

# GX

THE GUARD EXPERIENCE

## PREPARING TO DEPLOY?

CHECK OUT OUR GUIDE TO  
WHAT YOU NEED TO KNOW  
BEFORE LEAVING HOME

# THE GUARD SHIELD

JOURNEY TO  
FORT GREELY, AK  
WHERE SOLDIERS PLAY  
A FRONTLINE ROLE  
IN MISSILE DEFENSE

>> GX HERO

## THE HERO'S HERO

MARTIAL ARTS  
MASTER BOB KUNKEL  
MENTORS  
WOUNDED WARRIORS



**WE BRING  
FOOD, WATER,  
MEDICINE  
AND HOPE.**

When disaster strikes, the people of the United States count on the skilled personnel of the Army National Guard to help pull them through. Today it's a flood, tomorrow it could be a wildfire, earthquake, or tornado. Whether you want to pursue

a career as an engineer, pilot, mechanic, or even doctor, the Guard can help you get the education you need to perform at the highest levels — both in and outside the Guard. To learn more, contact us today, by phone or on the web.

[www.1-800-GO-GUARD.com](http://www.1-800-GO-GUARD.com)



YOU CAN

Join the National Guard  
visit us at  
[www.1-800-GO-GUARD.com](http://www.1-800-GO-GUARD.com)



*Dale Jr.*  
**SHIFTING  
GEARS**  
HEATHERHEAD ENTERTAINMENT

*In a year where everything is changing  
come ride along with Dale Jr.*

**2 NIGHT SPECIAL**

Thursday, July 24th

Friday, July 25th

7pm on **ESPN**



Presented by



Preview Shifting Gears at [www.1-800-GO-GUARD.com/dalejr](http://www.1-800-GO-GUARD.com/dalejr)

## 36

### DEPLOYMENT GUIDE

What you need know before leaving home.

## 47

>> ON THE ROAD

### GUARDING OUR NATION

Journey to Fort Greely, AK, where Soldiers play a frontline role in missile defense.

## 78

>> GX HERO

### THE HERO'S HERO

Martial arts master Bob Kunkel mentors wounded Warriors.

## 59

>> GUARD LEGACY

### FROM ROUGH RIDERS TO BUSHMASTERS

The history of the Arizona Army National Guard.



SPC Deryk Hutton of the 76th Infantry Brigade Combat Team, Indiana Army National Guard, transfers his luggage to the Camp Atterbury Joint Maneuver Training Center in Edinburgh, IN. SPC Hutton was one of 3,400 Soldiers who took part in the state's largest deployment effort to Iraq.



# DEPARTMENTS

## 6 LETTER FROM LEADERSHIP

BG John E. Davoren, Commanding General, Multi-National Task Force-East, praises KFOR personnel in Kosovo.

## 8 LETTER FROM THE EDITOR

GX focuses on deployments, storms at home and gives a shout-out to Fort Greely, AK.

## 10 RECON

See inspirational and thrilling photos from across the world.

## 16 INTEL

AKARNG rescues lost hunters; the Guard aids communities after storms; a WWII vet gets recognized; plus much more.

## 44 STRENGTH MAINTENANCE

Recruit joins her two sisters as a Soldier in the OHARNG; civilian paints truck to show support for the Guard.

## 52 HOME BASE

How to balance finances while deployed; getting back to school; how to avoid becoming a couch potato; and mother and daughter serve together.

## 62 FIGHTING SPIRIT

Dale Jr. wins the Michigan Lifelock 400; Vitor racks up a 2nd place finish at Indy; combatives; and much more.

## 82 GUARD TALES

NCARNG Soldier recognized for courage and bravery in Iraq.



GX: *The Guard Experience* (ISSN # 1559-9922) is published monthly by Iostudio, LLC, 1625 Broadway, Third Floor, Nashville, TN 37203-3138. Periodicals postage paid at Nashville, TN and additional mailing offices. Postmaster: Send address changes to: GX: *The Guard Experience*, 1625 Broadway, Third Floor, Nashville TN 37203-3138.

# Letter From Leadership

## KFOR 9 Soldiers Keep the Peace in Kosovo



Fellow Service Members,

Soldiers and Airmen serving as members of Multi-National Task Force-East (MNTF-E) in the Kosovo Force (KFOR) continue to execute missions under Operation Joint Guardian. The KFOR 9 rotation contains personnel from the active Army, Army Reserve, Army National Guard (ARNG) and active Air Force, all of whom serve on the task force. Within the task force, which also includes Soldiers from six other nations, the National Guard is represented with personnel from 25 states and two territories. Active, Guard and Reserve personnel are all working together and representing the best of the United States.

The National Guard continues to fulfill vital roles at home and overseas. The states that provided units for the KFOR rotation had to contend with handling natural disasters at home during the past year. My home state of Kansas experienced four major storms in 2007, resulting in loss of life and impacting every county in the state. Whether there are floods or winter storms, Soldiers and Airmen are there to help members of their communities rebuild their lives, homes and businesses.

The Soldiers conducting missions here in Kosovo know they are part of our nation's efforts to work with our NATO allies and conduct peacekeeping operations in the Balkans. Our units continue to be one of the stabilizing forces in Kosovo, which allows the international community the opportunity to continue to work toward a final status decision on Kosovo. All events associated with the Kosovo elections were held. The Soldiers of MNTF-E are respected by the residents and are working together in KFOR for the security of all the people of Kosovo. That respect is returned by all Soldiers who treat the inhabitants of Kosovo with dignity and respect.

The Soldiers and units have accomplished quite a bit during this rotation. Each task force member is engaged every day in performing tasks that are not associated with our traditional unit missions. All are committed to doing their best and looking for ways to improve. I am dedicated to the development of our junior leaders here, so we will all return home, not just as better Soldiers and Airmen, but also as better citizens and members of our communities. With this in mind, many members of the task force are taking the opportunity to participate in military and civilian school opportunities while they are deployed.

While our focus here is on performing all of our missions, we must also remember our families at home. It is not only the Soldiers and Airmen who support our nation. Our service is enhanced by the unwavering support of our families and communities, who know their loved ones and friends walk daily in harm's way. For the families and friends, you may not carry a rifle on your shoulders, but you carry an even heavier weight by worrying about your Soldier or Airman.

Today's Soldiers and Airmen are people who serve during extraordinary circumstances. We know the true meaning of courage, and this knowledge provides us with the strength to perform our duty. Thank you for your service and support.

**The Soldiers of MNTF-E are respected by the residents and are working together in KFOR for the security of all the people of Kosovo. That respect is returned by all Soldiers who treat the inhabitants of Kosovo with dignity and respect.**

Brigadier General John E. Davoren  
Commanding General  
Multi-National Task Force-East

# MAKE IT PERSONAL

- ✓ Your Stories.
- ✓ Your Heroes.
- ✓ Your Magazine.

Make *GX* your own by filling out a quick and easy survey online at:

[www.GXonline.com/survey](http://www.GXonline.com/survey)



Have an idea for us?  
Now's your chance to **speak up.**

## Courage and Honor

**As** we celebrate our nation's independence, many of our Soldiers are preparing to join the ongoing fight to safeguard Freedom on the global front. For some, it's their first time in battle; for most, it's familiar ground. Our Guard Soldiers—you, our readers—continue to set the bar for courage and honor.

To aid the noble men and women who will soon deploy, we are offering our "Deployment Guide" (see pg. 36). This feature outlines some great advice from our own in-house expert on the subject, Staff Sgt. Marcia Dickerson. Marcia deployed to Southwest Asia in support of OEF/OIF in March 2003 and has served in the National Guard for almost 20 years. She also has several years' experience working with the National Guard Family Program. You can look at this feature as a great launching pad for an organized deployment.

And just to amp things up a bit, we tossed in some anti-ballistic hooah with our inside look at the National Guard's missile defense program at Fort Greely, AK (see pg. 47). *GX* was given unprecedented access to embed at Fort Greely with our Soldiers. This article paints an awesome picture of the frozen Alaskan landscape and the Guard's dedicated and technologically astounding service. Big thanks to LTC Hunt Kerrigan for hooking us up!

One last heads up: The 2008 Milblog Conference will be coming up this fall in Las Vegas. This tremendous event brings together military and military supporters from across the nation to share ideas and experiences. I attended last year's event and loved gathering with so many folks who share the same big heart for our troops. For more info on the 2008 Milblog Conference, visit [www.Milblogging.com](http://www.Milblogging.com). This site is the ultimate hub for military blogs and now features nearly 2,000 blogs in almost 40 countries.

Thanks!



Keith Kawasaki, Editor-in-Chief  
[Keith@GXonline.com](mailto:Keith@GXonline.com)

**Correction:** In *GX* 5.2, the article "Masters of Stealth: Inside the World of the Sniper" included portions of an interview and editorial content provided by Arkansas Army National Guard Soldier SSG Julia Spinnato without credit or proper citation for her contributions to the article. *GX* regrets this error and thanks SSG Spinnato for bringing this matter to our attention. At *GX*, we always strive to keep the spotlight on the Soldiers who submit to our publication. Your participation is key to *GX*.



### ON THE COVER

A long-range Strategic Targets System (STARS) rocket is launched from the Kodiak Launch Complex on Kodiak Island, AK, on Feb. 24, 2006.

PHOTO COURTESY OF MISSILE DEFENSE AGENCY, MDA.MIL

**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.

**Publisher:** Mitch Powers  
**Founding Editor:** Ed Brown  
**Editor-at-Large:** Chris West

**Editor-in-Chief:** Keith Kawasaki  
**Design Director:** Andrew Nixon

**Managing Editor:** Staff Sgt. Marcia Beene Dickerson

**Guard Advisor:** SSG Ken Weichert  
**News Editor:** SPC Miko Holloran  
**News Editor:** Christian Anderson  
**Copy Editor:** Camille Breland

**Contributing Writers:** SPC Sam Beavers, SSG Ken Weichert, Stephanie Weichert, ZLT Ryan Sutherland, Mark Henricks, SGT April McLaren, Joseph Montanaro, SGT Michael Kerkoff, Judith S. Harris, Heather G. Allen, Johanna Altland, Jason Hall

**Contributing Illustrator:** Don Lomax  
**Contributing Editors:** Emily McMackin, Jamie Roberts, Megan Pacella

**Contributing Art Director:** Kerri Davis  
**Contributing Designers:** Lynne Boyer, Ben Stewart, Carrie Wakeford

**Mail:** *GX: The Guard Experience*  
c/o Iostudio, LLC  
1625 Broadway, Third Floor  
Nashville, TN 37203  
**Voice:** (866) 596-4558  
**Fax:** (615) 256-6860

**Email Contacts:**  
**EDITOR** [editor@GXonline.com](mailto:editor@GXonline.com)  
**SUBSCRIPTIONS** [subscriptions@GXonline.com](mailto:subscriptions@GXonline.com)  
**GENERAL INFO** [info@GXonline.com](mailto:info@GXonline.com)

**Editorial Inquiry and Submissions:**  
[editor@GXonline.com](mailto:editor@GXonline.com) or voice:  
(866) 596-4558, fax: (615) 256.6860

No responsibility can be accepted for manuscripts or photographs, solicited or unsolicited. All postal submissions should be accompanied by an SASE. Copyright ©2004-2008, Iostudio, LLC. All rights reserved. The views and opinions expressed herein are not necessarily those of the publisher or of the Department of Defense, the Army, the Air Force, or the National Guard Bureau. No endorsement of any advertised service or product is intended by the publisher, the Army National Guard or any government agency, and none should be inferred. *GX* is published 12 times a year by iOStudio, LLC, in cooperation with Hammock Inc., Nashville, Tenn.

*GX* magazine is not an official publication of the Army National Guard. Rank designations for *GX* staff members are displayed out of our respect for our Citizen-Soldier employees. All military employees are traditional Guard members.



- ➔ PHOTOS
- ➔ VIDEOS
- ➔ RACE SCHEDULE
- ➔ POINT STANDINGS
- ➔ DOWNLOADS

---

# STAY ON TRACK WITH DALE EARNHARDT JR.

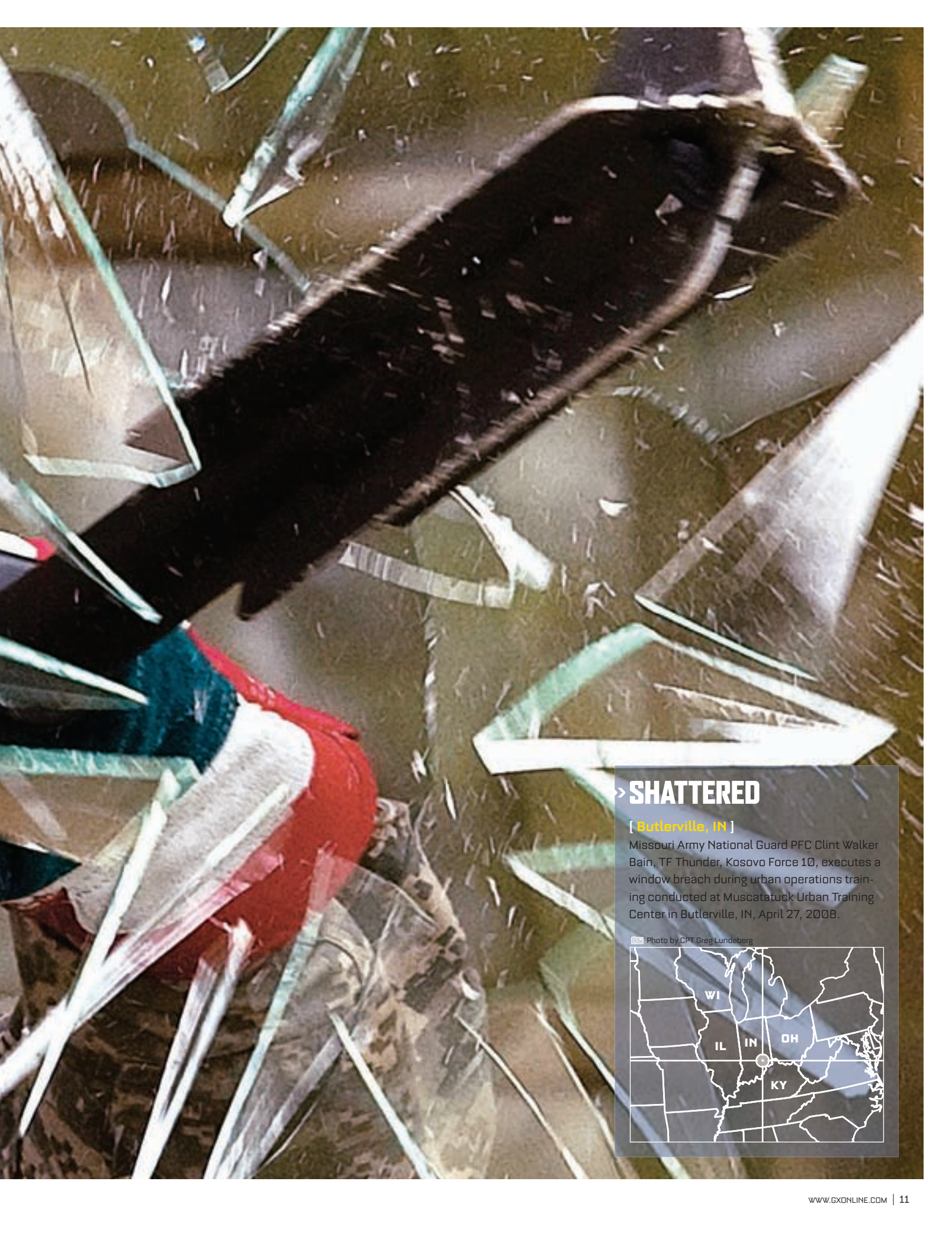
---

All this, plus details about the next race,  
headlines from recent races and more at:

**[www.1-800-GO-GUARD.com/dalejr](http://www.1-800-GO-GUARD.com/dalejr)**







## > SHATTERED

[ [Butlerville, IN](#) ]

Missouri Army National Guard PFC Clint Walker Bain, TF Thunder, Kosovo Force 10, executes a window breach during urban operations training conducted at Muscatatuck Urban Training Center in Butlerville, IN, April 27, 2008.

Photo by CPT Greg Lundeberg







## » A MOMENT'S NOTICE

[ **Sandy, UT** ]

A Soldier assigned to the 19th Special Forces, Utah Army National Guard, armed with a 5.56 mm M-4 carbine, rushes to secure a landing zone after exiting an HH-60 Pave Hawk III helicopter May 12, 2008, during a training exercise held at Sandy, Utah.

 Photo by Master Sgt. Kevin J. Gruenwald





## » UNITED WE STAND

[ Elnora, IN ]

U.S. Marines and Sailors of Camp Lejeune's 26th Marine Expeditionary Unit (MEU) and Indiana Army National Guard Soldiers assist the local community with flood water control on June 9, 2008, in Elnora, IN.

Photo by Lance Cpl. Patrick M. Johnson-Campbell, U.S. Marine Corps.







**Singers Honor Soldiers**  
Aaron Tippin and Rodney Atkins play for Soldiers.

18



**Friends Enlist**  
Four childhood friends enlist in the ILARNG.

22



**Never Too Late**  
WWII Veteran receives nine medals for his action 63 years later.

24



**Desert Training**  
FLARNG Soldiers train the Royal Army of Oman.

28



**State Partnership Program**  
ILARNG MP's go to Poland to train.

33

“And in the eyes of my enemies,  
Or the eye of a storm,  
I face the dangers as they come,  
In any shape or form.”

>> EXCERPT FROM “I GUARD AMERICA” BY JAMES ROGERS,  
OFFICIAL SONG OF THE NATIONAL GUARD



## AKARNG Rescues Stranded Hunters

By SGT Karima Turner and SPC Miko Holloran

**CAMP DENALI, AK**—The Alaska Army National Guard rescued seven hunters in the Goodnews Bay area during Memorial Day weekend.

The Alaska State Troopers in Bethel, AK, were informed May 24 that two groups of hunters were in need of assistance, but the troopers were unable to get to them because of bad weather and difficulty landing in the specific location. So they requested assistance from the Alaska National Guard’s Rescue Coordination Center.

“They contacted the Rescue Coordination Center, and we requested the use of the Alaska Army National Guard (AKARNG) to rescue both groups of hunters,” said MSG Sal Provenzano of the 11th Rescue Coordination Center.

The AKARNG’s 207th Aviation out of Bethel responded with a UH-60 Black Hawk helicopter to



**CHOPPER TIME**: CW3 Michael Edwards, 207th Aviation pilot, SGT Robert Pike, 207th Aviation crew chief and CPT Michele Edwards, 207th Aviation pilot were called to assist Alaska State Troopers in the rescue of seven hunters.

locate the two groups.

“The first group of hunters had been traveling with two boats to Quinhagak when one of their boats got swamped,” said CW3 Michael Edwards, a UH-60 Black Hawk pilot with 207th Aviation out of Bethel.

“When the first boat got back and the second didn’t come in, they

knew there was a problem and notified the Alaska state troopers. When they were initially found, [the hunters] were wet, cold and hypothermic, but the troopers were able to drop some dry clothes and radios, and check on their condition. They had already spent a night there and had been able to start a

fire and warm up, but they felt they could not wait until a boat could pick them up.”

“It was rainy and foggy,” said CPT Michele Edwards, the other UH-60 pilot. “It was legal to fly, but the winds were gusting up to 40 knots!”

“After we assembled and figured

COURTESY OF THE AKARNG





## VICTORY MAP

### >> ALASKA

A ceremony for nearly 50 Alaska Territorial Guard Soldiers in Hooper Bay was held Jan. 3. The Soldiers, who began their service during WWII shortly after the attack on Pearl Harbor, were never formally discharged and recognized for their service after the war ended. Alaska's governor signed two new bills benefiting the Alaska National Guard (AK NG). Starting this summer, AK NG members fighting wildfires will earn full emergency firefighter pay for their efforts to protect Alaskan lives and property. The second bill, which goes into effect Jan. 1, 2009, allows Alaska residents who serve in the Guard and Reserves to receive free hunting, trapping and fishing licenses.

### >> ARIZONA

75 soldiers of the 1/285th Aviation Battalion returned from duty in Afghanistan. The unit originally deployed with more than 450 Soldiers in May 2006 to Fort Hood, TX. They then deployed to Afghanistan in January 2007. The remaining Soldiers returned in January 2008.

### >> MARYLAND

More than 45 members of the Maryland Army National Guard's Company B, 3rd Battalion, 126th Aviation Regiment returned home May 31 from supporting Operation Enduring Freedom in Afghanistan after almost a year. Their mission in Afghanistan was to move troops and supplies throughout the combat zone using their CH-47 Chinook helicopters in support of the International Security Assistance Force.

### >> MICHIGAN

Michigan Army National Guard paratroopers of F Company, 425th Infantry Long Range Surveillance (LRS) and the German Army Long Range Reconnaissance 200th Fernspählehrkompanie (FSLK) conducted parachute jumps from a CH-47 helicopter over Camp Grayling, MI, on April 6. The U.S. LRS and German FSLK 200 Soldiers

CONTINUED ON PAGE 19



**::MAKING THE SAVE::** SGT Robert Pike, 207th Aviation crew chief, makes contact with four hunters who were stranded in the Goodnews Bay area May 24 and guides one to the Alaska Army National Guard's UH-60 Black Hawk via four-wheeler.



# "I'VE BEEN HERE FOR 14 YEARS, AND THIS IS THE MOST SAVES ALL IN ONE SHOT ..."

>> MSG Sal Provenzano, AKARNG

**::BACK AT THE HANGAR::** CW3 Michael Edwards and CPT Michele Edwards, 207th Aviation Black Hawk pilots, celebrate the rescue of seven stranded hunters.

out a plan, we called the fire department for EMT Leif Albertson," CW3 Edwards said. "He's helped us out on missions before, and we wanted him there in case the hunters needed immediate medical care."

MSG Provenzano said that approximately 20 miles away another group of hunters had crossed a river and were stranded because the ice had melted. The UH-60 Black Hawk helicopter picked them up as well, and brought them back to safety and medical care in Bethel.

"We do about 12 to 15 missions a year," said CW3 Edwards. "This winter, we've done about five



search and rescue missions. But this mission was only a rescue, as the state troopers were able to provide us with the location of the hunters.

"I've been here for 14 years, and this is the most saves all in one shot that I can remember for this type of assistance by Alaska Army National

Guard Soldiers," MSG Provenzano said. "We all read about them deploying to Afghanistan and Iraq, supporting their country and the federal mission, but this is a great example of how they also support the state mission by rescuing their fellow Alaskans." **GX**



Country music star Aaron Tippin plays before a patriotic crowd in Jacksonville, FL.

**AT:** When it first came out, all I could think about was the towers falling and the Soldiers mounting up to go get the enemy. Even though that's in our past, it reminds me how much that song nowadays brings us together as Americans. When I play it, I see everybody get on their feet and all stand together, and say, 'Hey, I'm an American.' It inspires Americans to what we do—and that is live free.

**“WHAT I NOTICED MOST [IN IRAQ] WAS THE PROGRESS.”**

>> Aaron Tippin

**GX:** What did you notice most during your recent trip to Iraq?

**AT:** What I noticed most was the progress. I saw so much good there, and so many happy Iraqi people that we liberated. That's what America does. We have been liberating countries under dictators ever since this country started—that's how this country started—and we liberated ourselves. We have freed a nation, and we have given them the opportunity to take democracy. They are proud to be free. When they all stuck their thumb in the ink to vote—that said it for me.

**GX:** When was your first trip overseas to visit Soldiers, and what was that like?

**AT:** The first show I ever performed was on the “Bob Hope Show” in Saudi Arabia for the men and women in the military. The first Americans to ever hear me play “You've Got to Stand for Something” live were in Riyadh, Saudi Arabia. It was so cool, playing for the Soldiers. **GX**

COURTESY OF FRONTPAGE PUBLICITY

# AARON TIPPIN

## Honors Father, Country

By Christian Anderson



Tippin and a member of his band play an impromptu gig for Soldiers in Iraq.

**AARON TIPPIN** and Cracker Barrel launched a partnership in May, bringing together one of America's most well-known restaurants and country music singers.

Tippin, who is known for his patriotic hit songs such as “You've Got to Stand for Something” and “Where the Stars and Stripes and the Eagle Fly,” released his new album, *He Believed*, in an exclusive deal with the restaurant chain.

Cracker Barrel, a popular home-cooking restaurant, has partnered with country music greats such as Alabama, Lonestar, Josh Turner, Merle Haggard and now the legendary Aaron Tippin.

Tippin dedicated *He Believed* to his father, who passed away unexpectedly in 2005. We at *GX* are big supporters of Tippin for all of his trips to Iraq and Afghanistan, and we're psyched about his new re-

lease. *He Believed* can be purchased at Cracker Barrel stores nationwide and online at [www.CrackerBarrel.com](http://www.CrackerBarrel.com).

