsored the World Junior Tournament, which crowned two junior champions. In fact, a National Guard presence highlighted the entire four-day event, starting on the first morning before 7 a.m., when the South Carolina Army National Guard presented the colors and South Carolina Air National Guard performed the national anthem.

THE NEED FOR SPEED

The sun peeked over Lake Murray as the parade of 77 sleek fishing boats eased from the

“Representing the National Guard has been a great experience this year,” Ehrler said. **“I love seeing Guard Soldiers and just saying ‘hi’ to them and saying ‘thank you for your service.’ It’s great to be a part of that.”** >> BRENT EHRLER

marina, then put the hammer down and raced across the water at speeds around 70 miles per hour. Within minutes, they had scattered into dozens of coves and creeks that feed the lake. Never had 77 boats disappeared so quickly. Just after 7 a.m., hooks were in the water.

National Guard-sponsored professional Brent Ehrler landed his first largemouth bass an hour later. It was the start of a good tournament for a spectacular angler and spearheaded his eventual seventh-place finish. Ehrler, the 2006 Forrest Wood Cup champion, proudly wore the uniform of National Guard Fishing.

“Representing the National Guard has been a great experience this year,” Ehrler said. “I love seeing Guard Soldiers and just saying ‘hi’ to them and ‘thank you for your service.’ It’s great to be a part of that.”

WORKING THE CROWDS

While four National Guard-sponsored Cup qualifiers worked the lake, the other team members worked the crowds. At the team base camp at the Family Fun Zone in the Columbia Convention Center, Guard-sponsored anglers signed autographs, posed for photographs, talked fishing and service, all while assisting Guard recruiters and leaders in telling the National Guard story.

Team member Rachel Uribe grew up fishing in California with her father, and as with many serious anglers, fishing is a family tradition. Her brother competes on the National Guard-sponsored FLW Western Tour. Uribe said her goal is to pursue careers in both fishing and nursing.

“I’d like to be a traveling nurse; then I can work and fish on the same trip,” she said.

MAJ SCOTT BELL

PLAY BY PLAY
National Guard angler Brent Ehrler discusses his fishing strategies.



HOLDING THE PRIZE Brent Ehrler hooks his third bass on the third day of the Forrest L. Wood (FLW) Cup competition. Ehrler, primarily a shallow, top-water fisherman, used a small frog lure to net his third catch of the day.

LTG Clyde Vaughn, director of the Army National Guard, described the National Guard and FLW partnership as “strong.”

“We’re all about service,” the general explained. “What we like about fishing is the discipline, the drug-free environment and service to the nation. Those are the things FLW does so extremely well. Everybody out here represents that, and that’s the same thing we ask of our Soldiers.”

SINGING FOR THE NATION

Sergeant David, a recruiter for the South Carolina Air National Guard, performed the national anthem five times during the four-day fishing event.

One perk that came with that was a meet-and-greet with hosts of the Fox Sports banner program, “The Best Damn Sports Show Period.” David, a Detroit native, especially enjoyed meeting show host John Salley, who played on the NBA-titles-winning Detroit Pistons.

“It was an awesome experience for me,” David said. “It was an honor to sing the national anthem and represent the Guard at such a huge event. It was something I’ll never forget and hope to get the opportunity again. I got a lot of positive feedback and some recruiting leads, too.”

DRAWING ATTENTION

Just like wearing the military uniform of the National Guard, wearing the National Guard Fishing uniform draws attention.

National Guard professional Scott Martin even took the time to chat up the locals while fishing along the private docks on the Lexington bank of Lake Murray.

As he stood in his boat with his bright yellow “National Guard” team shirt glistening against the water, a family came to the shoreline, cameras in hand, to check out the action. The sleek National Guard boat caught their eye.

