

GX[®]

THE GUARD EXPERIENCE

>> GX HERO

FIRST RESPONDERS

>> GEAR

ROARING, RELIABLE AND READY

The Guard's CH-47 Chinook

>> ON THE ROAD

FIGHT TO THE FINISH

Heavyweights Put on Best Show at Combatives Championship



Merry Christmas and Happy Holidays

WE ALL SERVE



Jim Ainsworth of Nevada ESGR and Mike Williams, Operations Vice President of Nevada based REMSA, with employees and U.S. Army National Guardsmen Specialist Tyler Teese, Sergeant Steve Park, Sergeant Kevin Basta, Sergeant Nich Hammond, and Specialist Mike Roen.

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

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



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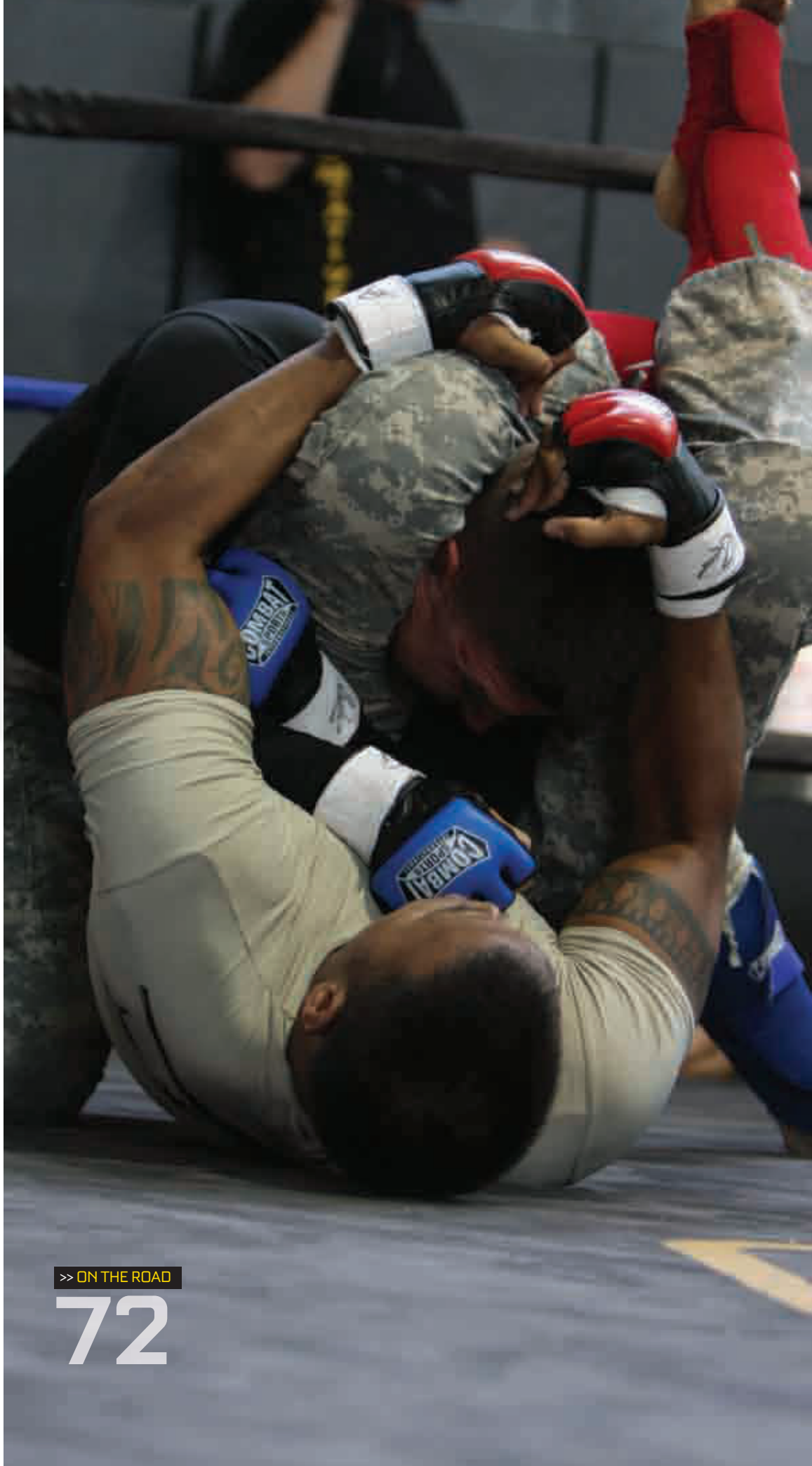
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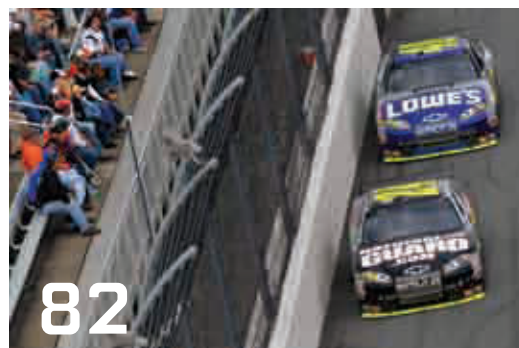
Operation Battle the Bulge

>> GEAR

The Chinook: Roaring, reliable and ready

GUARD TALES 106

SGT Billy E. Vinson



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Thank You For Your Sacrifice

Dear Army National Guard Soldiers,

There have been many changes in recent years, with elections, a harsh economy and a shift in our current overseas contingency operations, but the one thing that has not changed is the respect and appreciation for the men and

women of our military. Serving in the military is, beyond a shadow of a doubt, one of the most extraordinary undertakings to which an American can commit.

I am especially proud of our Michigan National Guard Soldiers who, in recent years, have assisted with Hurricane Katrina, provided honors and assistance at President Gerald R. Ford's funeral, guarded America's southern border in Operation Jump Start, trained with Latvian allies in Operation Summer Shield and served as combat forces in Iraq and Afghanistan alongside their active-duty brethren. As commander in chief of the Michigan National Guard, please accept my most heartfelt thank-you. You are our informal ambassadors abroad, demonstrating our strength and resolve to the enemies of peace, forging stronger ties with our allies, and promoting democracy and freedom.

Our country can never truly fulfill its debt of gratitude for the dedication, commitment and great courage of the Soldiers, both past and present, who sacrifice every day to protect the freedoms we, as Americans, hold so dear. We are blessed to live in a country that is home to so many brave men and women and so many loving and supportive families. You are truly part of a special family, where parents and siblings often serve together and where childhood friends patrol together the streets of Baghdad and Afghanistan.

To all National Guard Soldiers who dedicate themselves to the preservation of this great democracy, America thanks you. You remind us that success is not measured by the amount of things we have, but in the relationships we build, the sacrifices we make, the lives we save and the hope we give. Thank you for your fine example.

Sincerely,

A handwritten signature in blue ink, appearing to read "J. Granholm".

*Jennifer M. Granholm
Governor of Michigan*

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“I view public service as one of our highest callings.”

▶ MAJ Paul Babeu, Arizona Army National Guard

I met Paul Babeu in 2007, out on the U.S.-Mexico border. I was traveling with Tennessee Governor Phil Bredesen for an inside glimpse at Operation Jump Start.

Paul was the Task Force Yuma commander, leading 700 Soldiers and Airmen in the Arizona desert. Under his command, the Yuma sector saw up to a 72-percent drop in illegal crossings.

Besides being a top-notch leader in the National Guard and an Operation Iraqi Freedom Vet, Paul told me he's also a police officer in Yuma. This stuck with me—the dedication it must take to serve our country and community in both citizen and Soldier status. Of course, Paul is not alone. Many more Guard Soldiers wear two uniforms, and it's been a goal of mine to honor these individuals with their own section in *GX*.

I'm proud to say we're finally making that happen. This issue kicks off a new series (see “Honor and Courage,” p. 70) spotlighting Soldiers who, as civilians, serve as police officers, firefighters, EMTs and more. The first Soldier I contacted for this was our old friend Paul, who is now the sheriff of Pinal County and holding strong as a major in the Arizona Army National Guard.

Join us in honoring our Soldiers who serve as first responders. Nominate a Soldier by emailing me at Keith@GXonline.com. Please include the Soldier's name, rank, state affiliation, role as a first responder and contact info.



SSG SETH ISRAEL

MAJ Paul Babeu has served in the National Guard for over 18 years, and in the Arizona police department for 8 years.

Thanks!

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



ON THE COVER

Christmas Rescue:
A National Guard Chinook gives Santa Claus a helping hand.

ILLUSTRATION BY TOM MILNER

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

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Mailbag

Keith,
Camille Breland is very personable and professional and we enjoyed having her in our group at the Army Ten-Miler. She represents GX well, and I'm sure you're proud to have her on your team.

This is my last full week in DC, and it's truly been a fantastic three years. What an honor to represent the men and women of the Guard. Even though I won't be moving to Alaska in January, I will revert back to a traditional Army Guard Soldier assigned to the AKARNG.

Thanks to all of you at GX for your sustained superior performance in keeping our troops informed on the great Guard story.

Be safe and thank you for your friendship.

CSM David Ray Hudson,
Senior Enlisted Leader to the Chief
National Guard Bureau



Dear SGT Ken,
Thank you for showing me how to do push-ups at Summerslam! Someday I want to be a Soldier, just like you!
Carlos, Age 10
Los Angeles, CA

Hey SFC Wood,
I have been following your stuff in GX. You're doing a great job! Keep up the great work!
CSM Edward (Scott) Mills,
JFHQ-Minnesota State
Command Sergeant Major



We want to pair up GX's very own SGT Ken with a National Guard athlete for a Fitness Special Feature. Who would you like to see SGT Ken work out with?

(a) SSG Tim Kennedy, 19th Special Forces Group, Texas Army National Guard, Professional MMA fighter

(b) SGT Courtney Zablocki, Colorado Army National Guard, Olympic Luger

[Send your answer to editor@gxonline.com!]



Notes From Kosovo

SOLDIERS OF THE 69TH PUBLIC AFFAIRS, CALIFORNIA ARMY NATIONAL GUARD, SPEAK FROM OVERSEAS—AND FROM THE HEART

▶ **AS A FOURTH-GENERATION SERVICE MEMBER,** I'm proud to continue the family legacy of serving our country.

I consider it a great privilege to be able to help the people of Kosovo rebuild their communities. I'm very humbled by the changes I've seen in the few short months I've been here.

Every time I go outside the wire, we're greeted with smiles and cheers of appreciation. The children are always so happy when they see a Soldier. They ask many questions and listen to what we share with them.

I've adapted well on my mission here, but could not have done so without the support of my wife, Lisa, my son, Dylan, and my daughter, Gracie. My family inspires me to do the very best that I can and to concentrate on my mission here, knowing that they are healthy and safe back home.

It's a great honor to serve my country. I'm respectful toward the uniform I put on every morning, knowing that I'm a member of an organization that helps make a difference in the lives of so many

SSG Chance Young

▶ **I WAS VERY EXCITED TO DEPLOY,** and my preparation was going well when a tragedy struck right before mobilization. My mother died, and dealing with everything surrounding her death was hard—I thought I was going to fall apart.

I decided not to do the mission—that it was going to be too hard. But after some thought, I realized that if I didn't go, I would probably let my life fall apart. So I decided to deploy and try to get past everything.

It has been a struggle. Along the way, though, I've met some very good people, and they've helped me. I've had good experiences and learned a lot about the Army, my job and myself. This deployment helped me become a better person and form a lot of friendships.

Being able to serve my country means a lot to me, and being able to make a difference in someone else's life makes me feel even better.

Overall, this has been a great experience, and I would not change anything.

SPC Nadine Morales

▶ **MY FELLOW SOLDIERS AND I** have been privileged to serve on deployments around the world, some with other branches of the military.

To me, the service we are doing, whether here in Kosovo or other parts of the world, is for



"... SERVING AS AN ARMY OFFICER WITH THE STAR-SPANGLED BANNER FOR A SHOULDER PATCH IS A DREAM FULFILLED." >> 1LT Chiddy Adighije

the benefit of the people of the United States, as well as those countries we're supporting.

Coming into this deployment, I had to learn a new set of skills—photography and journalism—as a public affairs representative for our task force. I've worked hard to improve my writing skills and artistic abilities while working on our monthly battalion newsletter. This important resource provides updates to families and friends of deployed Soldiers about what's going on here. It also gives troops a glimpse of what's happening back home, and what to expect for the upcoming month.

When I first started taking pictures, I thought it was all about catching one subject well. As I progressed, I learned that it's so much more. Each picture tells an entire story with

its unique detail. Now, I'm able to capture the Soldiers and Kosovo in moments we will never have again.

Another part of my mission here is to go out to schools we've adopted and bring them supplies or teach English classes. I've never experienced schools in such dire need of the simplest items. I remember one time a group of Soldiers went out to a small elementary school with toys and supplies. The look of relief the teachers had was unlike anything I've ever seen. We brought the janitor a new vacuum cleaner, which brought tears to his eyes.

Although I miss home, I know the service we're doing here makes a world of difference.

Thank you, America, for your support, and to all military personnel for your service.

SGT Ann Hayden



The 69th Public Affairs Detachment has been busy while in Kosovo: (top left) Soldiers and Airmen hand out school supplies to Kosovar children; (top right) a Bradley unit from the 40th Infantry Division patrols a road in Kosovo; (bottom right) Soldiers help Kosovar Soldiers lay sandbags before a flood; (bottom left) a National Guard physician gives a Kosovar child a checkup.



▶ EARLY ON IN THE TRAINING STAGES for this mission, we were reminded many times that we would be guests in the country where we serve. As a senior noncommissioned officer, I was prepared to enforce that with my troops.

Another priority was to set up our new work areas, which for me, meant plants and flowers. I am a die-hard gardener. Simple things that remind me how easy it is to focus on building something positive from limited resources was a big factor for me.

I bought some plants and pots from a local vendor, who asked me, “Will you allow me to take those home to my mother? She has potting

soil, and I’m sure she’ll be more than happy to plant those for you.” I politely declined, but he insisted.

Some time passed, and I returned to the small shop to see about my desk plants. They were beautifully planted in new planters. I tried to pay for them, but he wouldn’t accept it, stating that we were U.S. Soldiers, guests in his country and that was the least he and his family could do for us.

Determined to show the owner my appreciation, I returned a few weeks later with a gift bag and a thank-you card for his mother. The owner’s father invited us to share a meal with him and his entire family. He went on to say that he has four sons, and that all four of his boys have proudly served with American Soldiers in Iraq, Kuwait, Afghanistan and Kosovo. So we set a dinner date.

It was a gorgeous home and a grand array of traditional food, drinks and desserts, meticulously placed. They treated us like royalty. None of the women serving food would eat anything until every Soldier was finished. The home-cooked meal alone was enough to win the hearts of my Soldiers and me, but the laughter, pleasant comments, warm thoughts and hugs from the children present made it the happiest meal I’ve received here in Kosovo.

I came to Kosovo expecting to serve the people here, but they first showed me how best to do it, by welcoming my team with open arms.

MSG Daniel Parrish

▶ WELL IT’S ANOTHER COOL MORNING out here in Kosovo ... the kind of mornings we experienced shortly after we arrived here nearly eight months ago.

This has been an experience I can appreciate. Kosovo creates many opportunities for Soldiers to interact with people from other countries and cultures.

Since I’ve been here, I’ve had the honor of working side by side with many Soldiers from other nations such as Italy, France, Czech Republic, Ireland, Finland and Germany. I’m proud to have been able to work with these Soldiers, and to have become friends with many of them.

This mission has been enlightening and gratifying for me. The people of Kosovo treat us very well and are grateful for the work we do.

The people of Kosovo have made many improvements since we’ve been here, both on their own and with our help. It has been fascinating to see the collective efforts of many nations working together in one place with such positive outcomes.

The Kosovo people are very hardworking people who are determined to build this country to its full potential. It has been my honor to have been a part of this.

CPL Marc Castro

“WE KNOW YOU HAVE THE POWER TO HELP US ... PLEASE DO SOMETHING ...”

Those were the words of a local national to my team, referring to the 24-hour power outage.

That’s how most people see U.S. Soldiers—strong, reliable shoulders to lean on in times of great need.

As a first-generation American, serving as an Army officer with the Star-Spangled Banner for a shoulder patch is a dream fulfilled. The opportunity to give back to a nation that has given so much to the world has been a life-altering experience and one that I’ll be eternally grateful for.

I’ve had the pleasure, privilege and honor of serving alongside the greatest citizens and ambassadors our country has to offer—my fellow Soldiers.

Of course, Kosovo is incomparable to Iraq and Afghanistan in terms of the degree of danger. However, our presence here is just as crucial. Although we’re not dodging sniper fire and IEDs, we’ve had to adapt to the ever-changing landscape and dynamics of the area in order to sustain peace in the region.

This mission has shown what the California Army National Guard can do. Teachers have become politically savvy dealing with local political issues. Young students have displayed great business acumen and entrepreneurship as they interact with local business leaders discussing economic development of their regions. Truck drivers have morphed into security experts as they interact with local authorities on law and security matters.

A politically stable, economically sound and tolerant democratic society here in the Balkans further ensures our way of life across the Atlantic. This is the significance and importance of our mission here in Kosovo.

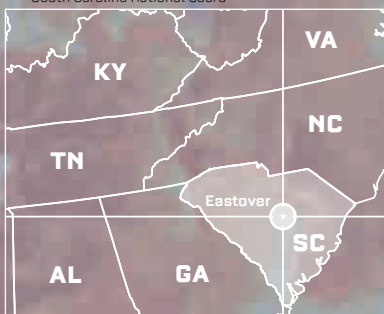
1LT Chiddy Adighije

» FIREBIRD

[Eastover, SC]

A South Carolina National Guard AH-64 Apache hovers during the explosive finale of the 2009 Air-Ground Expo held at McEntire Joint National Guard Base in Eastover, SC. About 30,000 people visited the expo, which featured a combined arms demonstration utilizing both Air and Army Guard assets in a simulated downed pilot scenario.

Photo by SGT Roberto Di Giovine,
South Carolina National Guard



Distance from Columbia, SC, to Eastover, SC: 16 miles









> READY TO STRIKE

[**Kilabeen, Iraq**]

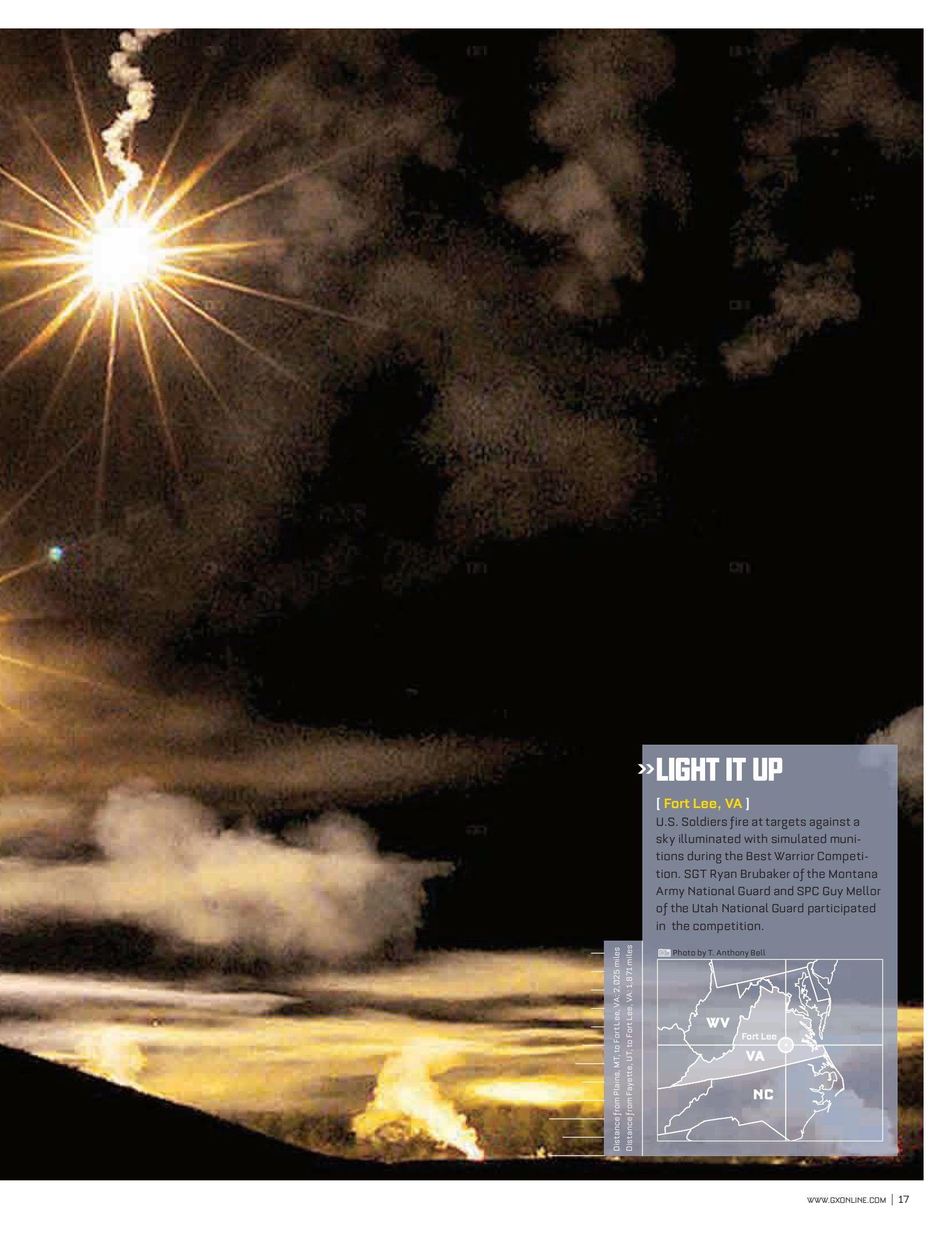
A Soldier with the 30th Heavy Brigade Combat Team, 1st Cavalry Division, scans his sector of fire while providing security at a schoolhouse during a humanitarian team site survey mission.

Photo by SPC Benjamin Boren



Distance from Clinton, NC, to Baghdad, Iraq: 6,453 miles





» LIGHT IT UP

[Fort Lee, VA]

U.S. Soldiers fire at targets against a sky illuminated with simulated munitions during the Best Warrior Competition. SGT Ryan Brubaker of the Montana Army National Guard and SPC Guy Mellor of the Utah National Guard participated in the competition.

Photo by T. Anthony Bell



Distances from Plains, MT, to Fort Lee, VA: 2,025 miles
Distance from Fayette, UT, to Fort Lee, VA: 1,871 miles



» MOBILE ARSENAL

[**Hindu Kush Mountains**]

A Soldier with Alpha Company, 19th Special Forces Group, Rhode Island National Guard, provides overwatch for his platoon in the Hindu Kush mountains from the turret of his vehicle.

Photo by SSG Russell Klika



Distance from Middletown, RI, to Kabul, Afghanistan: 6,627 miles





MEDAL OF HONOR
Oklahoma honors hero.

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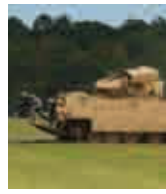
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South Carolina military expo.

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PARTNERS IN FREEDOM
Alabama trains with Romanians.

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"BY PERSEVERANCE, STUDY, AND ETERNAL DESIRE, ANY MAN CAN BECOME GREAT."

>> GEN GEORGE S. PATTON, JR.



Two Star Report

MAJOR GENERAL RAYMOND W. CARPENTER REVIEWS SUCCESSFUL 2009

By Clint Wood

More than 350,000 everyday citizens make up America's Army National Guard. They are well-equipped and mobilized across the world while effectively tackling the full gamut of action at home. Before we closed the book on another year of triumph for the Guard, *GX* had an exclusive opportunity to look at 2009 with MG Raymond W. Carpenter, Acting Director of the Army National Guard (ARNG).

"Obviously we closed fiscal year 2009 out on the 30th of September, and [the] great Soldiers in the National Guard have done a tremendous job. I think, from my perspective, if we don't get that story out and tell it a little bit, shame on us in a leadership position."

MG Carpenter accepted the position on May 29, 2009. He guided the formation, development and implementation of all programs and policies affecting the ARNG. During this period, MG Carpenter replaced LTG Clyde A. Vaughn, who retired in July.

358,391 GUARD SOLDIERS

Editor's Note: The ARNG finished 2009 with an end strength of 358,391 or 100.1 per cent of its fiscal year-end strength goal of 358,200 Soldiers authorized by Congress.

"We look at that as a huge success story. An important part of that was improving the readiness across the National Guard. Increasing the Military Occupational Specialty (MOS) qualification where we ended up at around 92

percent and all that is important because we're mobilizing and deploying Soldiers, believe it or not, at the same rate.

"We haven't seen this off-ramp that we were supposed to see in OIF yet; now we think we are going to see something toward the end of 2010 in

"THE SECRET TO OUR SUCCESS IS WE MOBILIZE AND DEPLOY UNITS, NOT INDIVIDUALS."

>> MG Raymond W. Carpenter

terms of our requirements. But to date, we're still mobilizing and deploying Soldiers. Our requirements are staying steady and maybe increasing. And manning is our first responsibility here in the Army Guard.

"So if we don't meet that requirement, the rest of this stuff is kind of secondary, frankly."

NEARLY 60,000 SOLDIERS ACTIVATED

Editor's Note: The Army National Guard currently has around 59,000 Soldiers who are mobilized.

"The high point a couple months ago was around 65,000 mobilized Soldiers. When we

started into this one-year mobilization program, the Army G3 told us that the expectation was for the Army Guard to meet our responsibilities. In terms of supporting the Army and war fight on an annual basis, our responsibility was to mobilize and deploy around 55,000 Soldiers.

"So, you can see, based on those statistics, that we are more than meeting the requirement set out by the Department of the Army.

"Based on the number of Soldiers who have deployed, the ARNG has executed great work in terms of qualifying individual Soldiers and mobilizing units and preparing them for deployments.

"In fiscal year 2009, we have seen a higher level of readiness in terms of the units that went to a mobilization station than we have seen in the previous years.

"The secret to our success here in the Army Guard is we mobilize and deploy units, not individuals. And so if you join a unit in hometown America, more than likely you're going to deploy with that team. You're going to stay with that team as they go through the deployment and they come home, which is part of our community-based organization."

EQUIPPED AND READY

Editor's Note: The Guard had only 70 per cent critical dual-use equipment in 2001 compared to its 81 per cent now.

"The best story about that is that 66 percent of that equipment is modern and up-to-date—the same kind of equipment that these Soldiers



MG Raymond Carpenter, Acting Director of the Army National Guard, addresses the 131st National Guard Association of the United States General Conference in Tennessee.

>> MG Raymond W. Carpenter

Major General Raymond W. Carpenter began his military career as an enlisted Soldier in the South Dakota Army National Guard (SDARNG) in 1967. His career, in which he has commanded at all levels from lieutenant to colonel, includes serving in the Navy during the Vietnam War, serving as Chief of Staff and the assistant adjutant general of the SDARNG.

Before accepting the position as the ARNG's Acting Director, Carpenter was the Acting Deputy Director from April 2009 until May 2009, and the Special Assistant to the Director of the Army National Guard from April 2006 until April 2009.

deployed with, the same kind that the Active Army has.

"But we didn't have the most modern equipment across the Army National Guard. And we saw the most modern gear that we deployed with, in many cases, left behind in Iraq when we returned home. So, that dipped to somewhere around 40 percent fielding of equipment in 2004 and 2005.

"The Army, in conjunction with the DoD and Congress, realized that the Guard needed equipment if it was going to respond to and fulfill its responsibilities for its homeland and domestic missions. For this reason, the Guard's inventory was increased in 2005.

"It is a tremendous story for us in the Army Guard. It is a tremendous story for the Army. A tremendous story for the nation."

UNsung PATRIOTS

Editor's Note: Each year the Employer Support Guard and Reserve (ESGR) recognizes 15 outstanding employers for going "Above and Beyond" in terms of supporting their employees who are deployed.

"I can tell you my personal story here. A number of years ago, a guy who owned a body shop had two employees, in this little town in my state. We mobilized the engineer company in that town and both of his employees of this body shop belonged to that engineer company.

"Basically, [it] put [the employer] out of business, and he did what he needed to do. He went

into a little different facet of bodywork, and he started doing estimating and assessment of body damage for insurance programs.

"That year went by, and then the two employees returned and he opened up his body shop and went back into business. The unintended consequence of mobilizing that engineer company that nobody thought about had a huge effect on that community.

"I [have] to tell you that the contribution of employers to the National Guard is not lost on me. About 80 percent of our formation is traditional Guard Soldiers who have jobs out there or who are going to school.

"Recognizing those 15 outstanding employers was a huge deal and absolutely the right thing to do."

TEAM EFFORT

"It is a team effort here from the Soldiers, the families, the employers and the communities. It's a team effort from the National Guard Bureau to the states, to the adjutant generals and the units out there to make this thing all come together.

"[A team effort allows us to] meet the Army National Guard's responsibilities both here in this country doing the homeland defense mission, responding to emergencies and disasters, and what [former Chief of the National Guard Bureau LTG H Steven Blum] used to call the "away game." And that's supporting the Army and this nation as we carry out this war on terrorism in Afghanistan and Iraq."

INTERNATIONAL BCTS

Editor's Note: MG Carpenter assisted in facilitating a monumental first regarding the National Guard's State Partnership Program: Two Macedonia Army platoons will deploy with the Vermont Army National Guard's 86th Brigade Combat Team (BCT) to Afghanistan. Macedonia is Vermont's state partner.

"They are going to support the 86th in their mission in Afghanistan. Those two platoons may not sound like much, but it's a start to a relationship that is going to help Macedonia and the combined forces in Afghanistan be a 'Coalition of Nations' to solve the problem in Afghanistan, as opposed to being just a U.S. effort.

"So, it's a great story about the relationship between the state partnership program and Macedonia."

MG CARPENTER'S PROUDEST MOMENT

Editor's Note: One of these moments was a homecoming ceremony he recently attended for the Delaware Army National Guard's 261st Signal Brigade.

"The thing that I take the most pride in is representing those 358,000 Soldiers we've got out there who are on point for this nation.

"It's the same homecoming celebration we see across this country. You see wives and families and husbands just beside themselves with pride and relief that their loved one is coming home.

"There is nothing, I don't think, that will compare to a homecoming ceremony in the National Guard with the community, the leaders there, the Soldiers there, the families and the employers.

"That is as good as it gets; it is incredible. And to be the Acting Director on top of it—**incredible.**" **GX**



1LT Brian Adkins, Headquarters Company, Task Force 38 commander, attaches a 38th Infantry Division patch to SPC Katie Modderman, an aviation operations specialist, during the unit's combat patch ceremony at Joint Base Balad, Iraq, Sept. 15.

Hungry for a "CY Sandwich"

TASK FORCE 38 EARNS COMBAT PATCH

By SSG Jeff Lowry, Task Force 38 Public Affairs

SOLDIERS WITH HEADQUARTERS COMPANY, Task Force 38, took part in a combat patch ceremony Sept. 15, 2009. For many troops in the unit, this was their first deployment and first combat patch.

It was the first time for SGT Marcus Lindsey, a Task Force 38 logistics sergeant.

"There's honor in [receiving the patch]," he said. "Now I can say I served in theater like so many have done before me, and so many will do after me. But it doesn't make me feel any more important than somebody who hasn't."

The unit waited until its 38th day in theater to hold the ceremony.

However, according to regulations, there's no time requirement for when a Soldier can receive the combat patch—or, as it's more formally known, the shoulder sleeve insignia—for their wartime service.

"You were authorized to wear this patch on day one, but I wanted to wait to make it significant. Today is 38, and we are Task Force 38," said the task force commander COL David Wood at the ceremony's closing.