We got to squeeze in a few questions for Tippin while he was promoting his new album.

**GX:** It's been almost seven years since you released “Where the Stars and Stripes and the Eagle Fly.” What do you feel when you play that song today?

# Rodney Atkins

## KEEPS SOLDIERS ROCKING

By Christian Anderson

➤ **NASHVILLE, TN**—Rodney Atkins has become pretty famous these days. He was awarded the Academy of Country Music's Top New Male Vocalist of the Year in 2007 and was nominated for the Academy's Top Male Vocalist Award this year. His hit single "If You're Going Through Hell" was Billboard's Most Played

"That song says you've got to be strong. If you are going through hell, crank it up as loud as you can stand and just sing along."

➤ Rodney Atkins

Song of the Year. But Atkins has become a star for other reasons as well, most notably his charity work and his support of the military.

On Oct. 8, 2007, Atkins jumped at the chance to perform live for Soldiers overseas in Iraq via satellite. Originally intended as a greeting to the Soldiers, Atkins was so psyched about the experience that he asked for his entire show to be broadcasted. Atkins rocked the night away.

"We dedicated ["If You're Going Through Hell"] to all the Soldiers and their families," Atkins told *GX*. "That song says you've got to be strong. If you are going through hell, crank it up as loud as you can stand and just sing along."

"Every time I sing 'If You're Going Through Hell,' the whole crowd sings it out loud with me," Atkins continued. "It's like the troops overseas could hear it and feel it."

But even with his fame and fortune, Atkins is quick to point out that he isn't defined by his music's success.

"I was successful before I had a song on the radio," Atkins replied. "I was successful with my family, my friends, and the good Lord was watching over us. I don't measure my worth based on wealth or fame, or any of that stuff. Your head can get really out of control fast."

Besides playing for the Soldiers, Atkins devotes his free time to another worthy cause as the National Celebrity Spokesperson of the Year for the National Council for Adoption. Atkins knows firsthand the importance of this cause: He was

adopted as a baby.

Born with health problems, Atkins lived with two other families before eventually landing in the arms of his current family in Greenville, TN. The Atkins family stuck by him through his ill health and helped him become the man he is today.

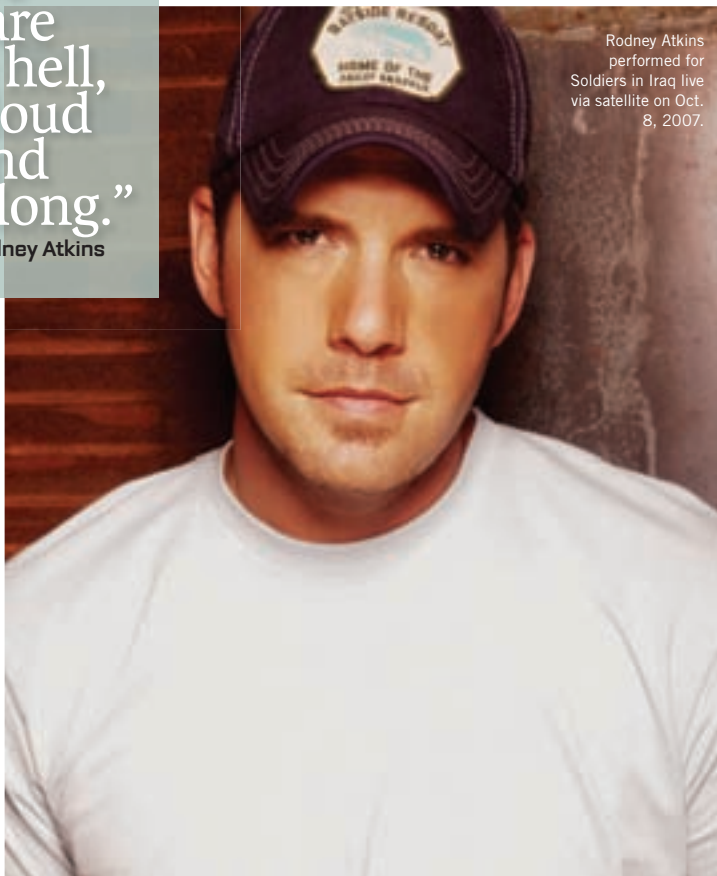
Atkins uses his family experiences to put heart into his music for the Soldiers and fans.

"I think family is crucial," he said. "Your family shapes who you are, your work ethic and your values. I have always appreciated family."

And when it comes to his home and his country, Atkins is quick to thank the Soldiers for their sacrifice and service.

"Fortunately, we have those guys out there so we can sleep safe every night," Atkins said.

For more on Rodney Atkins, check out [www.RodneyAtkins.com](http://www.RodneyAtkins.com). **GX**



Rodney Atkins performed for Soldiers in Iraq live via satellite on Oct. 8, 2007.



### VICTORY MAP

CONTINUED FROM PAGE 17

are conducting joint training in reconnaissance techniques.

#### ➤ MISSOURI

David F. Harster was honored with a certificate of appreciation for his support of Soldiers in 70th Troop Command. Harster sends dozens of care packages to Soldiers in Iraq on a regular basis.

#### ➤ OHIO

A deployment ceremony was held for 1,600 Citizen-Soldiers of the OHARNG's 37th Infantry Brigade Combat Team (IBCT), who left recently for a historic year-long deployment in support of the Global War on Terror. Family, friends and supporters gathered in full force at 17 ceremonies across Ohio to honor the Soldiers, say "Thank you" and wish them well as they left for mobilization training and a tour in Kuwait.

#### ➤ SOUTH DAKOTA

After a year in Afghanistan, 130 Soldiers from the 235th Military Police Company arrived home on Jan. 17. The Soldiers racked up 21,210 miles escorting convoys, provided 146,026 hours of security for detainees and conducted 349 security zone missions. The unit also provided 14,336 hours of law enforcement at different FOBs and conducted 1,215 reactionary force missions. Soldiers received five BSMS, 17 MSMS, 46 ARCOMs, 63 AAMs, four Joint Service Commendation Medals, 135 NATO International Security Assistance Force Medals and two CABs with five pending approval.

#### ➤ TEXAS

The TXARNG recently unveiled its Special Forces unit. MG John T. Furlow, Assistant Adjutant General-Army and TXARNG commander, stood up for C Company, 5th Battalion, 19th Special Forces Group, at a small ceremony in front of the Texas National Guard headquarters. Like any newly formed unit, C Co. will continue to focus its efforts on recruiting qualified Special Forces Soldiers and other candidates

CONTINUED ON PAGE 21

# Indiana Soldiers Track IEDs

LOGISTICAL  
SUPPORT AREA  
ANACONDA, IRAQ

Soldiers of the 293rd Infantry Battalion know the supply routes of northern Iraq like the back of their hand. The Indiana National Guard unit has taken on the largest portion of convoy security missions out of Logistical Support Area Anaconda. But according to CPL Shaun Dwyer, D Co., there is always more to learn.

By SSG Les Newport

**"IF WE'RE NOT OUT RUNNING** missions, then we're training, [practicing] evacuating casualties and, like we're doing today, training for IEDs (improvised explosive device)," CPL Dwyer said.

CPL Dwyer and several other members of the battalion attended a three-day master course at Anaconda's SGT Germaine L. Debro IED training lane conducted by Task Force Troy. The unit is a multi-national, multi-service task force responsible for gathering intelligence on IEDs and getting it to those who need it most.

Chief Petty Officer Matthew Broderson has been assigned to Navy Explosive Ordnance Disposal for more than eight years and is a member of Task Force Troy mobile training team. CPO Broderson said the highest learning curve occurs when students conduct team-on-team training.

"The big thing is to get them to think more like the enemy for placement," CPO Broderson said, "so next time they go out on a route, they're thinking like the enemy."

CPO Broderson says his team

also provides the latest trends of insurgent behaviors, and the expectation is that units will develop their own procedures for responding to threats.

"To get them to see the indicators of a possible IED and stop the convoy before they actually hit

of completing security missions successfully.

"Every day the enemy is evolving, changing their tactics," CPL Dwyer said. "[Task Force Troy] is getting us every little tidbit of information, and we're passing it down."

But CPO Broderson warns that the greatest risk is complacency.

"It's human nature to be comfortable—comfortable in your surroundings, to PT the same time every day, to eat the same time every day," CPO Broderson said. "It's common sense and awareness. If a place smells bad, then [Soldiers] need to react."

Another challenge for trainers is to keep information relevant by keeping it safeguarded. After the training, CPO Broderson took time to review videotape that had been collected during the exercises to ensure that no sensitive information would be inadvertently disclosed.

SSG Dustin Gothrup, also a student in the IED class, said the information was valuable and needed to be passed down but carefully.

"The more we know about [the enemy], the better," SSG Gothrup said. "But we don't want them to know what we know." **GX**

**"EVERY DAY  
THE ENEMY  
IS EVOLVING,  
CHANGING  
THEIR  
TACTICS."**

>> CPL SHAUN DWYER, INARNG

one—that's our ultimate goal," CPO Broderson said.

CPL Dwyer said it will be his job to take what he learns from Task Force Troy back to his unit. Installations provide training areas, aides and intelligence briefings to give units the greatest chance

OCT.  
10-12  
EUREKA  
SPRINGS, AR

## Arkansas Celebrates Citizen-Soldiers

By Erroll D. Severe

**EUREKA SPRINGS, AR—**

The people and businesses of Eureka Springs, AR, invite all National Guard personnel and their families to a one-of-a-kind event honoring the service and sacrifice of the U.S. National Guard.

The event will take place Oct. 10-12 at Silver Wings Field in Eureka Springs, AR, and is sponsored by the Aviation Cadet Museum Inc.

Many businesses are offering special discounts to honor you (I.D. required for discounts). The participating merchants and businesses are listed online at: [www.AviationCadet.com](http://www.AviationCadet.com) under the "Guarding the Ozarks" link. This will take you to the poll page where you can give us an idea of the attendance. This page also has a "Guarding the Ozarks" link at the top. Click to view the schedule of events and the business' discounts page. Before you arrive, please print that page so you will have it for easy reference.

Call  
**(479) 253-5008**  
for more information.



## VICTORY MAP

CONTINUED FROM PAGE 19

to the unit. The unit has assessment tryouts every month for Soldiers and Airmen who are willing to take the first step in earning the coveted Green Beret. Anyone interested in becoming a member of the Special Forces may call (512) 782-5949 or email [ngtx-sf@tx.ngb.army.mil](mailto:ngtx-sf@tx.ngb.army.mil).

### >> UTAH

The Utah National Guard formally thanked Eagle Mountain city officials for their support of the Guard and its members Jan. 8. COL Jefferson S. Burton, Assistant Adjutant General-Army, presented a plaque and certificate to city officials on behalf of the 6,500 members of the UT NG and the dozens of Guard members who call Eagle Mountain home.

### >> WASHINGTON D.C.

Two members of the Utah National Guard were honored during the General Douglas MacArthur Award ceremony held at the Pentagon. CPT Shawn M. Fuellenbach and CWO Robert K. Goldsberry were recognized for their leadership, discipline and achievements during 2007.

### >> BAGRAM AIR BASE, AFGHANISTAN

More than 190 Afghan National Army commandos from 203rd Corps vied for the right to be the "best of the best" during a competition Jan. 10-11 in Khowst province. The Best Commando Competition featured several events to test the commandos' mental and physical abilities, determination and endurance.

### >> KIRKUK, IRAQ

1,325 Iraqi Police recruits graduated during a ceremony Jan. 9 in northeastern Iraq. This was the ninth class to graduate from what the locals refer to as the Al-Tahadi (Challenge) training course, or the Kirkuk Police Academy. The course runs between 9 to 15 weeks to meet the 400 hours of training.

# Employers Nominated for U.S. Government's Highest Employer Award

The Department of Defense annually honors up to 15 employers with the Secretary of Defense Employer Support Freedom Award. This is the government's highest recognition given to employers who provide outstanding support to employees serving in the National Guard and Reserve and their families. The open nomination season for the 2008 Freedom Award closed on January 21, 2008, with 2,199 nominations received from across the country. The turnout represented a 97 percent increase in nominations from previous years.

By Kimberly J. Sunds

**ALL EMPLOYERS**, both large and small, are encouraged to support their employees' commitment to military service. Assistance can range from continuing healthcare benefits, to enabling a Soldier's family to see their physician, to offering to cut the lawn for a deployed member's spouse or other acts of kindness. While all employer support is exemplary, employers who go above and beyond the requirements of the Uniformed Services

"All during these periods and throughout my extensions, my employer remained flexible, supported the military in its constant changes and supplemented my salary by paying the difference I was losing while serving on active duty," Major Wong said.

Beyond providing full pay to Soldiers for periods of military service greater than 12 months, Xandex also provides continuation of all benefits, including health and dental care to the families left behind during deployments. This



food, magazines and movies to Major Wong's unit. Perhaps more importantly, these packages contained photos and personal notes expressing support from Major Wong's colleagues.

"In addition, they [Xandex] kept my work email active so I could keep in contact with family members during my deployment," he said. These simple gestures and reminders of home make all the difference to our citizen-warriors thousands of miles away from their loved ones.

*Marine Corps Times* recently named Major Wong Marine of the Year for 2007, citing his extraordinary commitment to mentoring elementary children, maintaining a letter-writing campaign for deployed troops and visiting those recovering from traumatic brain injuries at the local Department of Veteran Affairs hospital. Major Wong credits the flexible hours offered by Xandex to his ability to keep up with his extensive community involvement.

The 2008 Freedom Award recipients will be announced early summer and honored at a black-tie gala ceremony at the Ronald Reagan International Trade Center in Washington, D.C., on Sept. 18, 2008.

For more information, employers can visit the Employer Support of the Guard and Reserve (ESGR)'s Web site at [www.esgr.mil](http://www.esgr.mil), or call the National Committee at (800-336-4590). **GX**

**"All during these [deployment] periods and throughout my extensions, my employer remained flexible."**

>> Major Theodore Wong

Employment and Reemployment Rights Act (USERRA) to assist employees serving in the National Guard and Reserve deserve special recognition.

One company nominated this year for the Freedom Award is semiconductor company Xandex, Inc., a small business with less than 100 employees. Xandex employee and U. S. Marine Corps Reservist Major Theodore Wong nominated his employer for the Freedom Award, commending the small company for its tremendous support. Major Wong experienced this generosity firsthand while dedicating approximately 65 percent of the last six years to the military.

extra assistance provided peace of mind to Major Wong and his fiancé, who didn't qualify for military family benefits since she wasn't married to him prior to his deployment. Xandex even went as far as buying Major Wong a tri-band cell phone, allowing him to call from overseas at Xandex's expense. "This type of support was good to rely on when a call home was needed to boost morale," said Major Wong.

While not all employers can provide the financial benefits listed above, they can make other supportive gestures to employees serving in the National Guard and Reserve. Every month, Xandex sent care packages filled with toiletries,



**:: BOND OF SERVICE ::** These four lifelong friends currently serve with the 444th Chemical Company in Galesburg, IL, as chemical operation specialists.

# FOUR FRIENDS, ONE PATH

Graduating from high school can be a pivotal time for students. It's a time when young adults make a crucial decision to either go directly into the workforce, to a community college or a four-year university, or to take time off to travel. Four childhood friends from Abingdon, IL, decided on a different avenue—together. [ BY SGT LIESL MARELLI, ILARNG ]

## FROM PLAYMATES TO BATTLE BUDDIES

"My baby book has Stephanie as my first friend," said 23-year-old SSG Diana Cowan with a smile.

Since meeting in kindergarten, SSG Stephanie McCurry and SSG Cowan have been best friends. When SSG Evelyn McCrery moved into town a few years later, they all became best friends.

By their senior year of high school, the girls had already planned out their college futures, but none of them knew how they would pay for college. That is until they heard about the education benefits offered by the Army National Guard.

In January 2003, the three high school seniors and SSG McCrery's 17-year-old brother, Neil, now a cadet in the Reserve Officers Training

Corps, signed up for the Illinois Army National Guard (ILARNG) as chemical operation specialists.

Less than five months later, all four shipped out to Basic Combat Training (BCT) at Fort Leonard Wood, MO, as split-option Soldiers, which meant they would do BCT the first summer and Advanced Individual Training (AIT) the following summer, so they could stay

enrolled in school.

"It made it so much better to experience [the military] together," SSG Cowan said.

SSG Cowan, SSG McCurry, SSG McCrery and Cadet McCrery were all assigned to the same company at BCT. Although the Guard Soldiers were not assigned to the same platoon, they were assigned to the same barracks.

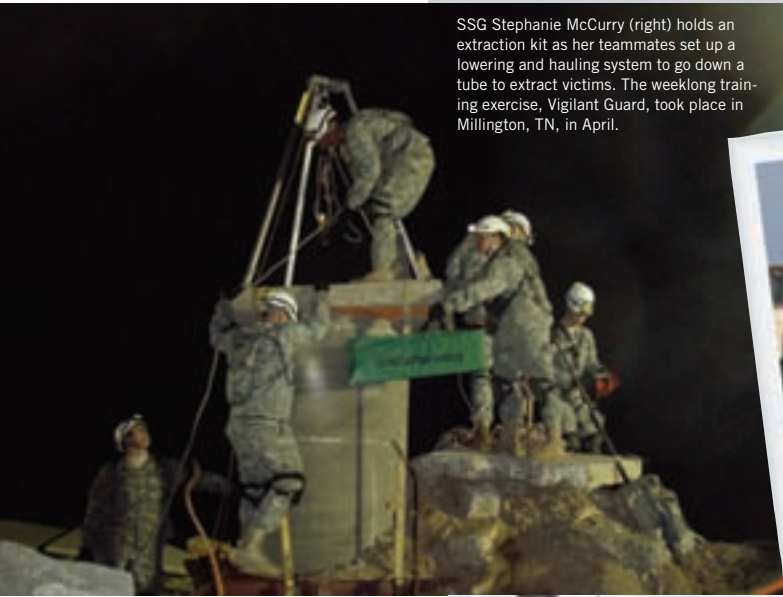
"We were able to see each other every night," SSG McCurry said.

SSG Cowan added that living together and being in the same company gave them a comfort zone.

One thing that sticks out in SSG Cowan's mind about BCT was hearing that it would be tough, but they would be able to laugh about it. As evidenced by the

CHUCK GOLDEN, SENIOR EXERCISE MANAGER, RESPONSE INTERNATIONAL GROUP

# "Our unit is like a big family." >> SSG Stephanie McCrery



SSG Stephanie McCrery (right) holds an extraction kit as her teammates set up a lowering and hauling system to go down a tube to extract victims. The weeklong training exercise, Vigilant Guard, took place in Millington, TN, in April.



SSG Diana Cowan, who works as a legal assistant for the state's attorney's office in DeKalb, IL, said that joining the military "opened her eyes."

buildings with victims, and to shore and breach buildings.

"Going to Ground Zero in 2005 made me feel proud to be in the military," SSG McCrery said. She said standing among the World Trade Center remains made her realize the importance of her mission.

ongoing laughter among them as they shared their favorite memories from training, it was their friendship and shared experiences that got them through their longest days.

One of their funniest memories was when SSG McCrery got in trouble for chewing gum and had to wear "full battle rattle" for her punishment.

SSG Cowan said she looked across the company area and saw a girl wearing 30-plus pounds of body armor in the summer's heat and started cracking up when she realized it was SSG McCrery.

The women could barely contain themselves as they broke out in laughter while reminiscing about it, including SSG McCrery who finds it funnier in retrospect.

Besides their friendship, they said having a background in athletics helped them adjust to the military lifestyle.

SSG McCrery was among the few Soldiers in the company to score a perfect 300 on the first Army Physical Fitness Test. After obtaining a perfect score, she said her attempt to stay inconspicuous went out the window.

The best friends went on to attend AIT together the following summer. All three women were nominated as honor graduates from their course.



SSG Evelyn McCrery and Cadet Neil McCrery, a staff sergeant prior to contracting with ROTC, said they are happy to have joined the military together and currently serve in the same unit.

## ON A MISSION

As planned, the women completed their four-year degrees thanks to the assistance of the Montgomery G.I. Bill and 100 percent tuition assistance from the Illinois National Guard.

The Soldiers agree that choosing to be chemical operation specialists was the right path. Assigned to the ILARNG 444th Chemical Company in Galesburg, IL, they are part of Illinois' Homeland Defense mission. Their unit's primary mission is searching and extracting victims at sites of terrorist attacks or natural disasters.

"We get to work with civilian agencies like police and firefighters," SSG Cowan said, adding that her military experience has trained her to operate cranes and jackhammers—things she said she never would have done were it not for the military.

"While everyone watches [an incident site] on TV, we are the ones who go and help," Cadet McCrery said.

The Soldiers wear protective chemical uniforms similar to what was shown in the movie *Outbreak* as they recon an incident site. They are also trained to rappel from

## MOVIN' ON UP

SSG McCrery, SSG Cowan, SSG McCrery and Cadet McCrery have moved quickly through the ranks. Coming in as privates in 2003, they have all been promoted to staff sergeant. By luck of the draw, they selected a unit and job field that was expanding, which has allowed them room for faster promotions.

Their initial contract with the National Guard will be fulfilled in January 2009. Although the women are undecided whether to make the military a lifelong career, they all agree that it has been like a second family to them. Cadet McCrery, on the other hand, is considering joining the Active Duty Army after being commissioned as an officer.

"The people are what keep me in," SSG McCrery said.

"Our unit is like a big family," SSG McCrery echoed.

SSG McCrery said serving is like being an important part of history. Their civilian education could not have given them the same training and experiences, SSG Cowan replied.

SSG McCrery laughs as she reflects on her decision to join the military with her friends. Her only question when she joined was if she had to shave her head. **GX**



**• A LIFETIME OF SERVICE:** SGT Kenneth Berry stands proud in Kearns, UT, where he was awarded nine medals 63 years later for his service in WWII.

the 41st Armored Infantry Regiment, 2nd Armored Division.

His unit moved through France, Belgium and into Germany, where he fought in the Battle of the Bulge. Later, as his unit neared Berlin, he was wounded when German artillery shelled the house where he and his unit were sheltered for the night. He was evacuated to a military hospital in Paris and remained there until after Germany surrendered.

“So many WWII Veterans came home and didn’t think about the awards and their service.”

>> COL Robert Dunton

SGT Berry returned home from the war, married and had 15 children with his wife, Fanny. Through the years, he spoke little of the action he saw in Europe and thought even less of any medals he might have earned during his time in uniform.

“He hasn’t talked much about his service,” said the oldest of SGT Berry’s 12 living children, Carla Walker of Springville. “He has opened up in the last couple of years, and that has been very precious. We have no clue what he has actually been through.”

Working various jobs—some of them concurrently—as a cement finisher, meat packer and baker, SGT Berry supported his large family, sending several of his sons and daughters on church missions.

“He’s always been a hard worker, but that was really ingrained when he went into the service,” Walker added. “And he has served us as a family—constantly. From day one, I have never doubted that my dad loved me, cared about me or would work as hard as he needed to in order to serve me.”

Building on a legacy of patriotism and service, four of the Berry boys—Rick, Mike, Steve and Tom—followed their dad into the military.

Rick served eight years as a member of the 19th Special Forces Group (Airborne) of the UT NG and on active duty; Mike spent eight years in the Marine Corps and later joined the Utah Air National Guard, retiring three years ago; Steve was in the Army for three years; and Tom has logged six years in the UT NG, currently serving with 2nd Battalion, 211th Aviation.

SGT Berry also has a granddaughter and two grandsons in uniform, one of whom serves in the Marines at the U.S. Embassy in Saudi Arabia.

“Certainly, my dad’s service factored into my decision to join the military,” said Tom, who works for the postal service and is home on leave from Fort Sill, OK, where his 150-Soldier unit is preparing to ship out to Kuwait and Iraq. “He is such a humble man; he has always put his children first. It’s nice for him to have his day after all these years.”

SGT Berry’s service was recognized after his son, Rick, began documenting his service, as well as the medals and awards he had earned, to obtain VA medical care.

Knowing that his dad had been wounded and was at the very least entitled to the Purple Heart, Rick started writing letters and searched on the Internet to find out what he could about the senior Berry’s

# Rewarding Service

WWII VETERAN RECEIVES NINE OVERDUE AWARDS AND MEDALS

Story and photos by MAJ Hank McIntire  
Courtesy of the UTARNG

**CAMP WILLIAMS, UT**—Sixty-three years after his brief military career, retired Army SGT Kenneth Berry, 83, of Kearns, received the Bronze Star, Purple Heart and several recognitions for his WWII service at a May 3 ceremony at Camp Williams.

More than 150 family members, friends, members of the Utah National Guard (UT NG) and local media crammed into headquarters

for the emotional event. Three of SGT Berry’s sons stood with him in their military uniforms, as CWO Jeff Hanson read each of the award citations and COL Robert Dunton, commander of Army Garrison Camp Williams, pinned them on SGT Berry’s chest.