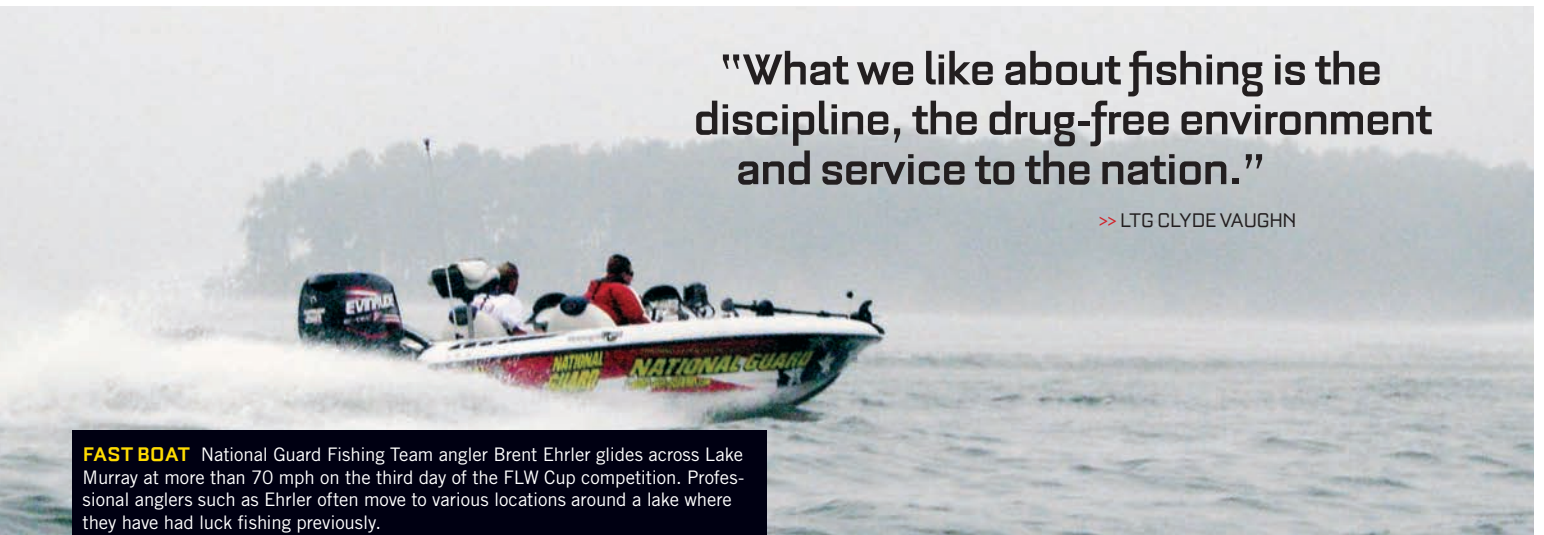
“I like your boat,” a young woman called out to Martin. “We’re pulling for you,” another woman said.

“I appreciate that,” Martin replied, still casting his line just inches from the bank where they stood. “Maybe I can land you a big bass to take a picture of.”

The fish don’t always cooperate, but eventually, the pros find them. The pro that found the biggest fish was 24-year-old Michael Bennett, who took home the million-dollar check after the final day weigh-in. **GX**

“What we like about fishing is the discipline, the drug-free environment and service to the nation.”

>> LTG CLYDE VAUGHN



FAST BOAT National Guard Fishing Team angler Brent Ehrler glides across Lake Murray at more than 70 mph on the third day of the FLW Cup competition. Professional anglers such as Ehrler often move to various locations around a lake where they have had luck fishing previously.



Having a Flexible Game

Story and photos by
SGT Michael Kerkhoff

THE MORE WE TRAIN in combatives, the sooner we recognize when we can and can't use submissions and sweeps. For instance, if I have my opponent in my guard, and he straightens his arms out as he postures, a light should immediately go off in my head telling me—"Straight arm bar." The problem is what happens when I'm unable to

The guard isn't the only position I can use to set up my opponent. I can set up different submissions and sweeps from the mount, neutral position or even the stand up. No matter what the position, I'm constantly looking for an opening to either put my opponent into submission or sweep him to get into a more dominant position.

Grappling is often referred to as a "hand-to-hand chess match." If you watch a Jiu Jitsu match, much

looking two or three moves ahead to get the jump on their opponent, just like in a chess match.

Here is an example of some techniques strung together when setting up your hand-to-hand combat. Offensively, look for more than one submission per position. From the guard, I first look for a choke. The first choke I look for is a collar choke, followed by the guillotine choke, then the triangle choke. If

I'm unable to secure a choke, I transition to the arm bar.

Again, I look for two to three types of arm bars. I look for an opening to secure a straight-arm bar. If I can't get that, I attempt a reverse bent arm bar. If the opportunity is there, transition to "Oma Plata" from your attempted triangle choke. If that fails, I attempt to better my position with a sweep for a chance to gain a more dominant position like the rear mount or the mount. The same thought process could be done from the mount, as well.

Keep training, and learn to flow your techniques together. As you collectively string your moves, don't be afraid to let go of a move and transition to another if it isn't working. Let's roll! **GX**

Sweep from the Butterfly Guard

1. I set up the sweep by closing the distance and putting my opponent into the "butterfly guard." To do this, I shoot for an under hook with one arm, reaching deep for my opponent's belt line. With the other arm, I trap my opponent's arm at either the wrist or elbow, keeping it close to my body. I sit in an "L" position, resting my weight on the side opposite to my under hook. Finally, I keep my head low under my opponent's chin.

OFFENSIVELY, LOOK FOR MORE THAN ONE SUBMISSION PER POSITION.

>> SGT MICHAEL KERKHOFF

secure the arm bar. I suppose I could try again, or better yet, look for another move to execute.