As a subordinate unit to the 38th Infantry Division, 38th Combat Aviation Brigade Soldiers wear the division patch. In full color, the patch is spade-shaped and divided in half length-wise into two colors. The left side is blue and the right

side is red. In the center is a white interlocked C and Y symbol, which stands for the division's nickname, the "Cyclone Division."

Soldiers within the division refer to it as the CY patch, whether in full color or subdued on combat uniforms. And if Soldiers wear one on each shoulder, they are affectionately known as a "CY sandwich."

Other Task Force Soldiers, Veterans and first-timers alike, think it's special to wear the CY patch on both shoulders.

"It's nice to be deployed within my own brigade," said first-time deployer SPC Brian Bowman, a Task Force 38 human resources specialist.

Second-time Veteran SGT Drew Mayer, a Task Force 38 forward observer, agreed.



COL David Wood affixes a 38th Infantry Division patch to LTC Don Strube's uniform at Joint Base Balad, Iraq, Sept. 15. The patch features a "CY" insignia, which stands for the division's nickname—the "Cyclone Division."

"The CY patch means a lot to the people of Indiana, and I got to be a part of that," he said.

Mayer deployed to Iraq in March 2008 with the Indiana National Guard's 76th Infantry Brigade Combat Team.

"It's pretty good [to deploy with another Indiana Guard unit]. When I volunteered, I thought I'd be with a different state and with people who don't know about the 76th and what we did," said Mayer, who was a vehicle commander on convoys and also helped manage entry gates during his last deployment.

Many veteran troops within the task force agree that when Soldiers receive their first combat patch, it's an historic event.

"For a lot of guys, it's significant," said CPT Paul Polyniak, an automation officer for the task force. "I think for somebody who doesn't have a patch, it's very important. It was a special day for me when I got my first patch."

Polyniak earned his first combat patch in 1991 working in a military police role with the 82nd Airborne Division during Operation Desert Storm.

Yet, on the day of Task Force 38's ceremony, he was proud to stand in formation to receive another patch.

"I did it out of respect for the commander and the 38th CAB Soldiers who are getting their first patch," Polyniak said. "The 38th patch is no less important than the 82nd [patch]. When I see a patch on the right shoulder, I know they've been [to a combat zone]."

Approximately 140 Soldiers are deployed with the 38's headquarters company, which is based in Shelbyville, IN. Nearly 40 Soldiers with the headquarters company have previously deployed to a combat zone with an Army unit. **GX**



1LT Brian Adkins attaches a 38th Infantry Division patch to CPT Paul Polyniak during the unit's combat patch ceremony at Joint Base Balad, Iraq, Sept. 15. Many Soldiers feel that receiving the patch is an historic event.

SPC BETH GORENC, TASK FORCE 38 PUBLIC AFFAIRS

Combat Action Badge

SOLDIER RECEIVES BADGE THROUGH GENERAL'S PROGRAM

By John Quin | JEFFERSON CITY, MO

Almost six years after an ambush in the streets of Sadr City, Iraq, a Missouri National Guard Soldier was presented with a Combat Action Badge (CAB) as part of a program by BG Stephen Danner, adjutant general of the Missouri National Guard.

Danner was present as LTC Sharon Martin pinned the badge to the uniform of 1LT Amanda Self on Sept. 18 during a ceremony at the Ike Skelton Training Site.

"Commanders have to look after their troops," Danner said. "Soldiers and Airmen alike deserve all the awards and ribbons they've earned, and they deserve to receive them in a timely manner."

The Combat Action Badge is awarded to Soldiers who actively engaged or were engaged

by the enemy since Sept. 18, 2001. "Although many Missouri Guard Soldiers have previously gotten the badges, many of their peers have not," Danner said. Since becoming adjutant general, he has made changing that a top priority.

On Sept. 25, 2003, then-SPC Self and fellow Soldiers from the 2175th Military Police Company were on a joint hostage rescue mission with special police from Baghdad's major crime unit. As the four Humvees and two Iraqi police cars rolled through the narrow streets of what is now known as Sadr City, they were ambushed from all sides. Despite rounds hitting within 2 to 5 meters of their vehicles, the Guard Soldiers exercised remarkable restraint by not firing back.

"There were civilians in the streets, and we wanted to avoid any civilian casualties," wrote SGT Joyce Johnson after the incident.

Since the 2175th returned in August 2004, Self, 25, has continued to serve in the Missouri Guard. After being commissioned as an officer, Self deployed to Kosovo with the 3175th Military Police Company. She is scheduled to deploy again—this time to Afghanistan—with Headquarters and Headquarters Detachment of the 205th Military Police Battalion.

"Receiving the Combat Action Badge is an honor, but it's not just about me," Self said. "It's about all the other Soldiers out there with packets waiting to be approved."

"Combat Action Badges are only the first step," said Danner, an Iraq Veteran.

"In addition to ensuring our Soldiers and Airmen receive the awards they've earned overseas, we're looking into establishing many more state awards," Danner said. "We're going to continue to do this."

"The state awards would mirror federal awards," said LTC Michael Fayette, director of policy and strategic initiatives for the Missouri National Guard. While the program is ongoing, many of these awards would be established for Missouri-specific missions, including state emergencies.

They also represent a push on the part of the adjutant general to make sure commanders are ensuring their Soldiers are getting the honors they've earned. Awards can be important in a Soldier's career.

"Promotion points are available to Soldiers based on number and type of awards that help that Soldier compete for merit advancement," Fayette said. "The more points they earn, the higher on the Order of Merit List, and the greater the opportunity for advancement."

"There is no specific point beyond which a Guard Soldier can no longer submit a report for the badge," said 2LT Frank Denton, who has been processing the awards.

"But the requests should not be limited to Combat Action Badges," Fayette said. If Soldiers believe they or their comrades are eligible for an award or badge they have not received, there is now a process in place to get the ball rolling.

"Soldiers and Airmen are encouraged to use their chain of command first," Fayette said. "As Brigadier General Danner's intent filters down, more and more commanders and senior noncommissioned officers will be cognizant of the adjutant general's desire to ensure Soldiers and Airmen are better cared for in this regard." **GX**



Adjutant General BG Stephen Danner stands at attention as LTC Sharon Martin affixes the Combat Action Badge to the uniform of 1LT Amanda Self.

Native American Hero Immortalized

Courtesy of Oklahoma Army National Guard



LTC ERNEST CHILDERS,
45th Infantry Division,
Medal of Honor Recipient

In a ceremony on Sept. 25, 2009, at the 45th Infantry Division Museum in Oklahoma City, the late LTC Ernest Childers was honored with the dedication of a statue of his likeness, which now stands at the entrance to the museum.

Childers was a Native American and 45th Infantry Division Veteran who received the Medal of Honor for his heroic actions in Italy during WWII.

Childers' daughter, Yolanda Elaine Childers, was in attendance at the dedication and said that although her father was a very humble man, he would have been deeply touched by the statue.

"This statue demonstrates that people recognize the greatness that was my father," said Ms. Childers. "If he were here today, he would just smile and say, 'Keep the pigeons off of my statue.'"

The keynote speaker for the dedication was MG Myles L. Deering, adjutant general of the Oklahoma National Guard. During his comments, Deering reflected on the many great achievements of Childers and the countless thousands who served in the 45th Infantry Division in WWII and Korea. He thanked them for the sacrifices they made for future generations.

Deering said, "As a recent past commander of the 45th Infantry Brigade, I am deeply honored to have earned the right to wear the 45th Thunderbird on my right shoulder and to have had the opportunity to carry on the traditions set forth by men like Lieutenant Colonel Ernest Childers."

The statue of Childers was commissioned by the Muscogee (Creek) Nation and created by Oklahoma artist Sandra Van Zandt. In 2008, Sandra Van Zandt created the first statue of Childers, which stands at the entryway of the Ernest Childers VA Outpatient Clinic in Tulsa.

"This statue places Lieutenant Colonel Childers back in his element with the men of the 45th," Van Zandt said.

Van Zandt also announced that there would be a third and final statue of Childers dedicated at the Muscogee (Creek) Nation Veterans Center in 2010.

"With the installation of the third statue, there will be one for all members of the military at the Ernest Childers VA Outpatient Clinic in Tulsa, one for current and past members of the 45th at the Division Museum, and one for his native people at the Muscogee [Creek] Veterans Center," Van Zandt said.

The statue is now a permanent part of the 45th Division Museum collection and will be on display at the museum entrance year-round. **GX**

IN 1937, LTC Ernest Childers enlisted in the Oklahoma Army National Guard and was mobilized with the 45th Infantry Division for service in Europe during WWII. As first sergeant, he distinguished himself during combat operations in Sicily and received a battlefield commission to the rank of second lieutenant.

On Sept. 22, 1943, he organized a group of eight Soldiers to help clear a route for the division's advance. In the pre-dawn mist, he came under fire and fell into a shell crater and broke his ankle. He tried to crawl to an aid station, but it was destroyed by enemy fire before he made it.

"I crawled back and told my men to lay down a base of fire over me," Childers said. "You see, I had to crawl because of my broken ankle ... I was crawling up a slope of a hill. I came up behind one of the German machine gun nests that had us pinned down."

As the Germans were turning their machine guns toward Childers, he shot them.

From the first German position, Childers could see a second position within throwing distance. He picked up several rocks and threw them into the second German position. "I assume they thought it was a hand grenade, because nobody throws rocks," he said.

When the Germans scrambled out of the hole, Childers shot one of them and another U.S. Soldier killed the other.

After securing the German machine gun positions, Childers single-handedly captured an enemy mortar observer at a house farther up the hill.

As he moved up the hill, Childers trained his M1 carbine on a German Soldier who was walking toward him. He could not shoot the enemy because he was out of ammunition.

"My body was wet with sweat since the German was fully armed, and I was holding an empty rifle on him. That German was the only surviving German in the entire action of that day," he said.

Childers was sent to North Africa to recover from his wounds, and then saw action during the Battle of Anzio, where he was wounded again. While recovering in Naples, he was summoned by LTG Jacob Devers, commander of U.S. Forces in the Mediterranean theater.

On April 13, 1944, after arriving at Devers' headquarters, Childers learned that he had been selected as a recipient of the Medal of Honor for his actions on Sept. 22, 1943. It was presented to him that afternoon.

He spent the remainder of the war in Europe before returning to Oklahoma in 1945. He retired from the Oklahoma Army National Guard in 1965 as a lieutenant colonel. **GX**

Childers and his wife of 59 years, Yolanda Chadwell Childers, had three children, Elaine, Donna and Ernie. Childers remained active in Coweta until his death in March of 2005 at the age of 87.



(Left to right) Thomas Yahola, speaker of the Muscogee Nation National Council; Yolanda Elaine Childers, daughter of LTC Ernest Childers; Sandra Van Zandt, creator of the Childers statue; and MG Myles Deering, Oklahoma adjutant general. They're applauding the statue of LTC Ernest Childers moments after its unveiling at the 45th Division Museum in Oklahoma City.

Updating Afghanistan

OKLAHOMA TO HELP IMPROVE COUNTRY'S FARMING

By SFC Darren D. Heusel, Oklahoma Army National Guard / OKLAHOMA CITY

Agronomy, animal husbandry, veterinary medicine, agriculture marketing, soil science, pest management, forestry, beekeeping ... these are just a few of the unique jobs performed by members of the Oklahoma Army National Guard in their civilian lives on a routine basis.

Now, a team of more than 60 will take these skills to Afghanistan for 10 months to help educate and empower the Afghan people as part of a rotating Agribusiness Development Team (ADT) initiative.

"This is actually a mission where we're going to give back and train, rather than secure," said MSG Bobby Howard, who will serve as the unit's command sergeant major once deployed. "It's more of a humanitarian-style mission."

FORWARD TO THE FUTURE

Howard said the Afghan people have lost three generations of farmers due to decades of war and oppression, and the 1/45th ADT hopes to "bring them 30 years into the future" by advancing their farming and agricultural production capabilities.

The 1/45th ADT will attempt to do this in a number of ways, including conducting classes, creating demonstration farms, providing seed and other materials, and exposing them to the latest technological advancements.

"The objective will be to teach them new farming techniques," Howard said. "We'll work with a number of non-governmental



LTC Cynthia Tinkham, executive officer for the 1/45th Agribusiness Development Team, Oklahoma Army National Guard, examines water and irrigation systems during a military readiness exercise at the Camp Gruber Military Training Site near Muskogee, OK.

organizations, to help improve their entire agricultural process."

He said their mission could be based on the old adage that you can give a man a fish and feed him for a day, or teach him to fish and feed him for a lifetime.

COL Mike Chase, commander of the 1/45th ADT, is quick to point out that the mission is not necessarily about "giving" the Afghan people something. It's about empowering and teaching them new and improved ways of conducting business. The aim is to help Afghan farmers enhance their industry and bolster their farming economy.

Oklahoma will replace a team from Tennessee in Paktia Province near Gardez and a follow-up team will replace them in late 2010. Chase said the 1/45th ADT will also spend time in neighboring Paktika Province.

HUGE ARSENAL OF SKILLS

"We bring a very practical element to the mission," Chase said. "We have a variety of skills and expertise. Not that you wouldn't find that in other elements, it's just that most of our folks do this kind of work on a regular basis." Oklahoma's contingent is broken down into headquarters, agricultural and security elements.

In addition to the skill sets already mentioned, the agricultural element will consist of a civil and construction engineer, agricultural processing specialist, a veterinary technician and an agriculture education specialist.

Heading up the agriculture team is LTC Jackie Sanders, owner and operator of two of the state's largest nurseries.

Sanders said by conducting soil samples to determine the amount of nitrogen, phosphorous and potassium present, his team can suggest what needs to be added to bring the soil to a more productive level.

"The goal is to produce the highest yield possible for a certain crop," he said. "These tests can be performed on just about any crop."

Some of the more prominent crops the team can expect to encounter in Gardez include wheat and a variety of fruits such as apples, peaches and grapes. They also raise a variety of nuts including walnuts, almonds and some that are indigenous to that part of the world. Gardez is also renowned throughout the Middle East—if not the world—for its honey, which is why the team has a beekeeper in SGT David Bowman, who will double as a combat medic.

Bowman said pollination is critical to producing fertile crops and that honeybees have become increasingly important to the pollination process worldwide.

"About one-third of our food worldwide has to be pollinated, and one of the main insects used for pollination is the honeybee," Bowman said.

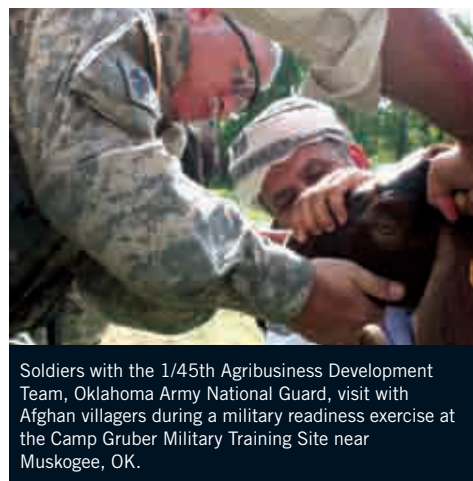
Bowman said one of his main roles while in country will be to study the bees and see what he can do to develop more keepers.

"What we want to do is educate the Afghans on what they can do to improve the bee population, and how they can best market their products," he said. "What it basically comes down to is education."

While in country, Chase said, the 1/45th ADT will work side-by-side with the Gardez Provincial Reconstruction Team, but will fall under the command and control of the 4th Brigade, 25th Infantry Division. Whenever issues involving agriculture or livestock arise, Chase said they will be passed to his team from the PRT.

Chase said his team will also work closely with "all other stakeholders" including the Afghan National Army, Afghan National Police, provincial governors and police chiefs to provide maximum support.

The 1/45th ADT reported to Camp Atterbury in Indiana for post-mobilization training in October, intending to make their way into Afghanistan by the end of 2009. **GX**



Soldiers with the 1/45th Agribusiness Development Team, Oklahoma Army National Guard, visit with Afghan villagers during a military readiness exercise at the Camp Gruber Military Training Site near Muskogee, OK.



COL Steven Bensed (second from the left) and CSM Edgar Hansen (second from the right) talk with Soldiers from Company C at an observation post on Camp Ashraf. Company C runs several outposts in the area.

32nd Brigade Leaders Visit Soldiers at Remote Base

Courtesy of the Wisconsin National Guard | CAMP ASHRAF, IRAQ

▶ WITH 27 UNITS spread throughout a country the size of California, the commander of the Wisconsin National Guard’s 32nd Infantry Brigade, COL Steven Bensed, can’t just hop in a Humvee to visit his troops. Instead, he orders up a couple of UH-60 Black Hawk helicopters and takes key staff members along by air.

On one recent visit, Bensed’s Black Hawk helicopters dropped into Camp Ashraf, where Soldiers from the Arcadia and Onalaska-based Company C, 1st Infantry, are serving at Forward Operating Base (FOB) Grizzly.

Company C is charged with operating observation points, escorting distinguished visitors in their area, providing personal security details for meetings and movements outside the FOB, and performing resupply patrols.

“The troops here at FOB Grizzly are busy on a unique mission that is unlike any other in Iraq,” said 1LT Rhett Zietlow, a platoon leader with the company.

“There is no cut-and-dried, day-to-day type of mission. It’s continually evolving due to the overall political sensitivity and humanitarian nature of it. There is no pattern to these missions, as they could all happen on the same day if the situation would require it.”

The company’s accomplishments didn’t go unnoticed by the brigade’s top enlisted Soldier, who was along on the visit.

“These Soldiers are doing a great job on a difficult mission,” said CSM Edgar Hansen, the brigade command sergeant major, after his visit to FOB Grizzly.

The visit allowed the top leaders in the brigade to see how their troops were doing at the small and remote FOB. It was also an opportunity for Soldiers to ask the commander questions about the deployment.

“It was a great chance for our Soldiers to share their views and input on what we’re doing,” Zietlow said.

Company C is deployed to Iraq with the 32nd Brigade and is expected to return to Wisconsin in January. **GX**

“THESE SOLDIERS ARE DOING A GREAT JOB ON A DIFFICULT MISSION.”

>> CSM Edgar Hansen

SFC TYLER LASURE



2LT Anthony Livhits reviews counterattack grid coordinates with members of the Japanese Ground Self-Defense Force during Orient Shield field training exercise, Aibano Training Site.

“The command and control abilities of the 69th Regiment Commander, staff activities and basic action of each Soldier are very helpful for us,” said Col. Hiroyuki Hata, 7th Infantry Regiment Commander.

“They’ve also learned about Japanese leadership skills, techniques, tactics and procedures, and

that’s what this whole thing’s about,” Wiercinski added.

“This training is a way to build up connections between the U.S. and Japan Ground Self-Defense Force,” said Lt. Gen. Mamoru Fujisaki, commanding general for the 3rd Division, JGSDF, Camp Senzo, Japan. “It’s most important in case we must conduct combined operations under each chain of command.”

For many of these Soldiers, it was their first opportunity to train with Soldiers from a different culture with totally different weapons systems.

“This has been a great opportunity to assess how they perform their missions and possibly utilize some of their practices,” said SSG John Madera, a squad leader with B Company, 1/69th Infantry, from Queens Village, NY.

“Their mission performance was executed on point with successful use of their equipment. Everything we saw convinces me I’d fight alongside them any day,” Madera added.

Sgt. Masahiro Jyoko, Co. 5 Rifle Platoon Squad Leader, gained a great deal of information from the combined training opportunity.

“The 69th Infantry Regiment fight effectively and have experience from combat. I am very happy to teach these important skills to my subordinates,” he said.

“We must reflect on what we have [learned] from the U.S.,” Hata said. “The friendship and trust built between 1st Battalion, 69th Regiment, and the 7th Infantry Regiment is forever.”

“It’s an honor to have the 69th here,” Wiercinski said. “They have a great history, a magnificent combat record, and they come here with an attitude of learning and teaching. And that’s exactly what we need. My hat goes off to them for doing such a superb job out here, for extending U.S. and Japanese relations, and for really being great ambassadors for the United States of America.”

The New York City- and Long Island-based troops returned home to their families on Oct. 20. **GX**

Infantry Assault

NEW YORK AND JAPANESE SOLDIERS TRAIN TOGETHER

By MSG Corine Lombardo, 42nd Infantry Division | AIBANO TRAINING AREA, JAPAN

HUNDREDS OF NEW YORK Army National Guard and Japanese Soldiers took to the tree lines here in a simulated combat field training exercise. The troops moved simultaneously and parallel with one goal in mind: defeat a common enemy.

Soldiers from the New York Army National Guard’s 1st Battalion, 69th Infantry Regiment, identified fictional enemy fighting positions and collected information on their makeup and strength. This was used to assist both the U.S. Army and Japanese Ground Self-Defense Force (JGSDF) Soldiers in setting up hasty defense positions, and to attack and defeat enemy forces.

Ground and mounted Soldiers from both forces crossed steep elevations and rivers, concealing their movements as they denied the enemy the capability to conduct counterattacks on friendly forces. The ultimate goal was to advance the 7th Regiment, JGSDF, to its appointed objective and secure it.

MISSION ACCOMPLISHED

During the field exercise, which took place Oct. 16–18, Soldiers put into play many of the

combat skills and techniques they demonstrated to one another, while participating in Orient Shield 10, Oct. 10–17. “Orient Shield is an exercise we run every year with the Japanese in a bilateral environment to strengthen the relationship between the U.S. Army and JGSDF,” said MG Francis J. Wiercinski, U.S. Army Japan/I Corps (Forward) commanding general, Camp Zama, Japan.

“This has been an outstanding experience for our Soldiers, not only in the context of our own training, but also the opportunity to share our experiences with our Japanese counterparts and learn from them,” said LTC John Andonie, commander, 1st Battalion, 69th Infantry Regiment, New York Army National Guard.

“The 1/69th Soldiers have been training side by side with their Japanese counterparts and sharing their knowledge—not only what they’ve learned in combat, but their Soldiers’ skills, as well,” Wiercinski said.

Of particular interest to the Japanese forces was learning to engage targets while moving in a confined area and reacting quickly to unstable targets.



A Soldier assigned to 3rd Battalion, 157th Field Artillery, Colorado Army National Guard, 115th Fires Brigade, stands among spent shell casings from his M4 Carbine while conducting reflexive fire training in Ar Ramadi, Iraq.

Clark describes the value of reflexive fire training as someone who is “able to go from a non-threatening state to engaging someone with their weapon rapidly.

“You don’t want to be walking around with your weapon pointing up,” he said. “Basically, we practice shooting from different positions because you never know what direction the threat will be coming from.”

“WE’RE ALWAYS AT A HYPER STATE [OF ALERT] FOR ANY UNSEEN THREATS.”

>> SSG Christopher Banks, Battery A, 3/157th Field Artillery

Razor’s Edge

SOLDIERS TRAIN TO STAY SHARP

Story and photos by SSG Liesl Marelli, Colorado Army National Guard | AR RAMADI, IRAQ

The open desert in certain regions of Iraq creates a training playground that helps Soldiers maintain situational awareness and hone their marksmanship skills. Not far from Camp Ramadi lies land where Soldiers can take their weapons, ranging from pistols to crew-served weapons, and test fire, conduct reflexive fire training or verify that the optics on their weapons are properly zeroed.

GREATER DANGER

“It’s different shooting out here, because there’s a higher threat level around you,” said SSG Norman

Clark, Battery A, 3rd Battalion, 157th Field Artillery (FA).

When the Soldiers shoot at ranges back home at Fort Carson, CO, they don’t need anyone to pull security or scan for threats.

“Once we roll into the area [where we fire our weapons], we set up a defensive perimeter with our vehicles and shoot from inside that perimeter,” said SSG Christopher Banks, Battery A, 3/157th FA training noncommissioned officer. “We’re always at a hyper state [of alert] for any unseen threats.”

“We have classes every day on our weapons and other situations [that may arise],” said SPC Patrick

Simpson, a Soldier who was originally deployed with 1st Battalion, FA, Oklahoma Army National Guard, but stayed in Ramadi when the 3/157th FA took command.

Simpson, an Oklahoma City native, said he has confidence in the Soldiers on the Quick Reaction Force (QRF) team he currently serves with. “I don’t think anyone on the QRF would freeze up [if they received enemy contact], because everyone is comfortable with their positions,” Simpson said.

Reflexive fire training helps Soldiers, like those on the QRF react at a moment’s notice to engage the enemy.

PRACTICE MAKES PERFECT

Soldiers practice moving from their left and right, kneeling and turning around to face their 6 o’clock in order to practice moving to face the threat without flagging—pointing their weapons unsafely—at anyone around them. Soldiers refer to this as having proper muzzle awareness.

Another way Soldiers sustain a comfort level with their weapons is ensuring the weapon is properly maintained.

“I go to the range every chance I get in order to perfect my skills as a marksman,” said Banks, a Greeley, CO, resident, who is responsible for tracking the training conducted by Battery A Soldiers, ranging from survivability skills and weapons training, to first aid.

In addition to being proficient at operating their weapons, Soldiers are also adjusting to the



difference in maintaining them in the Middle East.

"You should never lube your weapon as much here," Clark said, referring to the reduced amount of lubrication needed to keep the weapon operational in the sandy environment. He added, "It's imperative [to be proficient with your weapon] because it can save your life. If your weapon isn't zeroed, it won't help you."

A weapon being zeroed means the sights and scopes are aligned for the eyes of the Soldier who operates it. Once the Soldier zeroes his or her weapon, someone else may not be able to aim it as well.

"I treat this thing like gold," Clark said about his weapon. "I don't even want to bump my scope."

Clark, who teaches hunters' safety courses in Colorado, said, "I've taught my Soldiers that your weapon is basically your life. If you don't take care of it, it can't save you." **GX**

> (Top left) Soldiers assigned to 3rd Battalion, 157th Field Artillery, Colorado Army National Guard, 115th Fires Brigade, stand by for the command, "ready, up" during reflexive fire training in Ar Ramadi, Iraq.

> (Top right) The casings are ejected as CPL Jeremiah Winters fires his M249 squad automatic weapon.

> (Middle) SGT Matthew Schumacher, a squad leader for the 188th Forward Support Company's Convoy Support Platoon, Colorado Army National Guard, 115th Fires Brigade, briefs the troops going to the range at Camp Ramadi, Iraq.

> (Bottom) A small flame ignites after CPL Jeremiah Winters discharges rounds from his M249 squad automatic weapon.

VICTORY MAP



ALABAMA The Alabama Army National Guard's 1343rd Chemical Company conducted Chemical, Biological, Radiological and Nuclear response (CBRNE) training recently with the 22nd Marine Expeditionary Unit employing the Marines' state-of-the-art equipment here.

The 22nd MEU is testing new chemical equipment and will report their findings to the Marine CBRN Defense School, helping them to establish training curriculum on the equipment. The 1343rd Chemical Company is currently operating as Military Police at Camp Buehring during their deployment. Although the Soldiers will not focus on CBRN during the deployment, this training helps the Alabama Soldiers maintain proficiency in their primary specialty while learning to operate advanced equipment.

LOUISIANA The Louisiana National Guard's Youth Challenge Program was awarded a \$5,000 check donated by DynMcDermott Petroleum Operations Co., Inc. David Stoltz, manager of the office of strategy management for DynMcDermott, presented the check to MG Bennett C. Landreneau, adjutant general of the Louisiana Army National Guard. BG Brod Veillon, director of the program, and several cadets from the program in Camp Beauregard, LA, were present to witness the presentation.

NEW YORK Volunteers from the New York Army National Guard conducted a clean-up along Queensbury Avenue recently as their part of national "Make a Difference Day." Soldiers from the 1427th Transportation Company, the 466th Area Medical Support Company and the New York Army National Guard Recruiting and Retention Command, and their family members, have volunteered to help keep this area of the road clean.

OHIO President Boris Tadic of the Republic of Serbia arrived in Cleveland Sept. 20 to further develop the nation's ongoing relationship with Ohio. Ohio began working with Serbia in 2006 through the State Partnership Program, and since then the Ohio National Guard has participated in more than 80 exchanges with the Serbian government and military.

continued on page 31

Fire and Iron

EXPO SHOWCASES ARMY AND AIR GUARD

By SSG Tracci Dorgan and SGT Erica Knight, 108th Public Affairs Detachment

THE SOUTH CAROLINA NATIONAL GUARD opened its doors Oct. 10-11 to host an Air Ground Expo at McEntire Joint National Guard Base in Eastover, SC. The event was unique in that it was the first time an event was organized to showcase the equipment and personnel of both the South Carolina Army and Air National Guard.

"It was the best show I've ever seen," said John Rogers, an Air Ground Expo visitor. "The way the ground forces and the helicopters were shown in action along with the F-16s was amazing."

Rogers raved about the Combined Arms Demonstration (CAD), when the Air and Army forces worked together to simulate a downed pilot extraction with overhead coverage from F-16s and Apache Longbows. A Black Hawk landed to "rescue" the pilot while Abrams tanks and Bradley Fighting Vehicles rolled in to provide ground cover. The armored vehicles laid suppressive fire as infantry Soldiers dismounted the Bradleys and provided security for the pilot.

As a finale, all CAD participants came forward at crowd center. To the audience's surprise, two F-16s came screaming overhead, pulling a vertical lift which signaled the ignition of pyrotechnics. Against a backdrop of explosions and flames, the announcer proudly introduced the members of the South Carolina National Guard, causing thunderous applause and cheers from the crowd.

Thomas Peel, a 30-year Veteran and retired first sergeant, came to the show both days. "I was here for the last air show 10 years ago. I would come every year if McEntire had one. It's just great to see everyone here, celebrating freedom, coming together to support our troops."

The expo showcased more than 100 displays, including static military vehicles and aircraft where visitors could meet and talk to Soldiers and Airmen who operate the equipment. The expo also welcomed the Celebrate Freedom Foundation, who provided living history displays from past wars as well as scout dogs and Special Forces. The Air Force Honor Drill team also performed an amazing precision demonstration with rifles and fixed bayonets.

One of the highlights was the Army's Golden Knights Parachute Team, who were celebrating their 50th anniversary, and kicked off the expo with an American flag "jump" as the South

Carolina National Guard's 246th Army band played the national anthem. The Knights later performed a full show for the spectators.

The skies overhead kept the crowd in awe, as the Viper East F-16 Demonstration Team, Heritage Flight, John Klatt Air National Guard Demo team and Army Aviation Heritage Foundation's (AAHF) "Sky Soldiers" demonstrated their amazing aerobatic skills throughout the afternoon.

"This expo was our way of saying thank you to the community for their support over the years," said Col. Scott Williams, commander of the 169th



Soldiers with 1/118th Combined Arms Battalion dismount an M2 Bradley with gusto as they work to protect a "downed Airman" during the Air Ground Expo 2009.

Fighter Wing. "With deployments and ongoing missions, we believed it was time to step back and thank the citizens of our state by providing an awesome show."

It was also a day to celebrate the future of the Guard, as the Air National Guard conducted a swearing-in ceremony for 17 new recruits during the Expo.

"I couldn't be happier with the outcome," said Williams. "When you put together something of this magnitude, you never know until the last minute how it's going to turn out."

"We have attended dozens of air shows over the past several years and the show that McEntire put on was the best we have ever attended," said Barry Bumgardner, who came to the show from Rutherfordton, NC. "We've seen both the Blue Angels and the Thunderbirds time and time again, but the combined arms demo was simply amazing."

"Our Air Ground Expo, with over 50,000 visitors, was a grand slam with outstanding work by all," Williams said. **GX**

High Spirits for New Hampshire

GUARD DISPLAYS STRENGTH

By MAJ Greg Heilshorn

▶ **THE NEW HAMPSHIRE NATIONAL GUARD** treated more than 20 state legislators and about a dozen employers to the ultimate showcase of air and ground capabilities Sept. 22 during a daylong trip to Fort Drum, NY, that culminated in the first-ever live fire of a high mobility rocket system.

"It was very impressive," said Sen. Maggie Hassan. "It was helpful to see how current our National Guard is, and how fast the world that we're asking them to take care of is changing."