SGT Berry was drafted into the Army in 1943 at 18 years old and was tasked with hauling gasoline and ammunition. He landed on the beaches of Normandy the day after D-Day as part of the assault of



military records. He learned that the archives of many WWII Veterans' service were lost or destroyed in a 1973 fire at the National Personnel Records Center in St. Louis, MO.

After the fire, workers micro-filmed every document that was legible. However, because the micro-films had to be searched manually, St. Louis officials gave Rick little hope that any records could be found. "It took congressional and Pentagon intervention to deal with it," he said.

Finally in March of this year, the family received word that the center had located a badly singed document from 1948 on microfilm indicating that SGT Berry was not only eligible for the Bronze Star and Purple Heart, but he was also due the Army Good Conduct Medal, Combat Infantry Badge, Meritorious Unit Commendation award,

European-African Middle-Eastern Campaign Medal with Silver Service Star, the WWII Victory Medal, an Honorable Service lapel button and the Belgian Fourragere.

The family decided to plan an event to honor their dad and came to the UT NG for help. SGT Berry's children kept the ceremony a secret, telling him that everyone was gathering for a military award that Tom was to receive. Even the local media were in on the ruse, agreeing not to report the story until after the ceremony.

Moments before COL Robert Dunton stood to welcome the assembled group, Tom whispered to his dad why they were really there. It was the shock of SGT Berry's life.

"What a surprise!" said SGT Berry, looking back over his vast posterity after receiving his well-deserved

medals. "This means so much to me. Boy, my family is sure big now! You are my whole life."

"I appreciate it so much," SGT Berry added, "especially after the records were burned up. I found out that they would have to reconstruct my service record. All these Soldiers who are still living, that's what they are having to do, reconstruct their service records."

COL Dunton, who was also deeply touched by the significance of the event, told SGT Berry at the close of the ceremony, "Thank you for letting us have this honor to honor you."

"There are so many WWII Veterans who came home and didn't think about the awards and their service," COL Dunton continued. "That was just commonplace. But as you see here, it is not commonplace. The greatest generation who saved the

world from tyranny and repression is truly great. What an incredible honor for the National Guard to be part of it."

After a flurry of interviews from the five television stations that covered the event, Rick reflected on what the day meant to him and his family. "We've always known he was a hero," he said of his father. "He has quietly mentored us, sacrificed and done without for others."

"To see him recognized for the hero he is was very special for all of us," Rick continued. "I'm very pleased that the Guard would step in and help with this. It made it a very, very memorable event."

And it was something that SGT Berry himself will never forget, telling his family when they returned home that evening, "This is the best day of my life." **GX**



**::FULL CIRCLE::** SGT Berry shares his pride with his four sons (pictured from left), SGT Tom Berry, SGT Kenneth Berry, MSG Michael Berry and SGT Rick Berry.

# Aiding lowans

SOLDIERS RESPOND TO DEVASTATING TORNADES

*Courtesy of the National Guard Bureau*

**PARKERSBURG, IA**—Approximately 175 Iowa National Guard Soldiers and Airmen served on state active duty in support of tornado relief and recovery missions for northeast Iowa. The service members were activated May 26–27 following tornadoes and severe storms in the Butler County area on May 25.

With numerous power lines down, leakage from damaged vehicles, severed natural gas lines, debris, rubble and unstable structures, approximately 160 Soldiers from the 1st Battalion, 133rd Infantry provided security and aided local officials in recovery efforts at Parkersburg.

“I’m no stranger to tornado damage, but I had never seen anything like this,” said SPC Erik A. Borseth, a medic with the 1st Battalion’s Headquarters Company.



ISS DUFF MCCADDEN, NAIRING

Iowa National Guard Soldiers patrol the streets of Parkersburg, IA, May 28, three days after a tornado ravaged the town.

He treated Guard Soldiers for blisters and minor cuts and went on night patrols with other members of the 133rd.

"It felt good to be here," SPC Borseth said, "like we're accomplishing something for these people. That's our job. That's what we're here to do. That's how Iowans are."

The southern half of Parkersburg,

overwhelming and surreal," said MAJ Jay W. Lohmann, team chief for the Guard's communications center. "Private citizens kept approaching me, asking for permission to do things. I couldn't give them permission because the Guard is supporting civilian agencies. But it tells me that the public respects and appreciates the job that the

# "WE'RE HELPING THE PEOPLE IN OUR OWN STATE. THAT FEELS GOOD."

>> IAARNG Soldier

a farming community of about 1,700, was virtually flattened, but the northern half remains largely intact with some damage to the infrastructure, reported Rick Breitenfeldt of the National Guard Bureau.

Most National Guard personnel performed security missions, primarily during the curfew hours of 8 p.m. to 6 a.m., Breitenfeldt added. Other duties included providing power to the incident command center at a badly damaged fire station in the town and staffing a communications center for emergency personnel.

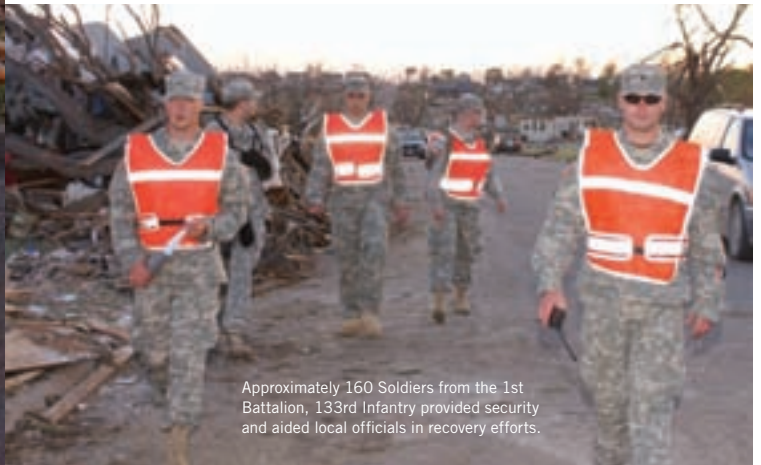
"If I could have done more, I would have. The damage was

National Guard is doing."

Approximately 15 additional Soldiers and Airmen from the 67th Troop Command, Joint Forces Headquarters, 734th Regional Support Group, 133rd Test Squadron, 132nd Fighter Wing, and Iowa Air National Guard Headquarters, provided communications support, transported water, created emergency electrical power and provided operational support. Additionally, the Iowa National Guard armory in Waterloo was used as an operations center for American Red Cross relief efforts.

Many of the Soldiers are Veterans of the war in Iraq and other aspects of the Global War on Terror.

"Now we are helping the people in our own state," one Soldier said during the mission. "That feels good." **GX**



Approximately 160 Soldiers from the 1st Battalion, 133rd Infantry provided security and aided local officials in recovery efforts.



CPT Bruce Delaporte discusses infantry tactics and training with Omani Soldiers during the exercise in Oman.

# FLARNG

## First to Serve in Oman

By Tech. Sgt. Thomas Kielbasa

**OMAN**—Soldiers from the Florida Army National Guard made history recently when they became the first National Guard Soldiers to travel to the Middle Eastern nation of Oman as part of an ongoing operation to help train the internal defense force.

More than 45 Soldiers from the Orlando-based 2nd Battalion, 124th Infantry Regiment, participated in “Operation Inferno Creek 2008,” March 21–April 4, traveling to the Arabian Peninsula and instructing the Omani military in U.S. Infantry tactics.

According to operation commander CPT Bruce Delaporte, the training mission was directed by U.S. Central Command and is usually conducted by active-duty forces; however, this was the first time the U.S. participated in “Inferno Creek” in Oman in five years.

“The mission was great,” CPT Delaporte said. “It is set up to train the Royal Army of Oman forces on Western-style tactics and build

up their internal defense while supporting the Global War on Terror mission.”

He said this was also the first time a National Guard unit completed an Overseas Deployment Training mission in a theater with ongoing combat operations.

The training exercise was held in rocky desert terrain where only frankincense trees grew and included everything from weapons training to ambush techniques. The Florida Soldiers stayed at a military base in the south with Omani forces from A Company of the Western Frontier Regiment.

“They are actually Baluchi tribesmen out of Pakistan who are recruited into the Royal Army of Oman,” he explained. “The Soldiers are all Baluchi tribesman and



the officers and senior leaders are all Omani.”

SSG Adam Bruha, who served as a platoon leader and mentored an Omani Army lieutenant during the exercise, said he felt the exercise was a success because of the cooperation between the units.

“The Omanis were very open to the training,” SSG Bruha said. “Although the people were not used to seeing Americans, they were very open to receiving us. There were a lot of cultural differences, but I think the integration between the Soldiers—working together every day, especially at a squad level—[helped them realize] they are not all that different.”

The trip to Oman included a cultural day in Salalah on the Arabian

Sea, where the Guard Soldiers visited a marketplace and archeological sites and spent the day interacting with locals. CPT Delaporte said this cultural day was allowed because Oman’s moderate foreign policy makes it relatively safe for Americans to visit.

“Most Americans cannot walk around in the Middle East in civilian clothes and not feel threatened,” he said. “But because it’s so moderate there—as long as we kept our force protection cautions in place—we were actually able to let the guys go shopping and see a different perspective of the Middle East.”

The mission was used as a retention incentive by the unit, showing the younger Soldiers the opportunities for foreign travel if they stay in the Guard.

“This was really a once-in-a-lifetime opportunity, and that’s the

kind of training that keeps Soldiers in the Florida National Guard,” CPT Delaporte said. “It’s going to a foreign country and seeing things they have never seen before.”

CPT Delaporte and SSG Bruha noted that the trip gave the Soldiers—many of whom had already deployed to combat zones in Iraq or Afghanistan—a more positive perspective on the Middle East.

“I definitely think this is something we’ll continue to do,” CPT Delaporte added. “From the time we got there until the time we left, there was a marked difference in how they thought of Americans, and honestly how we thought of Arabs ... I know we left the Omanis with a very positive outlook on the American forces, and we were invited back.”

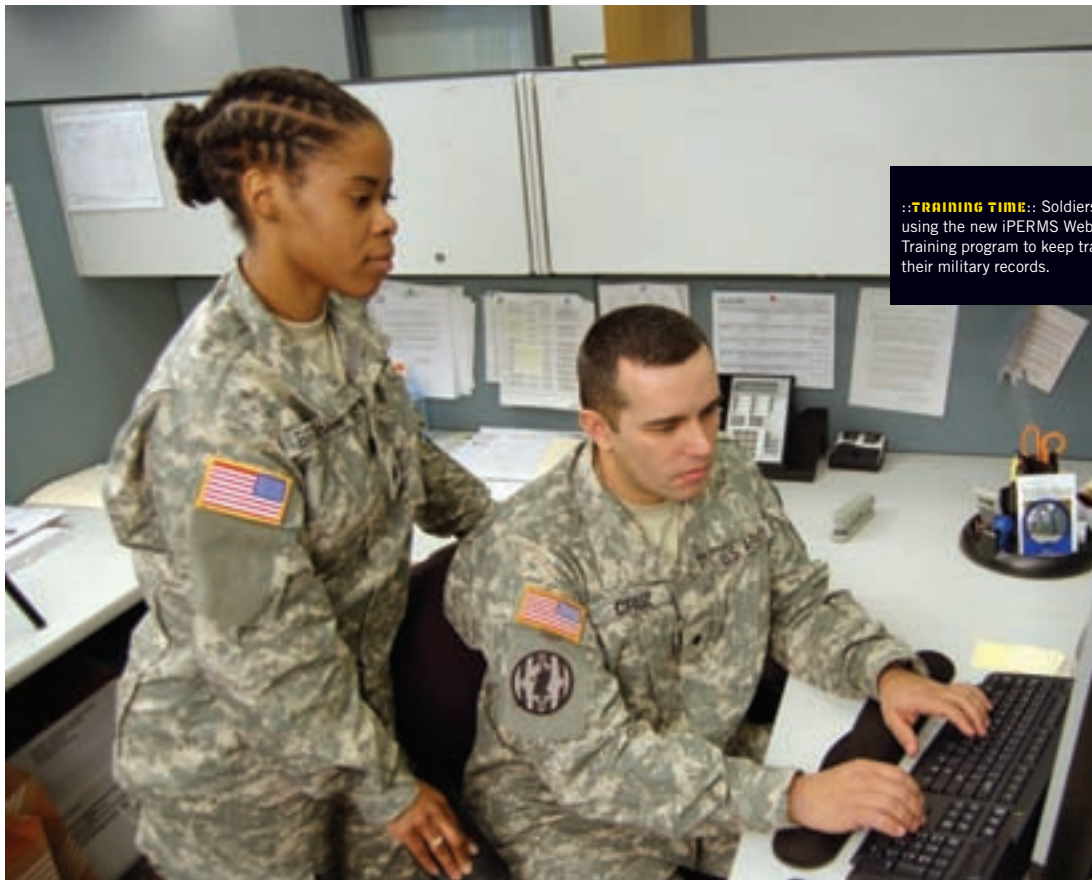
Oman, a monarchy, is located on the southwest tip of the Arabian Peninsula.

According to the *Central Intelligence Agency World Factbook*, the country is home to more than 3.3 million people and its economy is heavily dependent on oil reserves. **GX**

**“FROM THE TIME WE GOT THERE UNTIL THE TIME WE LEFT, THERE WAS A MARKED DIFFERENCE IN HOW [THE ARABS] THOUGHT OF AMERICANS.”**

>> CPT Bruce Delaporte, FLARNG

COURTESY OF THE FLORIDA NATIONAL GUARD



**TRAINING TIME:** Soldiers begin using the new iPERMS Web Based Training program to keep track of their military records.

National Guard's missions, iPERMS meets and exceeds all the standards needed for personnel concerns related to those missions. Now, there is an interactive online training program to go with iPERMS.

The concept for iPERMS Web Based Training (WBT) emerged from the iPERMS developers at a government contractor, SAIC. Users and administrators who utilize iPERMS needed a training program that met numerous standards and goals. The old iPERMS training system had problems due to the availability of training locations, funding and training time. With WBT, this has all changed.

WBT for iPERMS gives personnel the opportunity to train from any location with an Internet connection. The training is designed to cover areas that are part of the iPERMS DM 101 course. The site can be used by individuals who are new to iPERMS or by those who have experience with the program but need a refresher. State trainers can use WBT as a valuable tool in conjunction with the training classes they set up. Through the site, individuals working in certain areas of iPERMS may learn and advance with training through WBT—even in areas they ordinarily do not work.

Modules within WBT for iPERMS consist of such features as indexing, problem resolution, domain management and detecting fraud. It's a great tool for beginners learning iPERMS, a refresher for those with more experience and an excellent way to pick up new skills for those who would like to expand their value to the Army within the personnel field.

The Web site may be visited at: <http://iPermsTraining.carson.army.mil/wbt/index.jsp>. To obtain additional details on ways to utilize the WBT for iPERMS in your state or office, please contact the senior trainer at NGB iPERMS, Carl Fisher, at (703) 607-9158. **GX**

# iPERMS Training Comes of Age

Arlington, VA—From its inception, the interactive Personnel Electronic Records Management System (iPERMS) has been an innovative and useful tool for the Army and for Soldiers.

By Carl Fisher, Sr. Trainer, NGB iPERMS

▶ In the past, personnel records were locked in file cabinets in dark, dingy offices, accessible only at pre-arranged times. It was normal to have to flip through worn pages, and make copies of documents for submission of such items as promotion packages, tour packages and the like. This time-consuming process cost the Army National Guard and its Soldiers time, money and opportunities. But iPERMS has changed all that by allowing access to the Official Military Personnel File (OMPF) from any place at any time. Soldiers can review their

records day or night, any day of the year. Authorized officials have the ability to access a Soldier's record on nearly any computer with Internet access, as the mission

dictates. Promotion board members, retention boards and elements, such as ABCMR, have access when and how they need it. For the size and scope of the

**SOLDIERS CAN REVIEW  
THEIR RECORDS DAY  
OR NIGHT, ANY DAY  
OF THE YEAR.**

# FIGHTING THE FORCES OF NATURE

Story and photo by CPT Rick Breitenfeldt



SPC Bob Walker (left) and SGT George C. Payer, both of MDARNG, lift a Baltimore County rescue boat into the back of a Maryland Guard high-clearance five-ton truck during a training exercise.



BALTIMORE, MD

## With hurricane season in full swing, the Maryland Army National Guard trained with Maryland firefighters to learn how to best combat these natural disasters.

On May 17, a small detachment of Maryland Guard Soldiers from 1st Battalion, 224th Aviation Regiment (Security & Support) in Edgewood, MD, traveled with two high-clearance five-ton trucks and a Humvee to the Baltimore County Fire Department (BCFD) to rehearse and train with the county's swift water and flood rescue teams.

The fire department and the Maryland Guard recently committed to working together and formalized their relationship with a memorandum of agreement. The agreement lays out the guidelines, terms and conditions for providing assistance during inland water, open water and swift water flood emergencies in Baltimore County.

"This is a pioneer thing that is going on," said Fire Captain Robert D. Murray of Station No. 17. "This has never happened in Baltimore county or the state of Maryland."

In recent years, hurricanes, tropical storms and heavy rains have inundated Maryland residents with extensive flooding. The 2003 Atlantic hurricane season was one of the most destructive in the state's history as rainfall peaked at seven inches when Hurricane Isabel hit almost every county in Maryland.

In the days leading up to and following the hurricane, more than 600 Maryland Citizen-Soldiers answered the state's call by providing security, conducting house-to-house inspections and establishing check points.

Murray said he remembers Isabel well and made a pledge to

the Soldiers and firefighters attending the training to learn from that experience.

The BCFD struggled during Isabel, according to Murray, as his firefighters worked 24-hour operations and quickly ran out of food and fresh water because everything was contaminated.

"I swear ... I will never let that happen again," Murray said. "We need the Guard, and this is a joint effort."

**"WE NEED THE GUARD, AND THIS IS A JOINT EFFORT."**

>> Fire Captain Robert D. Murray

Firefighter Mike J. Berna, who coordinates swift water and flood rescue operations for Baltimore County, said training together with the Maryland Guard before an actual flood emergency is critical to the mission's success.

Berna said the BCFD will rely heavily on the Guard's high-clearance vehicles, but they must be specifically assigned to a detailed mission.

"What we want to avoid is having National Guard high-clearance vehicles deployed to flood disas-

ters with little-to-no training and unclear mission orders," Berna said. "We can't afford to have failed rescue attempts, or these vehicles stranded in the flood zone themselves and in need of rescue."

If a major flood or hurricane occurred today, Berna said the Guard's equipment would be critical to saving lives.

"We are now going to be able to get around to parts of our flooded county better because you have high-clearance vehicles, and we don't," Berna said.

Berna said his teams could have used more National Guard support and high-clearance vehicles during Isabel.

"When we get into the flood zone like we experienced in Isabel, the flood was two miles away," Berna said. "We had to drag our boats half-way because the water wasn't deep enough to, and we couldn't engage the motor. We were really burning up a lot of valuable time."

SGT George C. Payer, MDARNG, who participated in the daylong training event, said he was glad to get the opportunity to train with the BCFD.

"You need to do these things," said SGT Payer, adding that even the basic stuff like loading boats from a trailer to a truck and taking them back off is important.

"We're all in this together because we are all performing some kind of community service, and we will have to work together," said SGT Payer. "This is what being in the Guard is all about." **GX**



**::BY THE NUMBERS::** SFC Brian Coons with the New York Army National Guard's 106th Regional Training Institute speaks to Mohamed Farooq—a village spokesperson—to gather sewer, water, electric, academic and trash data related to the town.

# Education a Priority for Afghan Villagers

By G. A. Voll, KMTC PAO

**▶ KHVAJEH GHAR, AFGHANISTAN—** During a visit by the Army civil affairs team from Camp Alamo to an Afghan village May 24, the Malik, or village elder, cited a water well, school and medical clinic as the top priorities needed for their home.

Khan Mohamed is the Malik and spokesperson for the town of Khvajeh Ghar, located eight miles northeast of Camp Alamo—home to the Kabul Military Training Center (KMTC) and the civil affairs squad. Through an interpreter,

Mohamed stressed the need for the school to serve nearly 750 boys and girls living in his town and in the outlying area.

The need for access to water was obvious, given the village's arid, dusty setting, as was the need for a medical clinic. All are worthy causes according to LTC John Boyle, a Transition Assistance Group (TAG) civil affairs officer. But after considering the makeup of the village, they determined the well and school should top the list.

"We want to help create an environment that fosters literacy," LTC Boyle said. "One that provides

the youth of this and other villages with the tools to give back to their communities by developing as individuals for the betterment of

Afghanistan."

A graduate of Mercy College in Dobbs Ferry, N.Y., with a B.S. in business administration, LTC Boyle knows all too well the benefits of having a good education. Now he's hoping to open similar doors for Afghanistan's youth.

"Once funding is approved, we'll begin the process of supplying the village with a finished, fully functioning schoolhouse and well," said LTC Boyle, a native of Modena, N.Y.

Such projects are nominated by the commander's emergency response program manager, who provides higher headquarters with a statement of work and justification. If approved, a search for the most qualified contractor at the best price is sought and selected.

"After being awarded, the Commander's Emergency Response Program managers monitor progress of the work—to ensure the quality and quantity of the work meets contractual requirements," said LTC Boyle.

He hopes the village of Khvajeh Ghar and Malik Mohamed will welcome their new schoolhouse and well sometime in October. **GX**

PHOTOS COURTESY OF MPRV/G. A. VOLL



**::CREATING A PLAN::** COL Mark Heffner (center), the TAG commander, speaks with Khvajeh Ghar Village elder Khan Mohamed (far left) about possible assistance that the civil affairs team out of Camp Alamo and the Training Assistance Group can offer.

**“WE WANT TO HELP CREATE AN ENVIRONMENT THAT FOSTERS LITERACY.”**

>> LTC John Boyle, TAG civil affairs officer



# Illinois Soldiers Pump Up The Polish Army

By SGT April McLaren, Illinois National Guard Public Affairs

WEDRYZN, POLAND—Despite the hours of traveling and the seven-hour time difference, 18 Illinois Army National Guard Soldiers of the 233rd Military Police Company (MP) based in Springfield came to Poland ready to share training ideas as part of the Peacekeeping Operation VII (PKO VII) unit-level exercise.

“Our job is to mentor and guide,” said SSG Brandon Golden, 233rd MP. “We try to keep it as realistic as possible but have fun at the same time.”

PKO VII is an integral part of the State Partnership Program (SPP) between Illinois and Poland. Through the SPP, Illinois Guard Soldiers have participated in annual joint training exchanges with military forces of the Republic of Poland since 2003.

“I know U.S. Soldiers are prepared very well to train our Soldiers,” said COL Henryk Siemion, Deputy Commander of the Polish Land Forces (PLF) 15th Mechanized Brigade. “It is a different type of training and is interesting for us to see.”

During PKO VII, there were three tactical lanes to include security checkpoints, convoy and cordon search operations. Throughout each lane, various scenarios were executed for the Polish Soldiers to react to accordingly.

## CHECKPOINT SECURITY

To kick off the week of training familiarization, the Illinois Soldiers demonstrated how they would provide security at a checkpoint to include pedestrian and vehicle searches.

Soon after, Polish Soldiers acted through various scenarios that gradually became more difficult. Before the training familiarization was complete, Illinois Soldiers conveyed how impressed they were with what they saw from the first platoon to make it through their lane.

“You guys are doing an excellent job,” SSG Golden said to the Polish platoon leader at the exercise. “We didn’t expect to be this far today. We’re going to step it up a little more.”

Even after the scenarios became

“As far as your duties as a Soldier, this is probably the most dangerous thing you will do.”

>> SSG Jeremy Welch, ILARNG



SSG Eric Bertononi (right) of the 233rd Military Police Company guides a squad of Polish Police Soldiers through a cordon search exercise May 14.

more difficult, the Polish Soldiers still finished on top, impressing the Illinois Soldiers, particularly with their leadership and communication skills among the platoon.

## CONVOY OPERATIONS

The first platoon of the PLF that went through convoy operations was an infantry platoon, led by a woman, who was also the only woman in the entire platoon.

“I have a really great team,” said 2LT Katherine Sala, Platoon Leader

in the PLF, when asked if it’s difficult being the only woman in her platoon as well as its leader. “They help me out a lot.”

Throughout the exercise, Polish Soldiers reacted individually to civilian suspects, direct fire and an improvised explosive device (IED). Ultimately, the last scenario involved all possible threats.

“By the end of the week, these guys will be squared away,” said SSG Joshua Hubbard, 233rd MP.

## CORDON SEARCH

Activity was continuous at the cordon search lane. At this exercise, Polish Soldiers provided inner and outer cordons around target buildings while a search team cleared the building of occupants.

The cordon team provided security around the building while limiting traffic and pedestrians in the area. The entire time they kept an eye on the building that the search team enters.