So, what do I do in this situation? If you do some searching on the Internet or ask a training partner with a little more experience, you're likely to be overloaded with possibilities. Just remember there are numerous possibilities.

of it may look boring. At first, the match looks like nothing more than a lot of grabbing, pushing and shoving. At some point though, there is an explosion of moves, and that's when we see the wild sweeps and submissions. Though it may look like the two fighters are stalling, what they are actually doing is looking for that opening; they are





2. It's important that I keep my opponent close when working from the butterfly guard. If I don't and work quickly, he will eventually look to pass my guard, and I will have to change my tactic. I do not want to give my opponent the opportunity to control my hips while my shoulders are flat.

3. I put the arm I'm controlling at the wrist (or elbow) down to the mat. While controlling this arm, I want to trap it, keeping it close to my opponent's inner thigh. While I attempt to trap the arm, I still keep my opponent close and maintain my weight on the side opposite the under hook.

4. When I try to trap the arm, if I don't push it down to the inner thigh of my opponent, I may find myself in a bad position. By not trapping the arm, my opponent may be able to jump out of my butterfly guard and land in the mount or side control.

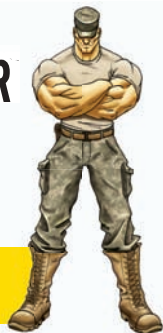
5. To sweep my opponent, I kick the leg I was holding my weight on behind me. I roll to the side opposite of the under hook. The foot on the under hook side slides under the thigh, and I lift that leg high, taking out my opponent's base.

6. Staying close to my opponent, I roll and push him over. Finally, I end up in the mount where I can set up multiple attacks.



Have a question for SGT Kerkhoff?
 Contact him at combatives@gxonline.com

OPERATION PUSHING FOR POINTS



**Volume 2,
300 Points in 30 Days**

By SSG Ken and Stephanie Weichert

Q: How can I get ready to pass the Army Physical Fitness Test (APFT)?

A: This is the question we most frequently receive. To excel at any military fitness test, you must train safely and intensely with the exercises in the test. While weight training is great for muscular strength development, it is also a good example of what *not* to do while conditioning your body to perform better at the APFT or any other fitness test that includes body resistance exercises.

We have had an overwhelming positive response to several parts of this program that we have released to the public. Here is a comment from an actual participant who used our Push-up Improvement Plan video on www.1-800-GO-GUARD.com:

"I'm shipping out for BCT in around four weeks and my push-ups were my one worry. This has really helped me improve, and I'm feeling physically prepared. Thanks, SGT Ken."

In this issue, you will receive a whole month of exercises. We challenge you to use this program to strive for 300 points in 30 days! Are you ready for the challenge?

HOOAH! Let's get started!

—SSG Ken and Stephanie Weichert

LEAD BY EXAMPLE SGT Ken gets Soldiers from Smyrna, TN, ready for the APFT.



“The sterner the discipline,
the greater the devotion.”

—Pete Carroll

30-DAY WORKOUT CALENDAR

Note: Begin and end each workout with at least 5 minutes of warm-up exercises and stretching.

	MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY AND SUNDAY:
[WEEK ONE]	Push-up Improvement Plan #1 Crunches, sit-ups	Running long distance Crunches, sit-ups	Push-up Improvement Plan #1 Crunches, sit-ups	Running interval training Crunches, sit-ups	Push-up interval training Crunches, sit-ups	Light stretching and rest
[WEEK TWO]	Push-up Improvement Plan #1 8-minute abs	Running long distance 8-minute abs	Dive Bomber push-ups Uneven push-ups Staggered push-ups Push-up pulses 8-minute abs	Running interval training 8-minute abs	Push-up interval training 8-minute abs	Light stretching and rest
[WEEK THREE]	Push-up Improvement Plan #1 8-minute abs	Running long distance 8-Minute abs	Push-up interval training Uneven push-ups Push-up pulses Full sit-ups	Running interval training 8-minute abs	Physical Fitness Assessment (PFA)	Light stretching and rest
[WEEK FOUR]	Push-up Improvement Plan #1 Full Sit-up Practice Test	Running long distance 8-minute abs	Push-up interval training Uneven push-ups Push-up pulses Full sit-ups	Running interval training 8-minute abs	APFT Practice Test	Light stretching and rest

Diet advice for Operation Pushing for Points, Volume 2:

Go to www.1-800-GO-GUARD.com, GUARD FITNESS, GET HEALTHY, and read Operation Diet Dissection to learn how to reduce your consumption of bread, dairy products and sugar and get more diet advice. Be certain to check with your physician before making any changes to your diet or exercise plan.



In order for Guard Soldiers to effectively accomplish active-duty missions, we must train them as athletes all year round.”