Education was half the story. It was also a chance for New Hampshire's Citizen-Soldiers and Airmen, many of whom are preparing for their second or third overseas deployment, to engage a willing audience. In total, more than 80 people—including nine reporters from five different media outlets—were on the trip.

It was the largest turnout of state leadership for a New Hampshire Guard orientation event in recent memory.

"By bringing civilians and the councilors and state representatives, it shows [our Guard members] that they do have the support," said MG William Reddell, the adjutant general of the New Hampshire National Guard.

The New Hampshire Air Guard's 157th Air Refueling Wing flew the group on two of its

KC-135 tankers, refueling a C-5A Galaxy on the way up to Fort Drum. Nearly every passenger had a chance to sit in the boom pod during the midflight fill-up.

"It's amazing what technology has done," said state Sen. Lou D'Allesandro. "I was in the service years ago, and it was much different than it is today."

D'Allesandro, a senior legislator, noted the Guard's stellar record of performance over the past eight years with its overseas deployments as well its response to several state disasters, including Hurricane Katrina.

"The Guard is highly regarded throughout the country," he said. "It has a wonderful record of achievement, and I think it's totally appropriate that when you deploy a new weapons system, you bring it to the people who have been successful in the past. It's very important that New Hampshire has this."

The High Mobility Artillery Rocket System (HIMARS) unit, 3rd Battalion, 197th Field Artillery, is preparing to deploy to the Middle East next year with the 197th Fires Brigade. More than 1,100 New Hampshire Citizen-Soldiers will be mobilized, making it the largest, single deployment in the state's history. **GX**

A HIMARS vehicle from 3rd Battalion, 197th Field Artillery, displays its power at a military demonstration.



VICTORY MAP



UTAH For the fourth consecutive year, TriWest Healthcare Alliance contributed \$15,000 to the Utah National Guard Charitable Trust, which will help support the financial needs of 6,800 Guard members and their families. TriWest's contribution was part of its holiday "Giving to the Guard" campaign, providing support to the National Guard throughout 21 western states. It was the fourth consecutive year that TriWest has contributed to the fund.

WASHINGTON, DC Consumers can show their support for the men and women in military service with new banking products that display the USO (United Service Organizations) logo.

Bank of America has introduced a full range of USO-branded financial products, including credit cards, check cards and checks, that are now available through Bank of America banking centers, call centers and at BankOfAmerica.com/military.

In addition to the USO-branded financial products, Bank of America also provides Bank of America Military Banking, full-service banking designed for Active Duty, Guard/Reserve, dependents, Veterans and retirees. These services are also available to anyone who wants to show support for the military.

For more information about rates, fees, costs and benefits of the USO banking products, visit BankOfAmerica.com/military.

National Guard Soldiers competed from Afghanistan against several Atlanta Falcons during the first-ever Pro vs. GI Joe online video game competition from USO In A Box. USO In A Box is a transportable USO center that is deployable to remote locations in the Middle East. The deployed Soldiers played Guitar Hero live against the Falcons and troops from the 3rd Infantry Division of Fort Stewart, GA, at the team's Flowery Branch training facility. This is the first time Pro vs. GI Joe and the USO have been able to bring online gaming to Afghanistan.

USO in a Box allows the USO to deliver services and support to the military serving in the most remote regions. Each USO in a Box features Internet access, two Dell ruggedized

continued on page 35



Romanian Soldiers practice dismounting their armored vehicle while training with the Alabama Military Police.

“Romania is at the center of one of the world’s oldest civilizations. However, they are a relatively new and growing democracy,” McGlaughn said. “We are committed to assisting them with this evolution and ensuring their military has all the support we can provide. Additionally, the Romanians appreciate America and want to be our friends.”

During the recent exercise, the Romanian MPs, including Soldiers from Romania’s 265th MP Battalion, went through a complex exercise using

the crawl-walk-run training method. The event included squad live fire, crowd control operations, military operations in urban terrain (MOUT) and personal security of a VIP.

MAKING THE CHANGES

After each iteration, Team Bama personnel would conduct an After Action Review (AAR) with the Romanian command group. In cases where the Romanian techniques varied from American doctrine, tactics, techniques and procedures, the differences were explained and discussed. During the ensuing iterations, the Alabama Team noticed the Romanians would adopt the AAR comments and incorporate these changes immediately and directly into the training scenarios.

The Romanian command group anticipated a long-term relationship with the American military in the Overseas Contingency Operations and wanted to ensure that their procedures were similar if troops from the two nations worked closely together in a theater of combat. The Bama Soldiers remarked that the most impressive thing about the event was the quality of Romania’s Soldiers.

Recently, the Romanian MP have had as many as six individual troop deployments to all corners of the globe. McGlaughn gave the Romanians high marks. “These Warriors are tough and battle-hardened,” he said. “We would be proud to serve with the Romanians anywhere and anytime.” **GX**

ALABAMA NATIONAL GUARD

Partners in Freedom

MILITARY POLICE TRAIN WITH ROMANIANS

By LTC James W. McGlaughn, 231st Military Police Battalion

The 231st Military Police (MP) Battalion is a busy organization these days. Three subordinate units are in the process of deploying to either Iraq or Afghanistan. Remaining units of the battalion are training in preparation for possible future deployments and potential state missions after disasters like hurricanes, tornadoes, floods and forest fires.

Still, the Alabama Army National Guard’s oldest MP unit recently sent a team of subject matter experts to Romania for a special training mission. The Alabama team included LTC Jim McGlaughn, commander of the 231st, MAJ Eugene Butler, CPT Jim Napier, MSG Donnie Nelson and SSG Chad Cook.

The group was known as Team Bama, a take-off on the battalion call sign, and had a cross-section of MP experience including operators, combat Veterans, instructors and logisticians.

With the demands of the ongoing Overseas Contingency Operations, a mission of this type might seem strange to those not familiar with the Alabama National Guard’s partnership with the country of Romania.

LONG-RANGE VISION

Today’s Alabama/Romania partnership is a textbook example of how a state and a host nation closely cooperate for the development of long-term relationships, training operations and cultural exchange.

During the training exercise, hosted by Romania, the American team noticed that the Romanian MP had respect for the American military.

McGlaughn, Team Bama commander, noted the interesting duality of the country’s personality.

“WE ARE COMMITTED TO ASSISTING [ROMANIA] WITH ... ALL THE SUPPORT WE CAN PROVIDE.”

>> LTC Jim McGlaughn, commander, 231st Military Police Battalion

Kansas Honors, Supports Armenian Military

Story and photo by Sharon Watson,
Kansas Army National Guard

▶ **A SIX-YEAR PARTNERSHIP** between the Kansas National Guard and the Republic of Armenia has resulted in Armenian troops training with Kansas Soldiers and later fighting side by side in Iraq and Afghanistan, as well as supporting peacekeeping efforts in Kosovo.

MG Tod Bunting, Kansas adjutant general, visited Yerevan, Armenia, in July for the fifth time in six years, bringing with him a team of Kansas experts in the fields of agriculture, bio-security, education and law enforcement. Although the State Partnership Program is exploring ways to partner in these areas, the exchange between the Kansas National Guard and the Armenian military forces remains strong and is growing.

MEDALS FOR ARMENIAN SOLDIERS

U.S. Ambassador Marie L. Yovanovitch participated with Bunting and Seyran Ohanyan, Armenia's Minister of Defense, in a ceremony to honor Armenia's 2nd Battalion Peacekeeping Brigade. Many of the brigade's troops have deployed to Kosovo, Afghanistan and Iraq alongside Kansas Soldiers. Some members of Armenia's Peacekeeping Brigade have been to Kansas to participate in military training and also trained with Kansas Soldiers in Armenia.

"Not every day do you put an Army Commendation Medal on someone from another nation," Bunting said following the July 21 awards ceremony. "I was glad to hand the ambassador of the United States a military decoration from the U.S. for people who were prepared to fight and die side by side with us. Today is as good as it gets."

During his visit, Bunting met with Ohanyan, who spoke through an interpreter, to discuss possible ways to enhance their military-to-military exchanges and partnership.

"It is due to this cooperation that we develop our capabilities in peacekeeping, de-mining and medical fields, and today we agreed to organize cooperation in fields of military justice and developing the professional noncommissioned officer corps in the armed forces of the Republic of Armenia," Ohanyan said.

Armenian officials have been interested in the Kansas Guard's training for its noncommissioned officers for some time and recently brought



MG Tod Bunting, Kansas adjutant general, and U.S. Ambassador Marie Yovanovitch, at a Peacekeeping Brigade Awards Ceremony, presented U.S. Army Commendation Medals to Armenian Soldiers, some of whom served alongside Kansas National Guard Soldiers in Iraq, Afghanistan and Kosovo.

Soldiers to the Kansas Regional Training Institute in Salina to participate in this training program.

EMEDS

Medical exchanges have been a part of the program in the past, with the Kansas Air Guard providing dentists for humanitarian aid missions. Another mission related to medical capacity is a project to improve Armenia's ability to use its Expeditionary Medical Support System (EMEDS), a mobile hospital for use in response to disasters or in combat.

Kansas was the first state to purchase an EMEDS for disaster response and, as a result of the State Partnership Program, Armenian government officials also decided to purchase one. However, the storage facility where the EMEDS is currently housed in Yerevan is not climate-controlled, as is required to properly maintain the equipment.

As a result, 37 Kansas Air Guard Soldiers from the 190th Air Refueling Wing's Civil Engineering Squadron arrived in Armenia July 19 on a KC-135 Boeing Stratotanker for a two-week mission, which included building a new EMEDS warehouse.

"The ability to build the right storage capacity hasn't existed," Bunting noted. "So as part of our ongoing partnership, it has also allowed us to have a unique training opportunity for our engineers from Kansas who are experienced in deploying it."

Tech Sgt. Robert Ogen with the Civil Engineers Squadron served as a crew leader on the EMEDS warehouse mission and was proud to be involved. "I love doing this stuff. It just gives you a good feeling, like you're helping people out who need the help," he said.

"It makes you feel good," said Tech Sgt. Michelle Givens. "In the long run, you know it's going to help people."

SPEAKING THE LANGUAGE

MAJ Jake Salmand, who is in charge of the civil engineers crew building the warehouse, saw many benefits to the mission, including training and improving their teamwork in preparation for potential combat missions, while also helping the Armenians. "But the mission was not without a few struggles," he said.

"The communication barrier is a challenge," he noted. "The tools are the same, but we call them different things ... We have a few guys assigned to us to help interpret when necessary and get us stuff. They're great. They have good attitudes, they're more than willing to help us out and they want to accommodate us in any way they can, so it's good."

Meanwhile, CSM Danny Roush worked across town, leading another crew of civil engineers in the installation of air conditioners at the Armenian Air Institute, where the local military receives academic training.

"I think we'll make a big difference. We'll leave a mark here that Armenians will enjoy a long time after we leave," Roush said.

He, too, was working through language differences with his Airmen and the Armenian military, while maintaining a sense of humor.

"Seems like you can point to things and most of the Armenians can understand a little bit of English," Roush said. "They know more English than we know Armenian. That's for sure!"

Other missions for the civil engineers during their two weeks in Armenia included completely rewiring a kindergarten building.

The Kansas Guard Soldiers left Armenia July 31, turning over their work to the Texas Air National Guard, which arrived to continue the mission.

The State Partnership Program is a program of the Department of Defense, working in cooperation with the National Guard Bureau to help create stable environments in partner countries, increase partner capacities and prevent conflict. Currently, there are 61 partnerships worldwide. **6X**

March of Honor

SOLDIER REMEMBERS THOSE LOST IN BATTLE

Story and photos by Clint Wood

STANDING AT THE PODIUM in front of the crowd of 220 people, 1SG Jim Williams fought back tears. The audience was mainly Tennessee National Guard Soldiers, with a few civilians. All would, in moments, join Williams on the fifth-annual Fallen Soldier March, which travels from the National Guard Armory to the Wilson County Fairgrounds. The route is just east of Nashville.

What moved Williams so deeply was the number of people who showed up for the 9-mile trek. In its first year, Williams was the only marcher.

“I’m going to try and get through this without crying,” he said.

At his feet was a rucksack, but not your ordinary rucksack. It had a small American flag between its straps. On the back was a plaque honoring 1LT William Eric Emmert, the most recently fallen Tennessee Guard member.

Williams told participants the march is a reminder that Soldiers sometimes make the ultimate sacrifice. It’s therapeutic, he said, for Soldiers who’ve deployed to combat zones and suffer from post-traumatic stress disorder.



THE SPARK

Williams explained how he got the idea for the march. “When I returned [from Iraq], I had a hard time accepting that people just went on with their normal lives while our Soldiers were fighting in Iraq and Afghanistan. So I decided to do something about it—something that would serve as a reminder.”



> (left) 1SG Jim Williams, a former Marine infantryman, says a prayer before the Fallen Soldier March.
 > (below) Williams carries the Stars and Stripes as he and his son, Jimmy, run around the formation.
 > (far left) Williams recites a line from *Full Metal Jacket*.



He said the first march felt like a year of emotions all wrapped up in a few hours, and he thought of his fallen comrades with every step. He basically put on his uniform, filled his rucksack up to about 30 pounds, picked up an American flag and marched down Lebanon’s historic roads.

“I tell you, I really am shocked,” reiterated Williams about the turnout this year. “I wasn’t expecting this many.”

KEEPING PROMISES

Williams had promised the public that once the number of marchers exceeded 200, he would march solo from the Lebanon armory to the state capitol in Nashville on Veterans Day—about 28 miles. In a less public moment—on the bus back to the armory after the march—he commented that was going to be a “butt-kicker.”

CUB SCOUT GREETING

We left the armory with civilians—including retired service members—leading the formation. Next came Soldiers carrying red and white company guidons and full rucksacks.

About 200 meters from the armory Williams left the formation and headed for a nearby



Soldiers run around the formation at the fifth-annual Fallen Soldier March.

Soldiers round a turn in the Fallen Soldier March.



1SG Jim Williams noted that the Cub Scout support along the route set the fifth-annual Fallen Soldier March apart from previous years.

church, where an entourage of Cub Scouts and den leaders stood watching. Williams shook every child's hand. The kids and the leaders saluted as the Soldiers marched by.

Cub Scouts would salute the marchers again two-and-a-half hours later as they welcomed them back at the fairgrounds entrance. This was the first year the event saw this many Cub Scouts.

Motorists honked and children rolled down car windows to salute the Soldiers. Several civilians had set up water stops along the route. It was a remarkable show of patriotism.

THE RUN-AROUND

Williams' 16-year-old son, Jimmy, was there. Father and son enjoyed a run around the formation together, with Jimmy carrying the American flag. They weren't the only ones. Several other Soldiers also ran around the formation, holding their guidons high in the bright blue sky, including SFC Cindy Layton.

"I'm fired up!" she announced. "Motivated! After running around the group one time, it feels great." She participated in last year's march as well.

She said she was inspired by all the support from the public.

"It [gives you] a sense of pride," she said. "It makes you motivated to run around with your flag and show off your unit."

1SG Gregory Snead didn't consider himself to be leading the formation when he took his turn carrying the Stars and Stripes.

"I just happen to be in front," he stated logically.

Snead, who at one point broke formation to high-five two kids, informed me that Soldiers who return from deployments usually participate in this march.

For SGT Autumn Hill, the decision to march was spontaneous. She said the march was rewarding for her because she was able to honor fallen Soldiers.

As his speech neared its end, Williams offered a few final words to the Soldiers around him. He said that if any of them deployed, they should tell their family to call Williams any time, for any reason. Whether it's to fix a flat tire or a washing machine, he was willing to help.

"Their families depend on us to help them through it," he stressed. "And I make this promise to you now: I will be there for anybody who needs me. Just pick up the phone and call."

The Soldiers answered with a loud *Hooah!* **GX**

Fast Facts

The Fallen Soldier March raised \$840 for a fund that provides grants to Tennessee Guard Soldiers in need.

Nine other states conduct a similar march.

VICTORY MAP



continued from page 31

laptop computers, three 23-inch HD flat screen televisions, three Xbox 360 video gaming systems and two voice-over-Internet phones. The movie theater area features a 42-inch HD flat screen television with a DVD player and Dolby Surround Sound.

The National Guard was scheduled to celebrate 373 years of Patriotism and honor its Soldiers, past and present, on Dec. 13, 2009. Always ready and always there, the National Guard has supported the U.S. in virtually every war and domestic mission since its conception.

The American Red Cross will sponsor a "Holiday Mail for Heroes" campaign to receive and distribute holiday cards to Service Members, Veterans and their families in the U.S. and abroad. The card campaign includes those working and receiving care at Walter Reed Army Medical Center here. A special P.O. box address is available at RedCross.org/holiday.

WISCONSIN Soldiers from the Wisconsin Army National Guard were honored during halftime of the Green Bay Packers and Chicago Bears game Sept. 13. The fans at Lambeau Field honored 30 of Wisconsin's newest commissioned and warrant officers. The Soldiers spent the last two years training and completing educational requirements to qualify them for their new roles.

New Camo for Better Blend in Afghanistan

Story and photo by C. Todd Lopez, Army News Service

Soldiers fighting in Afghanistan are testing new camouflage patterns.

Last September, the Army began shipping uniforms with the “MultiCam” and “Universal Camouflage Pattern—Delta” to two battalions serving rotations in Afghanistan—one pattern each. Additionally, the Army provided “ghillie suits,” in the MultiCam pattern, to authorized units.

About 2,000 Soldiers are testing out the uniforms to see how effective the patterns are at providing concealment in the varying terrain of Afghanistan.

The Army is gathering feedback from Soldiers wearing the uniforms and will use that, along with other testing and evaluation, to make a decision to produce and field alternative uniforms and operational clothing and individual equipment to some units serving as part of Operation Enduring Freedom.

“I think we will make decisions in Afghanistan in the January time-frame, and also we will have finished the picture study,” said COL William E. Cole, a project manager with PM Soldier Protection and Individual Equipment.

Program Executive Office Soldier, the agency responsible for developing the uniforms, will also test the efficacy of several other camouflage patterns in Afghanistan—though those will not be handed out to Soldiers there.

“That will determine what other uniform options they could have in Afghanistan,” Cole added. “So to the commanders in Afghanistan, we’ll be able to show them the data and say, ‘Here’s what we found, different results in different areas with different uniforms, what would you like to do?’ And of course we will support the commanders.”

Cole said that after a decision is made about fielding an optional camouflage pattern to commanders, uniforms bearing that pattern could be available in a relatively short time.

“We’d start fielding the first units easily within six months of the decision,” Cole said.

“Were new uniforms to be introduced,” Cole said, “they would be the same as what Soldiers are already wearing—the ACU.” It would be the camouflage printed on the fabric that would change. And the new uniforms would be an

option for commanders—something available were field conditions to warrant it.

“As a material provider, I want to be responsive to the Soldiers I support,” Cole said. “I want to give commanders options. That’s what we were trying to do—we’re working to give [them] more options.”

The “MultiCam” pattern is actually a commercial product and bears similarities to what was featured on the now discontinued “Battle Dress Uniform.” The “Universal Camouflage Pattern—Delta,” is similar to what Soldiers are wearing now, with the addition of the color “Coyote Brown.” **GX**



The “MultiCam” camouflage pattern is one of two that will be tried out in Afghanistan beginning in September.



SSG Joseph Sauls walks through a neighborhood in southern Baghdad during a joint patrol with Iraqi federal police officers and fellow 30th Heavy Brigade Combat Team Soldiers.

Armorer Turns Infantryman to Deploy

Story and photo by PFC Kelly LeCompte, 30th Heavy Brigade Combat Team | BAGHDAD

➤ **GOING TO WAR** may sound like the kind of thing most people would want to avoid, but for one Soldier, it was a compelling opportunity that he refused to miss.

SSG Joseph Sauls, of Pikeville, NC, is serving his 16th year in the North Carolina National Guard, but he is in his first combat deployment, serving with the 30th Heavy Brigade Combat Team (HBCT), at Forward Operating Base Falcon, in Iraq.

Sauls was a full-time Guard Soldier, serving as a small-arms repairman with a command maintenance evaluation team, when he learned that the 30th HBCT would soon deploy.

"I felt like, I want to be more," Sauls said. "I wanted the experience of being deployed; that's why I volunteered to go with the brigade. I knew the Smithfield unit was a good unit from having worked with them on the full-time side, so I basically called them up and volunteered to switch [my military occupation], just to come."

Sauls said his wife has been supportive of his decision.

"I had explained to her that I wanted to do it," Sauls said. "Of course, she was hesitant about it, but she understood that it was something I felt I needed to do."

He and his wife have a 5-year-old daughter who started kindergarten during the deployment.

"It's difficult being away, but in the end it's an experience that's going to make me a better Soldier, and probably a better father, also," Sauls said.

"As far as experiences I've had in the military, this has been one of the most satisfying," he said. "You feel like you're making a difference."

"I was told several times that I was making a foolish decision," he said. "But I've enjoyed every minute of it." **GX**

Serving His Country

SOLDIER RECEIVES U.S. CITIZENSHIP

By SGT Adam Strange | CAMP TAJI, IRAQ



SPC Gerardo Martinezbonilla is sworn in as a United States citizen on Nov. 11. Martinezbonilla is the second member of his family to receive a U.S. citizenship.

➤ **SPC GERARDO MARTINEZBONILLA** is a light-wheel vehicle mechanic, assigned to the 3666th Maintenance Company, 541st Combat Sustainment Support Battalion, 96th Sustainment Brigade, headquartered in Camp Taji, Iraq. He was sworn in as a U.S. citizen Nov. 11.

Martinezbonilla was born in Cuernavaca, Mexico, in 1989. At age 11, he immigrated to Phoenix, AZ, with his parents and two sisters. He began learning English while attending B.H. Lassen Elementary School. During high school, he worked at the Arizona Grand Resort as a gym assistant and enlisted in the Arizona National Guard.

Shortly after graduation from Cesar Chavez High School, Martinezbonilla left home to attend Basic Combat Training and Advanced Individual Training at Fort Jackson, SC. Upon completion of his training, he returned home where he worked as a fork lift operator.

Martinezbonilla said that his family is very proud of him for serving in the U.S. Army and for receiving his U.S. citizenship. His father's occupation is making roofing supplies and his mother works as a housekeeper. Martinezbonilla is the second in his family to receive a U.S. citizenship. The younger of his two sisters, who is completing her senior year of nursing school, received her citizenship in August 2009.

"At first, I was stressed out, but now I just get the job done to the best of my ability so that I can return home safely," said Martinezbonilla about his deployment. **GX**

Training the Leaders of Tomorrow

A GLANCE AT LIFE IN OFFICER CANDIDATE SCHOOL

By OC Tabitha Baker, 200th PAD / SALINA, KS

EVERY YEAR, MORE THAN 100 SOLDIERS pursuing a commission in the Army National Guard begin with two weeks of intense training in Salina, KS. These Soldiers come from the Kansas Officer Candidate School (OCS) Battalion's nine states—Arkansas, Iowa, Kansas, Louisiana, Missouri, New Mexico, Nebraska, Oklahoma and Texas.

This is the first step on the road to a commission through the OCS program. The Kansas Guard has taken the lead for the past 53 years in training future officers of the Army National Guard.

Candidates combine for the two-week program known as Phase I. Following this initial two weeks, Soldiers return to their home states and attend OCS training once a month for 14 months. They finish OCS with another two-week training for Phase III.

LET THE CHALLENGES BEGIN

Beginning bright and early on day one, candidates get the first taste of how life at Phase I will be. After in-processing, there is a short welcome ceremony as the platoon trainers wait outside for the candidates.

When the ceremony is over, the doors open and the candidates run outside to meet their first challenge. The challenge is designed to familiarize them with remaining in control of a situation in a highly stressful and intense environment.

"Phase I was in-depth about the Army way of life," said Officer Candidate Erin Kelly, from Kansas, about what she learned during Phase I. "As a future officer, I feel I am better equipped to go and conquer anything that comes my way."

For the remainder of the first week, candidates are tested in a classroom environment on troop-leading procedures, Army Training Management Systems, applied map reading, cultural awareness and Soldier team development.

Platoon Instructor SFC Miguel Robles, from New Mexico, said, "Despite the relentless stressors in the training environment on officer candidates, they stood up and met the challenge. Many, for the first time, found their willingness to excel beyond the standard."

Candidates are also evaluated in different leadership positions, including squad leader, platoon sergeant, first sergeant and company commander.



>(top) Officer Candidate Marsha Williams from Louisiana runs to the finish line of the 5-mile ruck march that's required to complete Officer Candidate School Phase I.

>(above) Officer candidates enter a UH-60 Black Hawk, which will fly them to the field where they'll perform Warrior task battle drills and land navigation.

>(left) Officer Candidate Rosa Jacquez-Jordon prepares for inspection before the 5-mile ruck march.

UPPER PHOTOS: OC TABITHA BAKER; LOWER PHOTOS: SPC KAREWA CLARKE

WEIGHT-BEARING

In addition to intense daily physical fitness sessions, candidates must march long distances carrying 35 pounds of military gear. They are required to pass a 5-mile ruck march for time; the first of three marches required for OCS.

At the end of week one, candidates participated in an airlift on a UH-60 Black Hawk provided by the 108th Attack Helicopter Battalion, Kansas Army National Guard, a standing tradition of the program. They fly to the field training site where they will stay and train for the week.

While in a field training environment, candidates are tested on land navigation skills and Warrior task battle drills. These tasks cover a wide range of basic Soldier skills, including how to employ a claymore mine, throw grenades and perform buddy first aid.

"It's rewarding to watch the candidates progress and develop their leadership abilities," said platoon leader CPT Ivan Hong, from Kansas.

OCS Phase I is one of the most intense and important times for an officer candidate. Each candidate will remember Phase I and Kansas as the place they began to be molded into an officer, where they learned how to work together while always being willing to take charge of a situation.

On the final days of Phase I, Officer Candidate Lynette Ham was asked how she felt about her experience there. "We learned a lot in a little time—[training] we will never forget," Ham responded. "The instructors were knowledgeable and never gave up on us."

GREATER DEMAND

The importance of training future officers is not lost on the Army National Guard, which has been increasingly called upon for state and national missions.

During recent years, there has been an influx of demand for Guard officers. It's vital to the success of a mission to have trained, qualified officers taking charge of fellow Soldiers to perform beyond the standard during any global or domestic mission.

Many Soldiers are willing to take up the banner of the officer corps, and the training they receive during OCS sets a solid foundation for a career of learning and performing above and beyond the call of our nation's duty. **GX**



Camp Swift Assaulted by Air

Soldiers from the 143rd Long Range Surveillance Detachment exit a UH-60 Black Hawk at an air insertion demonstration during the opening ceremonies of the 3rd Annual Oktoberfest, Oct. 17.

By SPC Jeremy Spires, 100th MPAD | CAMP SWIFT, TX

On a crisp October morning, two UH-60 Black Hawk helicopters landed in a vacant field on the outskirts of Camp Swift, TX. Suddenly, the doors slid open and four Texas National Guard Soldiers rushed out of the belly of each helicopter to take up a defensive position.

They patiently waited for the maelstrom of wind from the rotors to cease before making their next move. The Soldiers finally got the word to move out, and quickly fell in line. Walking purposefully, the Soldiers entered an area full of cheers and applause from civilians and other military personnel.

The lead Soldier proudly moved to the center stage where the adjutant general of the Texas National Guard, MG Jose S. Mayorga, waited for him. This exciting air display marked the opening ceremony of the 3rd Annual Oktoberfest.

The 143rd Long Range Surveillance (LRS) Detachment out of Camp Mabry, TX, impressed the crowd with a display of seasoned paratroopers doing what they do best: floating silently in the clear blue sky. "Paratroopers from the 143rd spent two months planning the jump," said CW2 James Hampton, event officer in charge and coordinator for the jump.

"We have seen the paratroopers making their jumps in the distance. But this is the first time we have seen them up close," said civilian onlooker Allen Merten.

Next, the Soldiers of the 143rd LRS treated the patrons of Oktoberfest to a fast-paced ground insertion. This demonstration started with two AH-64As flying in close formation, buzzing the crowd of onlookers. Then two UH-60s landed just a few meters from the gate, depositing Soldiers who executed military tactics.

"It was so exciting when they flew in and landed. I was actually jumping up and down with excitement," said Judy Merten, wife of Allen Merten.

Once the Soldiers of the 143rd LRS completed the mission, the two helicopters circled back around and landed once again in the open field, allowing the Soldiers to re-enter the helicopters before they flew off into the blue October sky.

At the end of the air demonstrations, a static display of an AH-64A flown by CPT Stacy Rostorfer of the 36th Combat Aviation Brigade was set up for the visitors to get a closer look. "[The AH-64A] is their tax dollars at work, and it's good for them to see up close what that money is actually being used for," Rostorfer said.

The Oktoberfest allows for the community of Bastrop and surrounding cities to build a closer relationship with the military personnel who live in their area.

"We have always wanted to observe and interact with the military on a closer level," Allen said, "and this provides us with the perfect opportunity." **GX**

Army's Top Engineer Visits Deployed Soldiers

Story and photo by LTC Pat Simon,
225th Engineer Brigade

▶ THE ARMY'S TOP ENGINEER Soldier spent time with troops from Louisiana Army National Guard's 225th Engineer Brigade during an informal gathering at Camp Liberty, Iraq, Sept. 22.

LTG Robert Van Antwerp, chief of engineers and commander of the U.S. Army Corps of Engineers, told the Soldiers that he's proud of their service and their courage in the current fight.

Van Antwerp told a story about a tradition his family enjoys every Christmas holiday—solving jigsaw puzzles—and how that tradition illustrated the impact engineers make on the battlefield.

"While we worked on the 10,000-piece puzzle, we had lots of children running around, and they would take pieces while we [weren't looking]," Antwerp joked. "That was the most difficult part ... the end of the puzzle, when about five to 10 pieces were missing."

"You are like pieces of a puzzle," he told the



"THE PICTURE DOESN'T LOOK RIGHT UNTIL ALL OF YOU DO YOUR PART."

>> LTG Robert Van Antwerp, chief of engineers and commander of the U.S. Army Corps of Engineers

engineer Soldiers. "The picture doesn't look right until all of you do your part."

For their part in Iraq, Louisiana's engineer Soldiers have spent countless hours training and partnering with Iraqi engineers to build a myriad of projects. These include housing for Soldiers, dining facilities, morale and recreation sites, roads and bridges, and even

taking on the more dangerous missions of clearing routes of improvised explosive devices and cleaning debris along roadsides.

Van Antwerp, a Desert Storm Veteran, urged the Soldiers to keep up the good work of designing the changing needs of the military and remain vigilant on the constantly changing battlefield. **GX**

Guard Brings Agriculture Expertise to Afghanistan

Story and photo by SGT Warren W. Wright Jr.,
5th Mobile Public Affairs Detachment
**FORWARD OPERATING BASE GARDEZ,
AFGHANISTAN**

▶ IN THE 1970S, Afghanistan was a major exporter of produce, but since the 1979 Soviet invasion and the subsequent Taliban rule after the Soviets left the country, the nation's agricultural output has decreased dramatically.

"Key to the nation's recovery is a self-sustaining economy based on agriculture," said MAJ James W. Thompson, an engineering advisor with the Tennessee agribusiness development team.

To help with that effort, the Department of Defense worked with the National Guard to deploy agribusiness development teams to Afghanistan to help Afghans rebuild their agriculture infrastructure. "The program is about two years old. It started with just a handful of states in the first year and now has 14 states participating," Thompson said.

The Tennessee team is responsible for Paktia province and parts of western Paktika province.

The team, all volunteers from the Tennessee Army National Guard, includes 12 Soldiers with an agriculture background and a security team.

"Afghanistan is about 100 years behind the U.S. in agriculture production," said SGT Robert Moore, the agronomist specialist for the team. Three decades of war have resulted in major losses in agriculture production.