Similar to the security checkpoint exercise, Illinois Soldiers showed the PLF a demonstration on how they would perform a cordon search. Throughout the demonstration, Illinois Soldiers focused on muzzle awareness of their

weapons, communication, and a speed and smoothness when searching a building.

“As far as your duties as a Soldier, this is probably the most dangerous thing you will do,” said SSG Jeremy Welch, 233rd MP.

## LOOKING AHEAD

As Soldiers wrapped up the week of training familiarization, key leadership looked to the future of the SPP.

“It has been tremendous for both the Polish and U.S. Soldiers,” said CPT Justin Towell, Commander of the 233rd MP. “We have provided them with tools to improve what they already know.” **GX**



SFC Jeramie Mayes offers suggestions to Polish Soldiers after they conducted a checkpoint operations scenario May 16.



# HOOSIERS RESPOND To Flash Floods

*Story and photos  
by SSG Chris Jennings*

**TERRE HAUTE, IN**—As the Indiana Air National Guard's 181st Intelligence Wing and the Indiana Army National Guard's 519th Combat Sustainment Support Battalion personnel made their way toward Hulman Field, Terre Haute, IN, they had an idea of what their mission was going to be once they arrived for June drill weekend. More than six inches of rain dumped into the Wabash Valley on June 6–7, stranding motorists and pouring storm water into local residents' homes. As usual, the Guard answered the call for assistance and began filling sandbags.

"There were several Airmen and Soldiers who made it in only to find out their homes were being flooded," said Maj. Jim Jensen, 181st Intelligence Wing Public Affairs Officer. "This is a disaster that is affecting us all, but we have a mission to support. Some stayed here to continue filling sandbags for others while their own homes were flooding. That says a lot about Indiana Guard members and how much they care about the community."

When Indiana was declared a state of emergency, drill weekend became a constant effort to lend a hand to a community in need. Sandbag filling began on base as local television crews reported the extent of the damage. Reports of

"We filled more than **12,000** sandbags in **24** hours."

>> CSM Anne Rice, IN NG

family and friends' homes being flooded trickled in through the morning. Less than a mile from the 181st Intelligence Wing entrance, State Road 42 had collapsed under the weight of rushing floodwaters.

Soldiers on base could not see the devastation, but reports from other sources became enough to motivate them through the night.

"We filled more than 12,000 sandbags in 24 hours," said CSM Anne Rice, who was leading the bagging efforts on base. "Even though many have been here throughout the night, our attitudes have been very positive. It's good to see the camaraderie within. We have them ready to go wherever they are needed."

The 181st, 519th and the 138th Quartermaster Company, Brazil, IN, offered support late June 7, sandbagging critical low-lying areas around Terre Haute Regional Hospital. Across the street, more than 50 Air

and Army Guard personnel focused their attention on the main utility facilities supporting the hospital.

“We provided sandbags around their operational and backup facilities,” said LTC Kevin Vedder, commander, 519th Combat Sustainment Support Battalion. “This was a successful joint operation, and everyone has been positive and motivated.”

All Indiana Guard units have been tasked with supporting missions overseas—including Iraq and Afghanistan—but unlike their active duty counterparts, Guard units are ready to deploy and support a statewide mission as well.

“This is a situation where a community is in need of our support,” Maj. Jensen said. “We are the Guard. Air and Army, it is our duty to support the needs of state agencies and provide our assets to the relief effort any way we can.”

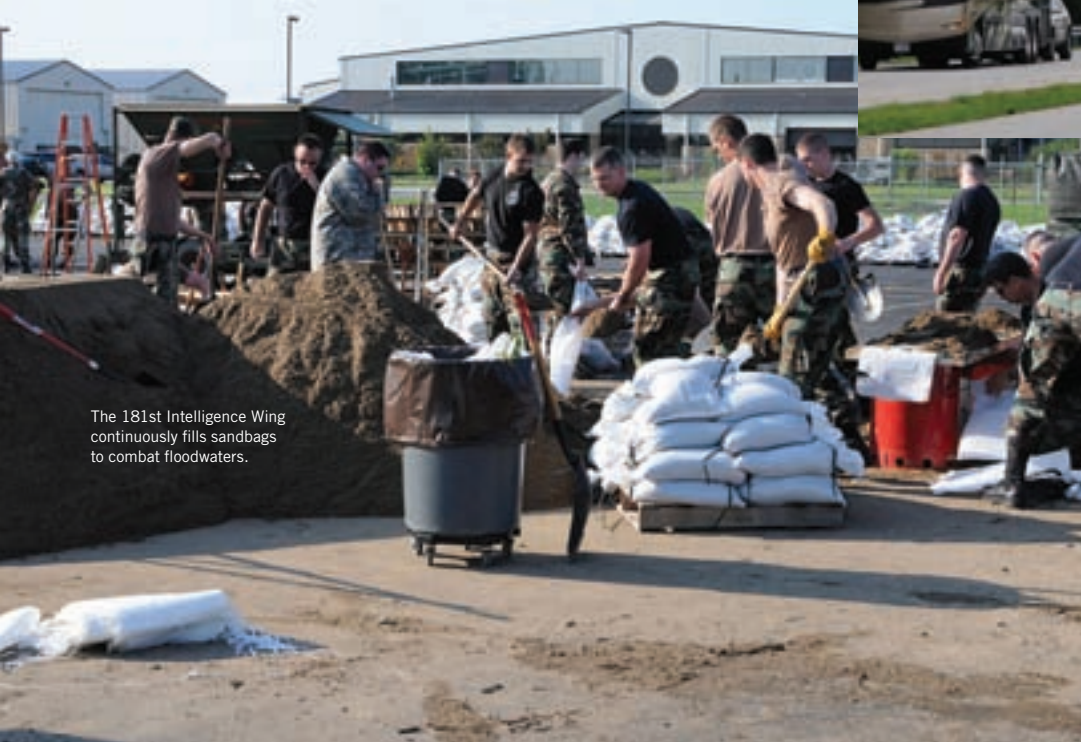
The National Guard continued supporting relief efforts in Indiana under direction from Indiana National Guard headquarters personnel. **GX**



▲ The 181st Intelligence Wing, Civil Engineering Squadron, uses heavy equipment to aid sandbag relief efforts on June 8.



▲ U.S. Highway 40 was backed up for several miles while Interstate 70 traffic was diverted because of a washout.



The 181st Intelligence Wing continuously fills sandbags to combat floodwaters.

“This was a successful joint operation, and everyone has been positive and motivated.”

>> LTC Kevin Vedder, INARNG



SPC Deryk Hutton of the 76th Infantry Brigade Combat Team, Indiana Army National Guard, transfers his luggage to the Camp Atterbury Joint Maneuver Training Center in Edinburgh, IN. SPC Hutton was one of 3,400 Soldiers who took part in the state's largest deployment effort to Iraq.

# DEPLOYMENT GUIDE

Everything You Need to Know  
Before You Leave Home



You've just been notified of your unit's activation for mobilization and deployment. After you pick yourself up off of the floor, your head starts spinning like a whirlpool and a million questions flood your mind. It's not unusual to ask yourself: "What do I need to do first?" As someone who has been there and done that, I want to offer you a sensible and sane way of preparing yourself, your family and others for your deployment. The best advice I can give is to start before you get the call. As the nation continues to rely on the National Guard for natural emergencies, homeland security and support of various operations in the War on Terror, it is imperative that you, as a Guard Soldier, prepare yourself and those around you. Whether you are deploying for the first, second or third time, it's your responsibility to take care of yourself and your dependents.

By Staff Sgt. Marcia Beene Dickerson



One of the biggest factors in dealing with deployment successfully is communication—before, during and afterward.

Soldiers say good-bye to family members at the RCA Dome in Indianapolis on Jan. 2 as they prepare to deploy to Iraq for 12 months. This was the largest Indiana National Guard deployment since WWII.

## ▶ HOW DO I DISCUSS DEPLOYMENT?

As a member of the National Guard, I hope you have discussed with your family what it means to be a Soldier. If you haven't done so already, you should sit your family down now and talk about the possibility of deployment. One of the biggest factors in dealing with deployment successfully is communication—before, during and afterward. For many years, the National Guard was a military service that performed duty mostly one weekend a month and two weeks each year. Many Guard families didn't view themselves as "military." However, since 9/11, that is no longer true. Now Guard members are called upon often, and families have had to adjust.

## ▶ WHERE DO I START?

You should prepare for deployment from the inside out, beginning with yourself. Create a file of all your personal information, including:

- > Birth certificate copy
- > Social Security card
- > Banking accounts, including credit cards

You should provide the name, address and phone number of your bank as well. In this same file, include copies of all your important papers, such as:

- > Birth certificates of your spouse and children
- > Marriage license or divorce documents
- > Insurance policies, including the Servicemembers Group Life Insurance (SGLI) information with beneficiary details
- > Your passport
- > Any other legal documents and military files that pertain to your deployment (e.g., a copy of your military orders, power of attorney and your military ID)

This information should be kept in a secure place like a safe-deposit box or a fireproof safe where only your spouse or a designated person has access to it.

## ▶ HOW DO I GET ORGANIZED?

Planning for your deployment isn't only important—it's essential. By following these few easy tips, your family will be prepared, and you'll have peace of mind. Getting organized includes making lists. Your first list should include the names and phone numbers of your:

- > Unit's rear detachment personnel
- > Unit's Family Readiness Group (FRG) members and leadership
- > State's Family Programs Office
- > Your civilian employer
- > Unit's noncommissioned officer-in-charge (NCOIC)

- > The Family Assistance Coordinator
- > Civilian supervisor

If you need help tracking down this information, see your commanding officer. Create a second list to keep by the phone including the names and phone numbers of your:

- > Extended family
- > Religious leaders (e.g. minister)
- > Close friends

A third list you should create includes people who provide services to your home or car, such as plumbers, mechanics and others. Having these types of names and numbers available for your spouse or a trusted friend will ensure that your home, car and other personal items will be taken care of while you're

SSG RUSSELL LEE KLUKA



ONE OF THE MOST IMPORTANT NUMBERS YOUR SPOUSE OR DESIGNATED PERSON NEEDS IS THE EMERGENCY NUMBER FOR THE RED CROSS.  
**(877) 272-7337**

# Make Weight Management a Family Mission

This is a great time for all families to join the Decade of Health community at [www.decadeofhealth.com](http://www.decadeofhealth.com) during the 2008 launch of a healthy weight management campaign, ARNG Lighten Up!®



**ARNG  
Lighten Up!®**



[www.decadeofhealth.com](http://www.decadeofhealth.com)

**Always Ready, Always There...  
Always Healthy.**

Photos courtesy U.S. Army

away. One of the most important numbers your spouse or designated person needs is the emergency number for the Red Cross. If an urgent situation arises that requires you to return home, your designated person must go through the Red Cross emergency number at (877) 272-7337 in order for the emergency to be verified. This number is available 24 hours a day, seven days a week every day of the year. Be aware that the person calling must be an immediate family member, and he or she needs to have the following information of the Guard Soldier:

- > **Full name**
- > **Rank**
- > **Branch of service**
- > **Social Security number or date of birth**
- > **Military address**
- > **Information about the deployed unit and home base unit**

All calls to this toll-free number are verified before you are notified, so be sure to tell your family to use it for emergencies only. Visit the Red Cross' Web site at: [www.RedCross.org](http://www.RedCross.org) and click on the "Military Members and Families" tab for complete instructions.

## WHAT ABOUT MY CHILDREN?

Children can be especially affected by deployments. According to Operation Military Kids (OMK), most National Guard children have become "suddenly military." In other words, they don't realize that they are, in fact, a military family. Because their Guard parent has never been gone for long, children are not used to Mom or Dad leaving for up to two years at a time. OMK reaches out to these children and provides much-needed publications and programs to

### FOR MORE INFORMATION VISIT:

- Operation Military Kids  
[www.OperationMilitaryKids.org](http://www.OperationMilitaryKids.org)
- U.S. Army Child and Youth Services  
[www.Armymwr.com/portal/family/childandandyouth/](http://www.Armymwr.com/portal/family/childandandyouth/)
- American Legion  
[www.Legion.org/support](http://www.Legion.org/support)
- Boys and Girls Clubs of America  
[www.bgca.org](http://www.bgca.org)
- Military Child Educational Coalition  
[www.MilitaryChild.org](http://www.MilitaryChild.org)
- National Military Family Association  
[www.nmfa.org](http://www.nmfa.org)
- Military OneSource at  
[www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)



---

If you have small children, it's best to help them try to understand that you are leaving. Make sure they know that it's not their fault, and encourage them to talk about or even draw pictures of their feelings.

---

help. Find the organization online at [www.OperationMilitaryKids.org](http://www.OperationMilitaryKids.org).

There are many things that you as a parent can do to help your children and teens handle your deployment in a positive way. As with any relationship you have, communication is the key to success. If you have small children, it's best to help them try to understand that you are leaving. Make sure they know that it's not their fault, and encourage them to talk about or even draw pictures of their feelings. Tell them that you are on an assignment, which will help them realize you are working and not abandoning them.

If your children are older, you can help them understand your deployment by giving them as much information as possible. Tell your kids what you do and where you will

be. Put a map up and a pin, or circle the area with a marker. Talk about the country where you will be and discuss some of its customs and history. You can even have your children help you pack if you think it's appropriate.

Routine is important for children. Before you leave, continue with your daily routine, and don't change the rules. Tell your children that, although you will not be there, mom (or dad) will be and things will continue as close to routine as possible. A sense of stability will help your children deal with the stress of your absence.

You and your spouse can also help your children find positive ways to deal with your absence. Talk about the deployed parent often by recalling memories such as "Dad loves baseball, so let's go outside and play,"

LARRY W. SMITH



Brandon Addington, a Soldier with the 1st Battalion, 127th Field Artillery, KSARNG, bonds with his daughter, Hanna, after returning from a 12-month deployment to Iraq.



or “Mom gave me the shirt I have on.” Get your children involved in writing letters or emailing you. Make sure to send letters and emails back, and try to send individual correspondence.

Because of the dramatic change a deployment causes in a family, be sure to talk with your children’s teachers. Informing them of your deployment will help them better understand the major changes (behavioral and academic) that your children may experience.

## WHAT ABOUT LEGAL MATTERS?

Another task in preparing for deployment is to put all your legal affairs in order. You and your spouse or a designated person should discuss and decide who will act on your behalf. The National Guard requires you to give power of attorney to your spouse or someone you trust. Without this, your designated person cannot conduct any business, access bank accounts or act for you in any type of legal proceedings. You can specify in the document what the person can and

cannot do, and you can cancel the power of attorney when you return. This is especially important for single Soldiers, since you need someone who can be your agent during your absence.

In addition to getting your power of attorney taken care of, draw up a living will. This legally represents your desires and wishes should you become physically or mentally incapacitated. The living will allows you to make choices about your healthcare prior to deployment, and once these decisions have been made, it serves as the legal document that mandates what can and cannot be done. Most legal items mentioned here can be completed through your headquarters’ Judge Advocate General’s (JAG) office.

If you have minor children, you must have a Family Care Plan. This requirement for married and single Guard Soldiers is another legal document that ensures that your children are properly cared for in your absence. If you are a single parent, someone must be designated legally to serve as their guardian. Family Care Plans can be found in Army Regulation (AR) 600-20, Army Command Policy. Here is a list of the forms you need in your Family Care Plan packet:

- > **DA Form 5305-R (Family Care Plan)**
- > **DA Form 5304-R (Family Care Counseling checklist)**
- > **DA Form 5841-R (power of attorney) or equivalent, unsigned**
- > **DA Form 5840-R (certificate of acceptance as guardian or escort)**
- > **DD Form 1172 (application for Uniformed Services Identification Card DEERS Enrollment), unsigned**
- > **DD Form 2558 (authorization to start, stop or change an allotment for active duty), unsigned, or other proof of financial support arrangements**
- > **Letter of instruction to guardian/escort**

These forms and other information regarding Family Care Plans can be found online at: [www.OperationHomeFront.org/Info/info\\_deploy\\_family\\_plan.shtml](http://www.OperationHomeFront.org/Info/info_deploy_family_plan.shtml).

## HOW DO I PREPARE TO LEAVE MY JOB?

Now that you have taken care of yourself and your family, move on to the people around you. You should let your employer know when you are hired that you are a Guard Soldier and explain that you could be called to active duty at any time. You are protected by law against

discrimination as a Guard member. In 1994, the Uniformed Services Employment and Reemployment Rights Act (USERRA) became a law.

USERRA covers the employment and re-employment rights of Guard Soldiers who volunteer or are activated for active duty service. Make sure you have a copy of this law in your employment file. The advocacy group, Employer Support of the Guard and Reserve (ESGR), helps Soldiers and employers understand their rights and strives to support employers who have National Guard employees. Visit the Web site at [www.esgr.net](http://www.esgr.net).

The Servicemembers’ Civil Relief Act (SCRA) covers you as well. The law protects Soldiers in a number of ways: It requires banks and credit card companies to reduce interest rates to 6 percent during the period of deployment and necessitates court action before a family can be evicted from their leased home for non-payment if the monthly rent is \$1,200 or less. Be sure to enact these benefits if deployment will cause an economic hardship.

## HOW CAN I PREPARE FINANCIALLY?

Visit your bank, and contact all of your other financial institutions to notify them of your deployment. If you don’t have a joint account with your spouse, you should add him or her as soon as possible. And if you’re single, you should add a family member or trusted person. By having joint accounts, others can pay your bills for you and take care of any other financial issues that may arise.

Think about signing up for automatic payment for things such as insurance policies, car and mortgage payments, or rent, loans and other financial obligations you may have. By doing so, you can be sure that your bills are paid on time. If you have investments, most banks and financial institutions allow you to use automatic payment for them as well. Getting items set up for automatic payment usually requires some paperwork, so start as soon as possible.

When you visit your bank, be prepared to provide a copy of your deployment orders along with a copy of your power of attorney. Ask them to enact the SCRA for you upon your deployment date. Most financial institutions will do so, but remember, when you return from deployment, your rates will return to their previous or current market levels. USAA Federal Savings Bank, which specializes in banking

and other financial products for service members, has provided a financial checklist at [www.USAA.com](http://www.USAA.com). Click on the “Getting Deployed?” tab to get a free copy of the checklist and important financial information.

One part of your finances that will change is your medical insurance. When you’re deployed, you’re cared for by the military medical system. If your family is covered by medical insurance through your work, they are now eligible for the TRICARE program, just as regular active duty Soldiers and their families receive medical benefits. Visit [www.Tricare.mil](http://www.Tricare.mil) for more information regarding your family’s medical coverage and benefits.

Speaking of insurance, you may want to reexamine your personal property, homeowners, rental and individual coverage policies to ensure you have enough. Here’s a breakdown of what they cover:

- > **Personal property insurance covers your belongings anywhere in the world.**
- > **Homeowners insurance provides coverage for your home structure and personal items.**
- > **Rental insurance covers your personal property inside an apartment, condominium or home you are renting in the event of theft, fire or other misfortune.**

Regarding your personal insurance, you may want to consider purchasing term

insurance to help round out the SGLI you have with the Guard.

**WHAT IF I’M IN SCHOOL?** If you’re currently a student—whether traditional or non-traditional—you need to contact the registrar’s office as soon as possible about your impending deployment. You should also contact the financial aid office because you could be eligible for a partial or full refund of your fees. Many colleges, universities and other academic organizations have a Veterans Administration representative who can help and serve as an advisor to the school on your behalf. Most academic institutions will try to work with you as you go through the withdrawal process.

**HOW DO I GET PREPARED MENTALLY AND PHYSICALLY?** Now you’ve got to get yourself ready for deployment in the military sense. As the military motto goes, “Train to fight.” Make sure you are in good shape physically as well as mentally. Keeping yourself physically fit is a requirement of the military, and you should take it seriously. If you have let yourself “slip” a bit, get back into



**MOVING OUT:** Mobilization process starts at Camp Atterbury Joint Maneuver Training Center in Edinburgh, IN, for more than 3,400 members of the 76th Infantry Brigade Combat Team, Indiana Army National Guard—the largest group of Soldiers to deploy to Iraq in the state’s history.

the habit now, because the physical demands of deployment are enormous. Being physically fit helps with being mentally fit.

Make sure you’ve prepared yourself mentally for the rigors of deployment. It’s not easy to leave your family, loved ones and friends behind, but taking care of yourself and communicating well with those you love will help. Before you leave, consider visiting your FRG or your state’s Family Programs Office to get information on

SSG RUSSELL LEE KUHA



communicating with your family and ideas for your children on ways to handle your deployment. Many offices have brochures, CDs and other media that cover all types of issues regarding deployment and issues that might arise while you are absent.

In addition to your unit's FRG and the Family Programs Office, Military OneSource, an online resource tool, offers all types of information, counseling and other services through its Web site, [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com). You can also receive information through a toll-free number, (800) 342-9697, and through local appointments. Military OneSource can handle almost anything from deployment and financial issues to child care and most

things in between. Its Web site also has links to other services' Web sites.

### **WHAT ABOUT WHILE I'M DEPLOYED?**

Taking care of yourself while you are deployed is just as important as preparing for deployment. Eat healthy, keep up your physical fitness, try to get as much sleep as possible, stay focused on your mission and concentrate on the positive. It's vital that you keep yourself busy when you're not working. Read, listen to music, write letters, work out or spend time with fellow Soldiers to help deal with your stress.

When time allows, get in touch with your family or a friend. Just hearing a friendly

voice can help melt away the distance. When you call home, again, try to stay positive. Ask your family to do the same for you. Deployment is hard on everyone, but it's especially hard if all you hear is complaining from home, or if all you talk about are negative things. While letting off some steam is good, do your best to make the time on the phone enjoyable.

By taking these steps in preparation for your deployment, you and your family will feel more comfortable with the situation. And with plenty of resources to guide you through the process, you'll never feel alone. Deployments are unforgettable, honorable events, and to be fully prepared to serve top-notch, you've got to start now. **GX**

# Third Sister

By SPC Sam Beavers

# is the Charm

Ohio siblings serve state and country



1LT Stephen J. Smay (right) swears Tavissa Granger into the Ohio Army National Guard on April 24 at the Columbus Military Entrance Processing Station (MEPS).

youngest sister, also enlisted in 2007, but as a unit supply specialist. David, their father, served for six years on active duty in the Navy.

“Danger Granger” came from a nickname Domanie received from her drill sergeant while attending Basic Combat Training.

“There is pride in being able to save somebody,” Tavissa said.

Before she could train as a healthcare specialist, however, she had to complete Basic Training.

The one thing Tavissa said she was most worried about was getting up early every day. Her two sisters, who have already been

The “**Danger Granger**” team is now complete as Tavissa Granger joined her two sisters in enlisting into the Ohio Army National Guard April 24 at the Columbus Military Entrance Processing Station.

**TAVISSA**, who will train to be a healthcare specialist, became the most recent member of the Granger family to enlist in the Ohio Army National Guard (OHARNG). Both of Tavissa’s sisters are already enlisted in the OHARNG.

Tavissa said part of the reason she joined was because of the influence of her sisters.

“They have had good experiences,” Tavissa said. “They both came out of training stronger.”

Domanie, the oldest sister, enlisted in 2007 as a motor transport operator. Maewellyn, the



**FAMILY TRADITION:** From left: Maewellyn, her mother, Becky, her father, David and her sisters, Tavissa and Domanie Granger, gather after Tavissa’s enlistment into the Guard.

With all three daughters now in the Guard, Becky Granger, the trio’s mother, said she was thrilled.

“I’d be out there, too, if I could,” she said.

In fact, the only immediate family member of Tavissa’s without military experience is her mother.

“We need to get an age waiver for her,” Maewellyn quipped.

Tavissa said other reasons she joined include the opportunities and the chance to get on a different track in life and challenge herself.

She chose to be a healthcare specialist because she wanted to develop skills for life outside the military.

through the training, prepared Tavissa by telling her what to expect.

“I made the mistake of scaring Maewellyn,” Domanie said. “We are trying to be a little more gentle with Tavissa.”

After initial entry training, Tavissa plans to join her sisters at the University of Cincinnati (UC). Domanie is a Reserve Officers’ Training Corps cadet there under the Simultaneous Membership Program (SMP), in which Army National Guard members are able to contract in ROTC while still enlisted.

Maewellyn also attends UC and plans to contract with ROTC under the SMP soon. Tavissa will consider ROTC once she is done with training and enrolled in school. **GX**

**::TRAVELING BILLBOARD::** Bryce Christiansen proudly displays his truck next to Dale Earnhardt Jr.'s No. 88 race car.



# MOBILE SUPPORT

By 2LT Ryan Sutherland

Local businessman Bryce Christiansen has a unique way of supporting the local community, and that support is benefiting the Utah National Guard.