—SSG Ken Weichert

EXERCISE INSTRUCTIONS

—Excerpt from Operation Fit to Fight manual

Aerobics: Examples: Running in place; side-straddle-hops; jumping jacks; high steps/knees

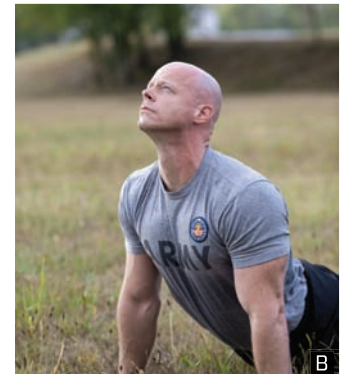
Stretching

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 it into the roller. Move your leg so that the foam roller massages the entire length of your calf.

STRETCHING



A



B

PUSH-UP IMPROVEMENT PLAN #1

STRATEGY:

- Begin the push-up exercise in the close grip position.
 - Continue as long as you can before assuming an authorized rest position.
 - Slide your hands outward to the normal grip position.
 - Continue as long as you can before assuming an authorized rest position.
 - Slide your hands outward to the wide grip position.
 - Continue as long as you can. Go to muscle failure!
- Warning: Do not let your back sag. Do not lift your hands or feet off of the ground. Do not perform this program on your knees.*

*Want to listen to it, or watch it on video? Go to www.1-800-GO-GUARD.com, GUARD FITNESS, GET FIT, UPPER BODY, PUSH-UP IMPROVEMENT PLAN #01.

+ Push-up standards

START: Balance your body on your hands and feet with your back forming a straight line. Look forward and keep your feet together or up to 12 inches apart. *Note:* Different arm positions engage different arms, chest and shoulder muscles. The closer your hands are together, the more tricep muscles you engage.

ACTIONS: While keeping your abdominal muscles tight, drop your body straight down by bending both elbows until the upper part of your arms become parallel to the ground. Return to the start position.

Warning: Do not look down toward the ground during this exercise. Maintain a forward focal point at all times.

- Basic:** 1 set of 1 minute
Intermediate: 1 set of 2 minutes
Advanced: 2 sets of 2 minutes each
Extreme: 2 sets of 3 minutes each

PUSH-UP STANDARDS



DIVE BOMBER PUSH-UP



+ Crunches, 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 upperbody until your shoulder blades come off of the ground, then return to the start position. Continue until your goal is reached.

Warning: Do not pull on your neck with your hands. Keep your elbows wide and your chin pointing toward the sky during the entire exercise.

- Basic:** 1 set of 1 minute
Intermediate: 2 sets of 2 minutes each
Advanced: 2 sets of 3 minutes each

RUNNING LONG DISTANCE

- Basic:** 2 miles
Intermediate: 4 miles
Advanced: 6 miles

“The best way to condition your body for the 2-mile run as part of a fitness test is to become accustomed to running longer distances.” —SSG Ken Weichert

+ Running interval training

Running interval training is where you mix your running training with sprints and jogging. For example, choose to run on a treadmill, track or well-known route. After jogging for the first 60 seconds, sprint 30 seconds and jog 30 seconds. Repeat this sequence for the remainder of your run. Or, if on a track, sprint the stretch and jog the curve.

- Basic:** 1 mile
Intermediate: 2 miles
Advanced: 3 miles

*Want to listen to it? Go to www.1-800-GO-GUARD.com, Guard Fitness, Get Fit, Aerobics, Running Interval Training. “Be certain to time your sprint drills. That way, you can challenge yourself to sprint for longer periods of time each week.” —SSG Ken Weichert

+ Push-up interval training

Push-up interval training is where you complete the

most push-ups possible in 20-second intervals. Perform the push-ups for 20 seconds and rest 20 seconds. Repeat this sequence for the required amount of time.

- Basic:** 4 sets of 20 seconds
Intermediate: 6 sets of 20 seconds
Advanced: 8 sets of 20 seconds

+ Dive Bomber push-up

START: Assume the standard push-up position. Now widen your foot position and point your rear end in the air, positioning your head between your arms.

ACTIONS: Lower your body to the ground slowly by bending at the elbows. Slightly drag your chest across the ground and press your body upward until your arms are straight and your lower back is arched. Return to the start position by reversing the steps. Continue until your goal is reached.

- Basic:** 1-2 repetitions
Intermediate: 3-8 repetitions
Advanced: 9-16 repetitions

*Want to listen to it or watch it on video? Check out www.1-800-GO-GUARD.com, Guard Fitness, Get Fit, Upper Body, Dive Bomber Push-Up.

+ Uneven push-ups

START: Balance your body on your hands and feet with your back forming a straight line. First place your left hand on a platform 4-12 inches higher than the ground. Look forward and keep your feet together or up to 12 inches apart.

ACTION: While keeping your abdominal muscles tight, drop your body straight down by bending both elbows. Slowly return to the start position. Continue until your goal is reached. Switch arm positions, continuing until your goal is reached.