SGT George W. Brimer watches as team members perform a quality-assurance inspection of a cool-storage facility being built in the Ahmedabad district of Afghanistan's Paktia province.

"The country once exported about 60 percent of its apple crop and a vast majority of other produce; now it imports much of its produce from Pakistan and other countries," officials said.

The team helps Afghans rebuild by assessing needs and implementing projects to meet those needs. "We try to figure out how we can best help improve what they already have," Thompson said.

"The team has about 35 projects under way," he added.

The projects range from building new greenhouses and rechanneling waterways for irrigation to expanding the beekeeping industry that is vital to the pollination of plants, Moore said.

"The projects in Paktia province will add to the quality of life for Afghans, while increasing income and revitalizing part of the agriculture sector," he said, "though people may not see a change right away."

"Future [agribusiness teams] will come behind us and continue with those, as well as start their own projects with the assessments we've done," Moore said.

"Some of the projects will take two to three years to bring about change," he explained, "but they're designed to have a long-term effect."

"I do believe that the mission of the [agribusiness team] is the success of Afghanistan," he said. **GX**

Lakota Love

GUARD'S NEW HELICOPTER NAMED FOR NATIVE TRIBE

By CW2 Daniel J. McAuliffe, NCNG
MORRISVILLE, NC

▶ **ALL EYES TURNED TO THE SKY** as a UH-72A Lakota helicopter assigned to the North Carolina Army National Guard's 2/151st Aviation Battalion landed in the Pine Ridge Mountains of South Dakota.

The Lakota received reciprocal honors by the Native American tribe from which the vehicle derives its name.

The Lakota's crew made the trip to attend the 20th Annual Oglala Lakota Veterans powwow. A powwow is a ceremonial gathering of Native Americans. As part of this year's events and celebration, the Lakota tribe wanted to honor the Guard's newest utility helicopter named after the tribe. In keeping with recent tradition, the Army elected to name the new helicopter after a Native American tribe as way to demonstrate both honor and respect.



SGT Jerry Gilliam, CW4 Ty Mullins and 1LT Daniel Klinkner pose with members of the Lakota tribe in front of the North Carolina Army National Guard's UH-72A Lakota helicopters.

Pilots CW4 Ty Mullins and 1LT Daniel Klinkner, and crew chiefs MSG Mark Ryals and SGT Jerry Gilliam, had the opportunity to meet members of the Lakota tribe and take part in a flag-folding ceremony in remembrance of the victims of 9/11.

Klinkner said he was surprised to learn how many of the individuals in attendance had either served in the military or had a family member currently serving in the U.S. Armed Forces.

For the ceremony, tribe members were in full ceremonial dress, wearing brilliantly colored clothes with intricate beadwork, dancing to the traditional music of their ancestors.

The day ended with a traditional meal served and a moment of remembrance for Lakota tribe member SPC Thomas Whitehead, who was killed in a car accident earlier this year, shortly after returning from a deployment.

Currently, four Lakota aircraft are assigned to the North Carolina Guard. **GX**



CPL Jonathan Ern became the 157th FA's first re-enlistment while overseas.

Colorado Soldier Re-enlists in Iraq

Story and photo by SSG Liesl Marelli,
157th Field Artillery, Colorado National Guard

CAMP RAMADI, IRAQ A Colorado Guard Soldier assigned to 3rd Battalion, 157th Field Artillery, re-enlisted in a small ceremony here Sept. 22 on the roof of the unit's office.

Thornton, CO, resident CPL Jonathan Ern re-enlisted in the Colorado Guard for a three-year contract.

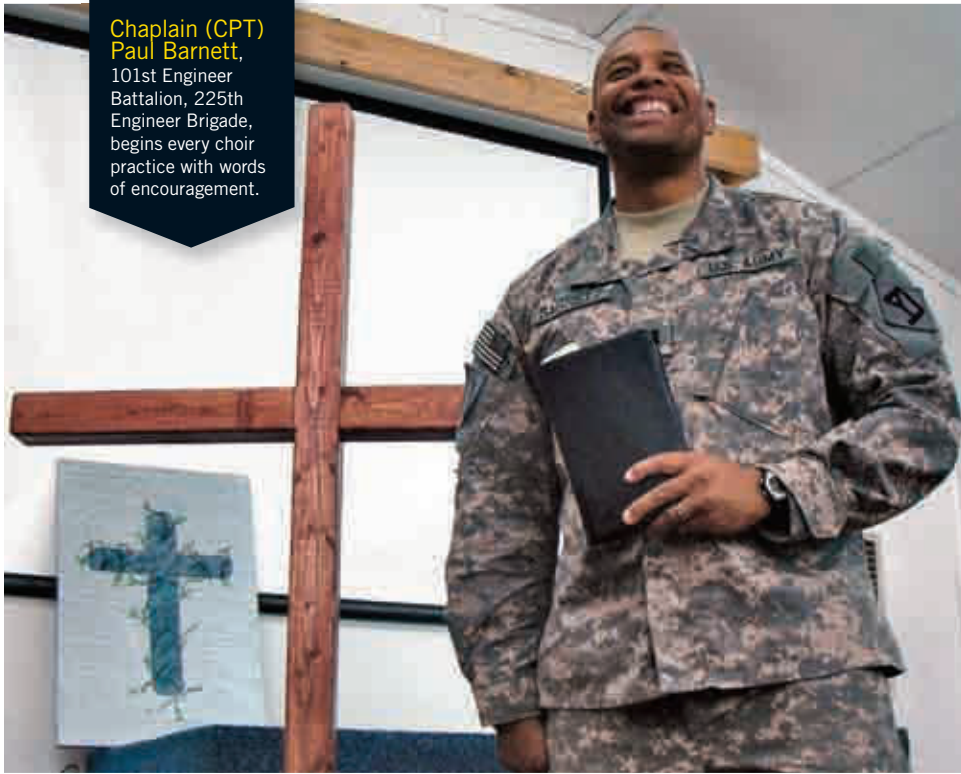
"Today was my first time [on the roof]," said Ern, who chose to have it up there because it gave the best view of the camp.

Re-enlisting Ern was CPT Dom Tatti, commander of Battery A, 3rd Battalion, 157th Field Artillery, Colorado Army National Guard, 115th Fires Brigade.

Ern, who had previously deployed to Iraq in support of Operation Iraqi Freedom, is the battalion's first re-enlistment at Camp Ramadi. **GX**

SOLDIER PROFILE

Chaplain (CPT) Paul Barnett, 101st Engineer Battalion, 225th Engineer Brigade, begins every choir practice with words of encouragement.



From Tanker to Chaplain

Story and photo by SGT Tracy Knowles, 225th Engineer Brigade | BAGHDAD, IRAQ

Soldiers stomp their boots on the marble floor, raise their voices and make some noise.

This is how Chaplain (CPT) Paul Barnett, 101st Engineer Battalion, 225th Engineer Brigade, likes to start his Sunday worship services at the Engineer Chapel here on Camp Liberty.

As a 17-year-old who was pushing his luck, making some very risky and costly choices, a judge gave Barnett a choice.

“Jail or the Army, son,” Barnett clearly recalled.

Barnett took the opportunity to change his life. The judge encouraged Barnett to show the world he was a productive member of society and that he was worth something so much more.

In 1989, he left his home for basic training at Fort Riley, KS.

“I saw an opportunity to gain some structure, discipline, self-worth and belonging to something greater than the streets,” Barnett remembered.

“Be all you can be,” the Army motto at the time, was what got Barnett training. Every time he would slack, his drill instructors would press

him, and Barnett pushed himself harder and harder in all areas of his life.

Barnett said he started to become a better man; working harder, striving for the best.

Driving a tank during Operation Desert Storm in 1991, he was affected by what he saw during his tour and started soul-searching.

“During a convoy I saw a young girl about 7 years old holding a very small baby; she was giving the sign for food,” he said. “I could see the hunger pains in the child’s eyes; my own heart changed. I physically felt hunger pains.”

After Barnett’s tour he returned home and decided college was where he was supposed to be. He was accepted into the University of Massachusetts, located in Dartmouth, Mass. No longer a Soldier, Barnett said he started to slip

back into his high schools ways. Finding he was making bad choices, he was close to being in front a judge again—one who might not give him another chance.

Feeling he needed to balance his life, Barnett joined the Massachusetts Army National Guard in 1995.

“I wasn’t being all I could be,” Barnett sighed. “I needed the structure, the discipline, the Army values back.”

Just as his drill sergeants used to tell him to do his best, he felt that God, being his spiritual drill sergeant, was telling him the same thing.

“I wanted to follow God’s [standard operating procedures] and use the Bible as His [Army Regulations],” Barnett explained.

Barnett met Kenneth Walsh in Oct. 1995 and the seed of friendship was planted.

The two friends, along with others, named themselves the B.A.C., otherwise known as the Born Again Christians. Barnett and Walsh started experimenting with rhyming spiritual rap over secular music, and they wrote a few songs during the next few years of college.

In the summer of 1996, they finished recording a three-song demo at a local recording studio. As word got out on the UMass campus, churches started to invite them to play at various events.

In Aug. 2000, the group released their first full-length album that opened the doors to the world of mainstream Christian music. They were even invited to be the opening acts for Christian artists such as Rebecca St. James, Sonic Flood and Nicole C. Mullen.

Becoming a chaplain candidate in 2002 allowed him to help feed the spiritual hunger pains of Soldiers. Like the young girl he encountered during his Desert Storm tour, Barnett has helped feed the hungry, minister to the sick and pray with the wounded.

Barnett deployed to Iraq with the 101st Engineer Battalion as the battalion chaplain in June 2009. His church services started with very few people attending. As word got out about his preaching style and music, his congregation has grown. Whether out of pure curiosity or word of mouth, Barnett now ministers to a full house. **GX**

“DURING A CONVOY I SAW A YOUNG GIRL ABOUT 7 YEARS OLD HOLDING A VERY SMALL BABY; SHE WAS GIVING THE SIGN FOR FOOD. I COULD SEE THE HUNGER PAINS IN THE CHILD’S EYES; MY OWN HEART CHANGED. I PHYSICALLY FELT HUNGER PAINS.”

>> Chaplain (CPT) Paul Barnett, 101st Engineer Battalion, 225th Engineer Brigade

SOLDIER PROFILE

SGT Nicholas Raia strums his guitar on top of a CH-47 Chinook helicopter at Contingency Operating Base Adder, Iraq.



Trading a Guitar for a Gun

Story and photo by SGT Neil Gussman, 28th Combat Aviation Brigade

CONTINGENCY OPERATING BASE ADDER, IRAQ

Seven years ago, then-18-year-old Nicholas Raia brought his trumpet to an audition for the Pennsylvania Army National Guard band. He aced the audition and, until last summer, was a member of several performance groups within the band.

Over those seven years, he performed more and more with the band and ensembles, playing the guitar for recruiting events and celebrations. For more formal military ceremonies, he now plays the baritone—a small tuba.

After seven years, Raia, now a sergeant, decided to take a year away from performing and volunteer for a combat tour. Since his January mobilization, he has served as a door gunner on a CH-47 Chinook helicopter with Company B, 2nd Battalion, 104th Aviation Regiment. “I felt that after seven years in the Guard, it was my turn to do my part overseas,” Raia said.

To get ready for the transition from full-time student and weekend band member, he

volunteered for additional training in weapons. In June 2008, he attended the Small Arms Master Gunner course at Fort Indiantown Gap, P.A. To prepare for hand-to-hand combat he completed the week-long Level One Combatives Course in July. At the end of September, he was one of 10 Soldiers in the first class trained in the new Live-Fire Shoot House, also at Fort Indiantown Gap.

His transition from band member and college student to door gunner presented difficulties training could not help.

“It was a decision that I struggled with for a while,” Raia said. “It’s one thing to tell your loved ones you are being ordered to leave and a totally different animal entirely when you are trying to explain to them that you are voluntarily leaving.”

Over the years he was in the band, Raia came to believe he should deploy with a combat unit.

“Our job [in the band] is unique in that we are in the public eye often, and we often get thanked for our service by people in our audiences,”

Raia said. “I would find myself conflicted, because while it is true that we, as a unit, were serving our country in the way in which we were meant to serve, I also felt as if I should be doing more.”

Raia had several friends in the Guard who deployed overseas at least once in their careers. He said he felt those were the Soldiers who truly deserved to be thanked.

“I felt that after seven years in the Guard, it was my turn to do my part overseas,” he said.

His final decision to deploy was met with mixed emotions.

“My unit could not have been more supportive of my decision,” Raia recalled. “They helped me get everything on the military side of the house in order prior to my deployment and have made it a point to ensure it would not affect me negatively upon my return.”

Before deployment, Raia completed all the requirements for a bachelor’s degree at Penn State, with a double major in criminal justice and psychology. He plans to bring together all of his training, experience and education by becoming a police officer after deployment—except on National Guard weekends when he will be back on stage or in formation at ceremonies in the 28th Infantry Division Band. **GX**



A South Carolina Army National Guard M1 Abrams, 218th MEB, rolls into simulated battle during the South Carolina National Guard Air Ground Expo 2009, at McEntire Joint National Guard Base, Eastover, SC, on Oct. 9.

SGT ROBERTO DI GIOVINE



THE GERMAN AND BRITISH ARMIES

had been fighting for over two-and-a-half months in a desperate struggle. They had been engaged in a war of attrition, later to be named the Battle of the Somme. Constant artillery bombardments, near-suicidal charges of infantrymen and the ever-pestering crack shots by snipers made this land seem like a living hell.

When the sun rose on Sept. 15, 1916, the disheartened men lining the trenches expected nothing more than another day of bloodshed and destruction. Little did they know this day would revolutionize modern warfare with the introduction of the British Mark IV tank.

IRON BEHEMOTH

As the British launched another one of their countless assaults on German lines, their “secret” weapon was advancing with the infantry foot-soldiers across the battlefield. After surviving the preliminary artillery

THE THUNDER STRUCK

— BY CHRISTIAN ANDERSON

**How the
GUARD
Uses Tanks
and Why**

barrage that routinely preceded a British assault, the Germans took their positions in the trenches and began to wait for the impending battle.

Generally, this was a slaughter. British troops running across the open fields were easy targets for the Germans.

Unfortunately for the Germans, a massive piece of equipment lumbered toward them, spitting fire and lead. It was the British Mark IV tank, the first tank to engage in combat.



Unreliable mechanically, the D1 tank was vulnerable to breakdowns and fared poorly in the rough terrain.

COURTESY OF U.S. ARMY

warfare, utilizing the lessons of WWI and leading his legions of tanks and armored vehicles across Europe, then Africa, during his famous blitzkriegs. He embraced the concept of a continual offensive, which kept the enemy on their heels and exposed their weaknesses. Due to his cunning and prowess



GEN George S. Patton revolutionized the art of tank warfare with his daring tactics and inspirational leadership.

COURTESY OF U.S. ARMY

LAYING DOWN THE TREAD

The British D1 tank was a technological leap for the British, giving the Allied powers a huge advantage in WWI. Its debut, although groundbreaking, was less than stellar as it moved at a pace of 2 miles per hour.

Around 20 D1s made the assault Sept. 15, breaking through the German line. But at the end of the day, many of the tanks had broken down or were damaged. Both the Allied and Axis powers realized immediately that solid tanks would be necessary for total victory.

Several tanks had been produced by the British, French, Germans and Americans throughout the war, but none received high praise. As a matter of fact, many American officers were still skeptical of the role for tanks on the battlefield.

One officer, MAJ George S. Patton, disagreed and was eager to lead his tanks into battle. Patton was the first member of the United States Tank Corps (founded in 1917), and he eventually led several hundred tanks into combat during WWI, earning the Distinguished Service Cross for Heroism. Leading his attacks from the front during WWI, Patton saw firsthand how to use the strengths and weaknesses of a tank appropriately, changing American tank tactics forever.

GERMAN BREAKTHROUGH

It was not until the Germans invaded Poland in 1939 that a tank was finally used to its full potential.

The German military had pioneered a style of warfare called “blitzkrieg,” which changed the way officers and politicians viewed the value of expensive tanks.

Blitzkrieg called for heavy air and artillery bombardment of an area, followed by tanks and infantry overrunning their stunned opponents. The tanks drove rapidly behind enemy lines and pulverized any resistance. Although the U.S. had not declared war on Germany at this point, American generals soon realized they would have to rely heavily on their own armor to defeat the German war machine.

German Field Marshall Erwin Rommel quickly became one of the pioneers of tank



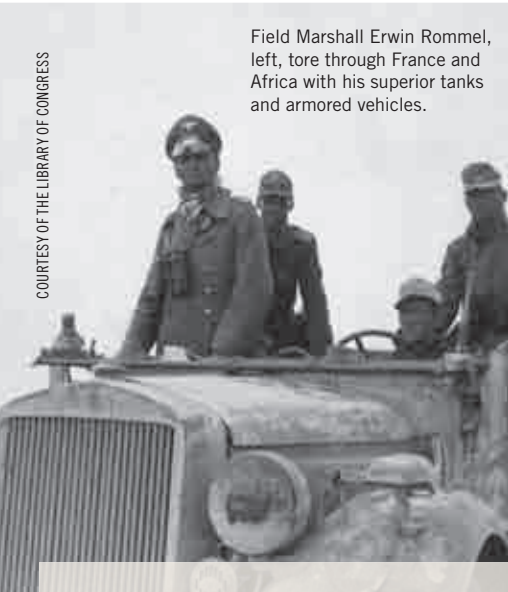
Soldiers use an M4 Sherman tank for cover as they advance into a town in Italy.

COURTESY OF U.S. ARMY

on the battlefield, Rommel was nicknamed the “Desert Fox” by Soldiers and enemies alike. Rommel realized the benefits of armor, but he would also learn its flaws as the British and Americans landed on the shores of Africa with tanks of their own.

When Patton, now a major general, landed on the shores of Africa, he learned that German tanks were better armed and protected than his Sherman tanks. He immediately turned to the U.S. Army Air Force for help. By gaining air superiority over the German Luftwaffe, Patton would be able to use his tank and

Field Marshall Erwin Rommel, left, tore through France and Africa with his superior tanks and armored vehicles.



COURTESY OF THE LIBRARY OF CONGRESS

© GEN George S. Patton

- Birth day:** Nov. 11, 1885
- Hometown:** San Gabriel, CA
- Education:** West Point, Class of 1909
- Nickname:** “Old Blood and Guts”
- Attributes:** Exemplary leadership qualities, great at motivating Soldiers
- Shortcomings:** Bigmouthed
- Decorations:** Distinguished Service Cross for Heroism, 1917

© Field Marshall Erwin Rommel

- Birth day:** Nov. 15, 1891
- Hometown:** Heidenheim, Germany
- Education:** Officer Cadet School, Class of 1911
- Nickname:** “Desert Fox”
- Attributes:** Uncanny knack for analyzing the battlefield
- Shortcomings:** Outdated technology, disheartened army
- Decorations:** Iron Cross

infantry battalions to smash through the German lines.

Patton’s plan worked, assuring the Allies that Rommel and the German Wehrmacht army were vulnerable. Patton instantly became a celebrity for his victories and was acknowledged as the go-to tank commander for the Allied Forces. In July 1943, Patton stormed Sicily, and then in 1944, he rolled over the Nazis across France and Belgium and into Germany.

DESERT DESTRUCTION

Forty-five years after Patton’s last tank battle in Germany, America faced the Iraqi Army.

On Aug. 2, 1990, Saddam Hussein, leader of the Republic of Iraq, ordered thousands of troops to invade Kuwait for its oil reserves. Thirty-four countries responded by sending troops to the Middle East, forming a large force in Saudi Arabia called the Allied Coalition.

When President George H. W. Bush moved American troops to Saudi Arabia, the Allied Coalition developed an elaborate plan to uproot the Iraqi Soldiers from Kuwait. Hussein had one of the largest armies in the world, not to mention a massive force of Russian-built T-72 tanks, which were rumored to be some of the best tanks in the world. The Russian Army had utilized the T-72 extensively since its development in 1972 because it was tough, reliable and packed a large punch. Hussein used the T-72 during the Iran-Iraq War in the 1980s, crushing thousands of Iranian tanks.

Thanks to the guidance of GEN Norman Schwarzkopf and GEN Colin Powell, the Americans led the coalition’s advance into Kuwait on Feb. 23, 1991, and shocked Iraq with the sheer might and force of the American military. Technology was on the side of the Allies, particularly the Americans, as they used Tomahawk missiles, stealth bombers, Apache helicopters and tanks, all of which had the capability to operate and engage targets in the dark. The Iraqi Army was reduced to rubble in no time, and the American-made M1 Abrams tank proved it was indeed the best battle tank ever.

HIT HARD, HIT FAST

With modern operations in Iraq and Afghanistan focusing on counterinsurgency, America has had to call on its Guard Soldiers like never before.

Although the Abrams and Bradleys in the Guard inventory are highly versatile, there are many missions where they perform better



ADAM LIVINGSTON

An M1 Abrams tank with the 30th Heavy Brigade is able to engage and protect, providing its firepower and mobility whenever necessary.

Check out videos of the Abrams in action at [YouTube.com/nationalguard](https://www.youtube.com/nationalguard).

M1 Abrams

INTRODUCED TO THE AMERICAN MILITARY in 1980, the Abrams had never engaged an enemy in combat at the time the Allied powers kicked off Operation Desert Shield. Any doubt about the Abrams’ prowess was quickly squashed as close to 2,000 Abrams tanks led the coalition.

The Abrams tanks engaged Iraqi tanks at an amazing 2,500 meters and beyond, which gave them a huge advantage over the 2,000-meter range of the T-72. Utilizing cutting-edge technology such as night and thermal sights systems, the Abrams scored countless hits at night and through the massive smoke clouds rising from the burning oil fields.

Having the Abrams in its arsenal, the Guard has unlimited power to deal with threats. With a 120 mm main gun, an Abrams crew can reach out and touch not just someone, but anyone on the battlefield. But, even with a powerful gun, it takes technology and a well-trained crew to run the Abrams.

“If you can hit a Russian T-72 tank at 3,000 meters, the power you feel is unreal,” CSM Roger Watson, 1/118th Combined Arms Battalion, South Carolina National Guard, confided. “It is amazing to have something that you can operate with that kind of skill. That is why we were so effective during the invasion of Iraq in 2003.

“Our enemies have learned to fear the Abrams tank,” Watson remarked. **GX**

- Crew:** 4 (commander, gunner, loader and driver)
- Armament:**
- Main: 120 mm M256 Smooth Bore Cannon
- Commander: .50 cal M2 machine gun
- Coaxial Weapon: 7.62 M240 machine gun
- Loader’s Weapon: 7.62 M240 machine gun
- Power plant:** 1500-hp
- Cruising range:** 275 miles
- Speed:** 42 mph
- Weight:** 126,000 lbs



An M2 Bradley from the South Carolina National Guard provides overwatch during the Air Ground Expo in October 2009.

SSG TRACCI DORGAN, 108TH PAD

as a team. Certain combat situations call for heavy armor, light armor or a combination of both in addition to dismounted infantry.

Rather, than disband armor altogether, the top brass saw fit to create more effective, diverse Combined Arms Battalions (CAB). Literally combining infantry units with Armor units, these battalions can tackle any mission given to them—with or without their tanks. The Soldiers in these units hardly needed a sales pitch when they were first pooled into a CAB, because the versatility and competence of these units became obvious immediately.

“It’s the combined arms that make us so effective,” said SSG Joseph Stefanich, who deployed to Kosovo in 2006 and is a Bradley Master Gunner with A Company, 1/145th Armor, Ohio National Guard. “The communication between the heavy, thunderous side of the armor and the tankers, their long-range capabilities and our shorter capability, and



The M1 Abrams dwarfs the Russian T-72 in every aspect: armor, firepower, technology and sheer size.

COURTESY OF U.S. ARMY

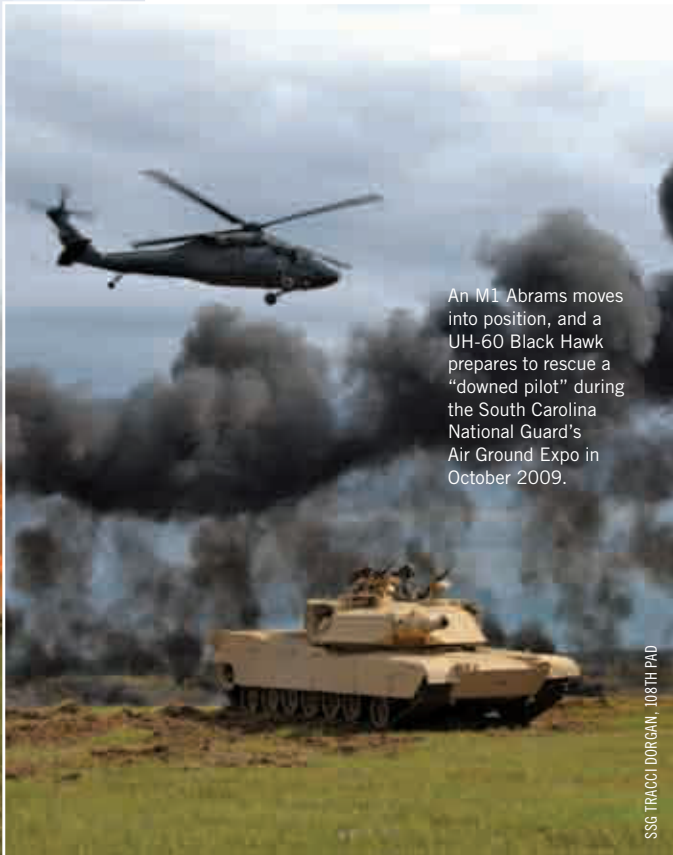
the fighting capabilities of the dismounted infantry make us the right men for any job.”

“We are using the mechanized infantry and the heavy Abrams, especially when we run an assault on an area,” explained CSM Roger Watson, command sergeant major of the 1/118th Combined Arms Battalion, South

Carolina National Guard. “Armor and mechanized are always going to be there, and we have to have them. I will always want a tank nearby.”

Watson deployed to Afghanistan with the 218th Heavy Separate Brigade in 2004 and has been with armor since 1973. His first days as a

THUNDER STRUCK



An M1 Abrams moves into position, and a UH-60 Black Hawk prepares to rescue a “downed pilot” during the South Carolina National Guard’s Air Ground Expo in October 2009.

SSG TRACI DORGAN, 108TH PAD

Soldier were in the belly of one of the original M-60 main battle tanks of the Cold War era. Having spent time in Germany in the 1980s, he understands how important it is to have a few heavy tanks around for security and intimidation.

“I was in Berlin, occupying an area, and the thought of being overrun was overwhelming,” Watson said.

“So, having those heavy tanks there made us feel better!”

X'S AND O'S

Much like an NFL coach anticipating his opponent’s game plan, the commanding officer must anticipate the enemy’s next move.

LTC Michael Krell, commander of the 1/118th Combined Arms Battalion, South Carolina National Guard, understands this concept and is constantly working to keep his men ready and prepared for whatever may be thrown their way. Krell, a branch-qualified infantry and armor officer, particularly likes the cross-training concept.

“The combined arms battalion concept is new for us in South Carolina, so we train extra hard to remain ready for the war-fight mission,” Krell told *GX*. “I have combined training for infantry and armor, so they cross-train in each other’s system. It made them understand what the other has to do.”

Much like a brigade combat team, each unit in the combined arms battalion plays an integral part in the unit’s effectiveness. If there is even one weak link, the system could potentially fail.

“I put every Soldier onto a bulldozer, an Abrams, a Bradley and an M113 Armored Personnel Carrier (APC), because I need every Soldier to understand the capabilities of other systems within the battalion. That helps them understand how the battalion becomes a cohesive fighting

M2 Bradley

NAMED AFTER GENERAL OMAR

BRADLEY, the M2 Bradley Fighting Vehicle represents everything grand about the American military. Highly mobile and able to offer a powerful punch, the Bradley has become an invaluable tool to the Guard since its development in 1981.

The Bradley is like no other armored vehicle out there, and the men who get to operate it enjoy a wide array of firepower, durability and sense of security.

“I think the Bradley is the coolest thing in the world,” said SSG Stefanich, Ohio National Guard. “The ground shakes when it moves. With a good crew, you can put lead on target with the first round every single time. It offers unparalleled protection for the six or seven guys in the back. And did I mention—I can go wherever I want to?”

The Bradley really comes into play when there is a need for dismounted infantry to clear a building or engage a target. The Bradley can negotiate tight spots that an Abrams cannot, and upon arrival, the Bradley drops its rear ramp and spits out seven infantry Soldiers ready to fight.

Once the infantry squad has exited the Bradley, the crew inside

Crew: 9 (3 crew; 6 dismounts)

Armament: 25 mm M242

Bushmaster cannon, TOW II missile system, 7.62 mm M240C machine gun

Power plant: 600-hp Cummins VTA-903T diesel engine with GM-Allison HMPT-500-3SEC hydro-mechanical automatic transmission

Cruising range: 250 miles

Speed: 38 mph

Weight: 50,000 lbs unloaded; 67,000 lbs combat loaded

can provide covering fire for several thousand yards.

Not to mention: With a little bit of elbow grease, the Bradley can run a long time, making it one of the more reliable vehicles in the Guard garage. Stefanich explained that just like a car—with some scheduled maintenance, it will run 100,000 miles with no problem at all.

“If you take a little bit of care of it, it will go forever,” explained Stefanich. “I have started Bradleys in the coldest of cold and the hottest of hot, and it functions every time.”

By far the coolest thing about the Bradley is the 25 mm 242 Bushmaster cannon. Giving the gunner an option of single or automatic fire, the Bradley can spray a lot of hard-core firepower downrange in no time. And if the enemy is dug in deep, the Bradley has a special weapon for them as well—the TOW missile. To top it off, the gunner also has access to an M240C 7.62 mm machine gun in the turret next to the Bushmaster. **GX**

Check out videos of the Bradley in action at [YouTube.com/nationalguard](https://www.youtube.com/nationalguard).



ADAM LIVINGSTON

Capable of operating on small streets and neighborhoods, the Bradley quickly becomes a dominator in any type of warfare.

force,” Krell explained. “Dismounted infantry protects the tanks. When you are buttoned up in the tank, you have a limited view and can’t see all the way around; the enemies’ small RPG teams pop up and shoot you. So coordinating these pieces together can maximize what each weapon system can do for each other.

“When we go to drill, we compete with the Bradley crews, but in reality, we are all on the same team,” Hill added.

Krell could not agree more. When the entire battalion comes together as a team, there appears to be no stronger force on the battlefield.

“It is amazing to look out and see 900 Soldiers with all that combat power, and realize what a huge privilege it is to command this type of Army unit,” Krell said. “The biggest challenge for me is how to create new ways to get them to work together on a regular basis so we are continually combining more power into smaller teams for a very effective force.”

TRAINING TO PERFECTION

There is more to being an Abrams or Bradley crewmember than shooting their weapons. The vehicles require maintenance, but most important, the crew must undergo

SFC David W. Mowen, an M1 Abrams master gunner with C Co., 1st Battalion, 145th Armored Regiment, is responsible for keeping the main gun of his tank operational at all times.

annually they are proficient in their role as a crewmember.

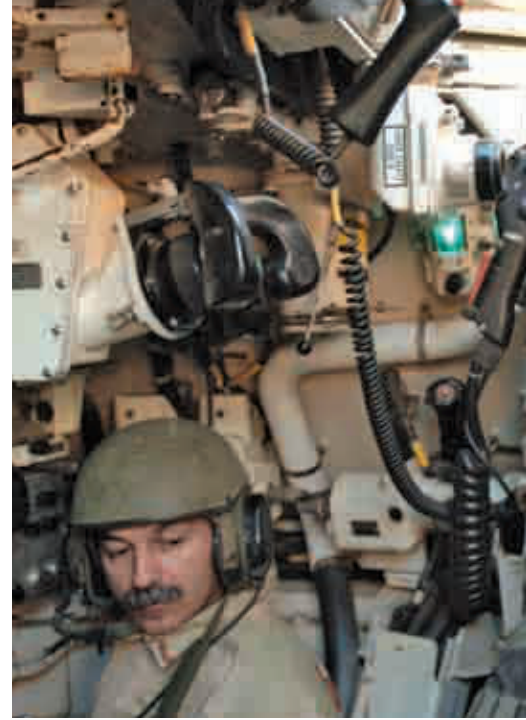
“You spend so much time preparing the Abrams for drill, when that first round goes downrange, everybody is grinning,” Watson laughed.