Christiansen has a history of using the back of his trailer to promote special events for the local community. When the 222nd Field Artillery (Triple Deuce) deployed in 2005–2006, he painted several trailers with patriotic themes to show his support.

know how many times I've had somebody tell me they saw the race truck. Something as eye-catching and as busy as that truck has definitely had a positive effect on awareness for the Guard."

MSG Fallon explains the importance of what people like Christiansen and others in the community bring to the Guard's mission.

"A very important part of our job as representatives of the Guard is to have a positive impact on our

**"It's given us a sense of pride."**  
*of having his truck sport the decals and logo of the National Guard.*

—Bryce Christiansen

"I, like many people in southern Utah, have always felt a connection with our local National Guard Soldiers," Christiansen said. "Not only do I have a couple of brothers who served, but many of my close friends are Soldiers with the 222nd. How could you not support these guys?"

MSG Paul Fallon of the Utah National Guard Recruiting Command is thrilled with the vehicle.

"It's a traveling billboard that is on the road in southern Utah every day," MSG Fallon said. "I don't

communities," he said. "Bryce has made our job much easier by embracing us and helping us show the citizens of southern Utah that the Utah Army National Guard is not just another military organization, but rather a big part of the community."

"It's given us a sense of pride to know that we've done something that our Soldiers are excited about," Christiansen said. "Every time a Guard [Soldier] sees the truck for the first time, you can see a real excitement in their eyes." **GX**

# Dale Jr. Partners With NATIONAL GUARD

**NATIONAL  
GUARD**

**ACTION**  
RACING COLLECTIBLES

Dale Earnhardt Jr.,  
National Guard/AMP Energy  
2008 Chevrolet Impala SS  
100% die-cast body and chassis. Imported.  
Item CB88821NGEJ \$55.96

**Hendrick**  
MOTORSPORTS



**JR**  
MOTORSPORTS

# 88

Dale Earnhardt Jr., National Guard/  
AMP Energy PIT CAP™  
Cotton twill/mesh/dazzle with Velcro™ closure.  
Imported. One size fits most.  
Item CNG820010 \$12.50



**CHASE**  
AUTHENTICS

To order, please call:

# 800.217.3568

Quantities are Limited – Order Yours Today!

Please allow 3-4 weeks for delivery.

**NASCAR**

POWERED BY

**CHASE**  
AUTHENTICS

NASCAR is a registered trademark of the National Football Foundation, Inc. Dale Earnhardt Jr. is a registered trademark of Dale Earnhardt, Jr. AMP Energy is a registered trademark of AMP Energy. Chase Authentics is a registered trademark of Chase Authentics. ©2008 Dale Earnhardt, Jr. All rights reserved.

**::POWERING UP::**

A long-range Strategic Targets System (STARS) rocket launches from the Kodiak Launch Complex on Kodiak Island, AK, on Feb. 24, 2006.



# Guarding Our NATION

Soldiers of the 49th Missile Defense Battalion Defend Americans

By **Camille Breland** • Photos by **SGT Jack Carlson**



**::NATURAL WONDERS::** The missile compound at Fort Greely, AK, is surrounded by a breathtaking view of the Granite and Alaska mountain ranges.

**A**bout 100 miles southeast of Fairbanks, AK, away from most modern conveniences, lies a compound unknown to many Americans and the rest of the world. Although it has served multiple functions in the past few decades, this base, known as Fort Greely, and its Soldiers now perform a task of monumental importance: defending our nation from intercontinental ballistic missile (ICBM) attacks.

Ballistic missiles are a real and serious threat, and until the past few years, the United States didn't have a way of defending against them.

"Today, as the events of September 11th made all too clear, the greatest threats to [our country] come ... from terrorists who strike without warning or rogue states who seek weapons of mass destruction," President George W. Bush stated in 2001 at a missile defense press conference. "And we must have the freedom and the flexibility to develop effective defenses against those attacks."

These threats still hold true today, and those "defenses" to which President Bush referred are found in the form of more than 200 Army National Guard Soldiers of the 49th Missile Defense Battalion stationed at Fort Greely.

These dedicated Soldiers are making history: Their unit and mission are the first of its



**::EMPLACED::** A ground-based interceptor is lowered into its missile silo during a recent emplacement on the Missile Defense Complex at Fort Greely, AK.

**"You don't just get assigned here, you actually have got to want to be here."**

—LTC TED HILDRETH

kind—a full-time Active Guard Reserve battalion operating and guarding a missile defense system.

It's a 24/7 job, but these Soldiers are up for the challenge, according to LTC Ted Hildreth, the unit's commander.

"Christmas, Thanksgiving, New Year's—name a day, and we have folks out there performing that important, critical mission," LTC Hildreth said.

The 49th has been stationed at Fort Greely since it was activated Jan. 22, 2004, but Greely hasn't always been a missile defense base. Its rich history dates back more than 60 years.

### FROM FLIGHT STOPS TO FREEZING TRAINING

Fort Greely was originally established as an Army Air Corps base in 1942. During WWII, American planes stopped at the base—then named Big Delta Army Air Field—for supplies and fuel.

After WWII, the Army saw the need for an extreme weather training center, and Fort Greely was chosen to become an Arctic Training Center. For the next two decades, the fort was used to train Soldiers and test weapons in the harsh arctic conditions.

The base's name was changed to Fort Greely in 1955 in honor of MG Adolphus Washington



“Moose, caribou, brown bear, black bear ... We're the top of the food chain around here.” —SGT VIRGIL T. KLEIN, MP TEAM LEADER



**ON POINT:** Sitting at their consoles at the “tip of freedom’s spear,” Bravo Crew, 49th Missile Defense BN, operates the Ground-Based Midcourse Defense (GMD) portion of the Ballistic Missile Defense System.

Greely, who led a 25-person scientific expedition for the Army through Alaska and the Arctic in 1882–84.

From 1995 until 2001, the fort was realigned and scaled back by Congress. But in 2001, the fort’s future drastically changed. President Bush decided to withdraw from the Anti-Ballistic Missile treaty with Russia, and Fort Greely was selected to house the nation’s new protection against ballistic missiles, the Ground-based Midcourse Defense (GMD) system.

With its new mission, Fort Greely was assigned an Army National Guard unit, the 49th, to operate and guard its high-tech equipment. The GMD’s Operation Support Group–Alaska is also stationed at the fort to assist in the mission.

“What’s unique about [Fort Greely] is its primary function: Whether you’re working for the installation, as a contractor for the Missile Defense Agency or you’re a member of my battalion, you’ve got a singular focus for the mission,” LTC Hildreth explained. “That’s your



purpose for being here. That's the purpose for Fort Greely."

But what actually goes on at the fort?

On base, there are several different ranges and complexes. Most field-testing occurs at the Bolio Lake Range Complex, about 10 miles south of the fort. The compound also houses an Arkansas Range used for indirect-fire work, and a Washington Range used for various defense equipment tests.

The fort's main function, though, lies in its underground silos and communications centers.

## BREAKING DOWN MISSILE DEFENSE

Previously known as National Missile Defense, Ground-based Midcourse Defense, America's plan for defending our nation against ICBM attacks, employs Soldiers and civilians throughout the world. But exactly how does it work?

According to the Missile Defense Agency (MDA), the GMD system includes five major facets: sensors, missile interceptors, fire con-

trol and communications, infrastructure and physical security.

The sensors consist of various radars on ground, at sea and in space that can detect an ICBM. If a missile is detected, these sensors relay precise tracking and targeting information to communications command and control centers. These centers then feed the data to the missile interceptors, known as Ground-Based Interceptors (GBIs), in Alaska and California, where they are launched.

The entire process takes a mere 15 to 20 minutes for a long-range ballistic missile attack. So our Soldiers have to be alert and ready for action at all times. There is no room for error.

GBIs consist of three main components: an exoatmospheric kill vehicle (EKV), which actually destroys an incoming missile, an infrared seeker, which allows the device to track and maintain its target and three fuel boosters, which propel the device. The seeker also discerns between the missile warhead and other objects, like planes or decoys.

The interceptor is launched to make contact with the incoming missile during its midcourse phase outside the earth's atmosphere. Once the

## An ICBM's Flight Path

**THERE ARE THREE** phases to an Intercontinental Ballistic Missile's (ICBM) flight path: boost, midcourse and terminal. The boost phase, which typically lasts about one to five minutes, is when the missile is launched and gaining speed, usually exiting the Earth's atmosphere.

In the midcourse phase, the missile free falls toward its target. This is the longest phase and can last up to 20 minutes, allowing the most time for an interception.

The last phase, lasting only a minute or less, is when the missile re-enters the Earth's atmosphere and falls toward its target.

## Quick Guide – Acronyms:

- GMD** – Ground-based Midcourse Defense
- ICBM** – Intercontinental ballistic missile
- MDA** – Missile Defense Agency
- GBI** – Ground-Based Interceptor
- EKV** – exoatmospheric kill vehicle



ILLUSTRATION BY DUSTIN MCNEAL



# We don't have a lot of people around here, so we've got to take care of our own."

—CPT RAFAEL S. PACHECO

GBI reaches the missile, the 40-pound EKV is released, reaching a speed of up to 4,500 mph, and collides into the missile, causing its destruction. The missile and EKV are both demolished solely by the force of impact, an action called "hit-to-kill."

The GMD system also has interceptor missiles in place at Vandenberg Air Force Base in California, and another 10 are slated for placement in Poland to defend Europe, the United States and our allies from an attack, according to the MDA.

In addition to Fort Greely, control and support facilities for the current GMD project are also stationed in Eareckson Air Station and Adak, AK; Schriever Air Force Base, CO; Vandenberg and Beale Air Force bases in California; and Fylingdales, U.K.

The first GBI was placed in an underground silo on July 22, 2004. During a speech that day, MG John W. Holly said preparing the GBI marked "the end of an era where we have not been able to defend our country against long-range ballistic missile attacks."

## A SEARCH FOR SECURITY

President Bush has said, "America's development of a missile defense is a search for security, not a search for advantage."

At least 25 countries have or are attempting to get nuclear, biological or chemical weapons, according to the MDA. The United States' goal is not to be on the offensive, but to maintain a strategic defensive stance.

According to Baker Spring, a missile defense expert who is the F.M. Kirby Research Fellow for in National Security Policy at the Heritage Foundation, a research and educational institute, the government has moved away from the strictly offensive measures used in the Cold War era to a strategy that will protect and defend its people, territories, infrastructure and institutions from an attack.

This strategy's goal is to become more "layered," meaning it will be a mix of defensive and offensive measures and contain interceptors that can terminate an ICBM in the boost, mid-course or terminal phase of its flight path.

The government isn't just concerned with the United States, Spring said.

"We need not only a layered defense concept, but one that is global and will protect not just the United States but also its friends and allies," he said. "That is very important to strategic stability in a multi-polar world."

Basically, Soldiers of the 49th will be protecting much of the human race. And they're up for the challenge.

## THE FORT GREELY WAY OF LIFE

"You don't just get assigned here, you actually have got to want to be here," LTC Hildreth said about his battalion.

For being in such a remote location, the unit didn't have any trouble recruiting good Soldiers. Guard members came from about 40 states and territories to fulfill the mission at Greely—a mission of which they're very proud to be a part.

"It's good to know that we're giving back to the community and protecting the country the best we can," 1LT Ryan Skaw, the company executive officer for the military police (MP), told GX.

And others we spoke to agreed.

"I like knowing that I'm part of history," replied SSG Stephen Mich, training noncommissioned officer for the MP.

When they're not making history, Soldiers of the 49th take advantage of Mother Nature in Alaska, which is also known as the Last Frontier.

The fort is surrounded by a breathtaking view of the Granite and Alaska mountain ranges, and the environment boasts countless outdoor activities. Greely's more than 1,000 residents enjoy their free time by fishing, snowmobiling, hiking and hunting.

And, boy, do they have animals to hunt.

"Moose, caribou, brown bear, black bear, sheep, mountain goat, wolves, buffalo ... We're the top of the food chain around here," joked SGT Virgil T. Klein, MP team leader.

On the base, Soldiers have access to a commissary, movie theater and gas station. An indoor playground was recently completed for the unit's 130 families.

Life at Fort Greely is much closer to a 1950s-era way of existence than today's U.S. culture, which is marked by mass technology, instant gratification and a transient lifestyle. The

closest town, Delta Junction, has only about 3,000 residents and one dentist, doctor, grocery store and post office.

But it's this simple way of life that many Soldiers and families find appealing.

"Everybody knows each other, children play outside without too much adult supervision—[it's] that small community feeling of people taking care of each other," said CPT Rafael S. Pacheco, company commander, GBI MP Security Company. "We don't have a lot of people around here, so we've got to take care of our own."

There's not a lack of families on the base, either: Just last year, there were 17 births, and 12 more are on the way, according to CPT Pacheco.

"There's something kind of weird about Fort Greely. When people show up, they go into three things: They get dogs, a bunch of weapons or a bunch of kids," he joked.

What about all three?

"That gets kind of pricey," he answered.

## THE LAST FRONTIER

Though the winters are harsh, staying below zero from about November until April, Fort Greely's residents rely on each other to endure the freezing climate. Soldiers frequently get together at their homes, drive to Fairbanks to catch a movie or "anything pretty much to stay indoors," 1LT Ryan Skaw said.

The wintertime does have its perks, though. The northern lights are most visible, and avid anglers can still practice their hobby under the ice.

And the difficult weather and remote location's hardships do have an upside.

The U.S. government and the state of Alaska provide stipends to the Last Frontier's residents. Twenty-five percent of proceeds from the sale of Alaska's natural resources is invested in stocks and bonds and distributed to residents who have lived in the state a full year and have not been convicted of a felony.

This program, called the Permanent Fund Dividend Program, usually pays between \$600 and \$1,500 annually. In addition to the state's payouts, the 49th Soldiers also receive a monthly hardship pay of \$150.

Fort Greely is constantly looking for dedicated, sharp Soldiers. Its mission is indispensable, and its Soldiers ever vigilant. These Guard Soldiers are one-of-a-kind, in duty and in character. It's not for everyone, but the benefits are bountiful and the satisfaction indescribable.

"You've got a very high quality of person here, high-quality Soldier and family," LTC Hildreth boasted. "[They are] very resourceful, they believe in the mission here, and they believe in what we're doing." **GX**

# Far & Away

## USE DEPLOYMENTS TO RETHINK YOUR APPROACH TO FAMILY FINANCES

By Mark Henricks, USAA

**ANNE-MARIE AND CPT DAVID TOSH** had always split the responsibilities of paying bills and other financial chores—until CPT Tosh was called up. When her husband was deployed to Iraq in April 2003, Mrs. Tosh took over.

“Anne-Marie handled everything,” CPT Tosh says.

Luckily, the two had set themselves up for success. “The accounts were in both of our names,” says Mrs. Tosh, who lives with her husband, who is now back from Iraq, in Leander, TX. “For anything I didn’t already know about, he left information.”

“Many deployed service members leave somewhat more confusion in their wakes,” says Meredith Leyva, the Norfolk, VA, wife of a Navy officer and founder of [www.CinCHouse.com](http://www.CinCHouse.com), an online portal that offers ideas for managing finances during deployment and other help for military families.

“In my husband’s first deployment, he had forgotten to pay a credit card bill,” Mrs. Leyva recalls. “It wasn’t clear on the statement how much money was owed, but when I called the financial institution, it refused to give me any information because it was not a joint account—and that hurt his credit rating.”

Service members who are single face different challenges. Navy Lt. Cmdr. John Baehr had an eviction scare when rent on his stateside apartment was paid a week late while he was in Kuwait for a year.

“Fortunately, the apartment manager gave me the benefit of the doubt and didn’t charge late fees,” says the San Jose, CA, naval officer, who used his bank’s online bill payment and a helpful friend back home to handle most financial issues without a problem.

Joseph “J.J.” Montanaro, certified financial planner practitioner with USAA Financial Planning Services, says deployment could result in a financial windfall.

“With the possibility of combat zone tax-free income and a host of allowances (separation pay, hazardous duty pay, etc.) added to the monthly bottom line, you may be able to use the additional income to pay off pesky credit cards, build your emergency fund and even start up or increase your automatic savings into a Roth IRA, Thrift Savings Plan or College Savings Plan for the kids.”

### Smart Solutions

Facing deployment doesn’t mean falling into financial ruin. By taking a few precautionary steps, you’ll secure your finances and leave your family well cared for.

The first line of financial defense is an emergency savings fund. Experts typically recommend

that you work toward having three to six months of living expenses in such a fund. But Mrs. Leyva says if you’re facing deployment you should set aside at least \$2,000 extra to deal with car repairs, plumbing leaks and other unexpected bills. You should also pad the fund for routine chores usually taken care of by the deployed family member.

You can cut costs by storing items that will be left unused during deployment. If cars or trucks must be stored, investigate savings on insurance that might be available. If you’re single, try eliminating rent and utility bills by storing all possessions left behind. Just be sure to get rental insurance to protect your belongings.

Remember that as a deployed Soldier or the family member of one, you’re eligible for special interest rates, debt protection and other perks.



© WALTER B. MCKENZIE / GETTY IMAGES

The Servicemembers' Civil Relief Act of 2004 may qualify you to receive a lower interest rate on mortgages and credit card debts, and protection from eviction for late rent payments. Plus, you might be able to delay civil legal actions including bankruptcy, foreclosure and divorce.

If you're worried about handling your finances overseas, you can sign a power of attorney to designate a trusted friend or family member to handle your financial transactions.

"If you don't have a significant other or family member who can regularly take care of your small issues, make sure you take the time to list your account numbers and customer service phone numbers, and give that information to whomever you give power of attorney," Lt. Cmdr. Baehr urges.

Look to stateside organizations such as Operation Homefront and services such as [www.CinCHouse.com](http://www.CinCHouse.com) for guidance and support.

## Making Lemonade out of Lemons

The good news is deployment can lead to better overall financial management. "When I deployed, Anne-Marie completely took over, and it worked so well that we left it that way," CPT Tosh says. **GX**

*Joseph "J.J." Montanaro is a certified financial planner practitioner with USAA Financial Planning Services, one of the USAA family companies. Montanaro served in the U.S. Army for six years on active duty. He is currently a Lieutenant Colonel in the U.S. Army Reserve.*

# Pre-deployment: A Financial Checklist

WAITING UNTIL YOU GET ORDERS TO DEPLOY MAY BE TOO LATE TO START BUILDING A SOLID FINANCIAL PLAN, SO START PREPARING NOW. FOR A HEAD START, REFER TO THE FOLLOWING CHECKLIST:

- Build an emergency savings fund.**  
The fund should contain three to six months of living expenses. Include at least \$2,000 extra to deal with car repairs, plumbing leaks and other unexpected bills.
- Deputize a trusted friend/family member.**  
Ask someone back home to handle paying bills and other tasks. A power of attorney may be required.
- Create a record of accounts.**  
Take a copy with you when you deploy. If you're married, make sure both spouses' names are on all accounts. If you're single, provide the information to a responsible friend or family member entrusted with power of attorney.
- Eliminate rent and utilities.**  
If you're single, you may be able to put all the possessions you leave behind into storage, eliminating rent and utilities. If that's the case, you should consider maintaining rental insurance to protect your belongings.
- Set up automatic deposit, investments and bill payment.**  
For bills that can't be auto-paid, investigate a bill payment service that will allow you to pay them online from anywhere you have Internet access.
- Prearrange any loans your family might need.**  
Don't be afraid to ask for lower interest rates that recognize your service to your country. (The Servicemembers' Civil Relief Act of 2004 may qualify you to receive a lower interest rate on mortgages and credit card debts and protection from eviction for late rent payments. Plus, you may be able to delay civil legal actions, including bankruptcy, foreclosure and divorce.)
- Save receipts.**  
Set up a folder to hold receipts and financial and legal documents in your absence.
- Update life insurance, beneficiaries and wills.**  
This may include investigating special dismemberment benefits available on your life insurance policy, and reducing or eliminating coverage on cars that won't be driven while you're deployed.
- Remember traumatic injury protection.**  
Servicemembers' Group Life Insurance now includes coverage called traumatic injury protection, which can help you and your family if you suffer a traumatic injury.
- Notify creditors and other financial institutions that you are being deployed.**  
Provide them, as well as your stateside deputy, with a way to contact you with problems.

# Reaping Rewards

## USE YOUR BONUS AS A FINANCIAL BUILDING BLOCK

By Joseph Montanaro, USAA Financial Planning Services

**TODAY'S FAST-PACED** operating environment has at least one positive effect on many Soldiers—a deepened pot of available bonus dollars. Increased re-enlistment incentives and critical skills retention bonuses can result in additional monetary incentives, which could be substantial for those who continue to serve our nation.

If your bonus is on the way, you may be dreaming of what it can buy.

But where does "financial security" fall on your list? Spending the bonus might seem fun, but building financial security is a move you won't regret. Before heading off to the car dealership or your favorite electronics store, consider using your bonus to accomplish one or more of the following:

### Ditch the Debt

Paying the minimum on your credit card is exactly what the credit company wants—but it's certainly not what's

in your best interest (pun intended). In most cases, paying off credit card debt should be your top priority, even ahead of saving. The double-digit interest rate you're paying on your credit card is probably higher than what you can earn from investments—and the interest savings on credit cards are guaranteed and immediate!

### Save for Emergencies

An emergency fund is one of the cornerstones of a solid financial plan. The fund should cover three to six months of basic living expenses, including money to cover house and car payments, as well as food and utility

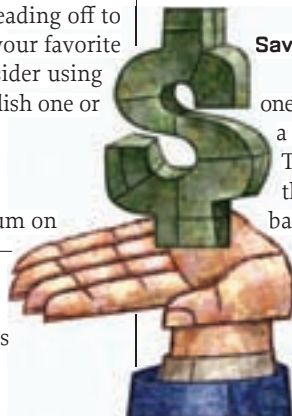
bills. Put your emergency fund in a savings or money market account to ensure the cash is accessible and safe. These types of accounts can be set up with your bank or mutual fund company.

### Start a Nest Egg

Your bonus can be ideal to jumpstart your program to save for retirement, college, a family vacation or the down payment for a new home.

For retirement, a Roth IRA and the military's Thrift Savings Plan (TSP) are tax-advantaged ways to put your money to work for you. An important fact to remember is that you don't pay taxes now on what you contribute to a TSP! For college, a Coverdell Education

*Continued on page 55*



# Back To the Classroom



## HOW TO OVERCOME YOUR FEARS ABOUT RETURNING TO COLLEGE

By Johanna Altland, Grantham University

FOR MANY, going back to school later in life can be intimidating. But in the last few years, more and more adults have returned to school to fulfill lifelong goals, change career paths, brush up on their skills or advance their careers. Getting back in the classroom doesn't have to be a daunting task. Let's take a look at a few common misconceptions that adult learners have about returning to school:

### *I'm going to be the only adult student in the classroom.*

This may have been true back in the 1970s, but today you'll find that there are a lot of adults returning to college. According to the National Center for Education Statistics, the number of students age 35 and older in degree-granting institutions has soared from 823,000 in 1970 to an estimated 2.9 million in 2011.

### *Going back to school will be tough with my work and family life.*

There's no doubt that it won't be easy to complete homework with a job and a family to worry about, but it's definitely doable. There are many options available for working adults today. Many schools recognize the unique challenges that adults face when juggling a full-time job with soccer games and play dates. Most colleges offer classes that meet once a week in the evenings or on Saturdays. Another great option is to attend school online.

### *Do I really need a college degree?*

That depends on you and your personal goals, but many studies show that earning a college degree is well worth the effort. In addition to becoming more well-rounded and obtaining expertise in a specific subject area, your living situation can greatly improve. On average, someone with a bachelor's degree makes at least \$18,000 more annually than someone with only a high school diploma, according to the Bureau of Labor Statistics. Those with master's degrees make nearly \$10,000 more than those with bachelor's degrees—and the growth does not stop there. Your chance of being unemployed is much lower if you have a college degree.

### *I can't attend college full-time.*

Don't worry, you don't have to. Most adult college students attend college part-time due to their work and family schedules. One of the most difficult periods of transition for adult college students occurs during the first class. Not only do you have to adjust your schedule,

but you now have assignments and projects to complete. When returning to college for the first time after a few years, it might be a good idea to just take one class at a time until you become comfortable with your new schedule. As it gets easier over time, you can add one or two more courses.

### *There are so many colleges to choose from; I don't know where to start.*

When choosing a school, you want to keep your long-term goals in mind. Below are some questions you should ask yourself when deciding which school is the right fit for you:

- » What field of study interests you? What kind of degree should you pursue?
- » How much will each class cost? Are books and software included?
- » Can college classes I've already taken, military service and even previous work experience count toward my degree?
- » Am I required to attend class a certain amount of times each semester?

- » Are library resources, mentoring services and tutoring available at no extra cost?
- » Does the school offer scholarships or financial aid, or accept tuition assistance?