- Basic:** 1 set of 30 seconds (each side)
Intermediate: 2 sets of 30 seconds (each side)
Advanced: 3 sets of 30 seconds (each side)

*Want to listen to it or watch it on video? Go to www.1-800-GO-GUARD.com, Guard Fitness, Get Fit, Upper Body, Uneven Push-Up.

+ Staggered push-ups

START: Assume a modified push-up position by placing your left arm slightly higher than your left shoulder and your right arm slightly lower than your chest. Bend your left leg at the knee and keep your right leg straight. Balance on your toes or on the balls of your feet.

ACTIONS: Lower your body to the ground slowly by bending at the elbows. Slowly return to the

Packing the Big Punch

THE FAST, SLEEK AND POWERFUL M1 ABRAMS HELPS SOLDIERS REST EASY AT NIGHT

By Christian Anderson

TANKS HAVE COME A LONG WAY since the first trench crawlers of WWI. As each conflict ebbs and dies, armored warfare changes, but the push for faster, lighter and more powerful tanks will always continue.

The king of the hill, top dog and leader of the pack is the M1 Abrams Main Battle Tank—the “baddest of the bad” on the block. This super tank is known for more than being the biggest—it also has the thickest armor and the biggest gun in the Guard inventory.

EVOLUTION

When the Army decided to develop a new battle tank in 1972, developers were looking for something that was fast and sleek, but powerful, too. The new tank reached operational status in 1980 and was named after former Army Chief of Staff and commander of the 37th Armored Battalion GEN Creighton W. Abrams.

GEN Abrams received notoriety when he led the spearhead of the 4th Armored Division and Patton's Third Army, where he used speed and agility to outmaneuver and defeat the larger, more powerful opposing German tanks. Known for his aggressive tactics, GEN Abrams earned much praise from GEN George S. Patton himself, which truly inducted him into the ranks of some of the best armor commanders in history.

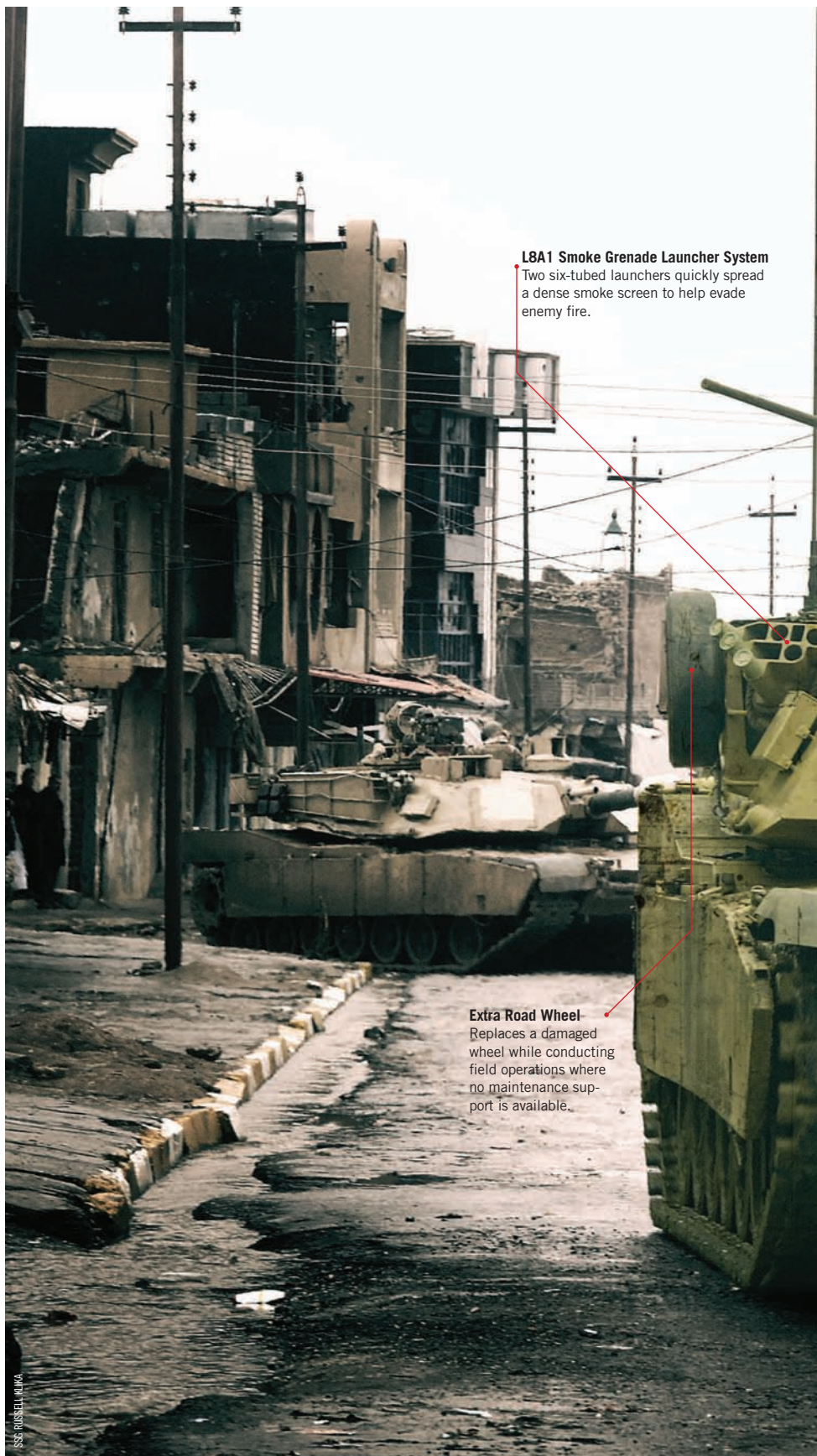
Much like its namesake, the Abrams is quick and agile, but it also packs a powerful punch, sporting a 120 mm main gun, which it uses to accurately engage targets from miles away.