Abrams and Bradley crews have a tank qualification table for each month, where they do dry runs with the weapons systems, maneuver practices and armor tests. Soldiers also tear down machine guns, the breech and the main guns. In addition to the tables they cover as a crew, there are individual tests as well.

TEAMWORK

Much like any other Guard unit, teamwork is very important for the Bradley and Abrams crews’ success.

“Teamwork becomes big with tankers,” Hill explained. “The driver can see some of the targets, but he has to worry about maneuvering the tank. As a loader, I am looking for



The internal communications allow all the crew members to talk to each other. The tank commander (TC) is constantly monitoring the outside communication lines with the other tanks, as well as his own crew. With so much banter, it can become very confusing, so excessive talking and interrupting are not an option.

“When one person starts to talk, we all shut up and listen,” Hill explained.

The crewmembers train together every drill and during their annual training. When a crew is organized, it’s up to them to learn to operate under high levels of stress.

“Once you put a crew together, they stay together,” Watson said. “They build camaraderie, and their success is dependent on that. There is a lot of crew pride because they shoot for ‘Top Gun’ every year.”

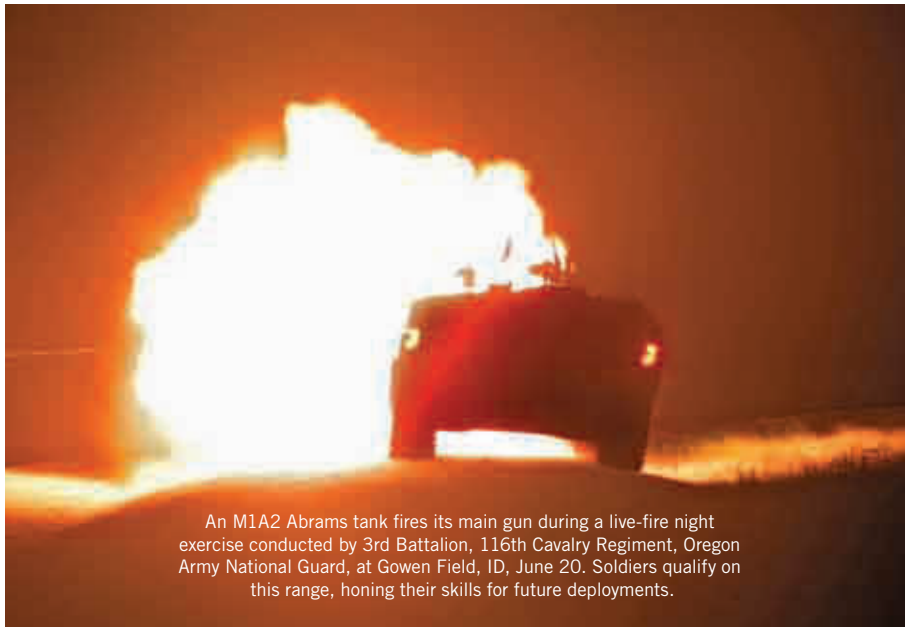
Each tank will compete for “Top Gun,” which requires them to hit targets in a certain amount of time. Basically, major bragging rights are due the winner each year.

“Of course, you will probably get shot down the next year. That is what you shoot for at drill ... that is pride.” Watson added.

THE FUTURE OF ARMOR

Although the Abrams and Bradley were designed to meet the requirements of Cold War missions, they effectively operate in battle today. From engaging the enemy to patrolling streets and protecting the peace, they excel in any role thrown their way.

Both are easily upgradable with new technology and remain far more advanced than anything America’s enemies have. In the past two decades, they have seen improvements in their weapons systems,



An M1A2 Abrams tank fires its main gun during a live-fire night exercise conducted by 3rd Battalion, 116th Cavalry Regiment, Oregon Army National Guard, at Gowen Field, ID, June 20. Soldiers qualify on this range, honing their skills for future deployments.

several strenuous tests to qualify yearly for gunnery.

Called “tank tables,” the tank’s maintenance schedule is broken down into a series of tests throughout the drill year.

Much like mastering a skill to earn a qualification, these tankers have to prove

targets while the gunner is looking through his sights.

“Everything can go really smoothly if the team works together,” he added. “We are totally relying on each other to operate, and if one team member is missing, we are not a functioning tank.”

THUNDER STRUCK



2 LT KIMBERLY D. SNOW

Anything But Basic

LIKE ALL GUARD SOLDIERS, an Abrams or Bradley crewmember experience begins at Basic Combat Training. Traditionally, trainees have gone to Fort Knox, KY, but in 2010 the U.S. Army Armor School will relocate to Fort Benning, GA, where they will become immersed in a world of armor and weaponry that will prepare them for their job.

One Station Unit Training (OSUT) places the recruits into 15 weeks of fun in the Kentucky sun, teaching them everything a Soldier needs to know.

Soldiers get prepared for the rigorous requirements of operating their machinery. By far, the best day for them is the first time they hear the Abrams fire its huge cannon.

"The first time I heard the 120 mm was when we were at Basic, and when that gun went off, it shook us ... it was awesome," said SPC Robert Hill, B Company, 1/145th Armored Regiment, Ohio National Guard. "We were 50 yards away, and it was unreal. I knew right then and there that I had made the right choice."

For many of the Soldiers, actually getting inside one of the tanks is a shock, since they tend to imagine the crew quarters to be as big as the vehicle.

"We actually started training in the tanks our third week in Basic. We got to play with the controls, take a seat and see what it was like," Hill added. "Surprisingly, it is really small in there. I got down in the driver's hole, which I thought you would sit in, but you actually lie down." **GX**

protection and thermal imagery. And the Guard continues to incorporate the newest gadgetry available.

In 2006, many Abrams tanks underwent "TUSK" improvements, or Tank Urban Survivability Kits. This provides tank crews with additional reactive armor tiles; an infantry phone so personnel outside can communicate with the crew; a new thermal weapon sight; and a thermal rear-view camera for the driver.

Not long after, many Bradleys underwent "BUSK" improvements, or Bradley Urban

Survivability Kits. This gives the Bradley better protection for the weapon's sights, a cover to protect the master gunner and loader from power lines while the Soldiers are in the turret hatches, and a spotlight to identify targets.

Armor could possibly be taking a turn toward lighter vehicles such as the Stryker, since so many operations take place near urban environments. An eight-wheeled combat vehicle, the Stryker combines firepower with mobility and is the Guard's most recent addition to its arsenal of tough, battle-

ready vehicles. Air Force C-130s can transport them anywhere, any time.

"From the historic beginning of tanks to our modern world of counterinsurgent operations, our force has adjusted to tackle the new mission," Krell explained confidently. "We have a really smart and adaptable Army that allows us to accomplish the mission."

Whether in Iraq, Afghanistan, Kosovo or anywhere else the Guard is needed, armor will always be there, ready to pummel.

Go to YouTube.com/nationalguard to see videos of the Abrams and Bradley in action. **GX**

Stryker

Crew: 2 (driver, commander) + 9 troops for ICV; 3 (driver, commander, gunner) for MGS

Armament: .50 caliber M2 machine gun, MK19 40 mm grenade launcher or MK240 7.62 mm machine gun; 4 x M6 smoke grenade launcher

Power plant: 600-hp engine

Cruising range: 312 miles

Speed: 62 mph

Weight: 36, 240 lbs



SSG Andrew Fregel of the 56th Stryker Brigade marches through Sab al Bour, Iraq with the support of a Stryker. Stryker vehicles have excelled in the role of reconnaissance and surveillance, as they are fast and highly agile.

COURTESY OF DEPARTMENT OF DEFENSE

The Bugler

STRENGTH MAINTENANCE



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

Info and photos courtesy of NGB-ASM



>> HERO ON CALL

Hero on Call welcomes a new addition to the team: CW2 Eric Willett. He is the first warrant officer on the team, and he will provide recruits with valuable information on the life of a warrant officer and how to become one, as well as his experience as a UH-60 Black Hawk pilot.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★



>> THE NATIONAL GUARD IS NOW ON TWITTER

Stay up-to-date with National Guard news by following the Guard on Twitter. The National Guard's Twitter page launched Oct. 20, 2009, and updates are made throughout the day with news, links to photos, videos, questions for user interaction and more. Visit Twitter.com/nationalguard to stay in the loop.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★



>> OUTSTANDING ATHLETE PROGRAM

The National Guard Outstanding Athlete Program is gearing up for the 2010 Winter Olympics in Vancouver. With Guard athletes competing for gold in the bobsled and luge disciplines, there will be plenty of coverage of all the action on www.NATIONALGUARD.com, the Guard Facebook page, the Guard YouTube page and in GX magazine.



>> "AT THIS MOMENT"

Check out "At This Moment," a video capturing heroic moments in the lives of the men and women who serve in the National Guard. All of the personnel depicted in the video are actual Guard Soldiers. The video will be playing at theaters near you throughout the winter. It is also available for download at www.NATIONALGUARD.com/moments.



Fitness at Its Best

HAWAII'S RSP WARRIORS TAKE IT ON

Story and photos courtesy of NGB-ASM

The Recruit Sustainment Program (RSP) of the Hawaii Army National Guard (HIARNG) has integrated the Confidence Course, Close Quarters Combat (CQC) training and a Leadership Reaction Course (LRC) to be conducted simultaneously, twice a year during its training calendar.

In February and August, RSP Warriors are given the opportunity to test their physical abilities and mental toughness outside of their typical daily environment. The RSP cadre—HIARNG

Recruiting and Retention Noncommissioned Officers (RRNCO) and Simultaneous Membership Program (SMP) Cadets—guide and test these Warriors through the training cycles.

During the events, confidence and skill grow as the Warriors' leadership abilities take shape.

"The RSP prepared me mentally and physically," SPC Melanie Marquez said. "I was able to experience many of the scenarios in Hawaii that were going to come when I went through Basic Training and AIT (Advanced Individual Training)."



PHYSICAL FITNESS AWARDS CHALLENGE

Saturday's training always begins with the Physical Assessment for the Warriors in Red, White and Blue Phases.

Split Option Warriors (Green Phase) and Gold Phase Soldiers are assessed the full Army Physical Fitness Test (APFT).

There's always a Physical Training challenge for Warriors who haven't left for Basic Training.

Those who pass the APFT with the best overall scores can receive items ranging from college football and volleyball tickets to an ACU backpack.

TRAIN TO FIGHT

White Phase and selected Blue Phase Warriors continue training on Saturday, learning CQC training from Combat Veteran Recruiters. Cadre train the Warriors as four-man fire teams, leading them through drills on center and corner-fed rooms. Gold Phase Soldiers operate as demonstrators and assistant instructors for the cadre.

"We try our best to match the training our Warriors receive at the Basic Training bases to ensure they are better prepared for the rigors of Basic Training," said SFC Calvin Thiravong, RSP Platoon SGT RRNCO. "As RSP instructors, we use our own experiences and lessons learned from our deployments, instilling a baseline of confidence that our Warriors can build on."

SMILE WITH THE RISING SUN

When Sunday morning arrives and the first formation has been conducted, Warriors are accounted for and board buses traveling from the town of Waimanalo to the Boondocker Range, located on the Marine Corps Base Hawaii-Kaneohe Bay.

Both the Confidence Course and LRC are located on the southeast side of the base, adjacent to the Pacific Ocean. One of the advantages of the HIARNG RSP is the multitude of military bases on the island of Oahu. The Marines, Army and Air Force all have training areas that can be utilized by the Army National Guard.

SAFETY FIRST

Upon arriving, all Warriors are given safety briefings. Cadre then march them to the Confidence Course for warm-up exercises and hydration.

Hawaii's climate is the same all year around, so dehydration and sunburned Warriors are always factored into the composite risk management to limit injuries.

"One of the biggest risks involved with training on the Confidence Course is injuries," said CPT James Kanoholani, commander of the RSP. "Our cadre position themselves at each obstacle with safeties on both sides prior to any Warrior attempting the obstacle. We've had minor injuries before using this type of training, but nothing significant leading to training pipeline losses."

FITNESS PUT TO THE TEST

As RSP Warriors train on the Confidence Course, physical fitness training received during the RSP is put on display.

Gold Phase Warriors demonstrate each obstacle for the other phases, which are broken down into squad-size elements. Each squad will undertake the Confidence Course beginning with a slow walking pace, progressing to

moderate speed, and if Warriors are in great physical shape, they're allowed to attempt the course at full running speed.

After two to three durations on the Confidence Course, a rest period with an MRE for lunch helps prepare the Warriors for the second half of their Sunday—the LRC.

"The confidence course gives you a small taste of the intensity of Basic Training," said PFC Barbara J. Liao, a recent graduate of RSP.

TEAMWORK

With most of the harder physical activities completed, RSP Warriors are then mentally challenged by training conducted on the LRC.

Phases are again reduced to squads and are rotated through the different lanes on the course. Squad leaders are selected, read the situations and given the tasks, conditions and standards for completing the missions on each lane.

Warriors on the course are taught the importance of completing the missions without losing personnel or equipment in the process. Upon completion, or when the time limits expire, squads are rotated to the next lane and assigned a new leader.

By the end of the training on Sunday, Warriors will have usually completed between seven and eight lanes, and the RSP will make its way back to the 298th Regional Training Institute for the Battle Handoff Ceremony for Gold Phase.

"Most of these Warriors have some experience being part of a team during their high school or college attendance. The goal of the training on the LRC is really not to complete the missions, which are a bonus if they do, but to work as a team in executing the missions," Kanoholani said.

JOB WELL DONE

One disadvantage of living in Hawaii is the travel distance to any training base on the mainland. Unit or family members cannot attend their Soldiers' graduation without flying thousands of miles to get there.

The HIARNG's RSP compensates for this by holding its own ceremony for Gold Phase Warriors on the stage in the RTI's auditorium. These Soldiers complete their rites of passage by being recognized for their accomplishments in front of families and friends.

Major subordinate commanders and their command sergeant majors make it a point to welcome these Warriors back from Advance Individual Training and are among some of the distinguished guests at the RTI during the Battle Handoff Ceremony for the Gold Phase Warriors.

Unit representatives are also there to congratulate the Soldiers and inform them of their upcoming training with their assigned units. After the ceremonies are completed and the training is over for the weekend, Gold Phase Warriors leave—with experiences to last a lifetime.

"Honoring the Gold Phase Soldiers for their accomplishments and welcoming them back to the Hawaii Army National Guard from their Advanced Individual Training is a big deal. We are glad to do it," said MAJ Loren Penney, Recruiting and Retention Commander for the HIARNG. "Our ability to provide trained and ready Soldiers to their parent units is a large part of building readiness for future deployments." **GX**

For more on RSP, go to www.NATIONALGUARD.com/rsp.

West Point offers 85 slots to qualified Soldiers, providing them with a four-year scholarship and the opportunity of a lifetime.



West Point-Bound

FINANCING IT IS EASIER THAN YOU THINK

By SFC Ken Suratt, Colorado National Guard

USUALLY I RESERVE THIS SPACE for ROTC options and programs that Soldiers who want to further their education should know about. However, there's a little-known fact: West Point (USMA) offers full scholarships to all enlisted Soldiers. The academy has authorized 85 slots in each class, provided the Soldier is qualified.

BASIC REQUIREMENTS FOR ADMISSION:

- * Be a U.S. citizen
- * Be unmarried with no legal obligation to support any dependents
- * Have not passed your 23rd birthday by July 1 of the year entering the academy
- * Be a high school graduate or have your GED
- * Be of high moral character

Soldiers who meet these basic eligibility requirements and have SAT scores greater than 1000 or ACT composite scores of 20 or higher are encouraged to apply. Average scores for Soldiers offered admission is SAT 1100 and ACT 23.

Soldiers need to have completed only Basic Training to start an application. Many begin applying and are accepted from AIT. The service obligation upon graduation and commissioning is five years of active service followed by three years in the reserve component. The service obligation is to supplement the four-year investment received while attending the academy, which is valued in excess of \$225,000.

The application deadline is February 28 for admission in June of each year. The application process is lengthy and candidates are encouraged

to start the process in the fall of the year prior to admission.

Enlisted Soldiers who apply to the academy and are not selected for direct entry are automatically considered for entrance into the West Point one-year prep school at Fort Monmouth, NJ.

"Prior-service troops who choose to complete our prep-school program graduate at a higher rate than their civilian counterparts," commented MAJ Brian Easley, director of enlisted admissions.

Additionally, Soldiers tend to hold more class offices and class leadership positions. This year, for example, both the senior class president and the cadet first captain (the highest ranking cadet) are prior-service Soldiers. **GX**

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DSN: 688-5780
Admissions.westpoint.edu

A Family Trait

SOLDIER RETURNS FROM KUWAIT TO SWEAR IN SISTER

By SPC Scott Longstreet / PINEVILLE, LA

ON LEAVE FROM A DEPLOYMENT in Kuwait, Louisiana Army National Guard 2LT Crystal A. Huff welcomed her sister Mindy M. Donnelly into the National Guard by administering the oath of enlistment during a swearing-in ceremony at the Military Entrance Processing Station in Shreveport, LA, Sept. 30.

"The Guard is like a family to me," said Huff, a member of the 204th Theater Aviation Operations Group. "I met my husband in the military and now have both my nephew and sister in the National Guard as well."

Donnelly, a 29-year-old Calhoun, LA, native, will depart immediately for Fort Jackson, SC, to begin her 10-week Basic Combat Training course followed by 10 weeks of Advanced Individual Training at Fort Lee, VA. She will enlist as a food service specialist.

"I wanted a different way of living," Donnelly said. "I wanted to do something different with my life and make things better for me and my son."

Upon completion of training, she will join the 199th Brigade Support Battalion, 256th Infantry Brigade Combat Team at Camp Shelby, MS, in preparation for a January 2010 deployment to Iraq.

"I purposely chose a job that would allow for the quickest deployment," Donnelly said.

Huff, the personnel officer with the aviation group, talked about the impact this swearing-in ceremony has on the family.

"We are proud of her," she said. "This will be an eye-opening experience for Mindy, and I cannot wait to see her after a year or so in the military. We are confident this will lead to a better and brighter future for both her and her son."



Enlisting into the Louisiana National Guard, Mindy M. Donnelly of Calhoun, LA, takes the oath at a swearing-in ceremony at the Military Entrance Processing Station in Shreveport, LA, Sept. 30.



Louisiana Army National Guard 2LT Crystal A. Huff administers the oath of enlistment to her sister, Mindy M. Donnelly, during a swearing-in ceremony at the Military Entrance Processing Station in Shreveport, LA, Sept. 30.

"I am dedicated to the task," Donnelly added. "I am a hard worker and cannot wait to train myself for something better. I also have plans for college in the future."

The oath of enlistment into the United States Armed Forces is administered by any commissioned officer to any person enlisting or re-enlisting for a term of service into any branch of the military. The officer asks the person, or persons, to raise their right hand and repeat the oath. The oath is traditionally performed in front of the United States flag and other flags, such as the U.S., state and military branch flags, and the unit guidon. **GX**

"I wanted to do something different with my life and make things better for me and my son." >> Mindy Donnelly



Pledging Support

GUARD, RESERVE LEADERS SIGN STATEMENT

Story and photo courtesy of ESGR



THE PENTAGON'S CHIEF CIVILIAN OFFICER for Guard and Reserve affairs joined top military officials at the Pentagon on Wednesday, Oct. 14, 2009, to pledge their support of the nation's employers of Guard and Reserve members. Dennis M. McCarthy, Assistant Secretary of Defense for Reserve Affairs, was the first to sign the Statement of Support.

Sponsored by the National Committee for Employer Support of the Guard and Reserve (ESGR), the Statement of Support outlines a commitment to furthering support of the nation's Guard and Reserve members in every segment

standards of support asked of employers of Guard and Reserve members.

"We traditionally ask employers to sign these kinds of certificates, but it's really important that [Reserve Component] service chiefs representing the military leadership express their support as well," said McCarthy at the ceremony's conclusion. "It's clearly a mutually supporting relationship that we need, and so this signing reflects that."

All attendees pledged to continually recognize the outstanding support civilian employers provide their Guard and Reserve employees. Last

GEN Craig R. McKinley, Chief of the National Guard Bureau, pledges his support of the nation's employers of Guard and Reserve members with other top Guard and Reserve leaders, including MG Raymond Carpenter, Acting Director of the Army National Guard.

Navy Vice Adm. Dirk J. Debbink, Chief of the Navy Reserve, hosted the ceremony and called on Reserve Component members to keep employers current on upcoming deployments and other military duties. Good communication between Reserve Component members and civilian employers "... is absolutely the key," he said.

"We traditionally ask employers to sign these kinds of certificates, but it's really important that [Reserve Component] service chiefs representing the military leadership express their support as well. It's clearly a mutually supporting relationship that we need, and so this signing reflects that."

» DENNIS M. MCCARTHY, ASSISTANT SECRETARY OF DEFENSE FOR RESERVE AFFAIRS

of society and increasing public understanding of the essential role Guard and Reserve members play in national security. Military officials who pledged their support to the nation's employers of Guard and Reservists collectively hold 26 stars or equivalent.

All attendees committed to honor and enforce the Uniformed Services Employment and Reemployment Rights Act (USERRA), an act designed to protect the civilian employment of non-full-time military service members in the U.S. called to Active Duty. In addition, attendees pledged to provide the tools necessary to foster strong working relationships between Guard and Reserve members and their civilian employers. By signing the Statement of Support, leading military officials formally committed to abide by the same

month, ESGR honored 15 organizations with the 2009 Secretary of Defense Employer Support Freedom Award, the government's highest honor given to employers who provide exceptional support of their Guard and Reserve employees above and beyond USERRA law. By signing the pledge, ESGR officials bolstered the important ongoing relationship with employers of the nation's Guard and Reserve members.

Employer Support of the Guard and Reserve (ESGR) is a Department of Defense agency established in 1972 that seeks to promote a culture in which all American employers support and value the military service of their employees. ESGR recognizes outstanding support, increases awareness of the law and resolves conflicts through mediation. More information is available at Esgr.mil. **GX**

Employer Support of the Guard and Reserve (ESGR) is a Department of Defense organization that seeks to promote a culture in which all American Employers support and value the military service of their employees. The nation's Reserve components (referring to the total of all National Guard members and Reserve forces from all branches of the military) comprise approximately 48 percent of our total available military manpower. The current National Defense Strategy indicates that the National Guard and Reserve will be full partners in the fully integrated Total Force.



EXPERTS



NEEDED

BETTER PAY
HIGHER GRADE
BE A LEADER

PROMOTE YOURSELF

Become A Warrant Officer

To continue your Path to Honor, talk to your Warrant Officer Recruiter
or visit us online at www.NATIONALGUARD.com/warrantofficer

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9 Tips for Home Improvement

IT PAYS TO KNOW WHICH HOME IMPROVEMENTS YOU CAN HANDLE ON YOUR OWN *By Logan Ward*



WHEN PEOPLE STEP into Carrie Koens' library and proclaim, "This is my dream room!" she smiles and remembers the stair treads.

For six years, the 27-year-old avid reader kept her beloved books packed in boxes or scattered about her 1940s fixer-upper home in Elizabethton, TN. She and her husband, Peter, 34, could not afford a wall of hardwood shelves—or the cabinetmaker to build them.

Peter, an aviation inspector with an eye for perfection, had always refused to buy cheap fiberboard shelves. Luckily, during a trip to

the local home-improvement store, Carrie spotted some poplar stair treads—thick, with a nice rounded nose, priced at only \$19 per 4-foot board—and thought, "Those would make great shelves."

That began a do-it-yourself remodeling project that transformed a large, poorly laid-out room into a handsome library.

"I know a lot of people who move because they're unhappy with their house," Peter said. "We didn't want to move, so we decided to make our house what we want."

Due to the sluggish economy, fewer people are moving. And homeowners are spending

less on high-end home improvement projects, according to Harvard University's Joint Center for Housing Studies. But remodeling doesn't have to put you in debt.

When done right, "... putting money into one's home is a good investment, even during a recession," says Paul Zuch, president-elect of the National Association of the Remodeling Industry.

According to *Remodeling* magazine's most recent "Cost vs. Value Report," while home prices fell by an average of 7 percent nationally between 2007 and 2008, the value of remodeling projects declined by less than 4 percent. **GX**

Here are some tips for increasing your home's value with low-cost projects you can do yourself.

1. REACH FOR THE ROLLER

"A fresh coat of paint is one of the least expensive things you can do to change the look of a room," Zuch explains. If you're adventurous, try a decorative technique, such as a stenciled wall pattern or border. Painting the front door a bold color—red, yellow or even black—will give your home new personality in a single afternoon for less than \$20.

2. GET TO THE BOTTOM OF THINGS

If you have soiled or worn carpets, there are lots of do-it-yourself alternatives available today. Try prefinished, snap-on wood floors or stick-on carpet squares that can be laid in all sorts of creative color combinations and patterns.

3. IMPROVE EXISTING SPACE

Add simple built-in desks and shelves to give a room charm and efficiency. Adding a bank of bookshelves



"Putting money into one's home is a good investment, even during a recession."

» PAUL ZUCH

and a cushioned window bench with drawers for storage turns an underused space into two separate rooms—a home office and a warm, inviting library.

4. REFINISH AND RECYCLE

The Koenses removed a hall door that always stayed open and reinstalled it in their new library, saving money by salvaging from their own house. When they removed a closet to make room for the library, they discovered brick behind the sheetrock, which they stripped to leave a rich, textured exposed brick

wall. Likewise, in many old homes, fine wood floors lie hidden beneath worn-out kitchen vinyl. Sand and refinish for a new glow requiring zero installation.

5. PICK YOUR BATTLES

If you're on a budget, you can't remodel everything. The Koenses didn't love the popcorn ceiling in their library. "We could have spent a lot of time and money trying to redo the ceiling, but we let it go and focused on the rest of the room," Carrie says.

6. UPDATE YOUR CABINETS

Installing new cabinets is not only work for a seasoned pro, but it also can start a domino effect that often requires new countertops, floors and even appliances. Instead, grab a screwdriver and replace outdated drawer pulls and cabinet knobs.

7. GIVE WINDOWS A FACE-LIFT

Ditch broken mini-blinds and dry, rotted curtains. Consider simple alternatives, such as pleated or bamboo Roman shades. Light, cool colors will make a small room look bigger. Dark, rich colors will make a large room feel cozier.

8. SHOP ONLINE

It's a big world, and the broader you search, the more chance you have of finding a deal on something like bathroom fixtures or cabinet hardware. During slow economic times, retailers want to move merchandise, often selling new goods at 50 percent off or more.

9. BUY ENERGY-EFFICIENT APPLIANCES

Appliance efficiency has improved drastically in recent years. Even if your fridge is only 10–15 years old, upgrading to an Energy Star-rated model can save you \$1,000 over the life of the appliance.



GETTY IMAGES

Are You Rushing to Fitness?

By Martin Binks

If there's one set of initials sure to cause Soldiers anxiety, it's A-P-F-T—the Army Physical Fitness Test.

Why? Because Soldiers lead busy lives, the test creeps up on them, and they know fitness can't be achieved overnight.

Unfortunately, the combination of the APFT, unrealistic images of people in the media and psychological predispositions can lead to an unhealthy self-perception. Soldiers may resort to drastic short-term measures to pass.

It would be much better to take a long-view of health and weight management.



1. Physical fitness isn't entirely about weight.

While it's true that most people perform fitness tests better at their optimal weight, two people of similar weight and body type may not be equally fit.

Although healthy bodies come in all shapes and sizes, society doesn't always reinforce this. For decades, we've been bombarded with messages about unrealistic thinness and fad diets that focus more on the scale than overall health.

Crash diets can take a considerable psychological toll. They've been linked to eating disorders like bulimia nervosa (eating to excess, then purging) and anorexia nervosa (losing weight to the point of harming your health). In both conditions, people have a distorted view of their bodies and an unhealthy relationship with food and activity. They may see themselves as heavier than they actually are and base their self-worth on their perceived body size.

2. How does someone avoid these pitfalls?

By taking a balanced, long-term approach to health and weight. Instead of waiting until the APFT to think about fitness, make health part of your daily routine.

Sure, life gets hectic, and it can be difficult to stay focused on health. But by trying to be physically active each day and making healthier choices a little at a time, you're likely to improve your overall fitness in a long-term way.

Even if you don't completely eliminate the rush to get fit as the APFT approaches, you might start out a little closer this year.

3. What should you do if you're struggling with negative thoughts about your body?

First, recognize that you're much more than a number on a scale or a clothing size. Many people who keep a running mental list of what's wrong with their bodies don't have a similar list of their good qualities—physical and otherwise. Consider the qualities you value about yourself.

Also, try to be less judgmental and reduce all-or-nothing thinking. Take an objective view. Often, people with a poor body image see themselves through a figurative magnifying glass, focusing on aspects of their appearance they dislike and dismissing the good traits.

Try standing in front of the mirror and notice the thoughts that pop into your mind. Push out the negative ones and replace them with positive statements about you and your body. With practice, you may begin to see yourself more realistically.

Finally, if you have an advanced eating disorder or strong negative self-image, seek the help of a therapist. An excellent resource is the Association for Behavioral and Cognitive Therapies "Find a Therapist" tool at Abct.org. You don't have to go it alone. **GX**

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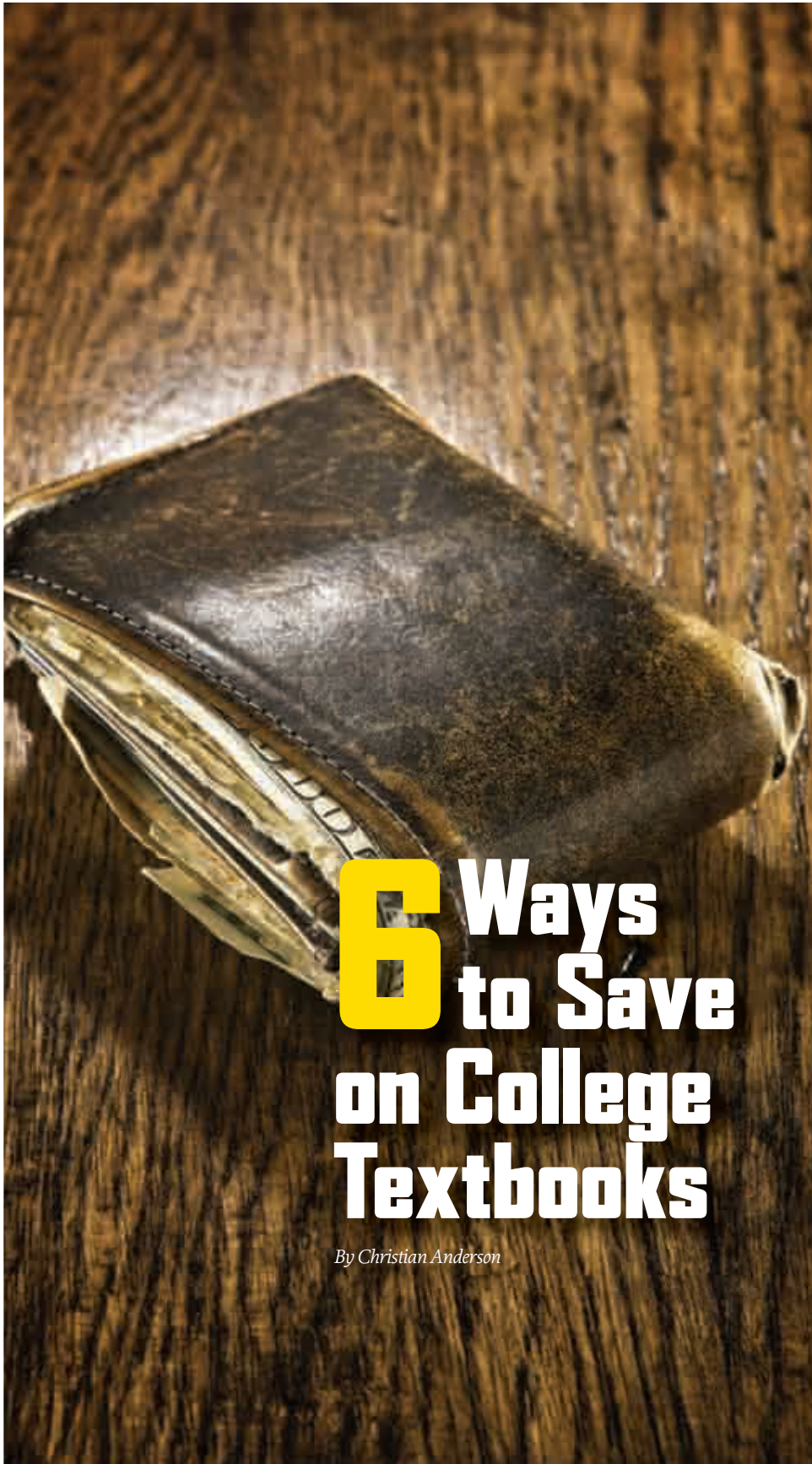
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6 Ways to Save on College Textbooks

By Christian Anderson



HAS THE PRICE of college textbooks sent you into sticker shock? The U.S. Government Accountability Office reported that college textbook prices increased at twice the rate of inflation between 1986 and 2004, and it is estimated the average student spends between \$700–\$1,100 on textbooks annually.