### *It's been so long since I've been in school; there's no way I'll pass college math or English class.*

Don't worry; many schools offer placement exams for math and English courses. The college will place you in the appropriate class based on the results of the exam. You can also look into taking a remedial math or English class as a refresher before you begin the courses in your degree program.

### *Still not sure about returning to college later in life?*

Ask yourself, "Is there ever going to be a right time?" It's time to take advantage of all of the resources available for adult learners. Today it is easier than ever to earn your degree while still working full time and meeting the needs of your family. What are you waiting for? **GX**

# Tips for Writing The Perfect Term Paper

**A** new set of college courses always brings an assortment of final projects, including the dreaded term paper. But this year, when you're assigned that 20-page final paper, hold in your groans and use these tips to land an "A."

**TOPIC:** Choosing a topic can be one of the most challenging aspects, especially when your professor says you can write about whatever you want. Don't pick a topic that's too broad or too narrow. Your topic should also be interesting and easy to explain. For example, you might not want to write about the benefits of molecular engineering for your sociology class. Jot down a few topics and do some preliminary research to see which ones have the most current information. That's the topic you want to choose.

**THESIS:** Once you have chosen your topic, develop your thesis—the main argument of your paper—around it. Developing a thesis sentence will help you organize and create your paper. For example, if you decide to write about the Internet as a marketing tool, your thesis might sound something like: "Because

the Internet is filled with tremendous marketing potential, companies should capitalize on this potential by using Web pages that offer both advertising and customer support." Keep in mind that as you begin your research, your topic may change and your thesis may have to be revised.

**RESEARCH:** Here's one of the biggest research tips: Don't put it off until the last minute. Your professor has probably given you most of the semester to write your paper, so why wait? Have you ever heard the expression: "The early bird catches the worm?" Well, it's true. Don't arrive at your college's library one week before your paper is due and expect to find all of the books and articles you need. Chances are one of your classmates has already reserved them. To begin your research, use search engines, articles and Web sites. URLs that end in .gov, .edu or .org may be more reliable than information found at a .com Web site. In either case, it's important to evaluate your resources and understand where they obtained their information. Also, don't rely completely on Web sites for your sources; your local library is full of journals, periodicals and books that professors will want to see cited in your paper.

**OUTLINE:** Creating an outline for your paper is important because it ensures that you'll touch on all of your main points in a logical format. Start by listing all of the important points that you want to cover, group similar ideas together and then put them into an order that makes the most sense.

**ROUGH DRAFT:** Creating a rough draft should be the easiest part of your assignment. Just sit down at your computer and let your thoughts flow. Save the formatting and revising for when you are finished.

**REVISIONS:** Provided that you planned ahead, don't look at your rough draft for a few days. When it's time to do your revisions, you'll be reading it with fresh eyes, which will enable you to spot sections where your research, content or arguments need to be stronger. Ask yourself if your thesis statement is clear and easily understood; if there is a clear introduction, body of the paper and conclusion; if the order of your paragraphs make sense; if all of your sources are cited properly and, most importantly, make sure your paper says what you want it to say.

**PROOFREAD:** This is an important step in the paper-writing process. Oftentimes, points are deducted from a paper not because the content wasn't good but because there are careless grammatical mistakes. If using proper grammar isn't your strength, ask a friend or colleague to review your paper. One effective proofreading tip is to convert your paper to the Courier font, and read it out loud. Because Courier uses equal spacing for all characters, it forces you to pay closer attention to the text.

Finally, your paper is complete and ready to be submitted. Writing any paper is much easier when you have a well thought out approach. Now that you know the basic steps, tackling your next paper won't be nearly as difficult. **GX**

## Reaping Rewards

*Continued from page 53*

Savings Account or 529 college savings plan may be ideal. Finally, if you want to put aside some funds for another goal, consider setting up a no-load mutual fund or funds in your name or jointly with your spouse.

Though you won't get any tax benefits, your investment can potentially grow over time.

If you're not sure what to do first, meet with a financial planner who doesn't work on commission. A basic financial plan can cost as little as \$200. And when your bonus comes in, use it to make a big impact on your financial future. **GX**

## MONEY ON YOUR HANDS?

Sometimes an unexpected bonus or a big salary increase can feel like a windfall. How would you use the extra cash? In a recent USAA survey, conducted by Harris Interactive, employed U.S. adults revealed what they do with extra income. Where would you stash the cash?

### 5 ways to make unexpected cash work for you

**Odds are, you won't win the lottery.** But surprising sums can come from other, more likely sources—a big tax refund, a re-enlistment bonus or even a retention bonus. Once you get the money, next comes the decision of what to do with all that cash. Whether it's \$500, \$5,000, or \$100,000 that suddenly falls into your lap, these tips will help you spend wisely.

**1. Take it slow.** You don't have to decide what to do with the money right away. Park it in a temporary place like a savings account, money market fund or

certificate of deposit. Then promise yourself you'll postpone major decisions until you've had time to get over the shock of having more money.

**2. Write down goals.** List your priorities from most to least important. Do you need to pay off high-interest credit card balances? Are you ready to move into a better neighborhood? Is giving money to family a top concern? Name your goals and determine what you'll need and want to do first.

**3. Treat yourself.** While you shouldn't overdo it on celebrating, financial planner Joseph Montanaro says it's OK to indulge a little. "A toy or two for yourself is fine, especially if it makes doing all the right things possible," he says.

**4. Get expert advice.** Depending on the size of the bonus, tax, legal and financial experts can help you avoid costly mistakes when managing your assets. "It's critical to know when to seek advice," Montanaro says, "and sometimes the challenges unique to a large windfall call for professional advice."

**5. Don't expect miracles.** Money doesn't solve all of your problems, but it can make your life easier. Be careful not to get caught believing in the fantasy that now you're going to live happily ever after. "A windfall may provide a financial jump-start," Montanaro says, "so use this opportunity to make smart financial decisions." **GX**



▶ **7 out of 10**  
adults in the  
United States are  
deeply attached to  
their couches

▶ **4 in 10**  
adults aren't  
physically active  
at all

Source: National Center for Health Statistics (NCHS)

# Couch Potato Patrol

By Judith S. Harris, CHES, BSN, MA,  
Decade of Health

**One potato, two potato, three potato,** four ... five potato, six potato, seven potato ... more? Seven out of 10 adults in the United States are deeply attached to their couches, and 4 in 10 of them aren't physically active at all, according to the National Center for Health Statistics. This behavior can't help but trickle down to other family members, particularly little spuds. An article in *Military Medicine* attributes childhood obesity to excessive computer usage, habitual television watching and the mother's body mass index. Is it any wonder that U.S.

children are facing the same health risks as adults?

## Overweight kids struggle

According to the National Center for Health Statistics (NCHS), 16 percent of children age 6 to 19 are overweight. This represents about a 45 percent increase in overweight children in a decade. Effects of this trend on the health of children include increased incidence of Type 2 diabetes, increased evidence of cardiovascular changes, decreased physical fitness and increased risk for obesity.

Contrary to popular opinion, there is not a strong trend for overweight children to outgrow baby fat.

But there's another issue associated with overweight children that

is equally alarming: the effect on a child's quality of life. Think about how important it is to a child to be liked and have friends. Overweight children are frequently treated differently and subjected to teasing, bullying and isolation by other children, leading to low self-esteem and

even depression. Plus, there is a tendency to practice the same antisocial behaviors they've experienced on other, more vulnerable children. Parents often become anxious or stressed when they see their children experiencing this stigma, which can further affect their kids.

The whole situation can become a vicious cycle, which may play a role in another research finding that heavy children have significantly higher absentee rates from school. Are they sick more often? Do they find excuses to miss school? Probably both are happening.

Source: the National Center for Health Statistics (NCHS)

**16%** OF CHILDREN AGE  
**6 TO 19 ARE OVERWEIGHT**



## Some great food and nutrition sites for kids and parents include:

- **MyPyramid for Kids:**  
[http://TeamNutrition.usda.gov/resources/mpk\\_close.pdf](http://TeamNutrition.usda.gov/resources/mpk_close.pdf)
- **USDA Kid's Home Page:**  
[www.FDA.gov/oc/opacom/kids/default.htm](http://www.FDA.gov/oc/opacom/kids/default.htm)
- **CDC's Tips for Parents:**  
[www.CDC.gov/nccdcphp/dnps/obesity/childhood/tips\\_for\\_parents.htm](http://www.CDC.gov/nccdcphp/dnps/obesity/childhood/tips_for_parents.htm)
- **NIDDK's Energize Yourself and Your Family:**  
[win.nidk.nih.gov/publications/energize.htm](http://win.nidk.nih.gov/publications/energize.htm)

### Make weight management a family mission

The rising rate of overweight children is a serious threat to our next generation of Soldiers. Recruit training programs and boot camps are already finding it necessary to provide extra help to a growing numbers of recruits who must start military life in a weight control program. Even during deployments, according to recent articles in *Army Times* and *Navy Times*, the trend toward an average 10-pound weight gain by troops is attributed to poor nutrition choices and lack of portion control at the dining facility.

Nutritionists in the field have observed that bad habits, perhaps instilled during early childhood, have made steering Soldiers toward healthier choices in the chow line a challenge.

Let's make this a short-lived trend! Be a role model, guide and teacher, making sure that your kids learn about nutritious food. Encourage them to establish healthy eating habits by following your lead.

This is a great time for all families to join the Decade of Health community at [www.DecadeofHealth.com](http://www.DecadeofHealth.com) during the 2008 launch of a healthy weight management campaign, "ARNG Lighten Up!" At the site you'll find a wealth of information and resources supporting the family weight management mission. **GX**

## Our Military Kids Grant Program

# MAKING A DIFFERENCE

Courtesy of Our Military Kids Program

**Our Military Kids**, a program that pays enrichment activity fees for children of deployed Reserve and National Guard forces, is proud to partner with the ARNG in supporting its families.

Through this partnership, Our Military Kids continues its record of providing an activity grant to every eligible child who applies. Our Military Kids grants allow children to participate in sports, fine arts or tutoring programs while their parent is deployed or recovering from serious injury.

Capped at \$500, these grants are available to children from kindergarten through 12th grade and cover a wide range of extracurricular activities, from wrestling to dance to driver's education. Martial arts are a popular activity choice,

that the boys needed an ongoing activity to provide them with the discipline and male role modeling she felt were crucial to their growth and stability.

"Enrolling the boys in martial arts provided a structure that we all needed during Mark's deployment," Nancy says. "The boys loved it! They learned the importance of respect, loyalty, non-violent behavior and the value of working out conflicts in different ways."



"We never could have afforded to have all four boys enrolled at the same time without the grants from Our Military Kids."

>> Nancy Federle

and it was a particularly welcomed diversion for Keith, Jacob, Anthony and Maxwell Federle of Columbus, OH.

As if having four active boys under the age of 12 wasn't enough to keep Nancy Federle busy, moving to a new city and finding out that her husband, Mark, "my best friend, partner and father of my children would be deployed [to Iraq] in a few short weeks put a whole new spin on parenting," she says.

The Federles were fortunate that Mark's posting permitted them to stay in almost daily contact by email and phone during his two-year deployment. But two years is a long time in the life of a young child, and Nancy felt strongly

The biggest hurdle was figuring out how to pay for the classes. "That's when I discovered Our Military Kids," she says. "We never could have afforded to have all four boys enrolled at the same time without the grants from Our Military Kids."

Mark Federle, who has now returned home, agrees wholeheartedly. "When I got home and went to see them in class and what they had learned, I couldn't believe it. This was just such a wonderful gift for my boys. And a gift to me to see my son, Anthony, get his belt.

"I wish other families would take advantage of this wonderful grant

program," Mark says. "It helps alleviate so much family stress during a deployment to know that kids are focusing on an activity they enjoy. It helps their minds focus and relieves the deployed Soldier of worry as well."

For the Federles, the program was a lifesaver. "My boys are so proud of their dad, and when he returned, they argued over who got to be with him first," Nancy says. Dad, in turn was proud of his sons and all they had achieved through Tae Kwon Do while he was gone. "This activity kept my boys on track and my family working as a team!" he says.

In addition to a contract with the Guard, Our Military Kids has received funding support from foundations, corporations and hundreds of individuals. These supporters recognize that National Guard parents are making enormous sacrifices for our country. They want to help Our Military Kids minimize the sacrifices Soldiers' children must make here at home while also honoring the parent in service to our country.

For more information on Our Military Kids, go to [www.OurMilitaryKids.org](http://www.OurMilitaryKids.org). **GX**

"I wish other families would take advantage of this wonderful grant program. It helps alleviate so much family stress during a deployment to know that kids are focusing on an activity they enjoy. It helps their minds focus and relieves the deployed Soldier of worry as well."

>> Mark Federle

# Like Daughter, Like Mother

FAMILY DUO SERVES COUNTRY

By SGT April McLaren, Illinois National Guard Public Affairs

**SPRINGFIELD, IL**—It's not every day a daughter can tell her mother what to do. But that could actually be the case with SPC Alyssa Peterson, 20, who outranks her mother PFC Lalita Laksbergs, 40, in the Illinois Army National Guard.

While PFC Laksbergs is close to wearing the specialist rank like her daughter, SPC Peterson is anxious to see who will reach the rank of sergeant first, the next step for each Soldier.

But their Soldier-friendly competitiveness hasn't always existed.

It was just two years ago when SPC Peterson sat down with her mom to tell her she found a way to pay for college.

"You are *not* joining the military," SPC Peterson remembers her mom

SPC Peterson's branch of choice.

After the dramatic scene with SPC Peterson, PFC Laksbergs said the conversation continued through the bedroom door, which is when she started getting some of her answers.

Before both of them knew it, they were in a recruiter's office. PFC Laksbergs watched her daughter sign papers and commit the next six years of her life to the Illinois Army National Guard.

Another recruiter in the office struck up conversation with PFC Laksbergs and asked her a question she nearly laughed at.

"How cool would it be to sign up both a mother and daughter?" he asked.

It wasn't until six months



JACOB PETERSON

**Two of a kind:** PFC Lalita Laksbergs and daughter, SPC Alyssa Peterson, embrace during Friends and Family Day at Fort Jackson, SC.

University in Bloomington, IN, and her younger brother, Jacob, was wrapping up his senior year of high school and also preparing for college.

Since her children were moving out on their own, PFC Laksbergs said

"No one wants her mom to be yelled at all the time," she said. "I didn't want her to go through what I went through. But she actually liked it, which I thought was weird."

PFC Laksbergs and her daughter trained together for the first time at the Illinois Army National Guard's annual training at Fort Chaffee, AR in June, part of Exportable Combat Training Capability (XCTC). SPC Peterson, who is part of Company A, 634th Battalion in Mattoon, IL, participated in XCTC to prepare her and her company to deploy with the 33rd Infantry Brigade Combat Team to Afghanistan later this year.

Even though PFC Laksbergs isn't currently preparing to deploy, her unit, the 139th Mobile Public Affairs Detachment in Springfield, IL, will be providing public affairs support.

While her daughter prepares to join more than 2,700 Soldiers in the largest overseas deployment of Illinois Soldiers since WWII, PFC Laksbergs admitted she feels differently now about deployment than before she joined.

She said she understands the training SPC Peterson has gone through, the camaraderie her daughter shares with fellow Soldiers and her determination.

"I'm not going to say I'm not nervous," PFC Laksbergs said, "but I know she's in good hands." **GX**

**"I'm not going to say I'm not nervous, but I know [my daughter] is in good hands."**

>> PFC Lalita Laksbergs

it was the perfect time for her to join the military. So, that's what she did.

SPC Peterson said she specifically remembers the email she read from her mother that said she was thinking about joining the Illinois Army National Guard.

She admitted to reacting the same way her mother did just a few months prior, looking for answers.

"What?" she asked. "Have you thought this over?"

Although SPC Peterson said she ultimately understood why her mom wanted to join, she said she was worried about her going through basic training. As a result, she prepared her mother the best way possible by telling her what to expect, what to pack, and most importantly, what the drill sergeants were like.



JOSH MILLER

**Proud day:** SPC Alyssa Peterson, her mother, PFC Lalita Laksbergs, and her brother, Jacob Peterson, celebrate after PFC Laksbergs graduated from basic training in November 2007.

stating firmly from the living room couch.

"Yes, I am," she shot back, as she stormed to her room.

Looking back on that day, PFC Laksbergs said she didn't get upset, but admits she didn't know what she was feeling because of all the questions she had about the Illinois Army National Guard,

later when PFC Laksbergs took that question to heart and decided to make the same commitment her daughter did to the Illinois Army National Guard.

"I started to put my life in focus," she said. "I asked myself, 'What am I going to do with my life?'"

At the time, SPC Peterson was in her first year of college at Indiana



**:: ON GUARD ::**

PFC Nicholas Jonas provides security from his over watch position at a village outside Forward Operating Base Kalagush, Afghanistan, June 10 2007. PFC Jonas is assigned to 1st Battalion, 158th Infantry Regiment, Arizona National Guard.

SSG ISAAC A. GRAHAM

# FROM ROUGH RIDERS TO BUSHMASTERS: The Arizona Army National Guard

By Jason Hall

The state of Arizona proudly proclaims its National Guard heritage from every school, town square and public building that flies the state flag. In fact, the Arizona Army National Guard (AZARNG) gave birth to the state flag of Arizona. But before we get to that, let's start at the beginning.



## AZARNG IS BORN

**T**he first military presence in Arizona was the Spanish establishment of the Presidio of Tubac in 1752. This military post protected Spanish settlers, some of whom assisted the Army in its operations, though there was no formal militia at that time. The beginning of what we know today as the AZARNG began just after the Civil War, in response to the ongoing Indian wars.

The territorial government of Arizona was organized in 1864, as the American Civil War was still raging. On Sept. 2, 1865, the new govern-

ment formed the First Arizona Volunteer Infantry Regiment after the U.S. Congress refused Arizona's request for \$250,000 to fund volunteers to fight the Apaches. The new regiment consisted of five companies, which were designated A-F, but there was no "D" company. The majority of the approximately 350 men who joined the regiment were Hispanic or Native American. Company C was comprised of members of the Pima tribe, and Company B was made up of members of the Maricopa tribe.

The fledgling Arizona militia saw a transformation in 1881, with the enactment of a new militia

code. This code provided for a new organization of the militia, which would consist of 10 infantry companies. One of the most important aspects of this new code was that it dictated that these units were part of the "National Guard of Arizona." Some of these new units created distinctive names for themselves, such as the Galeyville Militia, the Phoenix Rangers and the Mulligan Guards, which later became known as the Prescott Grays. By 1890, there were units in Flagstaff, Prescott, Phoenix, Tucson, Florence and Tombstone. Today Tombstone is the only town on the original list that does not continue to have a unit present.

# “NO GREATER FIGHTING COMBAT TEAM HAS EVER DEPLOYED FOR BATTLE.”

—GEN Douglas MacArthur, on the skills of the 158th.



### ::STRIVING VIGILANT::

SGT Nathan Adams watches over detainees at the courthouse in Baghdad, Iraq, Aug. 3, 2006. Adams is from 1st Battalion, 180th Field Artillery, Arizona Army National Guard.

SENIOR AIRMAN RICHARD ROSE

## FLYING THE FLAG

AZARNG Soldiers' first real participation in combat came during the Spanish-American War in 1898. One of the most famous units of the war, Theodore Roosevelt's "Rough Riders," included two troops from the AZARNG. Following the war, several Arizona Guard Soldiers saw service during the Philippine Insurrection.

In 1911, the AZARNG Rifle Team competed in the national matches at Camp Perry, OH. Several members of the rifle team noticed that other state rifle teams carried flags or banners representing their home states. Since Arizona was not yet a state, the rifle team had no such flag. Hoping to participate in this national event, CPT Charles W. Harris designed a new, distinctive flag for the rifle team. Mrs. Nan Hayden sewed together the flag, which in 1916 was adopted as the state flag of Arizona.

## A HISTORY OF COURAGE

President Woodrow Wilson mobilized the National Guard in 1916 to thwart the threat of Mexican raids into the United States by Pancho Villa. On May 9, 1916, the First Arizona Infantry Regiment was mobilized and began patrolling the Mexican border. Soon units from around the country would be in Arizona assisting in

guard during his visit to Paris. During their service in the war, 321 Arizona men gave their lives—the first being a Pima Indian by the name of Matthew B. Juan.

The AZARNG was again gathered into federal service on Sept. 16, 1940, during the first major peacetime mobilization of the National Guard. President Franklin D. Roosevelt wanted to give the Guard a chance to prepare for what he believed would be the eventual entry of America into WWII. The Arizona men, with the exception of the 158th Regimental Combat Team, reported to Fort Sill, OK, where they were attached to the 45th "Thunderbird" Division.

Conditions at their training camp were abysmal. The men lived in tents during a very cold winter and suffered under extremely harsh conditions. One Soldier, PVT Bill Maudlin, of Arizona's 120th Quartermaster Regiment, began drawing to help pass the time. In the coming war when the Arizona men deployed to Europe with the 45th Division, PVT Maudlin would draw two of the most famous and beloved cartoon characters of WWII: "Willy and Joe."

The 158th Regimental Combat Team was sent to the Panama Canal Zone in January 1942, to participate in jungle warfare training. The unit would become known as the "Bushmasters,"

were somewhat quiet for the AZARNG in the '70s and '80s with the exception of the occasional service during times of labor strikes. In 1983, the AZARNG participated in Operation Copper Nugget, in which it supported the Department of Public Safety in enforcing the law during a major copper miners strike.

The Gulf War of 1991 saw a change in the makeup of the Soldiers of the AZARNG. This change was epitomized in CPT Debra Clark, commander of the 222nd Transportation Company, who directed her trucks to provide desperately needed fuel. AZARNG's only fatality during the Gulf War was SPC Dorothy Fails, who was killed in a tragic traffic accident.

Since the terrorist attack of Sept. 11, 2001, more than 3,000 men and women of the Arizona Guard have served in Operations Noble Eagle, Enduring Freedom and Iraqi Freedom, six of whom have given "the last full measure of devotion."

## AZARNG TODAY

In January 2008, more than 600 members of the 1st Battalion, 158th Infantry Regiment, AZARNG, left home to train at Fort Bragg, NC, in anticipation of deployment to Afghanistan. This was the regiment's first deployment since its heroic deeds in the jungles of the Pacific during WWII.



### DEFENDING THE LINE:

(Left) In 1916, the First Arizona Infantry Regiment patrolled the U.S. border with Mexico to help thwart raids led by Pancho Villa.

(Right) Known as the "Bushmasters," the 158th Regimental Combat Team of the AZARNG used their jungle warfare training in the Panama Canal to put up a tenacious fight during the Luzon Campaign in the Philippines in April 1945. Their efforts helped secure critical passages for allied shipping in the Pacific.

protecting the border. During this time, the men of the AZARNG received valuable training and experience that would be critical in the days soon to come. They remained on the border until the U.S. entered WWI by declaring war on Germany on April 6, 1917.

The First Arizona Infantry Regiment was mustered into federal service and re-designated as the 158th Infantry, assigned to the 79th Brigade, 40th "Sunshine" Division. The 158th deployed to Europe in August 1918 and remained in France with the 40th Division until being removed from federal service on May 3, 1919.

Following the war, the 158th was selected to be President Woodrow Wilson's special honor

named after the Bushmaster snake found in Panama. The 158th fought tenaciously during the Luzon Campaign in the Philippines in April 1945, repulsing several enemy suicide bayonet charges.

The efforts of the Arizona men, most of whom were either Mexican-American or North American-Indian, helped to secure critical passages for allied shipping in the Pacific. Commenting on the 158th, GEN Douglas MacArthur stated: "No greater fighting combat team has ever deployed for battle."

The chilly weather of the Cold War touched the soldiers of the AZARNG with the call-up of the 222nd Transportation Company of Winslow, AZ, in response to the Berlin Crisis of 1961. Things

The 158th will work with other coalition forces to quell the rise of suicide bombings and insurgent and Taliban activities. These Soldiers will enlarge the Arizona Guard contingent in Afghanistan to 1,100, while approximately 1,600 Arizona Guard members currently serve in Iraq.

From its early beginnings of settlers protecting their homes to the Rough Riders, and from the famed Bushmasters to today's Citizen-Soldiers, the Arizona National Guard is an organization of volunteers dedicated to protecting and defending their communities, state and nation. The men and women of the Copper State who serve in the Arizona Guard today and tomorrow perpetuate the motto, "Always Ready ... Always There." **GX**

# Fighting Spirit

▶ SHARP AND STRONG



**SPORTS**

Dale Jr. wins the Michigan Lifelock 400; Vitor places strong at Indy; and Landon goes fishing.

64

**COMBATIVES**

Learn how to throw a powerful punch.

70

**FITNESS**

Try SGT Ken's Operation Rapid Response circuit training routine.