PUTTING THE METAL TO THE TEST

The Abrams earned the world's fear and respect almost 10 years after its introduction in Desert Storm in Kuwait. With thermal sights still a new technology, the Abrams was able to engage targets through the resulting smoke of the burning oil wells, destroying targets that could not even see it. The Abrams tanks quickly wiped out Saddam Hussein's armored brigades, leading to the liberation of Kuwait.

Able to engage targets on the move with a precision aiming system, the Abrams can be deadly accurate from up to 2 miles away.

The tank continues to support Guard operations, and the sound of its tracks and the deep rumble of the cannon are often comforting for many Soldiers. **GX**



L8A1 Smoke Grenade Launcher System
Two six-tubed launchers quickly spread a dense smoke screen to help evade enemy fire.

Extra Road Wheel
Replaces a damaged wheel while conducting field operations where no maintenance support is available.

SSS/ROUSSEL/ALUWA



★ M1 ABRAMS ★

Transparent Armor Gun shield (TAGS)
Provides protection for the main gunner while increasing visibility.

7.62 M-240 Machine Gun
A belt-fed, air-cooled, gas-operated, fully automatic weapon with max effective range of 900 m and max firing of 200 rounds per minute.

Muzzle Reference Sensor
Used in conjunction with the gunner's primary sight to measure barrel distortion due to temperature change.

SPECS: THE M1 ABRAMS

Crew: Commander, gunner, loader and driver

Length: 387 in.

Width: 144 in.

Height: 93.5 in.

Gross Weight: 63 tons

Power plant: AGT-1500 turbine engine: 1500 hp

Speed: Max: 42 mph (governed)

Cruise: 30 mph

Range: 275 miles

ARMAMENT:

Main: 120 mm M256 Smooth Bore

Cannon commander: .50 Cal M2

Machine gun coaxial weapon: 7.62M240

Machine gun loader's weapon: 7.62 M240 machine gun

FAST FACTS

- M1A1 Abrams tanks were the "tip of the spear" at the start of Desert Storm.
- With six periscopes, the tank commander has a 360-degree view of the battlefield.
- The Russian-built T-72 tanks of Iraq were no match for the M1A1's deployed during the Gulf War.

STAR POWER

From USO Concerts to Scholarships,

Josh Turner Gives Back

Almost seven years ago, Josh Turner released a hit song that would ultimately thrust him into stardom. But unbeknownst to the country music singer, this train of success would continue for years to come and allow him to make a difference in people's lives.

BY CHRISTIAN ANDERSON

PLATINUM PERFORMANCE Josh Turner performs before a packed house at the Grand Ole Opry.



Turner's adventure began years ago while growing up in a small town in the countryside of South Carolina, an upbringing that helped shape him into the popular country music star he is today.

"I grew up in the Florence county area in a small farming community called Hannah, miles away from any big town," Turner says.

Those of you who have been to South Carolina know that it has a flavor of hospitality unknown anywhere else in the world, and people tend to focus on the good things in life. Rich in history and culture, the state has become a melting pot for country and gospel music, which Turner embraced to the fullest when he was young.

"Growing up in the country in South Carolina shaped everything I am about," Turner says. "In the country, you find pleasure and joy in the simple things in life. Music is one of those things.

with several choral groups. In these groups, he focused on country music and set his sights on the hub of that genre: Nashville, TN.

"That was the thing that appealed to me about country music in the beginning—it is a simple type of music," Turner says, "but at the same time, it is very broad in the fact that it allows you to sing about anything you want to sing about."