If you're currently deciding which college or university to attend, there are many like Northland Pioneer College in Arizona and Cosumnes River College in California, that offer textbook scholarships to students. In addition, Grantham University, the American Public University System and Allied American University provide a textbook grant that covers the entire cost of textbooks for their students.

But, if you aren't one of the lucky ones whose college provides you with textbooks at no extra cost and aren't thrilled about paying \$200 for a book, don't worry—there are ways to save money on textbooks.

1. Find it Free

If you've been assigned a book that is no longer copyrighted, like classic literature or history, check one of the many growing Web libraries such as Project Gutenberg, Bartleby or Google books to find it for free. Some of these sites will even let you download the book.

2. Buy Used

If the textbook isn't one you plan to keep, buying a gently used book is a great idea. Typically, gently used means the book is still in good condition, but may have some highlighting or marking in it. You can find gently used textbooks online at Half.com, Amazon.com and sometimes at your campus bookstore. If you plan to buy from your campus store, it pays to shop early, as used textbooks sell out fast. It's very easy to find the right book if you have the International Standard Book Number (ISBN) or the title, author, publisher and edition number.

3. Swap It

There are many online sites where you can buy, sell and swap textbooks. CampusBookSwap.org is a Web site run by students for students, and their bulletin board system helps buyers and sellers find each other.

You post the books that you want to sell, and interested students will contact you. Conversely, you can search the books that other students have posted to find ones that you want to buy. Also, Textbook Revolt, a site started by two former University of Cincinnati students, has thousands of students offering to swap textbooks for free.

4. Rent It A growing trend among today's college students is to rent textbooks for the semester. Typically, you can save 50 percent on the list price of a book. All you have to do is order the books you need online, and at the end of the semester, mail them back in a prepaid package, just like Netflix. A McGraw Hill college-level biology book that retails for \$157 can be rented from Chegg.com and BookRenter.com for \$39–\$54 per semester. According to a recent article by *U.S. News and World Report*, “Chegg, Bookrenter, and

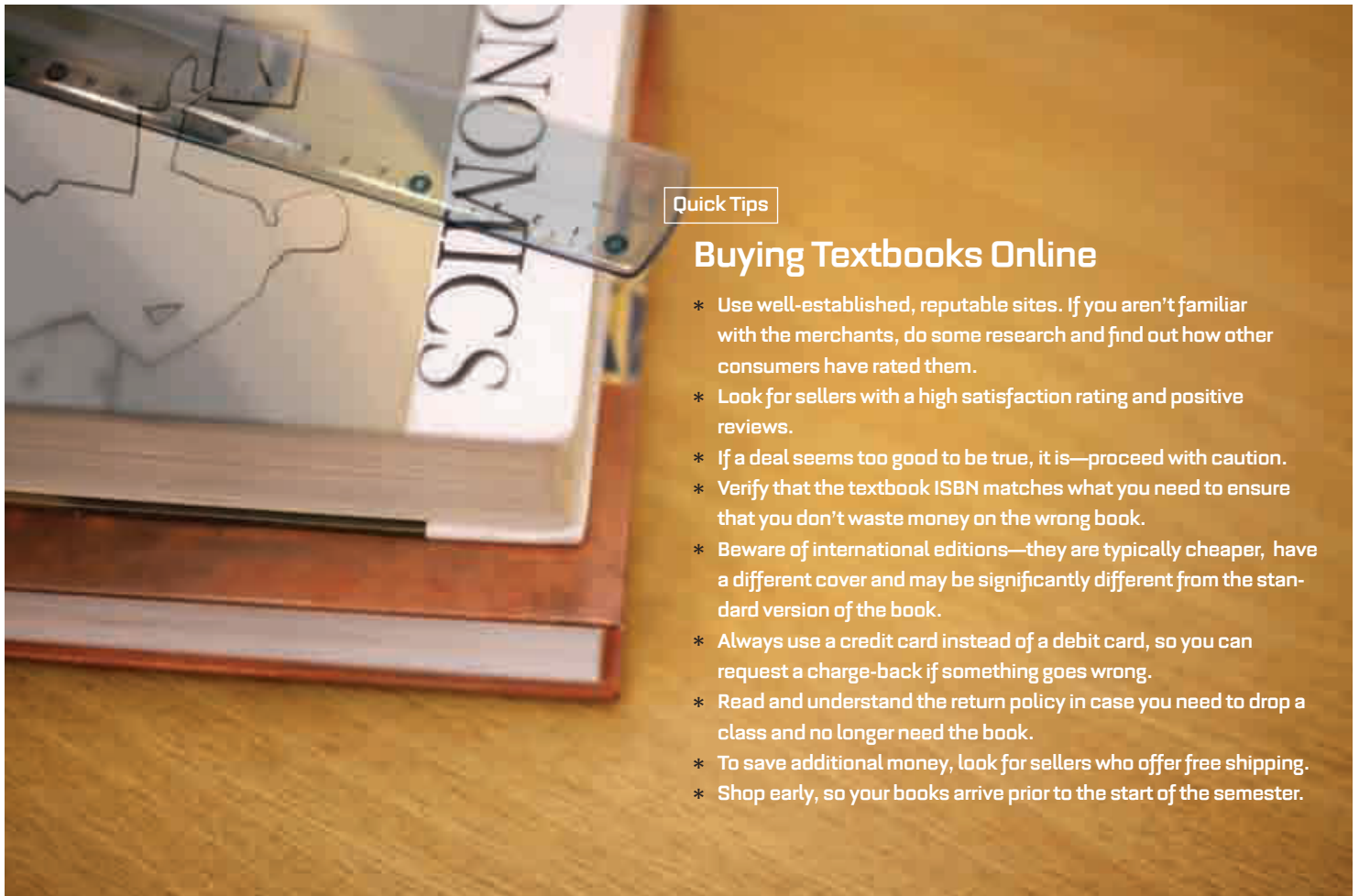
other book rental sites also allow students to rent for shorter periods for bigger discounts. While the companies don't recommend it, they've noticed that some students just rent their textbooks for the month before final exams, saving 60 to 75 percent on the list price.”

5. eBooks If you aren't a stickler for having a printed textbook when studying, look into eBooks. They cost significantly less, and in many cases, you can highlight and make notes in the margins as you read them online. Some of the major textbook publishers, including Pearson, John Wiley & Sons Inc., Cengage Learning, McGraw-Hill Education and Bedford, Freeman & Worth Publishing Group, have teamed up to offer thousands of textbooks in eBook format through CourseSmart.com. For example, a 180-day subscription to *Earth Science* (12th edition) costs \$56.67, or 50 percent

less than the print version. According to the site, students saved an average of \$61.82 per eBook in September 2009.

6. Shop Around Yes, it takes time and effort to shop around and compare prices for textbooks, but students who do this typically save 20 percent. While buying at your college bookstore is quick and easy, you often pay a premium. To find the best deals, check textbook-specific price comparison search engines, such as BigWords.com, CheapestTextbooks.com and BooksPrice.com.

If all else fails, and you must purchase your textbook brand new, keep it in like-new condition and sell it at the end of the semester. You won't get the same price you paid for it, but you will get some money that you can use to purchase next semester's books. **GX**



Quick Tips

Buying Textbooks Online

- * Use well-established, reputable sites. If you aren't familiar with the merchants, do some research and find out how other consumers have rated them.
- * Look for sellers with a high satisfaction rating and positive reviews.
- * If a deal seems too good to be true, it is—proceed with caution.
- * Verify that the textbook ISBN matches what you need to ensure that you don't waste money on the wrong book.
- * Beware of international editions—they are typically cheaper, have a different cover and may be significantly different from the standard version of the book.
- * Always use a credit card instead of a debit card, so you can request a charge-back if something goes wrong.
- * Read and understand the return policy in case you need to drop a class and no longer need the book.
- * To save additional money, look for sellers who offer free shipping.
- * Shop early, so your books arrive prior to the start of the semester.

Forward, Ye Men of

COVERING FIRE

Three members of the much-decorated 32nd Division manning a machine gun emplacement in New Guinea in 1942. They are, left to right: Lawrence Leishman, CPL Rodney C. Reimar and PVT Marin Denueli.

IRON

>> Wisconsin Army National Guard

By Jason Hall

THE AREA KNOWN TODAY as Wisconsin was under British control prior to the American Revolution. With the ratification of the Treaty of Paris in 1783, ending British control of the colonies, Wisconsin became a territory of the newly created United States of America. However, the U.S. government did not have the military resources to extend its control over the territory, thus it still remained under British control until the War of 1812.

With the departure of the British, the void was filled with settlers, primarily from New England and upstate New York. The influx of pioneers dramatically increased in the 1820s with the discovery, and subsequent mining, of lead in southwest Wisconsin. As more and more people

migrated to Wisconsin from the east, the government initiated the relocation of local Native American tribes. The uprooting of entire tribes led to open conflict with white intruders, known as the Black Hawk War. Militia units from other states, along with U.S. regular forces, were involved in this conflict. Some Wisconsin settlers joined the war, but at the time the state was without a formal militia. The conflict was resolved with the violent Bad Axe Massacre. Following that event, tribes either left the area on their own or went willingly onto government reservations.

On May 29, 1848, Wisconsin was admitted to the Union as the 30th state. The first session of the new state's legislature authorized the distribution of military equipment. However, it took a year

before procedure for the organization of locally controlled "uniform companies" was specified. Two years later, in 1851, the state created a new seal with the motto "Forward" emblazoned on it. In just 10 years, the men of the Wisconsin Militia would embody their motto with their courage in the coming national crisis.

In April 1861, the American Civil War erupted and the relatively new state of Wisconsin quickly answered the call to provide state regiments to the Union cause. More than 91,000 Wisconsin Soldiers, serving in 56 regiments, fought in the Civil War. Of those who served, nearly 12,000 died, and thousands more were wounded. Training of the new recruits was conducted in Milwaukee, Fond du Lac, Racine and Madison. Later in the



ONE OF THE MOST FAMOUS COMBAT UNITS OF THE CIVIL WAR, THE IRON BRIGADE, WAS ALMOST COMPLETELY COMPRISED OF WISCONSIN REGIMENTS.

war, Camp Randall, Wisconsin's major training facility in Madison, would be utilized to house Confederate prisoners.

One of the most famous combat units of the Civil War, the Iron Brigade, was almost completely comprised of Wisconsin regiments. When it was first formed, the brigade contained the 2nd, 6th, and 7th Wisconsin Volunteer Infantry Regiments, along with the 19th Indiana and 24th Michigan. More Wisconsin regiments would eventually join the brigade. Since the men of the brigade came from three Western states (or from what was considered the West in the 1860s), the unit was often referred to as the Brigade of the West. During the war they were commonly known by Soldiers on both sides as the Black Hats due to their use of the black model 1858 Hardee hat. The Hardee was usually issued to regular U.S. Army units, as opposed to the blue kepi worn by other state units.

The Black Hats, not yet known as the Iron Brigade, wasted no time in creating a reputation for themselves. In their first major combat, they ran smack dab into the brigade of MG Thomas J. "Stonewall" Jackson on the outskirts of Manassas, Virginia. MAJ Rufus Dawes of the 6th Wisconsin was on the road at the foot of the hill when the fighting began, and remarked, "We heard the awful crash of musketry and we knew there was serious work ahead." Almost immediately, the 2nd Wisconsin was joined by the 6th and 7th regiments.

The men of Wisconsin stood a mere 75 yards from their adversaries from Virginia, but the green troops of Wisconsin did not flee. One of the Confederate soldiers would later write of the valor of the Black Hats by describing the stalemate:

"They stood as immovable as the painted heroes in a battle-piece. Out in the sunlight, in the dying daylight, and under the stars they stood, and although they could not advance, they would not retire. There was some discipline in this but there was much more of true valor."

The men of Wisconsin helped prevent the entire Union Army from being flanked. Though the Battle of Second Manassas went on for another two days, the precious time bought by the Black Hats proved crucial to saving the Army from utter destruction.

Later, during the Antietam Campaign, the Black Hats' bravery and courage caught the eye of MG George B. McClellan. Viewing the brigade fighting its way up a road, McClellan inquired, "What troops are those fighting in the Pike?" He was informed that it was the "brigade of Western men." He was then informed that the brigade he was watching was the same one that had fought so tenaciously at Manassas weeks earlier.

McClellan replied that "They must be made of iron," and that they were the "best troops in the world."

Henceforth, the Black Hats were known as the Iron Brigade.

On July 1, 1863, during the first day of the Battle of Gettysburg, as they had at Manassas, the Iron Brigade would again be called upon to buy time for the Army. The brigade was under heavy attack from BG James J. Archer's Confederate forces. Once again, the brigade fought valiantly. In the course of fighting that day, Archer himself was captured by PVT Patrick Maloney of the 2nd regiment Wisconsin. Maloney took Archer to Union GEN Abner Doubleday, a pre-war friend of Archer's. Doubleday greeted his old friend by saying, "Good morning, Archer, I am glad to see you." Archer replied, "Well, I am not glad to see you by a damned sight."

The Iron Brigade fought almost exclusively in the Eastern Theater of the war, but Wisconsin men also fought in the Western Theater, several

Their talents and experience would come in handy in 1864. A fleet of Union gunboats and transports had somehow become stranded in the Red River in Louisiana. Using skills gained in Wisconsin's lumber camps, the men dammed the river, thus deepening it, allowing the fleet to resume their operations.

The most famous Soldier from Wisconsin during the Civil War, or at least the most famous father, was LT Arthur MacArthur Jr. Serving in the 24th Wisconsin during the Battle of Chattanooga, 18-year-old MacArthur dashed forward and rescued the unit's colors after three color bearers had been killed. Wielding the flag and shouting "On Wisconsin!", he led his men up Missionary Ridge. It is said that after the charge, GEN Philip Sheridan himself told MacArthur's men, "Take care of him. He has just won the Medal of Honor." It would not be until 1890 when he would receive that award. His retelling of his wartime exploits no doubt helped shape the life of his son, Douglas MacArthur, who himself would go on to become



PULLING SECURITY SFC Robert Dumont and other Soldiers of the 432nd Civil Affairs Battalion, Wisconsin National Guard, wait for the arrival of 4th Infantry Division Commander MG Jeffrey W. Hammond at Jameela Market, Sadr City district, Baghdad, Iraq in 2008. The general was reviewing the effectiveness of micro-grants given to citizens of the district to help them rebuild their community.

earning a rightful place in the annals of American military history. One of the more famous Veterans from Wisconsin was not even a person, but rather a bald eagle. The 8th Wisconsin went into battle carrying an American flag emblazoned on a wooden shield affixed on the end of a pole with an eagle perched atop it named "Old Abe." The bird was their loyal mascot, and the men treated it like one of their comrades. Following the war, "Old Abe" lived a life of celebrity, traveling to fairs, reunions and Soldiers' homes until his death in 1881.

Two other regiments, the 23rd and 24th Wisconsin, were made up mostly of lumberjacks.

one of only five men in the history of our country to attain the rank of five-star general.

Things were quiet for the Wisconsin Militia after the Civil War. The only major change came in 1897 when the state legislature changed the name of the militia to the Wisconsin National Guard. For 10 years, the Wisconsin National Guard was utilized for domestic issues such as railroad strikes and responding to natural disasters. The specter of fighting on the battlefield did not present itself again until the Spanish-American War in 1898. Though many states' National Guard units did not arrive to the warfront in time to see combat, Wisconsin's 2nd and 3rd Infantry Regiments saw

PROUD AND READY Ambulance Co. No. 1, Wisconsin National Guard 1917, poses for a photograph before deploying to Europe.



action during the invasion of Puerto Rico. During the advance on San Juan, the capital of Puerto Rico, the 2nd and 3rd Wisconsin encountered entrenched Spanish soldiers in a mountain pass named Coamo. The Wisconsin men charged the enemy blockhouses, and after a two-hour battle, succeeded in breaking through. They marched on San Juan, which they occupied following the armistice of August 12, which ended the war.

In 1916, the U.S. president was given the authority to mobilize the National Guard in response to a national emergency. Within days, President Woodrow Wilson used his new power to call on the Guard to respond to the threat posed by Pancho Villa's raids along the Mexican border. National Guard units from several states were mobilized, including Wisconsin. This resulted in the men gaining experience and training that would aid them in a much larger conflict soon to come.

With the entry of the U.S. into WWI in 1917, Wisconsin prepared to send its Soldiers "over there." The numerical strengths of the Guard

A PLATOON OF TANKS FROM THE 192ND WERE THE FIRST AMERICAN TANKS TO FIGHT ENEMY TANKS IN WWII WHEN THEY ENGAGED THE JAPANESE AT LINGAYEN GULF ON DEC. 22, 1941.

units in the state had significantly decreased since the end of the Spanish-American War. Desperate to fill the ranks, the Wisconsin National Guard began recruiting by distributing a pamphlet encouraging men not to wait for the draft to catch up to them, but rather to join the Guard now and be prepared. In the handout, the man who chose the Guard was described as a "man of courage and strength." The Wisconsin units were joined by those from Michigan to form the newly created 32nd Infantry Division. Many of the "men" from Wisconsin were in fact young men in their late

teens. Many had never been far from home. Their letters home paint an odd picture of war mixed with youthful endeavors, as illustrated by a letter from Fritz Schmidt, of a Wisconsin unit, to his mother:

"Well I was in a few hot places over here. We are on the Alsace front from June 5 to the middle of July. We then moved to the Chateau Thierry affair, which is the second battle of the Marne. Believe me the towns through this district were sure shot to pieces. You've evidently seen photos in the Sunday papers of the big bridge which was blown up here at this town. I dove in to the Marne river from that bridge. Some swim."

The armistice of November 11, 1918, ended the war, though the embers were not extinguished, leading to a second world war in just 20 years. In 1939, war was again raging in Europe, and Americans knew they would soon be enveloped in the conflict. To prepare the country's military, President Franklin D. Roosevelt mobilized the entire National Guard in 1940 for a year of service and training, the largest peacetime mobilization in the Guard's history.

During the mobilization, in the summer of 1941, Wisconsin Guard Soldiers from Janesville, became Company A of the 192nd Tank Battalion. They eventually learned they would not serve one year like other state units; instead they were deploying overseas to the Philippines. Within months of being in the Philippines, the 192nd found themselves in the middle of WWII. Japanese planes attacked them on December 7.

A platoon of tanks from the 192nd were the first American tanks to fight enemy tanks in WWII when they engaged the Japanese at Lingayen Gulf on December 22, 1941. Just two weeks later, they encountered and destroyed a Japanese tank battalion. Unfortunately, the stubborn fighting of the 192nd could not stop the inevitable surrender of the American forces trapped on the Bataan



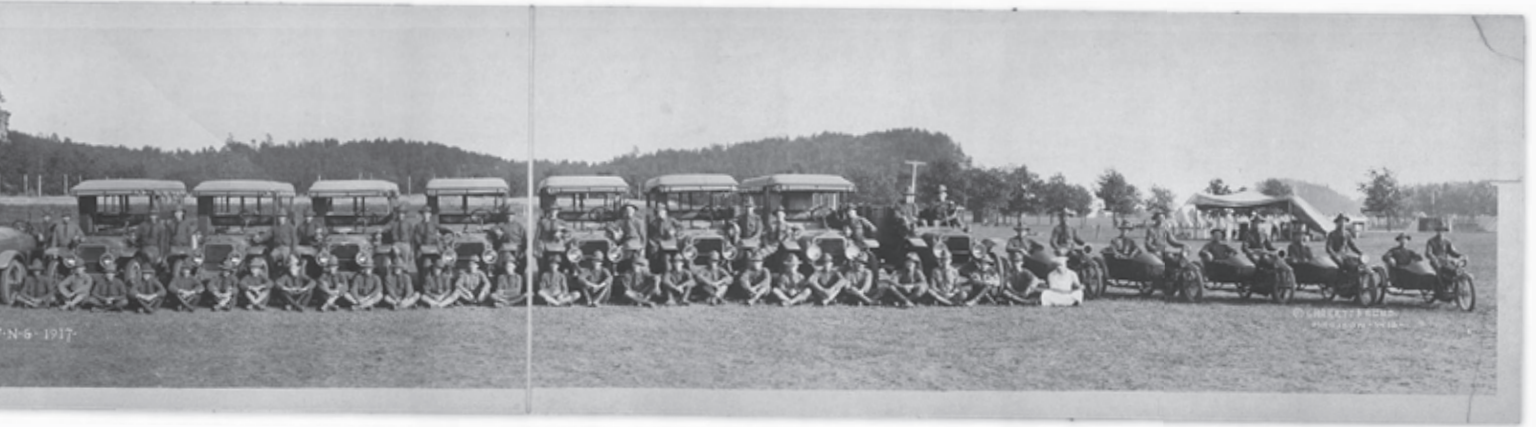
STARS AND STRIPES Soldiers of the 2nd Wisconsin Volunteer Infantry march into Ponce, Puerto Rico, on July 29, 1898, proudly displaying the American flag the entire way.

peninsula. On April 8, 1942, extra bedding was taken from the Wisconsin men of Company A to create the white flags used to surrender. Following the surrender, the men endured the grueling "Bataan Death March" to Japanese prisoner of war camps, where they languished for more than three years until being liberated in 1945. Their own comrades from Wisconsin would help hasten their eventual freedom.

As in WWI, the bulk of Wisconsin's Guard Soldiers, along with Michigan's, were part of the 32nd "Red Arrow" Division. The insignia of the division, a red arrow through a line, represents the division piercing the German defensive line in WWI. Though originally destined for Europe, the division was re-routed to the Pacific. By the summer of 1942, they were in New Guinea, fighting alongside Australian soldiers, attempting to force the Japanese out of New Guinea. The 32nd was directed by GEN Douglas MacArthur to take the Japanese stronghold of Buna located on the northern tip of New Guinea. The campaign was "one of the most grueling campaigns of the war" as the Guard Soldiers attacked well-defended pillboxes in the sweltering jungle heat. The division was successful in capturing Buna in January 1943, the first defeat in modern history for the Japanese Army. Today's 32nd Infantry Brigade of the Wisconsin Army National Guard carries on the legacy of the "Red Arrow" division.

After serving as occupation troops in Japan, the 32nd Division was deactivated in 1946. Individual Wisconsin National Guard units served in the

APPROXIMATELY 1,500 GUARD MEMBERS FROM WISCONSIN DEPLOYED TO THE PERSIAN GULF TO PARTICIPATE IN OPERATIONS DESERT SHIELD AND DESERT STORM.



Korean War but not as the 32nd Division. In 1961, the 32nd Division was re-activated and called up for one year of federal service in response to the Berlin Crisis. The crisis was triggered by Soviet Premier Nikita Khrushchev's proclamation that the other European powers no longer had the right to occupy Berlin, which threatened to completely isolate the city. More than 44,000 Guard Soldiers from 39 states, and the District of Columbia, responded within the first two weeks of October 1961. One of the largest contingents was Wisconsin's 32nd Division.

Though the division was not sent to Vietnam, many Wisconsin Guard Soldiers would volunteer to deploy to Southeast Asia to serve in other units. The 32nd Division was deactivated for the last time in 1967, though it was partially reorganized as the 32nd Brigade, the largest unit in the Wisconsin Army National Guard. The brigade was converted to a mechanized brigade in April 1971. During Operation REFORGER in 1986, the entire 32nd Brigade deployed from Wisconsin to Germany. But it would not be until 1990 that Wisconsin's units would fight in another overseas war. Approximately 1,500 Guard members from Wisconsin deployed to the Persian Gulf to participate in Operations Desert Shield and Desert Storm.

In 1996, the 32nd Infantry Brigade (Mechanized) was assigned to the 34th "Red Bull" Infantry Division, and was no longer a separate brigade. This lasted until Oct. 1, 2001, in the wake of the 9/11 terrorist attacks, when the 32nd Brigade was detached from the 34th Division and was once again a separate infantry brigade. Approximately 100 Soldiers from various units in the brigade reported for duty to form Task Force Red Arrow in support of Operation Noble Eagle. The task force provided supplemental security presence for two years at three of Wisconsin's airbases.

In September 2007, the brigade was once again reorganized, this time becoming the 32nd Infantry Brigade Combat Team, Wisconsin Army National Guard. The men and women of the Wisconsin Army National Guard have served proudly in

Operations Enduring Freedom and Iraqi Freedom. In September 2009, more than seven months into their time in Iraq, the 3,200 members of the 32nd Infantry Brigade Combat Team were making a crucial impact in the stabilization of that country.

One of the primary missions for the combat team has been the transportation of detainees.

"The members of 2nd Platoon have received high praise for their professionalism in handling the detainees with dignity and respect while

schools in the Umm Qasr area with more than 200 new desks.

"These items help the Iraqis understand that we are here in partnership with them and to support them," said the battalion's executive officer, MAJ John Oakley. "Our hope is that it will have an effect on reducing the threat level to American service members," Oakley said.

Fulfilling their duty, while also attending to the civilian needs of the Iraqi people, will help



FORCE PROTECTION PFC Kevin Lewis mans an M-240B machine gun at one of the guard towers on Safwan Hill, which overlooks the Kuwait-Iraq border in 2009.

ensuring their safety during the transportation process," said 1st SGT Scott McDonnell of the 32nd Military Police Company. "They work long and difficult hours to meet this mission, but continue to perform their duties with a high level of motivation," he said. In addition to their duties transporting detainees, the men and women of the team have also supplied several ill-equipped

create an enduring sense of cooperation among the U.S. forces and Iraqis.

The men and women of today's Wisconsin Army National Guard continue the legacy of professionalism and heroism marked by their predecessors. Throughout their ranks, you can still hear those fateful words of LT MacArthur, "On Wisconsin!" **GX**

SEEKING RESPONSIBILITY

GUARD OFFICER ELECTED SHERIFF IN LANDSLIDE VOTE

By Clint Wood

MAJ PAUL BABEU knows a thing or two about accepting new roles and challenges.

While attending Officer Candidate School (OCS), he remembers being told, “You shall seek and accept responsibility.”

The Arizona Army National Guard officer, who has nearly 20 years of service in the Guard, has embraced responsibility as both a Citizen-Soldier and a civilian. In the latter position, Babeu has served nearly a year as the sheriff of Pinal County, AZ, which measures approximately 5,400 square miles and is the fastest growing county in the U.S.

Asked why he chose to run for sheriff, 40-year-old Babeu, who became a police officer at 32, replied, “Because the organization was screwed up, and I knew I could do a better job than the sheriff.”

Despite Babeu being a republican in a democratic county, the voters agreed and he won by a “landslide”—about 8,000 votes. He was the first republican elected to office in Pinal County since its formation in 1875.

Operation Jump Start tour. This operation saw Guard troops deployed along the U.S.-Mexico border to keep the borders safe.

Babeu remembers the first time he accepted a challenge: when he stepped off the bus for Basic Combat Training at Fort Benning, GA.

Babeu, who served three years as an enlisted infantryman, practically grew up “bleeding Army green.” His father served in the Army during the Korean War, surviving a very low life expectancy rate in combat for the Soldiers on the frontline. At one point in Babeu’s Guard career, his three brothers served as well.

“I am an unabashed patriot,” said Babeu. “I’ve always loved and respected the military.”

BABEU LEADS TASK FORCE TO FAME

He was one of the most successful task force commanders of Operation Jump Start. Of the nine units, his achieved more than double the results of halting illegal border crossings.

Babeu said other task force commanders spent a lot of time attempting to learn why he was so successful.

“It’s all about people, and ... leaders [need] to get

“There was a sense of trust that was developed so they didn’t take it in the wrong matter, and they ended up achieving results that they had never seen,” he explained.

He noted that some of the agents had served for more than 20 years and were “up to their eyeballs” in just trying to catch and release.

His task force’s direct support and cooperation with the U.S. Border Patrol resulted in a 74-percent reduction in illegal aliens crossing the border.

Babeu is still in contact with the two Arizona Border Patrol chiefs, and they have had conversations about the operation. One of these included how the cooperation with Babeu’s task force allowed the patrol to concentrate on other criminal activity, including human trafficking.

Babeu, who has been a commander for a combat engineer company, considers leading a task force during a domestic mission like Operation Jump Start as his “greatest privilege.”

LESSONS LEARNED

Babeu brings all his lessons learned in his Guard career to his role as sheriff. He said this responsibility is different than leading Soldiers, though. Everything the sheriff’s office does affects nearly all of the citizens in the county.

“I tell my employees that everything we do must be driven by our desire to improve service to the public,” he explained.

And he communicates his intent to his charges at the sheriff’s office just as he does to his Soldiers.

“I always articulate and define very clearly what I expect from the department collectively,” he explained.

CHANGES WERE MADE

Before the citizens of Pinal County had a chance to remove their “Vote for Babeu” signs from their lawn, he was hard at work, making the changes he deemed necessary.

Some seemed insurmountable. His county has one deputy per 1,000 citizens. The national average is 2.2 deputies per 1,000. Babeu instituted a beat system, where each deputy was assigned

BABEU’S CIVILIAN EDUCATION INCLUDES AN ASSOCIATE DEGREE IN LAW ENFORCEMENT TECHNOLOGY AND A BACHELOR’S DEGREE IN HISTORY/POLITICAL SCIENCE.

He feels one of the reasons for his election was that he shook hands and made eye contact with many of the county’s residents—a number estimated at 400,000.

“If you don’t believe in yourself and your own ability, nobody ever will,” he commented.

Babeu is “leading” more than 700 employees in the sheriff’s office. Being responsible for so many people is nothing new to him, as he led between 400 and 1,000 Guard Soldiers as the Task Force Yuma commander during his 16-month

over themselves,” he noted. “They need to focus on the mission. We did that right from the start.”

He said his mission intent was to maintain communication with the Border Patrol leaders, unlike the other task forces, who considered it a military operation. Included in this dialog was what each entity’s goals were.

He said he educated the patrol on what his task force brought to the table to benefit the patrol’s mission. He also challenged the patrol in tactics and procedures.