72

**GEAR**

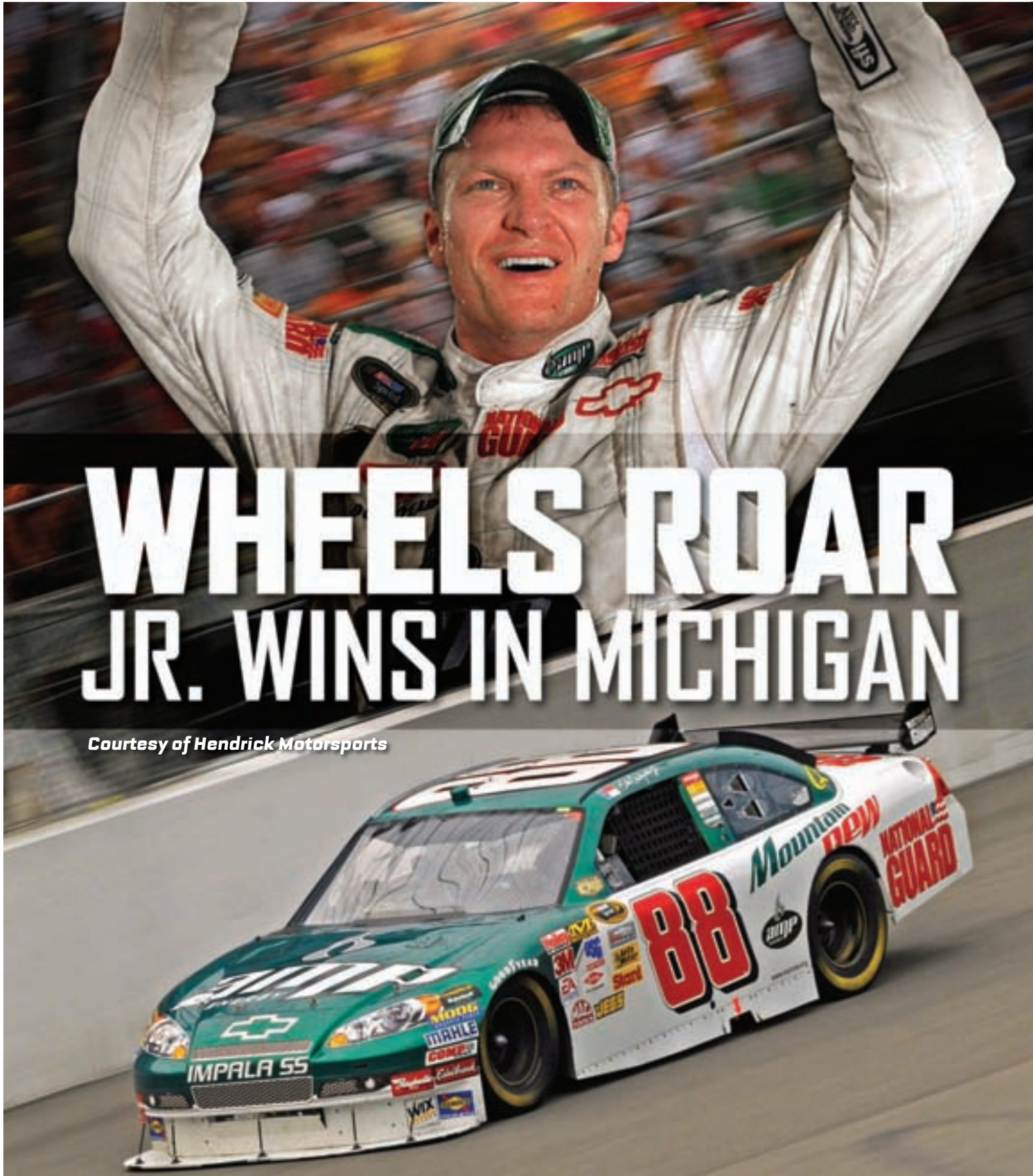
Use GPS to save your mind, time and gas.

76



**DALE JR. GETS SOAKED BY HIS TEAMMATES IN VICTORY LANE AFTER PLACING FIRST IN THE LIFELOCK 400.**

COURTESY OF HENDRICK MOTORSPORTS



# WHEELS ROAR JR. WINS IN MICHIGAN

*Courtesy of Hendrick Motorsports*





Dale Jr. poses by his trophy after winning the Lifelock 400 at Michigan International Speedway on Sunday June 15.

**Dale Earnhardt Jr. earns an emotional victory, snaps a 76-race winless streak and remains third place in the NASCAR Sprint Cup driver standings.**

## Q&A

**GX CAUGHT UP WITH DALE JR. BETWEEN EVENTS TO CHAT ABOUT HIS RACE PREPARATIONS.**

BY CHRISTIAN ANDERSON

**GX:** When did you first start to feel confident behind the wheel of a race car?

**Dale Jr.:** I think it's always come naturally to me because I have been around it my whole life. I've worked hard to be where I am, and I guess once you get that first win—in any series—you build confidence. [But] this sport is quick to take confidence away as well.

**GX:** How do you pep before a race?

**Dale Jr.:** I keep to myself, listen to some good iTunes and just rest before things get going. I am so focused before a race—I don't like to talk too much.

**GX:** How do you stay motivated each week and throughout the race?

**Dale Jr.:** The people I surround myself with keep me motivated. I'm hard on myself sometimes, and the people I work with—my spotter and crew chief and cousin Tony Eury Jr.—keep me motivated.

**GX:** If you were sent to a deserted island, what are three things you couldn't live without?

**Dale Jr.:** Water, my iPod and probably some food!

Stay up-to-date with Dale Jr.'s ranking, points, standing and winnings with our free widget. Go to [www.1-800-GO-GUARD.com/GuardRacing](http://www.1-800-GO-GUARD.com/GuardRacing) to download the new application.

# The No. 88

AMP Energy/National Guard Chevrolet team won the Lifelock 400 at Michigan International Speedway on Sunday June 15. Dale Earnhardt Jr. earned an exciting victory and snapped a 76-race winless streak. He remains in third place in the NASCAR Sprint Cup driver standings.

The starting grid for the Sprint Cup field was set by the current driver standings after rainstorms on Friday canceled the qualifying session. Earnhardt had a good car throughout practice sessions during the weekend, but started third.

Once the green flag dropped, Earnhardt radioed to crew chief, Tony Eury Jr., that the car was taking a few laps for the handling to come around. The No. 88 Chevrolet fell to the sixth position by the time the first green-flag pit stops took place. Earnhardt said the car was "drivable, but loose" and asked for a minor adjustment. Eury and the team made an air pressure adjustment in the left and right rear tires and sent No. 88 back onto the track in sixth place.

By lap 102, Earnhardt said the No. 88 Chevrolet was "pretty neutral," but he had too much "yaw," or side-to-side movement, and rode in fifth-place



until the next pit stop. On lap 146, the team took two right-side tires, and Eury told Earnhardt to conserve fuel because, according to the calculations, he was six laps short.

A caution on lap 151 helped the team because the No. 88 Chevy remained in sixth place. With 20 laps to go, Earnhardt and Eury had a conversation. They decided if Earnhardt could conserve fuel, they would roll the dice and stay out on the track.

Earnhardt took the lead on lap 196. He asked Eury if he should step on the gas as the No. 9 (Kasey Kahne) was lurking in his rearview mirror. Almost immediately after Eury gave him the green light to race

full throttle, a caution flag flew on lap 197, which forced a green-white checkered flag finish.

Eury told Earnhardt to ride the bottom and conserve whatever he could. The team gambled and discussed the possibility of finishing 25th if the fuel situation didn't work out.

It worked out.

On lap 200, the green flag flew, and on lap 201, the caution flew for a spin in Turn 2. All Earnhardt needed to do was cross the finish line under power, and he did. He ran out of fuel in turn 1, and his team proudly pushed the No. 88 car to victory lane. **GX**

## GX Catches Up With **VITOR MEIRA**

*By Christian Anderson*



**::GEARING UP::** The No. 4 National Guard car rests before the 92nd start of the Indianapolis 500.

EVAN BAINES

"I TELL THE SOLDIERS, WHO COME TO THE TRACK TO WATCH US, THAT IF I DO MY JOB HALF AS GOOD AS THEY DO THEIRS, OUR TEAM WILL BE IN VICTORY LANE EVERY WEEKEND."



Recently *GX* got to talk with **Vitor Meira**, driver of the No. 4 National Guard Indy car, between qualifying and practicing for the prestigious Indianapolis 500. We chatted with Vitor about racing with the National Guard.



**::READY TO RACE::**  
Vitor Meira focuses on the intense 500 miles ahead as his crew straps him into the No. 4 Guard car.

**GX:** What's it like to race in the Indy Racing League?

**VM:** It's a thrill. I've been racing for a long time, and I never imagined I'd end up in Indy cars. I used to dream about Formula One, but being a part of the Indianapolis 500, which is the greatest race in the world, is beyond what I ever imagined.

**GX:** How do you feel racing for the Army National Guard in the No. 4 Guard car?

**VM:** It's an honor. I tell the Soldiers, who come to the track to watch us, that if I do my job half as good as they do theirs, our team

will be in victory lane every weekend. I've learned a lot being around Citizen-Soldiers every weekend. I'm proud to represent those men and women and bring their message to a new audience. I have more than 300,000 new fans who I race for every weekend.

**GX:** Which tracks are your favorite? Do you like the oval tracks for their high speed or the road tracks for their hairpin turns?

**VM:** Obviously, the Indianapolis Motor Speedway is the greatest track in the world, but I like the tracks wherever my car races well. Ovals are fun when your car is handling well, but when

it's not, you're usually in for a long day. I grew up on road courses, and I've always enjoyed racing on that type of circuit.

**GX:** What's it like to drive more than 200 miles per hour? Is it hard to transition from race-track to driving around town?

**VM:** I remember the first time I drove an Indy car in a test with Panther Racing—I couldn't believe the speed. I also couldn't believe that [the cars] ran on oval tracks with other cars out there. But it slows down for you, and you learn how to drive at those speeds. Unfortunately, the crashes are when you notice the speed the most. **GX**

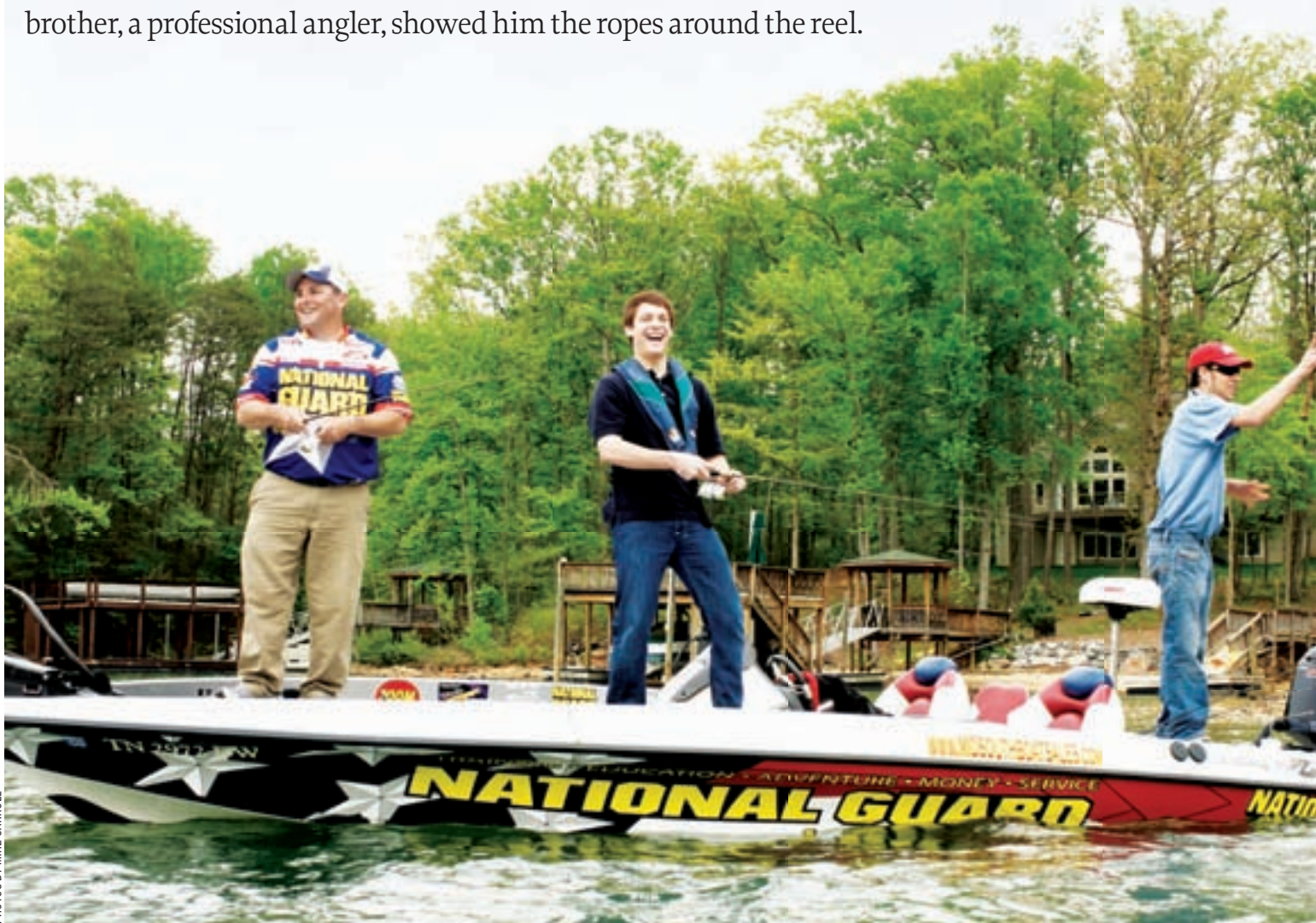
Taking a break from the track, Landon Cassill, driver of the No. 5 National Guard car, tested his competitive skills out on North Carolina's Mountain Island Lake, where he participated in the FLW-NASCAR National Guard Fishing Challenge with his NASCAR pit crew and his brother, Zac (right), a pro angler.

# GONE FISHIN'

## Cassill Trades Racing Helmet for Fishing Rod

By Christian Anderson

For 18-year-old NASCAR racer **Landon Cassill**, life isn't all about the track. The driver of the No. 5 National Guard car kicked back in April with his brother, Zac, to compete in the FLW-NASCAR National Guard Fishing Challenge in Mountain Island Lake, NC. *GX* caught up with him after his brother, a professional angler, showed him the ropes around the reel.



PHOTOS BY MIKE CARROLL

# Q&A

**GX:** What was the tournament like? Was it cool to fish with your brother and your pit crew?

**LC:** The tournament was definitely a cool experience. I love to watch my brother do what he does best, so it was neat to be right there in the action. It was cool to see my guys having fun on the lake. We all have hectic schedules, so for them to be able to have a relaxing morning on the water was great.

**GX:** Did you try to relax and enjoy the day, or did you go for the win?

**LC:** Obviously, I was going for the win! But regardless, it was a relaxing adventure, and it went by way too fast.

**GX:** Did you look to your brother for any advice?

**LC:** Of course I did! He's the pro fisherman! Zac is very passionate about his fishing, and the cool thing is that he likes to see me interested in it. He is always very pumped up when talking to me about anything that has to do with fishing.

**GX:** Was it cool to hang out with pro fishermen?

**LC:** Absolutely! It's neat to be in their environment and especially cool to see how some of the trickiest things like casting, setting a hook and other fishing techniques look so easy when the professionals do it. I guess that's why they are the pros.

**GX:** Is it easy for you to relax during the week, or are you focusing on each upcoming race?

**LC:** I have some downtime to relax, and trust me, I take advantage of those moments. But when it's time to work, I am very focused on my job. Whether it's working on my seats for the upcoming race or studying race tapes, I can't spare any effort in preparing myself.

**GX:** Do you feel a sense of pride driving for the Guard?

**LC:** I am very proud of driving for the National Guard. I've built such strong relationships with the Guard Soldiers that I work with on a weekly basis that I actually feel like I am part of the National Guard. **GX**



“OBVIOUSLY, I WAS GOING FOR THE WIN!”

> Landon Cassill

# THROWIN' DOWN: HOW TO THROW A PUNCH



By SGT Michael Kerkoff

**NOW THAT I HAVE A SOLID TRAINING ROUTINE**, I'm feeling pretty good. But how about my stand-up fighting or grappling? How do I know if I'm making progress in my combatives game?

When training in combatives, a good training partner can push you while holding the focus mitts. A partner can also help you work on developing new combinations and submissions. Having a training partner is an excellent tool to grow as a fighter.

But you still have to be cautious. Training is not the place to measure egos. Recognize when it's time to let go.

When looking for training partner, try to find a more skilled fighter. Nobody likes losing, but use the loss while sparring to learn from your mistakes. Try training with someone who trains specifically on a discipline. If you're working on your stand-up game, try finding someone skilled in Muay Thai. When practicing takedowns, wrestlers are a great source of knowledge.

Skill level isn't the only thing you want to look for. Train with different partners. Alternate training partners with someone who is bigger and stronger, then change it up to someone who is lighter and faster. Keep changing your routine and making yourself better. Let's Roll! **GX**

When looking for training partner, try to find a more skilled fighter.

## JAB

THE JAB IS AN ESSENTIAL PUNCH IN BOXING. IT ALLOWS BOXERS TO MAXIMIZE THEIR RANGE WHEN IT IS THROWN AT THE MAXIMUM EXTENSION OF THE LEAD ARM.

**STEP 1** Start by stepping with the lead foot in the direction of travel, and place most of your body weight forward on the leg, bending the knee over the lead toe.

**STEP 2** Drive your upper body forward with slight (1/4) twist of your hips followed by a straightening of your shoulders toward the enemy. Use your elbow as a hinge: Do not allow it to come out to the side. It should stay straight up as the glove/hand comes straight out.

**STEP 3** At the point of impact, twist your fist to land the blow with the palm facing down. Throw the jab at eye level or above, and drive the jab to go through the target.



## CROSS

THE CROSS IS A POWER PUNCH THROWN WITH YOUR DOMINANT ARM. IT'S NORMALLY SET UP WITH THE JAB OR USED AS PART OF A COMBINATION. IT SHOULD BE THROWN AT MAXIMUM RANGE AIMED FOR THE OPPONENT'S HEAD OR BODY. THIS IS A STRAIGHT PUNCH, EFFECTIVE AGAINST WILD OR LOOPING PUNCHES.

**STEP 1** When you throw the cross, you turn your trail foot heel out in a twisting motion, generating the turn at the trail foot and torquing your body.

**STEP 2** Turn over your trail knee toward your enemy and drop it to the ground slightly, transitioning your weight to your lead leg as you go.

**STEP 3** Next turn your trail hip, mid section and upper body slightly toward your enemy.

**STEP 4** Finally, launch your cross at the enemy, turning your trail hand over at the end of the punch. During this punch, keep your lead hand up to protect the opposite side of your head,

and bring your trail shoulder up to protect the near side. Throw the punch straight out from your face, without flailing your elbow out to the side, and bring the trail hand straight back to your face without looping it. The perfect range has contact with the enemy while the trail elbow is slightly bent.



## HOOK

THE HOOK IS A SHORT, POWERFUL, BENT ARM PUNCH THROWN WITH THE LEAD HAND. IT'S TARGETED AT THE SIDE OF THE ENEMY'S RIBS OR HEAD. IT IS OFTEN THROWN AFTER THE CROSS, AS THE BODY'S WEIGHT HAS BEEN SHIFTED FORWARD, AND IT CAN BE REDISTRIBUTED BACK TOWARD THE TRAIL LEG DURING THIS PUNCH.

**STEP 1** Throwing the hook requires a pivot similar to the cross, this time turning the lead heel (pivoting on the ball of the foot) to the outside and allowing the torque to turn from the lead foot to the lead knee. The lead knee is turned into the body and dropped slightly to the ground.

**STEP 2** The turn continues through the hips, mid section and upper body.

**STEP 3** This time whip the lead hand through the target, keeping the elbow bent and on the same plane as the lead hand. The punch can land with the palm down or facing back toward the puncher. When the punch is thrown with the thumb up, it's more powerful because of the added torque of the bicep muscle pulling. Palm down allows the elbow to be held higher, which is better defensively. With either method, throw the punch from your face, ensuring that you do not cock the arm back, leaving your face exposed.

## DOUBLE LEG TAKEDOWN



**STEP 1** Begin in fighting stance with chin down, hands up, elbows in, knees bent and feet a little more than shoulder width apart with your non-dominant foot forward.

**STEP 2** Step forward with your non-dominant foot and place it between your opponent's feet.



**STEP 3** While driving forward, allow your lead knee to hit the ground as you bring your trail foot around in a circular motion.

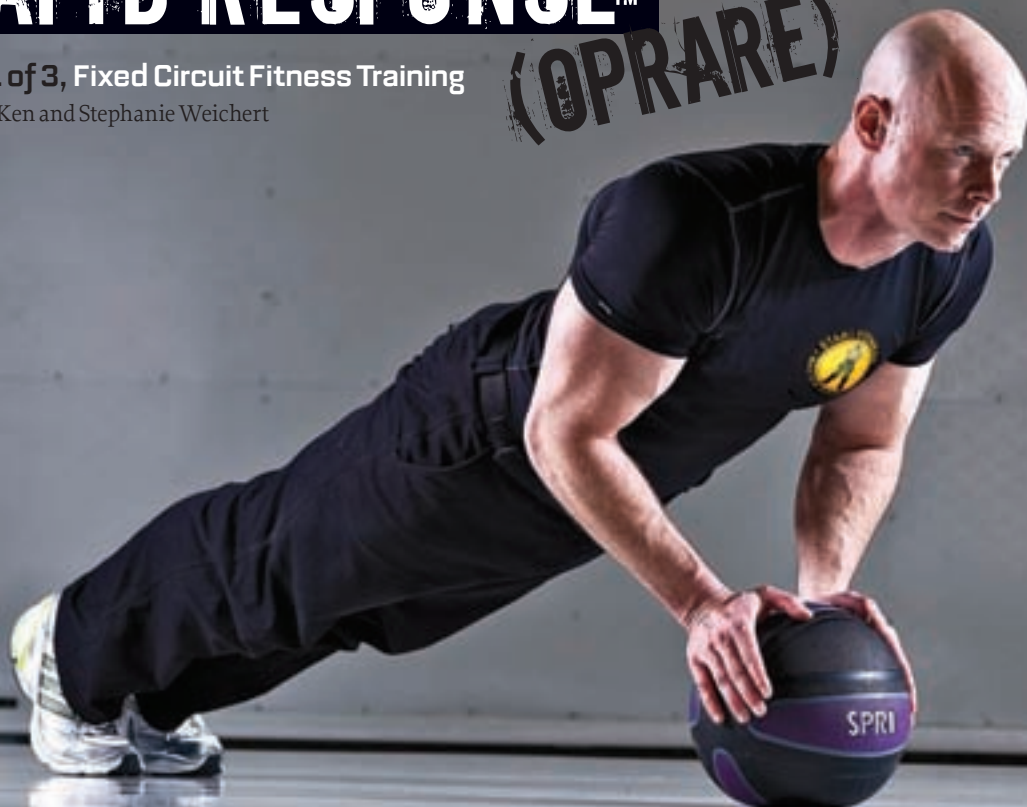
**STEP 4** Your head will be tight to your opponent's body and both hands will be wrapped around his legs. Grasp your hands around his calves with a thumbless grip.

# OPERATION RAPID RESPONSE™

Part 1 of 3, Fixed Circuit Fitness Training

By SSG Ken and Stephanie Weichert

(OPRARE)



**RECEIVED**

**DEAR SGT KEN AND STEPHANIE,**

Hello, there! I have been following your workouts for a while. They are great! I am currently stationed in Balad, Iraq. I am looking to strive for a 300 on my next APFT. I am wondering if you can give me some tips on how to reach a 300 and help with losing about 10 lbs. I am 25 years old. My goal is to get ready for both Warrant and Jump schools when I get back to the U.S. Thanks!

—SGT James Ruks

**DEAR SGT RUKS,**

Hello! Thanks for the compliment! Your question is one of the most popular we receive: "How do I lose weight and get in better physical condition in a short period of time?" One way to accomplish this is by fitness circuits. We find that circuits are a great way to breathe new life into your workout routine. Operation Rapid Response (OPRARE) is a three-part answer to your question. In this issue, you will endure a full-body, military-style, 25-, 35- or 45-minute fixed circuit with no equipment that you can perform in a small space with other people or by yourself. We recommend adding OPRARE, part 1 of 3, to your fitness schedule at least twice a week for the next 30 days. OPRARE part 2 of 3 will include a free circuit performed with exercise equipment. OPRARE part 3 of 3 will include another fixed circuit with many aerobics exercises. OPRARE is the perfect workout for the times when you don't have the luxury of a full hour at the gym. Keep in mind that you can also add cardiovascular exercises to the end of this workout to put in a full hour of exercise.