Turner's life changed for the better in a performance that proved to be every country music singer's fantasy: a live performance at the Grand Ole Opry in front of a packed house. When Turner sang his song, "Long Black Train," the audience was so moved by his words and emotion that he received a stand-

first song I sang at the Grand Ole Opry, and it was my first music video."

Turner eventually signed with MCA and began his steady progression toward stardom. But it wasn't just about fame and fortune; for Turner, there was something more that made all those road tours away from home and lonely late nights in the studio worth it. He looks back to the positive impact "Long Black Train" had on people, including those who were struggling with life.

"'Long Black Train' was one of those songs that affected people in a positive way," Turner says. "It really got people thinking about the things they struggled with in their lives. In some cases, it even saved some people's lives."

The Power of Music

Turner isn't exaggerating when he says that his song turned people's lives around. He has been approached by individuals who thanked him for his music, saying it saved them.

"To me, that really proved the power of music, and how strong you can be with a song, and how careful you have to be," he says.



Playing for the Troops

Turner has always jumped at the chance to perform for the troops and credits his forefathers for his appreciation of service members.

"I come from a long line of farmers, but a lot of my ancestors were in the service," Turner says. "I am thankful to people like that. I salute people like that."

Turner performed live at a USO concert in Norfolk, VA, on June 29, 2007, and sang a few songs for the service members in attendance. This experience proved to be a memorable honor for Turner.

When asked why he felt a need to perform for the troops, Turner told a story about a lone Soldier in the Atlanta airport. "We were flying back from vacation a while back and flew into the Atlanta airport, and I saw a guy in uniform; I shook his hand and thanked him for the sacrifices he made and for his service," Turner recalls. "You could see it in his eyes that he appreciated hearing that."

But it's not just about handshakes and hugs to Turner—it's about bringing Soldiers comfort and clarity, something that he does through his music.

"We as Americans need to take time and recognize service men and women," Turner says. "It's fulfilling, and it makes me feel good that I am bringing some hope and some joy to their life. Being able to bring them some sort of escape through my music is gratifying."

"Music can be really complex, but when it comes to country music and gospel music, it's about the core emotions of everyday Americans," Turner continues. "It's about their life, their relationships and the things they experience."

Road to Success

Turner was involved in the church choir while growing up and sang bass and baritone

ing ovation. After the show, word spread around Nashville and the country about Turner's deep voice and traditional sound, making a name for him overnight.

"I'm very blessed when it comes to that song," Turner says. "It really surprised me all the way around and has opened so many doors for me. It helped me get my publishing deal [and] my record deal. It was the title track to my first album, my very first hit, the very

According to Turner, that's why he loves being a country singer—so he can help people. He isn't concerned about being famous, making a bunch of money or having a good time.

"It's so much more than that," he says. "I go out there every day to write, sing and perform songs that impact people. Sometimes it's a hard position to be in, but at the same time, I realize that's my purpose as a singer—to be a messenger and a spokesperson, too."

GETTING IN TOUCH Josh Turner shakes hands with fans during a performance at the Grand Ole Opry.



“I come from a long line of service men, so there’s a personal connection there.

If I can attribute some of my talent and some of my gifts to raising support behind our troops, I feel like I am doing my part.” —Josh Turner

Living the American Dream

Turner has had the luck of chasing and realizing his American dream, and thanks past and present service members for allowing him, as well as other Americans, to pursue their dreams.

“Being able to live in a country where I have the freedom and the liberty to come to a place like Nashville, pursue a dream and be able to support my family singing and writing country music, that is the American dream to me,” he says. “It’s to be able to do what you love for a living.”

Turner feels that he has accomplished his dream, but he also encourages others to pursue their goals and get an education.

“My American dream is just being able to catch my dream,” Turner explains. “Growing up in a small rural place like I did, it was unheard of for anybody to leave and pursue a career or get an education.

“Going to college was optional when I was growing up, and it doesn’t seem to be that way now,” he continues. “I didn’t really have to go to college to do what I am doing now, but I can tell you it helps so much.”

Giving Back

Realizing how important education has become not only for artists and musicians,

but for all young people, Turner began a scholarship fund to enable others to pursue their dreams.

The fund, named the “Josh Turner Fund for the Arts,” provides financial aid for students studying music or the music business at a college or university.

“We have spent the last three years trying to raise funds and trying to implement arts and music back into our American schools,” Turner says. “We have raised a lot of money, so we’re getting to a point to where we can do pretty much what we want to do.”

Turner believes that through hard work, dedication and education, everyone can achieve their dreams, and he hopes his fund will help a few individuals achieve their dreams. Scholarship recipients will also get a once-in-a-lifetime internship opportunity. Submission guidelines will be available this

fall through www.JoshTurner.com, and the first official scholarship recipient will be named in 2009.

Words of Wisdom

For young recruits in the military, Turner offers advice similar to what he would tell young artists and musicians: Keep your head up and focus on your mission.