Fast Facts

- * Named the Arizona Law Enforcement Academy honor graduate and voted by his class as the exemplary officer
- * Served six years as a police officer for Chandler, AZ, population 260,000
- * Has earned two medals for life-saving



One weekend a month, MAJ Paul Babeu and a lieutenant colonel are Reserve Force Officers. Their peacetime tasks include interviewing Selective Service board member candidates and training board members. During a draft, their duties include opening various state and local Selective Service offices nationwide.

a small area to oversee. This meant the deputy would become familiar with all the businesses and schools in his beat.

Babeu also ensured that about 500 of his employees, including him, were certified in first aid and cardiopulmonary resuscitation. This process took time, but helped deliver his promise of making the county safer.

“Even if it takes a lot of effort, if we say we are going to do something, damn it, we are going to do it,” he noted.

This was just one example of the way Babeu “changed business” in the sheriff’s office. But each time he made changes like this, he told the voters why—something he learned in the Guard, specifically, while serving in support of Operation Iraqi Freedom, 2004–2005.

He volunteered as an individual augmentee and was assigned to one of the 42nd Infantry Division’s aviation brigades.

Serving under the 42nd—or “Rainbow”—division was sort of a homecoming for Babeu, who was born and raised in North Adams, MA. He and his three brothers drilled with the division at the North Adams armory.

His duties in Iraq included being a human relations expert and public affairs officer.

He excelled at increasing morale and handling Soldiers’ issues, including family and psychological issues.

Unlike most military units, whose leaders made decisions without telling the Soldiers why, his commander fully supported him listening to the Soldiers’ concerns and attempting to solve their problems. Naturally, they chose their chain of command in the process.

“Imagine if you have everybody on the same sheet of music fully believing in what you’re doing,” he said. “That we’re accountable even to ourselves. That we’re working to improve our operations and what is most important to us is the Soldier. So many leaders talk that game and not as many follow through.”

Some officers were removed from their leadership positions because of their inability to take care of their Soldiers’ personal issues. Babeu, who said his leadership trait is having

discipline in everything he does, kept a watchful eye on every leader. He especially reached out for mentoring from the stellar leaders.

“I tried to implement those life skills and leadership skills into my life,” he said.

NOT HOME FOR THE HOLIDAYS

One of these “skills” was spending holidays visiting his Soldiers or employees. Recently, this included “riding shotgun” with his deputies and shaking hands with every detention officer.

“When they can’t be with their family,” he explained, “they know their sheriff is there to say hello and ask how they’re doing.”

CAMPAIGN LIKE A MISSION

Babeu treated campaigning for sheriff as though it were a military mission. Every step was planned out. He feels policy is similar to a military plan. “It’s a dynamic, living, breathing plan like any mission or operation,” he commented.

He added that he spoke several times to the voters about his military experiences.

“Americans are proud of our military, so they get it. They understand that the best leadership in the country is a result of training in the military.”

His days at OCS helped, too. He is fulfilling the school’s intent at 110 percent. **GX**

On the Road

▶ DISPATCHES FROM THE FIELD



WHAT DID YOU SAY?
SSG Nkosi Campbell
lands a hard punch to
SGT Burton Holloway in
their middleweight bout.



Fight

to the
Finish

Guard Soldiers fight tooth and nail at Combatives Championship

Story and photos by Clint Wood

It was the final fight of the second annual Army National Guard Combatives Championship—the heavyweight match. South Carolina’s SSG Timothy Muldrow had thrown Arizona’s SGT Damian Wadekamper to the mat three times. Muldrow was in control. For those of you who haven’t heard of Combatives, it’s based on the original form of fighting: hand-to-hand. Think Ultimate Fighting Championships sans a cage.

WILD RIDE SSG Timothy Muldrow flips SGT Damian Wadekamper onto his back, hoping to gain control of the fight.



SGT Wadekamper, who has four years of Combatives training and competing, stood near the center of the ring and took a hard punch to his right eye. He looked like he'd just swallowed a lemon. He crossed both arms in front of his chest.

SSG Muldrow placed his arms at his side and paused. Wadekamper opened his arms and went into a fighting pose, as did Muldrow. The pair stood about a foot apart.

In an instant, Wadekamper staggered back to his turnbuckle and faced it, placing his hands in front of his face. Muldrow followed him and stood behind him, ready to “soften” him up by hitting his ribs.

PUNCH, ANYONE?

There were signs of a “street fight” after the bout. Guest of honor SSG Tim Kennedy, the newest Texas Army National Guard Special Forces Soldier and one of America’s top mixed martial arts fighters, had to wipe blood from SGT Wadekamper’s nose before presenting him his second-place trophy.

During the presentation, Wadekamper cracked a smile showing red-drenched teeth.

“He had a pretty good punch,” explained Wadekamper, who grew up in Minnesota and played as a linebacker for Concordia College in St. Paul. “Toward the end, he caught me in the eye. And then I couldn’t see my opponent. That’s what affected me the most.”

SSG Muldrow, a combat engineer who was drafted by the Cleveland Indians after high school, said he studied Wadekamper and noticed that he kept dropping his arms.

“That’s when I said to myself, ‘I’m not going to punch him straight—I’m going to throw a hook at him,’” Muldrow explained. “So, when I threw the hook, it landed.”

Wadekamper’s take on this was, “Once I dropped my hands just enough, he saw an opening, and he took it.”

Muldrow noted that his punch wasn’t full force—more like 80 percent.

“It was awesome,” he commented. “Especially when they kept saying, ‘Heavyweight champion of the National Guard.’ We’re talking about the entire United States. It was something I’ll treasure the rest of my life.”

“THAT’S WHEN I SAID TO MYSELF, ‘I’M NOT GOING TO PUNCH HIM STRAIGHT—I’M GOING TO THROW A HOOK AT HIM.’”

» SSG TIMOTHY MULDROW

Muldrow, who has been in the Guard for 14 years and served in Iraq, won this honor by submission—the same way the other six Guard champions won their fights. In other words, the losing fighters “tapped out.” All bouts were stopped by a referee before any major injuries.

Championship rules included three five-minute periods with closed fists, punching, kicking and kneeling to the torso.

The competitors were dressed and geared for safety. Instead of wearing the Improved Physical Fitness Uniform shorts and a t-shirt like they did last year, they wore Army Combat Uniform trousers, a tan or black t-shirt, knee pads and shin guards.

“This attire also gives the event more of a Combatives image than an Ultimate Fighting Championship or mixed martial arts image,” said SFC Austin Randolph, tournament director and noncommissioned officer-in-charge of the Warrior Training Center’s (WTC) Combatives Course. The WTC, located on the fort, is the event’s sponsor.

ALASKA SHUTS DOWN COMPETITION

With three wins, Alaska won overall. The team is the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command's 49th Missile Defense Battalion (Ground-based Midcourse Defense) from Fort Greely.

Several Alaska team members contributed to the win. SPC Joshua Hanson's third place in the heavyweight class helped. Others were PFC



CLOSE COMBAT

SPC Vincent Cruz and SGT David Stefi grapple with ferocity during their cruiserweight bout.

Matthew Briand and SSGs Rueben Vargas, Larry Martin and Adam Emmons. The margin was 50 points.

"We had the opportunity to see 36 Soldiers from 10 states battle it out for the top prizes," noted MAJ Jamison Kirby, the WTC operations officer.

SSG Tim Kennedy, who served six years with the Army's 7th Special Forces Group (SFG), was impressed with the Guard Combatives program. The 7th SFG Soldiers wear Green Berets and execute top-secret missions worldwide like other military special forces do. Kennedy did think there should have been more competitors, though.

"Every unit should be represented here," he said. "This is how we work as a unit, how we train and how we spend our time getting Soldiers prepared for war."

UNDER 60 SECONDS

I asked SPC Juan Davis how it felt fighting a fellow Soldier.

"He's a competitor," he said. "He's between me and my first place."

He defeated Indiana's SPC Joshua Wright in less than a minute. Davis credits his wrestling experience for his win.

He started wrestling in seventh grade, captured second place at 105 pounds in national competition, and won his state title in the same weight class.

PVT Melvyn Manibusan, who was invited to the tournament just two days prior and spent 22 hours on a plane getting there from Guam, defeated Indiana's SSG Braxton Shirar in the final. That fight lasted about three minutes.

"I'm the type of person who drives and keeps driving until the mission is done," he noted.

Manibusan said his goal was to win his weight class. He felt his strengths were kickboxing and jiu-jitsu. "Living in Guam," he said, "there is nothing to do but train."

"Submissions are my thing, so I was able to play my game against them and come out on top," he said.

SUBMISSION KING

SSG Nkosi Campbell, who defeated Guam's PFC Josh Cruz in less than three minutes, won all of his bouts by submission. He finished second in the middleweight final last year.

He said the reason for his success this year was his judo background. After studying Combatives only a year, he's a Skill Level 3 instructor. Skill Level 3 is a 160-hour, four-week course that builds on the skills taught in the first two levels.

Campbell had three hours' notice when he was invited to compete. He had a big advantage, though—he's a WTC Pre-Ranger instructor, and WTC training includes Combatives. But he hadn't competed in Combatives for almost three months prior to the tournament.

Yet, Campbell said he was a "natural boxer," and it showed.

Early in his final match against Illinois' SGT Burton Holloway, he delivered a right hook to the chin followed by a jab to the cheek. Holloway was nearly knocked out, and the audience was in awe.



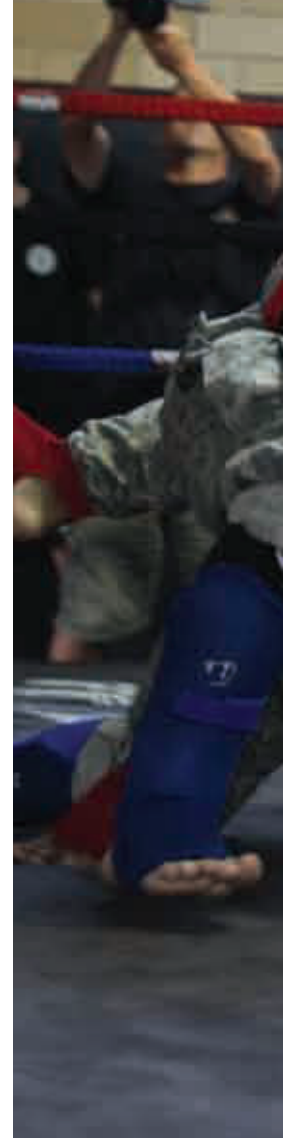
TAKE THAT

SGT Burton Holloway feels the sting of a punch thrown by SSG Nkoski Campbell in their middleweight bout.



BRUTE STRENGTH

SSG Timothy Muldrow throws SGT Damian Wadekamper early in their heavyweight bout.



Fast Facts

★ THE CHAMPIONS ★

Heavyweight

- 1st place: SSG Timothy Muldrow (SC)
- 2nd place: SGT Damian Wadekamper (AZ)

Light Heavyweight

- 1st place: PVT Melvyn Manibusan (Guam)
- 2nd place: SSG Braxton Shirar (IN)

Cruiserweight

- 1st place: SSG Nkosi Campbell (NJ)
- 2nd place: SGT Burton Holloway (IL)

Middleweight

- 1st place: SPC Vincent Cruz (Guam)
- 2nd place: SGT David Stefl (AZ)

Welterweight

- 1st place: 1LT Ryan Skaw (AK)
- 2nd place: SSG Martin Chavez (AZ)

Flyweight

- 1st place: SPC Sean Davis (AK)
- 2nd place: SGT Joshua Wright (IN)

SGT Holloway didn't escape SSG Campbell's wrath easily. Near the final round, Campbell cradled Holloway's head in his left hand and hit him several times with his right.

I asked him what it felt like to hit an opponent.

"It feels like hitting a punching bag or one of those big sandbags," he replied.

Holloway had two visible bruises on his left cheek when he accepted his trophy

FROM THE RING TO THE FIELD

SPC Vincent Cruz said his mind-set going into the tournament was to "give a good Combatives competition."

He defeated Arizona's SGT David Stefl in the final, which lasted three minutes. Stefl won the cruiserweight title last year.

Cruz said it was support from Guam that also helped him win. There were five Guam Soldiers stationed at the fort, including one at the WTC.

Cruz described how important Combatives is when Soldiers go downrange.

"When we go out on mission, that is when all the Combatives training comes into play," he commented. "Everything that we learned from level one to level four It counts when we actually go out on a mission and save one of our buddies—or our own life."

YOUNG BLOOD

1LT Ryan Skaw, who defeated Arizona's SSG Martin Chavez in the final in about a minute, started wrestling when he was five.

Skaw feels Combatives is important to training because it teaches survival fundamentals and is a team-based event.

"The Soldiers still have to find their own personal courage," he said. "Soldiers today need to be prepared physically because when you're physically prepared, you're mentally prepared, and this program supports that."

Soldiers may be physically prepared, but according to Skaw, after a couple of hits, his ears still ring, and the area that was punched "goes numb."

WHOMP!

I knew we were in for a good bout when SSG Muldrow's first throw of SGT Wadekamper ended in a loud thud as Wadekamper's body hit the mat.

Before the throw, Muldrow had closed in on Wadekamper as if Wadekamper was a quarterback about to be sacked.

Muldrow grabbed Wadekamper's left leg with his muscular right arm and wrapped his other arm around Wadekamper's waist (a double-leg takedown or a bear hug). He lifted Wadekamper off the black mat and slammed him hard down on it.



HARD LANDING
SGT Burton Holloway (top) throws SSG Nkosi Campbell to the mat in their middleweight bout.

The making of SSG Tim Kennedy

Special Forces, Texas Army National Guard

BY CLINT WOOD

"My boys aren't doing that."

That's what SSG Tim Kennedy's father stressed whenever Kennedy's mother tried to enroll Tim and his brother in cooking, dancing and other classes Tim didn't want to talk about. He described his mother as a "soft-spoken pacifist."

Instead, his father took his sons to shooting, boxing, wrestling and jiu-jitsu classes at home in California.

"I started loving the martial arts side of it," Tim said. "I started competing a lot more and started wrestling a little bit ... still trying to compensate for my mom's influence. And I just fell in love with the sport. Mixed martial arts was in its infancy."

Kennedy enlisted in the Active Duty Army after 9/11 and was honorably discharged this past August. His decorations include a Bronze Star while serving in Afghanistan. He has a 12-2 record in mixed martial arts with Strikeforce.

Life is good for the 30-year-old married father of two daughters. Being able to serve with the Texas Guard's C Company, 19th Special Forces Group, allows him to "... stay in uniform, represent the military and fight full-time."

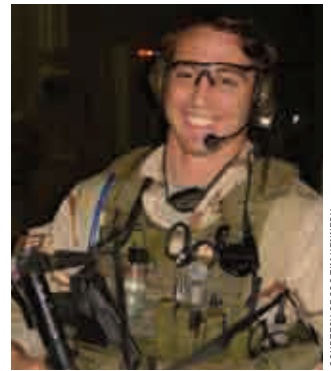
"There's nothing more I could have wanted," he said.

He noted that his goal as a Guard Soldier is to obtain a greater understanding of Combatives and how it can be used as a training tool.

He considers Combatives one of the most essential and necessary tools for Soldiers. He elaborated by saying these tools also include the Warrior Ethos, character building and aggressiveness.

"I also use it as a tool to teach people leadership, courage, discipline and focus," he said. "It's priceless. In Afghanistan and Iraq, I saw hand-to-hand combat situations in person. Situations that could have become lethal were defused by Combatives."

"It's a must," he continued. "Every unit needs to be training in it." **GX**



COURTESY OF SSG TIM KENNEDY

The final throw by Muldrow was the most talked about, though. Both fighters were standing up when Wadekamper attempted to kick Muldrow in the midsection with his left foot.

Muldrow blocked Wadekamper's leg with his left arm and crossed his arms. With Wadekamper's leg resting on Muldrow's left forearm, Muldrow lifted it up to his neck.

Muldrow kept lifting Wadekamper's leg and pushed him down to the mat hard with another loud thud. Muldrow said he noticed Wadekamper attempting the kick but didn't think about it.

"The only thing I remember was that I saw the leg coming ... and grabbed it before I even knew it," he described. He said he countered Wadekamper's kick as he was taught in Combatives Level 2 classes.

As far as being thrown, Wadekamper said he was used to it.

"That doesn't hurt," he admitted. "The throwing stuff doesn't bother me. I've been doing that for quite some time. That's a pretty big-time heavyweight thing, slamming each other down and throwing each other around."

Muldrow didn't win without getting hit a few times by Wadekamper.

One time, Wadekamper straddled Muldrow and got a few "licks" to his face. But when Muldrow connected with Wadekamper's eye, the bout was called.

When asked how it felt to hit Wadekamper, Muldrow replied, "If you know much about baseball, it was like hitting a home run. Like everything was perfect. The swing was perfect. And the ball was hit right."

And this "fight to the finish" demonstrated once again that Soldiers know how to persevere whether in competition or in a combat zone. **GX**

Go to [YouTube/nationalguard](https://www.youtube.com/watch?v=nationalguard) to see testimonials from Soldiers after the Combatives competition.

Q&A SSG Tim Kennedy Special Forces

GX: When was the first time you got pinned? Were you a high school wrestler?

TK: I was, actually (smiling). Thanks for bringing it up. I was in junior high school. I think I was in seventh grade when I went to my first freestyle-wrestling tournament. I went in and tried to hip-throw a guy. He sunk my back and pulled me over. I sat down, and I was pinned 30 seconds later. It was very humiliating.

GX: What is it like getting hit?

TK: In my last fight I didn't get hit. My wife is pretty much against me getting hit. A lot of people say I fight better after I've been hit a few times. I came in here and got beat up yesterday by the guys who teach at the Combatives center. A black eye and a little cut right here (pointing to a small cut above his right eye). Not a big fan of it. I would prefer not to get hit. **GX**

THE ART OF

Air Assault

**SOLDIERS LEARN
TO RAPPEL FROM
HELICOPTERS**

Story and photos by Bob Haskell



GRAND VIEW
Pennsylvania Army
National Guard
SGT Robert Farley
watches Air Assault
school classmates
rappel from a Black
Hawk while waiting
his turn.

SFC GREGG YANCHUK and 154 of his newest friends mastered the three R's of Air Assault during a blistering 10 days of school on Cape Cod in mid-August. There was plenty of Reading. There was quite a lot of Rappelling, including a 90-foot descent from a Black Hawk helicopter. And there was Rithmetic—the third R of Air Assault.

It's not calculus, mind you, or even long division. But the students of Air Assault Class 103-09 had to come to grips with a lot of numbers to make it through the physically and mentally challenging program and earn the distinctive Air Assault badge. Learning the numbers—the weights of a Humvee and a water trailer, for example—is among the things that make the 34-year-old Air Assault specialty distinctive from Airborne.

"A lot of people think it's all about jumping out of helicopters—then they encounter reality" said Yanchuk, 35, the day before he graduated from the toughest military school he's ever encountered.

"I knew exactly what to expect," he continued. "But a lot of others didn't. Some people were just not ready for the challenge."

Yanchuk of Massachusetts is a noncommissioned officer (NCO) from the 188th Engineer Detachment.

Camp Edwards, the largest part of the 22,000-acre Massachusetts Military Reservation on the part of the Cape nearest to the mainland, was the proving ground for 284 Soldiers. They checked in Aug. 10.

LOOK, NO HANDS! 2LT Thomas Hackett trusts his luck to the rope and his classmate on the belay while training on a rappelling tower at Camp Edwards, MA.



Sixty-four students checked out during the physically demanding “zero day.” One hundred fifty-five survived 10 days of heat and high humidity—Massachusetts seemed more like Georgia—and the intense Basic Training pace and discipline instilled by 12 Air Assault instructors from the Warrior Training Center at Fort Benning, GA.

“That’s a normal attrition rate,” said SFC Allen Watts, the NCO in charge of the trainers. “We find out during the first three or four days who was going to give the 10 percent required to complete this school.”

There is, however, no letup. Twenty students failed to complete a 12-mile road march within the allotted three hours during the early morning before graduation on Aug. 21. They didn’t graduate.

COL Paul Smith, the Massachusetts National Guard’s assistant adjutant general, had high praise for the 155 who did. “The fact that you’re graduating certifies that you’re tough, that you’ve got guts, that you’re professional—and a little crazy, too,” Smith said. “That’s OK, because the Army needs people who are a little crazy”

Mental discipline is a key to success because the students are expected to absorb a lot of information during the 10 days, especially during the sling load training. That’s when they learn how to prepare, rig and inspect equipment for transport by Black Hawks or Chinooks.

“This is a very [important] skill,” Watts explained, “because this is how troops are resupplied in Afghanistan and Iraq.”

Those are parts of the world where many students in Class 103–09 expect to be serving. Therefore, knowing how much the equipment, food, water and ammo loads weigh, how to pack them onto cargo nets, and how to balance the vehicles with the appropriate lengths of chain, are the

crucial numbers that Air Assault Soldiers have to know when they hit the ground.

“It’s highly unlikely they will have time to look it up after they land,” Watts noted. **GX**

Bob Haskell is a retired Army National Guard master sergeant and a freelance journalist in Falmouth, MA.



HANG IN THERE Not all Air Assault students exited the aircraft as gracefully as they would have liked, but everyone made it safely to the ground during the school at Camp Edwards.

“A LOT OF PEOPLE THINK IT’S ALL ABOUT JUMPING OUT OF HELICOPTERS—THEN THEY ENCOUNTER REALITY.”

» SFC GREGG YANCHUK, MASSACHUSETTS ARMY NATIONAL GUARD



Making the **HABUR GATE RUN**

*Mississippi Soldiers Cover the Gauntlet of
Strategic Iraqi Border Crossing*

*Story and photos by CPT Murray Shugars,
2nd Battalion, 198th Combined Arms*

Trucks wait at
Habur Gate to cross
the border into Turkey.



Leaning out the driver's hatch of an M1117 Armored Security Vehicle, SGT Edwin Pauley, a truck commander with 1st Platoon, B Company, 2nd Battalion, 198th Combined Arms, Mississippi Army National Guard, chats with platoon mates Clyde C. Davis and Antonio R. Price.

Sustainment Operating Location Q-West, Iraq—Soldiers with B Company, 2nd Battalion, 198th Combined Arms, out of Greenwood, MS, have been escorting civilian supply trucks across northern Iraq since the battalion arrived in July, but the Habur Gate run is their favorite mission, they said.

Mississippi Army National Guard members conducted a convoy security mission Aug. 24 from Contingency Operating Location Q-West (aka Q-West), Iraq, to Habur Gate, a crossing point on the Turkish border with Iraq.

“Habur Gate is a great change of scenery,” said PFC Quentin L. Wright, a turret gunner with 1st Platoon, B Company. “It is some of the prettiest country I’ve ever seen. The mountains, trees and grass are a lot nicer than the flat desert south of here. It’s more like a little vacation spot.”

ON THE BORDER

Habur Gate is a crossing point on the Turkish border with Iraqi Kurdistan. The site looks over the Habur River, which flows through the Iraqi town of Zakhu and empties into the Tigris River where Turkey, Iraq and Syria meet.

Coalition forces maintain a Convoy Support Center (CSC) and vehicle staging area here. A

“Habur Gate is ... some of the prettiest country I’ve ever seen.”

» PFC QUENTIN L. WRIGHT,
TURRET GUNNER, 1ST PLATOON,
B COMPANY

four-story, marble-sided building, it used to be a shopping mall serving the heavy traffic crossing the border, according to 1LT Nathan J. Lewis, executive officer of Logistical Task Force (LTF) A, a 16th Sustainment Brigade command and control node overseeing Habur Gate support operations. Thousands of civilian vehicles pass through the customs facility daily.

“Our mission is to support the convoys that come through,” he explained. “We oversee basic life-support, such as billeting, food, communications and medical support.”

The Habur Gate CSC offers a number of services besides housing LTF A’s headquarters, including a kitchen, medical aid station, post office, gym, a phone and Internet center, and a



A gun truck of 1st Platoon, B Company, 2nd Battalion, 198th Combined Arms, Mississippi Army National Guard, refuels during a long mission.

military communications facility. The plentiful water supply allows Soldiers to enjoy leisurely 15-minute showers—in contrast to the three-minute, get-wet-get-out combat showers at Q-West.

“Doing convoy security is a good mission,” declared SSG Jimmy L. Gibbs, a squad leader and truck commander with 1st Platoon, B Company. “We get away from base, see the country. We’re out there on our own, and we can deal with that.”

As a convoy security unit, 1st Platoon, B Company, employs gun trucks, each manned by a three-person crew—the truck commander, the driver and the gunner. Each gun truck platoon conducts one or two convoy security missions a week.

After roll call, the Soldiers gathered their equipment and headed to the company motor pool, where they made final preparations for the mission.

While convoy commander Hughes reviewed the latest intelligence reports with his truck commanders, everyone else conducted preventive maintenance checks and services on all equipment and vehicles.

Next, the Soldiers lined up their gun trucks by the motor pool gate and headed to the firing range, where the gunners test-fired their turret-mounted machine guns.

Then, they proceeded to the CSC. The Q-West CSC provides a range of services, including a maintenance facility, billeting area, dining facility and recreation center. Toward one end stands the Convoy Readiness

“[The Iraqis] understand that we’re not here to take over their country. We want to leave it better off than when we arrived.” >> SGT DAVID J. PETERSON

“The company has changed a lot since we deployed,” said Gibbs. “The squads and platoons have gotten tighter because they work on their own together. We’re competitive in a good way because everyone tries hard to be the best at convoy security.”

“We’ve gained tactical and technical competence as a result of rehearsal and repetition,” added 1LT Nathan W. Hughes, 1st Platoon Leader.

“We run the same missions regularly, and we’re getting pretty good at it,” he continued.

Even with meticulous preparation, these missions pose inherent risks, such as severe weather, equipment breakdowns and the chance of hostile situations.

B Company mitigates these risks with thorough equipment checks and maintenance procedures. Soldiers conduct battle drills to practice standard reactions to all possible enemy encounters. They also benefit from equipment designed for this mission, such as the Mine Resistant, Ambush Protected (MRAP) vehicle.

1st Platoon experienced hostile contact in August, but the Soldiers remain confident in their training and equipment.

“We’re well-trained, well-prepared and have some of the safest equipment available,” said SPC Robert E. Bowen, the 1st Platoon medic.

ROLLING OUT

The mission began in the early evening with 1st Platoon reporting to the company briefing room.

Center, a spacious hall containing bleachers arranged around a battle drills table and a projection screen.

Here, the convoy commander presented a slide show mission brief to his Soldiers. After final communications and sensitive items checks were finished, the convoy motored to the civilian CSC, where they linked up with semi-trailer trucks.

Roughly five hours elapsed from the pre-mission roll call to when the Q-West CSC guard closed the main gate behind the convoy

MISSION COMPLETE

Truck commander SSG Jonathan A. Parks and fellow platoon members lounged on the dining-area balcony of the Habur Gate CSC.

They had just finished breakfast and were making small talk as they gazed at the rugged Turkish mountains.

Parks deployed to Afghanistan in 2006, serving in a force protection company that provided security for Camp Eggers, Kabul.

“This is a better mission than I had during my last deployment,” Parks said.

SGT David J. Peterson is one of many dedicated Soldiers who have extended their deployments and now serve with the 2/198th CAB. A truck commander, his first Iraq deployment was in 2005.

“It’s a lot safer than it used to be, that’s for sure,” he offered. “We treat the Iraqis as partners in protecting their own country. We don’t see them as enemies, and this has improved the way they treat us. They understand that we’re not here to take over their country. We want to leave it better off than when we arrived.” **GX**



The Habur Gate Convoy Support Center hosts amenities including a gym, post office, Internet center and the Habur Gate Shoppette, where Soldiers can stock up on personal items.



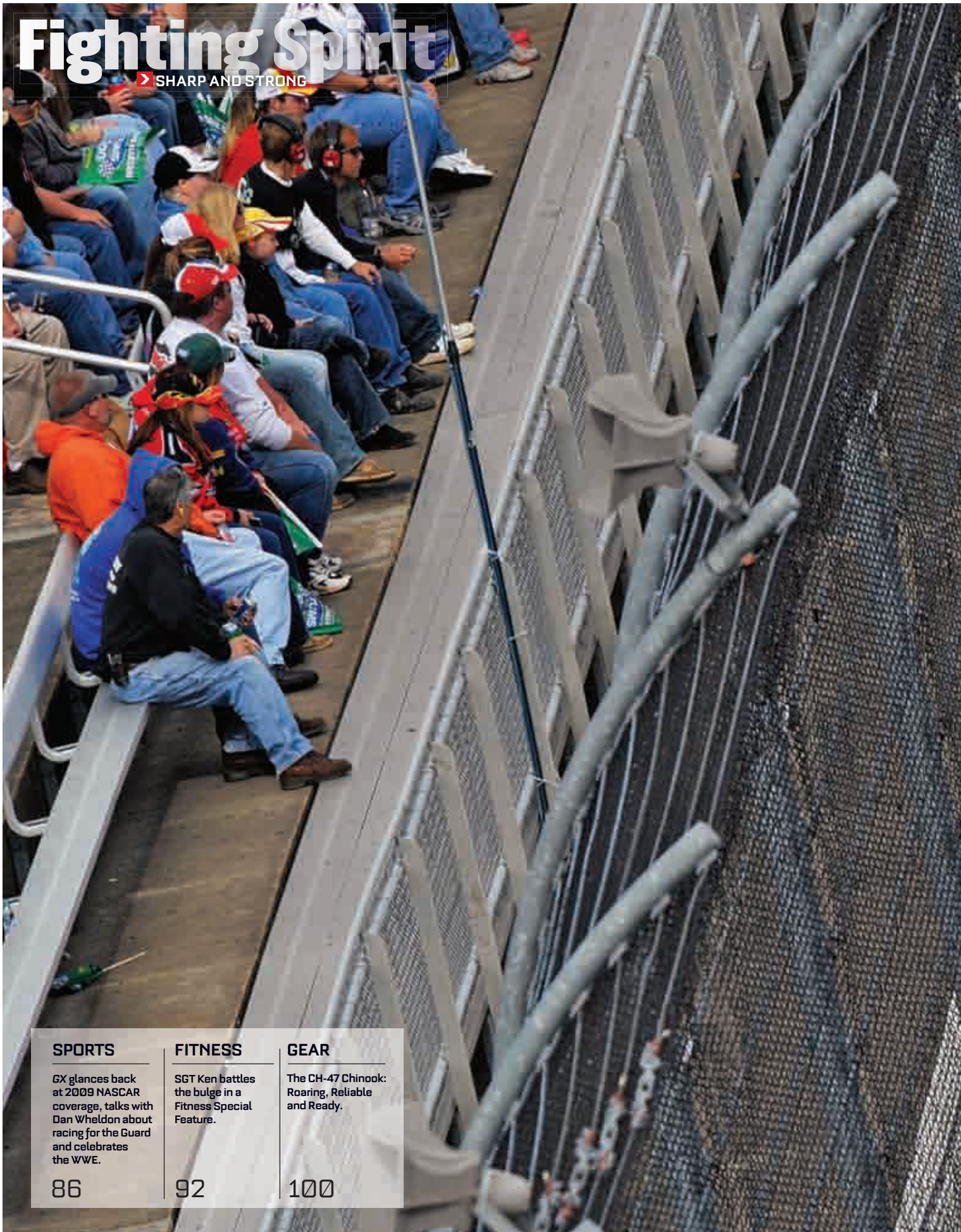
SGT Mark A. Beck, truck commander, happily looks forward to breakfast and sleep after a long convoy security mission.



Members of 1st Platoon, B Company, 2nd Battalion, 198th Combined Arms, Mississippi Army National Guard, conduct a pre-mission briefing in the motor pool of Habur Gate.

Fighting Spirit

▶ SHARP AND STRONG



SPORTS

GX glances back at 2009 NASCAR coverage, talks with Dan Wheldon about racing for the Guard and celebrates the WWE.