**HOOAH!**

SSG Ken and Stephanie Weichert



“Champions aren’t made in the gyms. Champions are made from something they have deep inside them—a desire, a dream, a vision.”

—Muhammad Ali, American boxer

## WARM-UP PHASE

### 1. Aerobics (5 minutes)

**EXAMPLES:** Running in place; side-straddle hops (jumping jacks); high steps/knees

### 2. Stretching (5 minutes)

“Fitness circuits should be performed with little or no break between stations. Perform each exercise consecutively in order to achieve optimum effect.”

—SSG Ken Weichert

## MUSCLE TARGET PHASE

### 3. Jump rope drill (1 minute)

**START:** Stand upright as if you were going to jump rope without the rope.

**ACTIONS:** Begin hopping, letting your feet leave the ground by only a few inches. Rotate your shoulders slightly to create the effect of jumping rope with no equipment.

### 4. Squats (2 minutes)

**START:** Stand in a neutral position, with your toes pointing forward, legs placed hip-width apart and arms at your sides.

**ACTIONS:** Lower your body, bending both knees and moving your hips back as if you were sitting on a chair. Maintain your weight directly over the heels or mid-foot. Lower to approximately 90 degrees of knee flexion.

**STATIC SQUATS (Basic-Intermediate):** Slowly return to the start position.

**LEAPING SQUATS (Advanced):** Jump in the air and land in the lower position.

**Warning:** Do not let your knees bend beyond your toe line.

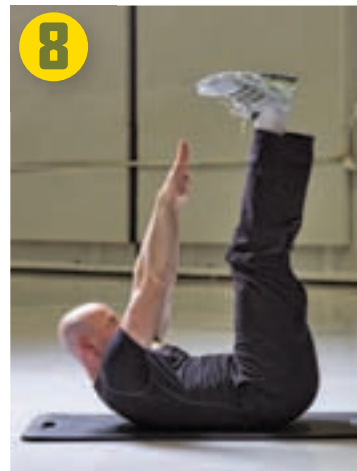


### 5. Left leg lunges (30 seconds)

**START:** Stand with your left leg on the ground directly in front of you with your left knee slightly bent. Place your right leg directly behind you, balancing on the ball of your right foot. Your upper body should be upright with your shoulders lined up over your hips.

**ACTIONS:** Lower your body, bending both knees until your forward leg achieves 90 degrees of knee flexion. Maintain your balance in the center. Return to the starting position.

**Warning:** Do not let your knees bend beyond your toe line.



### 6. Right leg lunges (30 seconds)

**START:** Stand with your right leg on the ground directly in front of you with your left knee slightly bent. Place your left leg directly behind you, balancing on the ball of your right foot. Your upper body should be upright with your shoulders lined up over your hips.

**ACTIONS:** Lower your body, bending both knees until your forward leg achieves 90 degrees of knee flexion. Maintain your balance in the center. Return to the starting position.

**Warning:** Do not let your knees bend beyond your toe line.

### 7. Flutter kicks (1 minute)

**START:** Lie on your back with your palms on the ground and your hands against the sides of your buttocks. You can look toward your legs or keep your head down against the ground. First bring your legs straight up in the air together, then lower them approximately 10-20 inches from the ground with your feet flexed.

**ACTIONS:** Your legs will move opposite of each other vertically up and down approximately 12 inches.

**Warning:** Remember, the lower your legs are positioned, the more back muscles you engage for this exercise. Keep your back flat against the floor with your arms supporting the sides of your body. If you experience discomfort in your lower back, raise your legs higher. Keep your feet flexed at all times.

### 8. Dying Cockroach drill (30 seconds)

**START:** Lie on your back with your palms on the ground and your hands against the sides of your buttocks. Bring your legs straight up in the air together so your feet line up over your hips when flexed. Raise your arms and point your fingers toward your toes.

**ACTIONS:** Tighten your abdominal muscles and raise your upper body upward so your fingers come close to touching your toes. Return to the start position. Continue until your goal is reached.

**Warning:** Never lock your knees.

## 9. Box and Reach drill (30 seconds)

**START:** Lie on your back with your palms on the ground and your hands against the sides of your buttocks. Bring your legs straight up in the air together so your feet line up over your hips when flexed. Raise your arms and point your fingers toward your toes.

**ACTIONS:** First reach over the outside of your left thigh with both arms. Next return to the start position and reach over the outside of your right thigh with both arms. Reaching on both sides completes one repetition of this exercise.



## 10. 1/2 sit-ups, crunches (1 minute)

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

**ACTIONS:** Tighten your abdominal muscles and raise your upper body until your shoulder blades come off of the ground, 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.



## 11. Modified lower back bends (30 seconds)

**START:** Lower your body to the ground with your arms stretched outward and bent at the elbows, and your hands slightly above your shoulders, your palms on the ground and your feet shoulder-width apart touching the floor.

**ACTIONS:** Slowly arch your lower back by tightening your rear end and lower back muscles until your legs and arms move upward. Return to the start position.

**Warning:** Do not jerk your body during this exercise. Perform the actions slowly.

“You are never a loser until you quit trying.”

—Mike Ditka

## 12. Push-ups (1 minute)

**START:** Balance your body on your hands and feet (or knees) 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 arm, chest and shoulder muscles. The closer together your hands are, the more tricep muscles you engage.

**ACTIONS:** While keeping your abdominal muscles tight, drop your body straight down by bending both elbows. Return to the start position.

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

## 13. Dive Bomber push-ups (30 seconds)

**START:** Assume the standard push-up position. Now widen your feet and point your rear end in the air.

**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 backward. Return to the start position by reversing the steps.





## 14. Squat thrust jumps [1 minute]

**START:** Stand upright and ready.

**ACTIONS:** Lower your body, bending both knees until your hands reach the ground. Next straighten your body until you assume the push-up position. Quickly bring your knees into your chest, switch your balance to your feet and leap in the air. Repeat.

## Stamina Stopwatch

**Operation Rapid Response:** 1 full set = approximately 10 minutes

**Operation Double Tap:** 2 full sets = approximately 20 minutes

**Operation Max Load:** 3 full sets = approximately 30 minutes

**Note:** The warm-up and cooldown phases are performed only once.

## COOLDOWN PHASE

### 17. Stretching [5 minutes]

Total workout time is approximately 25, 35 or 45 minutes.

#### Equipment Needed:

None

“Never, never, never give up.”

—Winston Churchill



## WORKOUT WRAP-UP

“The only way around is through.”

—Robert Frost

From SSG Ken Weichert

### Muscle Targeting Theory:

Working from head to toe, each station in this circuit includes exercises that connect muscle and joint tissue. While primary muscle target focus switches to the next set of muscles in the next station in the circuit, the muscle group from the previous station is still targeted while serving as secondary muscles for the next planned exercise. Therefore, while more muscles are active at one time you burn more calories.

**Note:** Pay close attention to your target heart rate while performing each exercise with little or no break in between each station.

From Army Field Manual (FM) 21-20, Physical Fitness Training, Sept. 30, 1992, Chapter 7, Fitness Circuits

### Free Circuit:

In a free circuit, there is no set time for staying at each station, and no signal is given to move from one station to the next. Soldiers work at their own pace, doing a fixed number of repetitions at each station. Progress is measured by the time needed to complete a circuit. Because Soldiers may do incomplete or fewer repetitions than called for to reduce this time, the quality and number of the repetitions done should be monitored. Aside from this, the free circuit requires little supervision.

### Fixed Circuit:

In a fixed circuit, a specific length of time is set for each station. The time is monitored with a stopwatch, and Soldiers rotate through the stations on command.

**Reference note:** FM 3-22.20 Army Physical Readiness Training (Dec. 2007) supersedes FM 21-20 Physical Fitness Training (Sept. 30, 1992).

Got a question? Email SGT Ken at [SGTKen@GXonline.com](mailto:SGTKen@GXonline.com).

### SSG KEN AND STEPHANIE WEICHERT



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

CHRIS KISSLING

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

**1.** All satellites have a clock set to the same time.



**2.** All satellites know their exact position from data sent to them from the system controllers.

## GPS Saves the Day and the Drive

We all know about the benefits of GPS. Whether you're out on a convoy, tracking a buck or trying to find a dry cleaner to drop off the dress your wife needed yesterday, you've probably used it.

**But how does it work?** By Christian Anderson

GPS, which stands for Global Positioning System, isn't exactly a new innovation. In 1973, the U.S. military decided to use a system of satellites to develop a highly accurate navigational tool. For 10 years, the program was expanded and the satellite positioning system was refined. Then in 1983, when Korean Airlines Flight KAL 007 was shot down while lost over Soviet airspace, President Reagan decided to make GPS available to the public in hopes of preventing future civilian deaths.

**6.** The receiver calculates the distance to each satellite and can then calculate its own position.



### 3. Each satellite transmits its position and a time signal.

On June 26, 1993, the U.S. Air Force launched the last of 24 satellites, completing the positioning network. Using information from these satellites, the system is able to instantly pinpoint a location anywhere on the planet within a few hundred feet.

The Guard relies heavily on GPS to maneuver its mass of men and machinery around the globe efficiently. GPS use was not mainstream during the late 1980s, but with the success of U.S. armor and air units during Operation Desert Storm, the Pentagon realized the advantage it gave our fighting troops.

Remember Pauly Shore and his buddies wandering around the desert in the movie *In the Army Now*? A GPS would have been handy in that situation.

The first time GPS was utilized in combat, it allowed thousands of tanks, Soldiers and support convoys to negotiate the desert nights and frequent sandstorms without getting lost.

After Desert Storm, GPS became a staple piece of equipment installed in tanks, Humvees, airplanes, helicopters and ground units in all the branches of service. Now GPS literally serves as a beacon of hope for our Soldiers traveling through far and foreign lands.

The GPS system consists of three separate parts:

1.) Satellites orbit the Earth in a pattern, so they always cover part of

the globe, giving GPS an edge over land-based navigation units.

2.) Control stations on Earth manipulate the pattern of the satellites' orbits to make sure they don't collide.

3.) The user controls his individual GPS receiver unit to get directions and information about time and distance traveled.

Several different companies, including TomTom, Garmin and Magellan, make GPS receivers. These car-mounted systems can be found almost anywhere these days, and, fortunately, they don't cost an arm and a leg. They are easy to use and can give accurate driving directions anywhere in the United States (and in several other countries, too).

Lost at night or in a foggy marsh?

footsteps or risk getting farther off course. Trust me, the tranquil female voice on your GPS sure beats your buddies in the backseat yelling, "I told you so!"

All of the brands use the same 24 satellites, so no current system has an advantage over the other. Depending on how frequently or far you travel, you can find several different models with features for anyone from Soldiers to constantly traveling businessmen.

The only complaints are that

### 4. The signals travel to the receiver delayed by distance traveled.

## GPS SERVES AS A BEACON OF HOPE FOR OUR SOLDIERS TRAVELING THROUGH FAR AND FOREIGN LANDS.

No worries! GPS works day or night through sunshine or rain.

Directions are straightforward. All you do is enter the address of your destination and follow the monitor's directions. Not only does the display show you the distance to each upcoming turn, but a voice will also tell when and where to turn. If you miss the turn, the system will recalculate your directions so you don't have to retrace your

the monitors are sensitive to touch and the "voice" speaking the directions can get annoying after a while. Also, if you accidentally touch the wrong button on the screen, your directions can change, forcing you to enter your destination again.

Overall, GPS can prevent hours of aimless driving and the headache of getting lost. It also keeps our men and women overseas safe from harm. **GX**

### 5. The differences in distance traveled make each satellite appear to have a different time.

#### KNOW BEFORE YOU GO

The only downside of a GPS is that its monitors are sensitive to touch and the "voice" speaking the directions can get annoying after a while. (Fortunately, you can lower the volume.) Also, if you accidentally touch the wrong button on the screen, your directions can change, forcing you to enter your destination again.

# GX Hero

▶ BOB KUNKEL



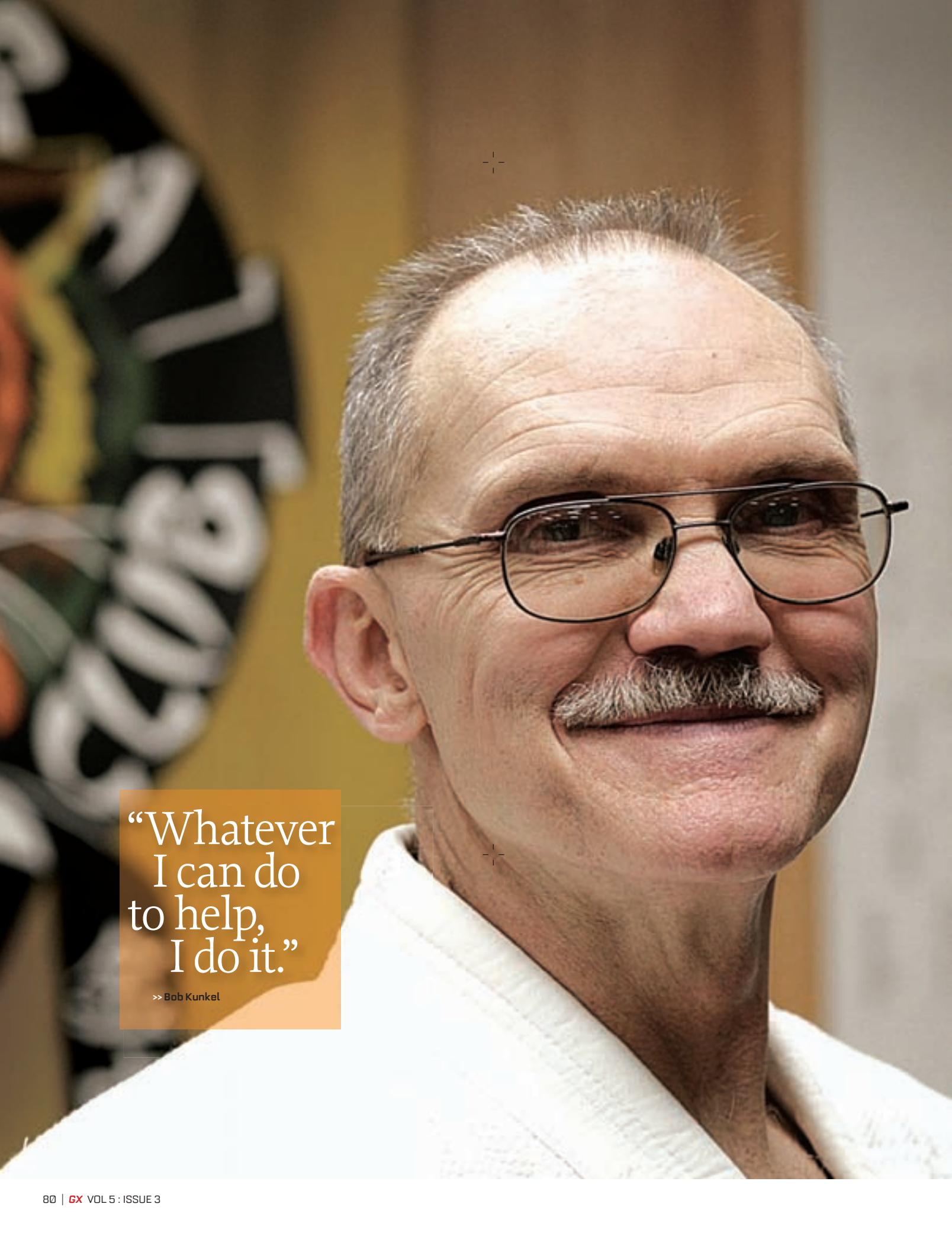
“IF I CAN STEER SOMEONE TO MAKE BETTER CHOICES, THEN MY TIME COULD NOT HAVE BEEN BETTER SPENT.”

— BOB KUNKEL

# THE HERO'S HERO

It's not every day you come across someone who makes you feel like you're just not doing enough. As I became friends with Bob Kunkel, I realized that my daily tasks were miniscule compared to his. No matter how busy I thought I was, this man had me—and everyone I know for that matter—beat. Kunkel signs his emails “Joe Average.” Yet he is anything but average. To the contrary, this man is extraordinary, and he adds daily to his plate of commitments. Bob Kunkel uses his martial arts expertise to revive hope and strength in Soldiers who have lost both. He is the hero's hero.

BY HEATHER G. ALLEN :: PHOTOGRAPHY BY ERIC FRICK

A close-up portrait of a middle-aged man with a mustache and glasses, smiling slightly. He is wearing a white collared shirt. The background is blurred, showing some colorful patterns. There are two small white crosshair marks on the image: one at the top center and one near the man's neck.

“Whatever  
I can do  
to help,  
I do it.”

>> Bob Kunkel





Kunkel "throws" one of his Jujitsu students.

## THE AFTERMATH OF 'NAM

LIKE SO MANY YOUNG AMERICAN men during the Vietnam War, Kunkel fought for his country. He was injured in 1968 and received a Purple Heart for his service. Kunkel spent the next year in the hospital, unable to leave his bed for nine months and dependent on a wheelchair. Then he was sent home to "get on with his life."

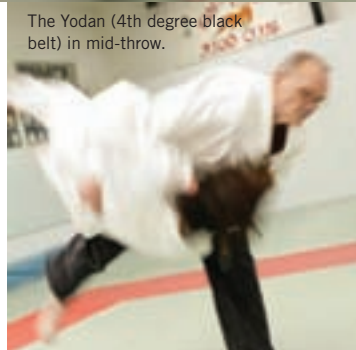
Although both of his legs were injured, one healed better than the other. His left knee was badly hurt, and he ended up losing five inches of his height after the doctors removed his knee completely. His right leg has been pulling double duty for the last 40 years.

The sad truth is Kunkel, like many wounded Warriors in his position, went on a downward spiral while trying to cope with the new challenges that faced him. Drinking, illegal drugs, food ... any crutch he could find, he did it, drank it or ate it. But from his experience comes an extraordinary story of not only recovery but also victory.

## A NEW MISSION

ONE DAY IN 1978, Kunkel awoke from the long nightmare.

It was 4 p.m. "That was morning for me," Kunkel said. "I got up and realized that if I didn't wake up the next day, not a soul would know or care. From that moment forward, I started turning my life around."



The Yodan (4th degree black belt) in mid-throw.

For the last five years, Kunkel has been making monthly trips to Walter Reed Army Medical Center, teaching troops how *not* to follow in his early footsteps. Not only does he mentor Soldiers, he teaches them, despite what injury they have, the martial art of Jujitsu.

Kunkel began his Jujitsu training in 1985 in a garage with a martial arts instructor known as a sensei. He had quit competitive swimming and scuba diving, which he managed with a special brace of his own design.

Today Kunkel is ranked a Yodan (4th degree black belt) in the American Judo and Jujitsu Federation (AJJF). This is a miracle milestone since he just tested in the fall of 2007, and was the oldest and only enabled (not "disabled," he will quickly remind you) person to take the test. You should see this guy flip large men over his shoulder while in a wheelchair.

Kunkel is quick to share stories of his time with Soldiers. For ex-

ample, Kunkel once walked into a hospital room to find an injured Soldier who suffered from depression and wouldn't talk to anybody. He broke through the emotional walls and set that Soldier on the right path, mentally and physically.

Kunkel also spoke of one young man who was ready to give up after losing his legs to an IED in Iraq. He got to him just in time, and now that man is happily married with

once a month on his own dime. He has talked about sleeping in cars, on park benches, couches—he believes in his mission to heal so much that he will do whatever it takes to meet with these heroes.

Kunkel shared a story about spending an afternoon holding a Soldier's hand—and Kunkel is not the hand-holding type. But the Soldier was injured and terrified. He wouldn't let go of his wife's and



Kunkel takes control of his "enemy."

a great job and a positive outlook on life.

It seems Kunkel's contagious personality is the perfect motivation for these Soldiers—and understandably so. If you were in their position, whom would you want to talk to? A counselor or a Vietnam hero who shares the common bond of living through the struggles of recovery?

"If I can steer someone to make better choices, then my time and money could not have been better spent," Kunkel told me. "What a country I live in, how lucky I am. Whatever I can do to help, I do it. Whatever is needed, I get, including non-traditional adaptive equipment. I will get it or build it myself. In a four-day visit, all my time may be spent with just two or four Soldiers and their families. I take heartfelt letters, quilts, etc."

Kunkel does this free of charge and with zero funding. He operates

mother's hands, and they looked like they had not been out of the room in days. When Kunkel took the Soldier's hand, the Soldier nodded, letting go of his loved ones so they could take a break. Kunkel held the Soldier's hand and spoke to him. No Jujitsu that day, just talking.

## THE REAL HEROES

TO KUNKEL, the newly injured troops and their families are the real heroes. It's easy to forget the family members who are there through every part of recovery. Kunkel acknowledges these family members and friends, who may not go through the physical healing process, but endure the mental and emotional roller coaster. Of course, Kunkel does not classify himself as a hero. Fortunately, that's our job. We salute you, Bob "Joe Average" Kunkel, and thank you for your continuing service to our country and its wounded Warriors. **GX**

# SITUATION: AMBUSH

by don lowax

DEC. 23, 2006  
THE VILLAGE OF TAHRIR  
NEAR BAGUBAH, IRAQ



WHILE IN COMMAND OF A FIVE-VEHICLE PATROL, CW3 JAMES B. HERRING, NCARNG, CAME UNDER ATTACK BY INSURGENTS WITH RIFLES, MACHINE GUNS AND RPGS. HE ORDERED HIS DRIVER TO SPEED FORWARD WHILE HIS TURRET GUNNER OPENED FIRE ON THE INSURGENTS.

AFTER TERMINATING THE INITIAL ATTACKERS, THE TURRET GUNNER REDIRECTED HIS FIRE AT MORE THAN 20 INSURGENTS FIRING FROM BEHIND A CONCRETE WALL. CW3 HERRING'S DRIVER WAS CRITICALLY WOUNDED IN THE EXCHANGE, AND THE VEHICLE CAME TO A HALT, LEAVING THE SOLDIERS INSIDE LIKE SITTING DUCKS.

SEVERAL ADDITIONAL INSURGENTS OPENED FIRE ON THE STALLED VEHICLE FROM THE OPPOSITE DIRECTION. WITH HIS TURRET GUNNER ENGAGED ELSEWHERE, CW3 HERRING DISMOUNTED HIS VEHICLE TO RETURN FIRE, TAKING OUT TWO ENEMY GUNNERS AND SENDING THEIR COMPANIONS TO ROUTE.



AN IMMOBILIZED VEHICLE BLOCKED THE REST OF THE CONVOY FROM RUSHING TO THEIR AID. CW3 HERRING'S VEHICLE WAS NOW ALONE AND UNDER ATTACK FROM THE LARGE ENEMY FORCE.

WITH COMPLETE DISREGARD FOR HIS PERSONAL SAFETY, CW3 HERRING EXITED HIS VEHICLE A SECOND TIME AMID INTENSE ENEMY FIRE TO MOVE THE CRITICALLY WOUNDED DRIVER TO THE REAR OF THE VEHICLE FOR MEDICAL ATTENTION. THEN HE TOOK THE WHEEL.



CW3 HERRING MANEUVERED HIS DAMAGED VEHICLE THROUGH THE GAUNTLET OF ENEMY FIRE OUT OF THE KILL ZONE AND LED THE COMBINED GROUND FORCE THROUGH THE NARROW STREETS OF TAHRIR TO FORWARD OPERATING BASE GABE AND SAFETY.



CW3 JAMES B. HERRING DISTINGUISHED HIMSELF WITH HIS HEROIC, DECISIVE ACTIONS AND TOTAL DISREGARD FOR HIS OWN SAFETY, SWINGING THE OUTCOME OF THE ENGAGEMENT IN THE COALITION FORCES' FAVOR. HIS ACTIONS, FOR WHICH HE WAS PRESENTED WITH THE SILVER STAR, SAVED THE LIVES OF MANY FRIENDLY FORCES AND TURNED THE TIDE OF THE ATTACK.

THE END



# EVEN IN THE SMOKE OF A WILDFIRE OUR MISSION IS CLEAR: TO PROTECT AMERICA

Whether it's a wildfire in the west, a hurricane in the Gulf or flooding in New England, the Guard responds. When disaster strikes, Americans count on the skilled personnel of the Army National Guard. If you want to

pursue a career as a firefighter, police officer or mechanic, you can get the education and training you need to perform at the highest level. To learn more, contact us today, by phone or on the web.

[www.1-800-GO-GUARD.com](http://www.1-800-GO-GUARD.com)



YOU CAN

Join the National Guard  
visit us at  
[www.1-800-GO-GUARD.com](http://www.1-800-GO-GUARD.com)

The **GX** team is proud to present . . .



*Hooah!* celebrates and supports America's youth who are making a difference in their communities and inspiring our nation as a whole.

Start your **free** subscription today at [1-800-GO-GUARD.com/hooah](http://1-800-GO-GUARD.com/hooah)

**NATIONAL**  
**GUARD**