“I would just say be firm, realize that you are doing the right thing, and no matter what happens, your service will not be forgotten,” Turner says.

“I have always been very supportive of the military,” he continues. “I never had to enlist, so I have been able to spend my time chasing my dream and doing what I am meant to do. I come from a long line of service men, so there’s a personal connection there. If I can contribute some of my talent and some of my gifts to raising support behind our troops, I feel like I am doing my part.

“As an American citizen, I just want to say to all the service men and women just how much we appreciate what you are doing,” Turner adds. “We believe in you, we are praying for you, and we are rooting for you. Just don’t give up, no matter what anyone says. Stay the course, and do what’s right.” **GX**

Show Your Support

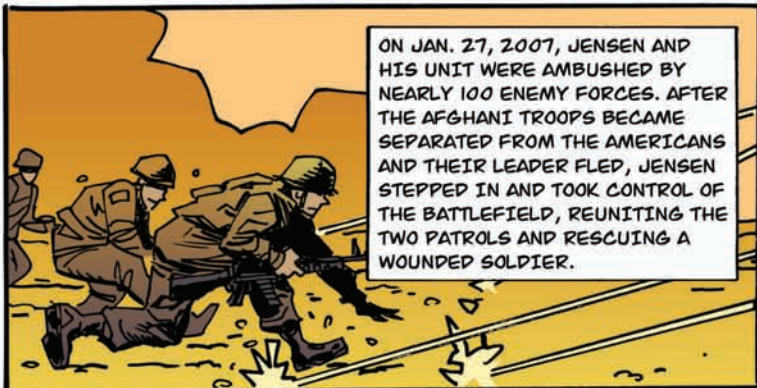
FUND FOR THE ARTS BRACELETS are being sold at Josh Turner tour stops and online, and you can see Turner wearing one in support of the cause.

TWO STARS FOR UTAH

ILT TYLER JENSEN, A SOLDIER WITH THE 19TH SPECIAL FORCES GROUP, UTAH ARMY NATIONAL GUARD, DEPLOYED TO AFGHANISTAN IN 2006/2007 TO TRAIN AND MENTOR THE AFGHAN NATIONAL ARMY.



ON JAN. 27, 2007, JENSEN AND HIS UNIT WERE AMBUSHED BY NEARLY 100 ENEMY FORCES. AFTER THE AFGHANI TROOPS BECAME SEPARATED FROM THE AMERICANS AND THEIR LEADER FLED, JENSEN STEPPED IN AND TOOK CONTROL OF THE BATTLEFIELD, REUNITING THE TWO PATROLS AND RESCUING A WOUNDED SOLDIER.



FOR HIS "COURAGE, SUPERLATIVE COMBAT SKILLS AND TACTICAL LEADERSHIP," JENSEN WAS AWARDED A SILVER STAR FOR VALOR.



CPT CHAD PLEDGER, ALSO WITH THE 19TH SPECIAL FORCES GROUP, RECEIVED THE BRONZE STAR WITH VALOR FOR HEROIC ACTIONS THAT INVOLVED LAUNCHING "AN EFFECTIVE COUNTERATTACK AGAINST AN ENTRENCHED ENEMY AMBUSH THAT NOT ONLY SAVED THE LIVES OF NUMEROUS SOLDIERS, BUT ALSO ENABLED THE RECOVERY OF A U.S. CASUALTY."



UTAH GOVERNOR JON M. HUNTSMAN AND ADJUTANT GENERAL MG BRIAN L. TARBET HONORED THE TWO UTAH GUARDSMEN JUNE 19 AT AN AWARD CEREMONY IN DRAPER, UT WHILE REMEMBERING THEIR FALLEN BROTHERS, INCLUDING ZLT SCOTT B. LUNDELL.




FALLEN SOLDIER ZLT SCOTT LUNDELL'S WIFE WAS ALSO HONORED AT THE CEREMONY WITH AN AMERICAN FLAG.



NEW ARNG EDUCATION DIVISION

STANDS UP!



The newly formed Army National Guard (ARNG), Education, Incentives & Employment Division (NGB-EDU) will greatly enhance the Guard's ability to provide premier marketing, administration and counseling services in support of ARNG Education and Incentive programs as well as provide clear pathways to civilian employment. In order to realize these goals, the division is assembling a dynamic staff of professionals.

If you are interested in becoming a part of this team and are an E5–E7 or O2–O4, visit the ARNG's Human Capital Management Division at Guard Knowledge Online, gko.ngb.army.mil and submit an application.

Duty locations include the ARNG Readiness Center in Arlington, Virginia and the Professional Education Center in North Little Rock, Arkansas.

Most new employees will be hired on a one-year conditional basis in an Active Duty for Operational Support (ADOS) status. AGR Tours may also be available.

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