86

FITNESS

SGT Ken battles the bulge in a Fitness Special Feature.

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GEAR

The CH-47 Chinook: Roaring, Reliable and Ready.

100



Hugging the Wall

Jeff Gordon drives his NATIONALGUARD.com car close to the wall through a turn as his teammate, Jimmie Johnson, drafts off of him during the Tums Fast Relief at Martinsville Speedway on Oct. 25, 2009.

Fan Scores Big

JONATHAN RAGAN GETS DALE JR.'S HOOD

By SFC Philip Witzke



Soldiers of the Kansas National Guard present Ragan with the No. 88 Citizen/Soldier hood.

ONE OF DALE EARNHARDT JR.'S No. 88 NASCAR hoods won't be taking laps around the track anytime soon. It was presented by members of the Kansas Army National Guard to its new owner, Jonathan Ragan, of Ellinwood, KS.

Ragan was speechless as the truck with a large, truck-bed-filling box rolled up to the curb in front of his house.

20,000 TO 1

Ragan was chosen at random from the nearly 20,000 members of the Dale Jr. Guard Garage Fan Club. The National Guard Bureau shipped the hood to the Kansas Army National Guard recruiting and retention office in Topeka.

"It was an honor for the Kansas National Guard to be a part of this," said COL Tim Marlar, director of personnel for the Kansas National Guard, who presented the hood to Ragan. "Mr. Ragan is clearly a deserving fan, and it was a great experience to be the one delivering the Citizen/Soldier hood to him."

The hood, signed by Earnhardt and the band 3 Doors Down, quickly left its packaging. Though Ragan has never been able to attend a race, he now held a piece of racing right from the track in his hands.

"Wow," Ragan exclaimed. "Thank you, thank you."

The 26-year-old became a fan of the racer after Dale Jr. experienced the loss of his father in a NASCAR accident and then won a race soon after. Ragan has respect for the racer's driving skills and character.

"Not too many people go 200 mph, just inches apart," Ragan said, "but it's his values that are really impressive."

QUALITY ASSURANCE

Ragan says it is Dale Jr.'s honesty and integrity that truly makes him a fan.

"I want to instill in my kids the same values [Dale] Jr. shows," Ragan said.

And with one glance around their room, it's evident the racer's influence will be part of his sons' upbringing. Wall emblems of Dale Jr.'s No. 88 car adorn the room at every angle, not to mention the encircling wallpaper border near the ceiling.

Chock-full of all things Dale Jr., just outside the youngsters' room sits Ragan's tower of memorabilia. The glass-shelved tower displays five levels of hats, baseballs, die-cast models, a

metal lunch pail and even an Earnhardt-themed lamp. However, the hood is Ragan's first autographed piece.

After looking up Dale Jr. fan clubs online, Ragan came across the Dale Jr. Guard Garage Fan Club. Despite seeing the large number of members—some 20,000 who were all in the running to win the hood—he decided to join.

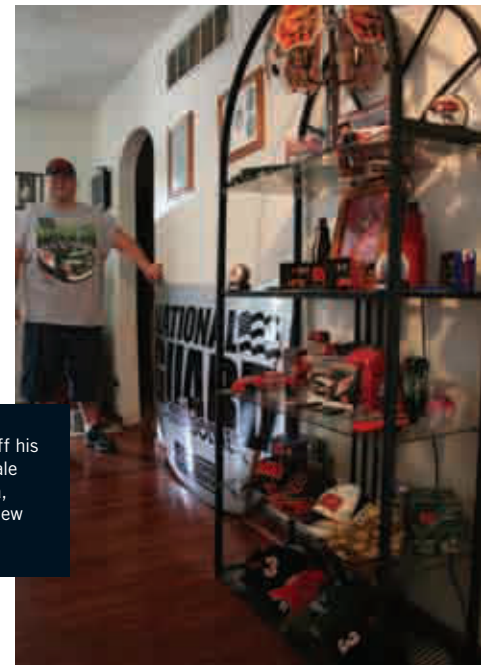
He sent in a picture and a story explaining why he was a die-hard fan.

MILITARY CONNECTIONS

Like Dale Jr., Ragan has a connection to the Army and Army National Guard. His father

served as an aircraft electrician, his sister served a tour in Iraq as a unit supply specialist, and his brother-in-law, a motor transport operator in the Wisconsin Army National Guard, is currently on his second tour to Iraq.

Hendrick Motorsports donated the hood, and the National Guard, through the Dale Jr. Guard Garage Fan Club, awarded it as part of a series of Dale Jr. memorabilia contests and prize drawings. **GX**



Ragan shows off his collection of Dale Jr. memorabilia, especially his new hood piece.

Join the Dale Jr. Guard Garage Fan Club.
Visit DaleJrGuardGarage.com

Dan Wheldon, center, shares a moment with Iowa National Guard's adjutant general, BG Timothy Orr, left, and Panther racing owner John Barnes, in the Iowa Speedway Garage in June 2009.



A Chat With Dan Wheldon

"I FEEL A LOT OF PRIDE REPRESENTING THE GUARD."

Story and photos by Clint Wood

DAN WHELDON'S RETURN to Panther Racing for the 2009 IRL IndyCar Series season was special.

"I feel a lot of pride representing the Guard," he said.

Wheldon drove the No. 4 National Guard car this season to ninth place in the series championship. He finished the season with three top-five finishes and nine top-10 finishes.

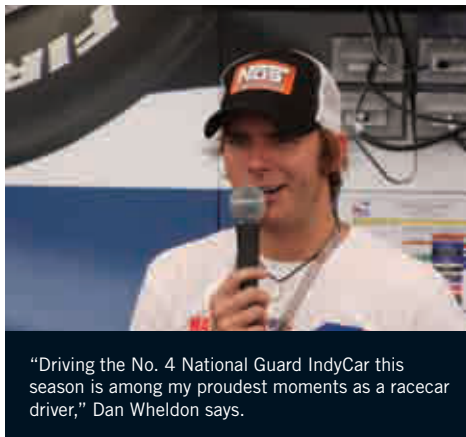
His finish at the Indy 500 was the second runner-up finish at the famous track for Panther Racing. He won the Indy 500 once en route to winning the 2005 IndyCar points championship.

GX: *What have you learned from talking to Guard Soldiers?*

DW: That they take in stride what they do. I don't think they realize the significance of their impact on this country. They want to give credit to somebody else. To represent people like that is very humbling for me.

GX: *What have you been able to do as a representative of the Guard?*

DW: There's not one particular thing that sticks out. When you represent the National Guard, you're fortunate to participate in great activities that are all incredibly different. I've been to various hospitals to visit wounded



"Driving the No. 4 National Guard IndyCar this season is among my proudest moments as a racecar driver," Dan Wheldon says.

Warriors. Meeting Soldiers who were injured while protecting their country was very emotional for me.

Also, welcoming home the Special Operations troops in Ohio (B Company, 2nd Battalion, 19 Special Forces Group) was special. I got to see troops interact with their families after a long absence. That was a very touching moment.

GX: *What was your most memorable race this season and why?*

DW: My second place finish at the Indianapolis 500 was the most memorable race of the season. I thought it was very special to



Dan Wheldon poses with SGT Shane Drillings of the Iowa Army National Guard.

represent the Guard. Walking out on race day with the camouflage paint scheme on the No. 4 car at Indianapolis—where a lot of the people represent their country in all the different military branches—was one of the more special races I've had.

GX: *What are your goals for next season?*

DW: To win races. Obviously we haven't achieved everything we wanted to this season. So for next year, I'd like to build on the momentum we've created this year.

GX: *If you were a Soldier, what would you want to do?*

DW: That's a tough question to answer. I really enjoyed flying in a Black Hawk helicopter. I'd have to say anything that got me back in a Black Hawk would be something I would find exciting.

GX: *How has being a father changed you as far as racing?*

DW: It hasn't at all. The only thing I've learned from this is that I've got to make sure my son is on a good race team. **GX**

To see more of Dan Wheldon in action, go to www.NATIONALGUARD.com/guardracing/irl.

**ARMY
TEN-MILER**
Special Feature
★ ★ ★



South Dakota Sprints to the Front

By MAJ Brendan Murphy

Ten members of the South Dakota Army National Guard participated in the 25th annual Army Ten-Miler race on Oct. 4, in Washington DC.

The women's team captured second place in the women's division, and the men's placed eighth in the men's division.

"The members of our two teams are indicative of the quality of the South Dakota Army National Guard Soldier," said MSG Michaellette Higgins, Recruiting and Retention Battalion.

Open to both military and civilian competitors, the event featured 30,000 registered runners and is considered the largest 10-mile race in the U.S. and the second largest in the world.

"It was an incredible experience," said SSG Richard Harming, 881st Troop Command. "I really enjoyed the camaraderie of our team. It was an experience I will never forget."

The goal of the Army Ten-Miler is to promote the Army, build *esprit de corps*, support fitness goals and enhance community relations, with all proceeds benefiting the Army's Morale, Welfare and Recreation (MWR) program.

MWR has a comprehensive network of support and leisure services designed to enhance the lives of Soldiers and their families.

"This is a great way to honor those who have served, are serving or have made the ultimate sacrifice defending this great country," said CPT Don Johnson, Counter Drug Program.

Participants can sign up as individuals or in teams. More than 700 military and civilian teams vie for team titles, such as the Commander's Cup, International Competition and USCAA Ten-Mile. **GX**

Tough Enough for Top 10:

**South Dakota Army National Guard
Women's Team—Second Place**

MAJ Jonette Murphy – 1:19:44 – Blackhawk, SD
2LT Maria Fritza – 1:20:38 – Sioux Falls, SD
CPT Rebecca Hoffman – 1:22:24 – Sioux Falls, SD
CPT Rebecca Trygstad – 1:27:46 – Volga, SD
MSG Michaellette Higgins – 1:41:43 – Blackhawk, SD

**South Dakota Army National Guard
Men's Team—Eighth Place**

CPT Michael McDaniel – 1:10:36 – Rapid City, SD
MAJ Brendan Murphy – 1:11:39 – Black Hawk, SD
MAJ Orson Ward – 1:16:28 – Lead, SD
CPT Don Johnson – 1:16:58 – Sioux Falls, SD
SSG Richard Harming – 1:23:40 – Summerset, SD

SWEET SUCCESS The South Dakota Army National Guard women's running team took second place and the men's team took eighth place in the Army Ten-Miler in Washington DC, on Oct. 4.



SOUTH DAKOTA ARMY NATIONAL GUARD



READY TO RACE GX reporter Camille Breland (far right) caught up with CSM David Hudson (kneeling in the front) and other Guard Soldiers before racing the Army Ten-Miler in Washington, DC.

Guard Bureau and now a member of the Alaska National Guard. He raised more than \$10,000 for the cause with the help of his running mate and four-legged friend, Tucker the dog.

Hudson's team raised more than \$2,000 this year for the Wounded Warrior Project, which provides services and programs for Soldiers and military men and women injured in combat.

BACKYARD BRATS

The highlight of my trip to DC was meeting CSM Hudson, his wife, their friends and Tucker. Though I kindly informed him I may not be able to keep their pace during the race, Hudson was kind enough to let me hang out with his team and even invited me to their beautiful home on Fort Myer, VA, for hotdogs and brats after the race.

Running the Army Ten-Miler with a record-setting 1,400 National Guard Soldiers and Airmen is an experience I will never forget. The racecourse took us past the Washington Monument, Lincoln Memorial and White House, across the Arlington Memorial Bridge and back to the Pentagon, where Guard and Army Soldiers celebrated their victories with friends and family.

I may not have broken any records or even finished in the top of my age group, but as I watched Soldiers push their bodies to the limit and cheer each other on, I saw the heart of the Army National Guard. **GX**

GX Runs the Army Ten-Miler

By Camille Breland

I KNEW I WAS WITH SOLDIERS AS

I crossed the finish line—not because they were wearing shirts identifying their unit or their hair was buzzed, or even because they saluted the flag as the national anthem rang from speakers before the race.

I knew I was running with Soldiers because as I neared the finish line at the 25th annual Army Ten-Miler in Washington, DC, the man next to me looked at his stopwatch and stated, “Right on target.” Only a Soldier would be thinking in terms of target instead of time.

I had successfully completed the monumental race, even beating my anticipated finish time. But I don't claim to be a runner. In fact, I've had some pretty spotty running

attempts in the past. So, 10 weeks prior to the event, realizing that I'd be jogging alongside some of the nation's fittest National Guard Soldiers, I knew I had to get serious about my training schedule.

I started with a modest program—3 miles a few times a week. I arose on Saturday mornings earlier than I prefer, and ran alongside a steamy blacktop highway and cotton fields in Tunica, MS. My two goals: to finish and to not walk.

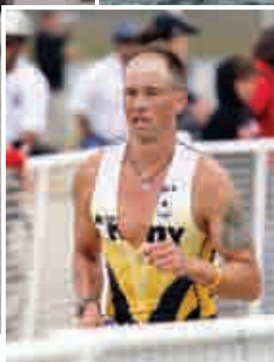
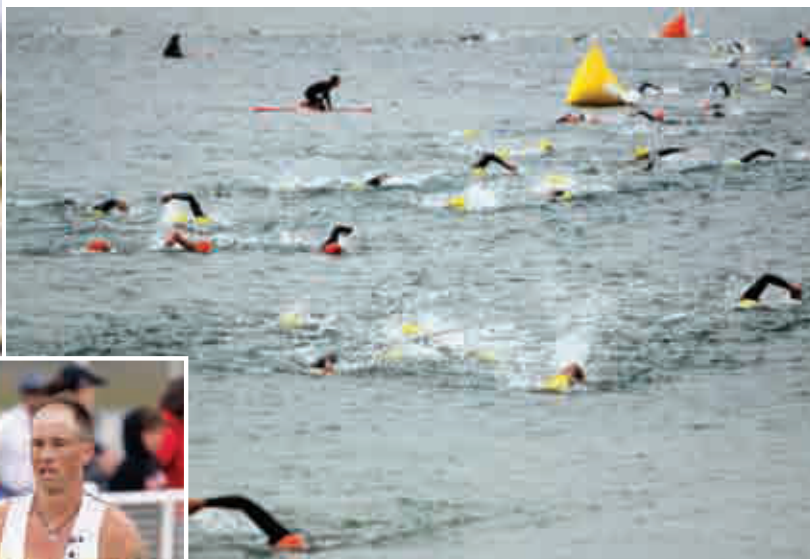
The race started with Warriors who were injured in combat—those with prosthetic limbs or in wheelchairs. Next, the elite runners and experts began their sprint. Alene Reta broke the overall male record with a time of 46:59, and Samia Akbar broke the women's record set in 1995 with a 55:25 finish time.

THE SPIRIT OF THE RACE

The heart of the Army Ten-Miler isn't about being the fastest. It's about supporting the men and women in uniform who serve and protect our nation.

Most teams in the race raise funds for a charity or cause of their choice. I helped raise money for the Fisher House Foundation, a nonprofit organization that builds and donates state-of-the-art homes for wounded Warriors and their families to live in while receiving medical treatment.

This year, Team Fisher House had 75 runners and raised more than \$62,000 for military families. The foundation saw its highest individual fundraiser of all time for the Army Ten-Miler last year—CSM David Hudson, former senior enlisted advisor for the National



Left to right: Lee powers through the bike portion of a triathlon, attempting to save energy for the run; Lee begins the most excruciating part of the triathlon, the 10K run; Lee and fellow competitors tackle the swim portion of the triathlon.

Training for Excellence

SOLDIER EMBRACES THE WORLD OF TRIATHLON

By Christian Anderson

MAJ ANTHONY LEE, 36, PUTS ON his ACUs and beret Monday through Friday, but on the weekends, he wears another uniform: the All-Army Triathlon Team uniform.

When Lee qualified for this prestigious team, he joined the best athletes the Army has to offer. The team plucks triathletes from the Regular Army, the National Guard and the Army Reserve.

MAKING THE CUT

“Making the All-Army team was exciting, but then I thought, ‘Wow, I need to train hard now, because all these people on the team are very fast,’” Lee said. “When you’re on the All-Army Team, you race International Triathlon Union (ITU) races, which are totally different from the normal weekend races.”

According to Lee, there are team tactics in ITU races that present an extra challenge. You have to be able to swim strong, get on a bike, be able to handle your bike in packs, know when

to draft, know when to break and then run a 34-minute (or under) 10K.

THE SPORT FOR WARRIORS

A triathlon is comprised of three separate sports. It’s rumored to be one of the toughest endurance events.

Pitting the body and mind against a series of events designed to wear a fit person out, competitors usually cross the finish line with nothing left in the tank.

Combining swimming, cycling and running into one total sport requires proper training, dedication and daily discipline to follow a routine. Not to mention several hours a day to train.

“Usually, after my ride on the weekend, there’s a run, which is called a brick workout,” Lee said. “Although there are three disciplines, the key to succeeding in triathlon is to train like it’s one sport. Bricks are very important for half-Ironmans.”

He looks back on his career in the military and attributes it to his drive and discipline to succeed. Joining the Air Force after high school, Lee went to college after serving in Desert Storm, eventually joining the Guard in 2008.

“I think being in the military has helped me excel as a triathlete,” Lee explained. “The discipline Soldiers use every day sets you up to do well in a triathlon. It helps you get up at 4:30 in

the morning, then go to work, then after work, to go run or bike, then to go to bed and do it all over again.”

ON POINT

Lee loves to race, but he admits that helping others prepare for an event is just as fun as racing.

“I’m working with an organization called the On Point Foundation, which has allowed me to train disabled athletes and wounded Warriors,” he said. “On Point is a nonprofit organization out of Arizona that helps prepare wounded Warriors transition into athletes.”

On Point pays for Lee’s equipment, and in return he coaches—at no charge—to get them ready for that event. He has to tailor every training plan to work around the Warrior’s physical demands.

“I get a sense of satisfaction helping other people achieve their goals,” Lee explained. “I work 7 to 4 every day, and I get out, get my workout in, and then the real fun begins with my coaching session.”

Over the winter, Lee plans to focus more on his coaching and training as he prepares for his debut in the Ironman Hawaii World Championship in October 2010. **GX**

Read MAJ Anthony Lee’s blog at [Facebook.com/nationalguard](https://www.facebook.com/nationalguard).

COURTESY OF MAJ ANTHONY LEE

Rey Mysterio Flies High for the Guard

GX EXCLUSIVE WITH WWE SUPERSTAR By Fred D. McGhee II

It's not easy to stand tall in a land of giants, but the charismatic Rey Mysterio Jr. has done just that. Mysterio is one of the WWE's top performers and a perennial fan favorite. The diminutive star is wrapping up his 21st year as a professional wrestler. GX caught up with the high-flying Mysterio in Madrid, Spain, of all places, as he was promoting an upcoming WWE European tour. He talked with GX about his past, his family and his admiration for the Army National Guard.

GX: Rey, tell me how you got started in professional wrestling.

RM: I got started with my uncle, Rey Mysterio Sr. He was an instructor at a wrestling school, and so I would tag along. It started off as play wrestling at the age of 5. By the age of 8, I started training seriously. Then at the age of 15, I had my first professional match.

GX: When did you know you wanted it to be your career?

RM: When I was 7 or 8 years old.

GX: Do you remember who your opponent was in your first professional match?

RM: Oh yeah, it was a guy called Shamu—just like the whale, and he was a big guy, too.

GX: What is the biggest moment in your career, and why is it special?

RM: If I had to pick one, it would be becoming WWE World Champion. Early on, everybody made fun of me because I was a small, skinny kid who didn't really have much support from people. I had all the belief in the world, but there were a lot of people who doubted me, counted me out. By becoming champion, I proved them wrong.

GX: And what was a low point of your career?

RM: I would have to say it would be Eddie's (Editor's note: He is referring to Eddie Guerrero) death, without a doubt. Also, the numerous

surgeries I've had. My uncle never taught me that eventually, after so much wear and tear, your body might break down. Mine did. I broke down several times, and I had to go in to get a tune-up and get moving again.

GX: How many surgeries have you had?

RM: I've had six on my knees and three on my right bicep.

GX: How many nights of the year are you on the road?

RM: I would say between 280–300 days of the year, I'm out on the road. Yeah, that's a lot. A lot of people don't consider us a real sport, but we've got to be, because we don't have any off-season. We go all-year round—we travel, we work and we train. That's why no one can hang with us, not the NFL, NBA or MLB.

GX: You wear a mask when you wrestle. What does it represent?

RM: The mask has a long history, going back to the mid-1930s. They were worn to conceal the wearer's identity. It was used for the first time in Mexico by an American wrestler. You would think a Mexican would have worn the first mask ever worn in Mexico, but an American wore it. I grew up around the sport, my uncle, Rey Mysterio Sr., wrestled with a mask for many years. That's what I grew up watching. The wrestlers in Mexico were my superheroes. So, of course when I started wrestling, I wanted to wear a mask.

GX: Have you wrestled overseas in front of the troops?

RM: Yes, I'm going into my fourth year of going overseas and performing for the troops.

For more on Rey Mysterio Jr. and other WWE superstars, check out the National Guard's WWE profile at Fans.WWE.com/NationalGuard

GX: Explain the experience of performing overseas for Soldiers?

RM: It's incredible. I remember going the first year and being really scared. I didn't know what to expect because I've never been to a war zone. It was great to talk with all the troops. And of course, there was the show. Performing in front of the troops and giving them an opportunity to put their signs up and say hello to their families back home was touching. It breaks your heart, it really does, and it makes you appreciate life much, much more.

GX: What was the attitude of the troops when you were there?

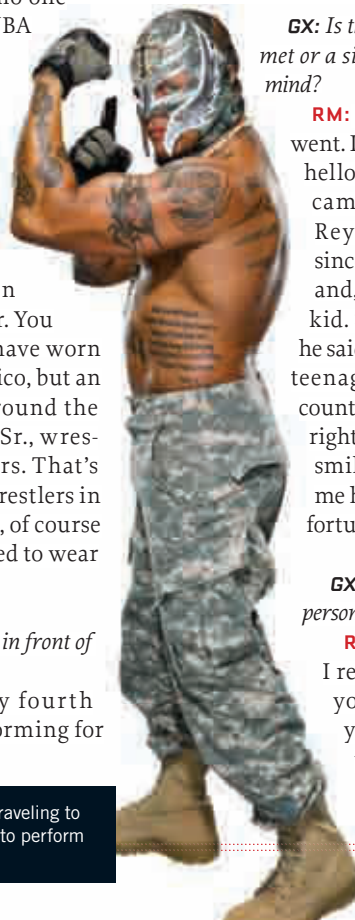
RM: Incredible. They were very animated and very positive. There was not one negative vibe, comment or reaction from any of the troops. When I returned home to my family, my thoughts were of the troops out there missing their families and wanting to be home.

GX: Is there any particular person you met or a situation that sticks out in your mind?

RM: Yes, it was the first year I went. I was walking around saying hello to the troops, and a Soldier came up to me and said, "Hey, Rey, I've been watching you since I was a kid." I looked at him and, to me, he still looked like a kid. So I asked him his age, and he said 19. I thought to myself, this teenager is here fighting for our country, for my rights, my family's rights, and here I am putting a big smile on his face. That really hit me hard. It made me realize how fortunate I am.

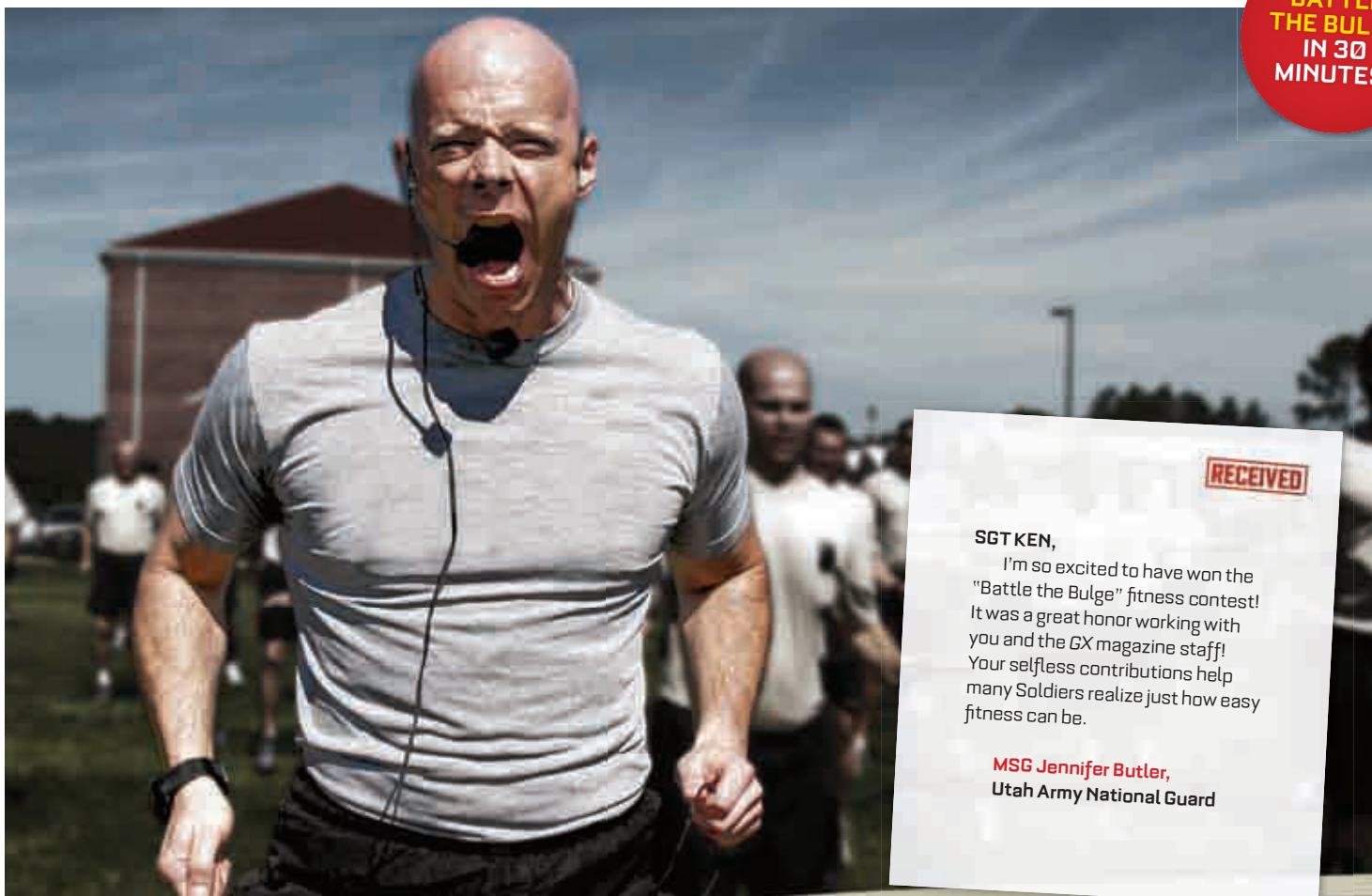
GX: In closing, Rey, do you have a personal message for the troops?

RM: Speaking from the heart, I respect and appreciate what you do for us, and I pray for you guys to come back safe so you can reunite with your families. **GX**



Rey Mysterio Jr. has been traveling to Iraq for the past four years to perform for deployed Soldiers.

**BATTLE
THE BULGE
IN 30
MINUTES!**



RECEIVED

SGT KEN,

I'm so excited to have won the "Battle the Bulge" fitness contest! It was a great honor working with you and the GX magazine staff! Your selfless contributions help many Soldiers realize just how easy fitness can be.

**MSG Jennifer Butler,
Utah Army National Guard**



OPERATION BATTLE BULGE

**GX Fitness Contest Winner
MSG Jennifer Butler**

Written by **MSG Jennifer Butler**, and
Ken and Stephanie Weichert



>> Meet MSG Jennifer Butler

MSG Jennifer Butler serves as an instructor for the Battle Staff Noncommissioned Officer Course with the 640th Regiment, Utah Army National Guard. She has been in the Guard for 19 years and has served in numerous assignments.

Her interest in fitness began in high school and still benefits her today in the military.

A native of Gettsburg, SD, Butler enjoys a variety of outdoor activities, including boating, camping, four-wheeling and hiking.

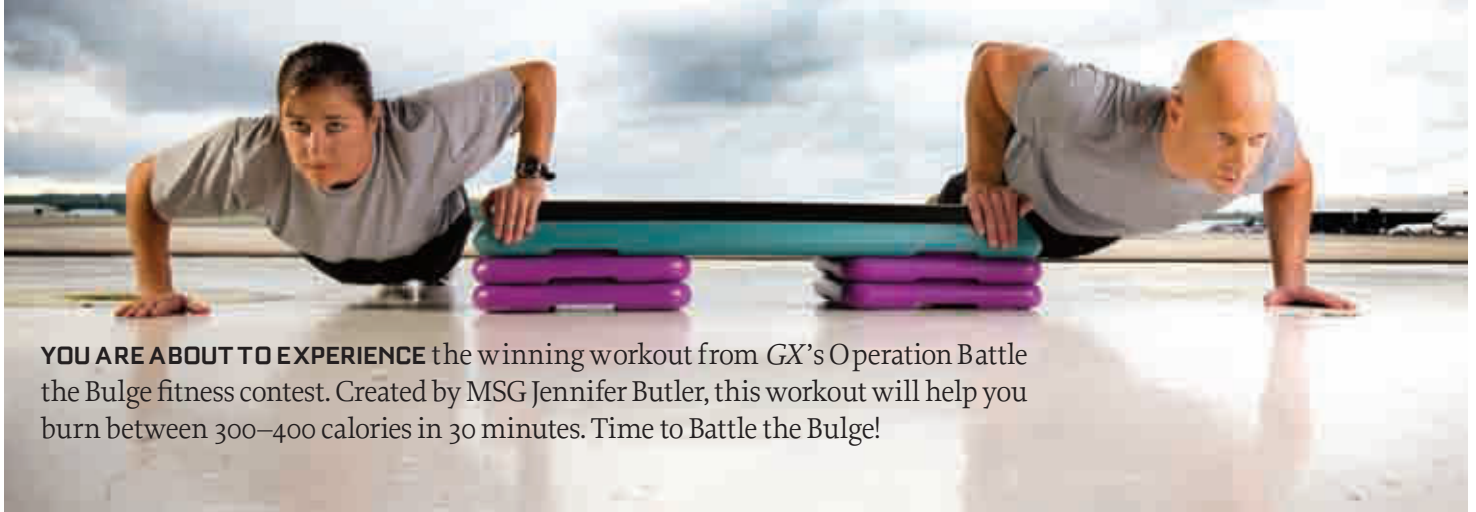
Butler's short-term goals include obtaining a first sergeant position in the Utah Army National Guard and attending the First Sergeant's course. Her long-term goals are to become a sergeant major or command sergeant major.

“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

STRENGTH AND BALANCE

MSG Butler and SGT Ken get you ready to Battle the Bulge.



YOU ARE ABOUT TO EXPERIENCE the winning workout from GX’s Operation Battle the Bulge fitness contest. Created by MSG Jennifer Butler, this workout will help you burn between 300–400 calories in 30 minutes. Time to Battle the Bulge!

WARM-UP PHASE

1. Walk or jog in place x 1 minute (not pictured)

2. Jump Rope Drill x 1 minute (not pictured)

START:

Stand upright, knees slightly bent, feet 6–12 inches apart, toes pointing forward and hands at your sides.

ACTIONS:

Perform the action of jumping rope without the rope. Breathe deeply.

4.

Overhead Abdominal Stretch x 30 seconds



START:

Stand upright, feet 6–12 inches apart, toes pointing forward and hands at your sides.

ACTIONS:

Fully extend your arms overhead with your fingers clapsed, palms facing upward. Elevate your heels and balance on the balls of your feet. Breathe deeply.

5.

Modified Chest Stretch x 30 seconds



START: Stand upright, knees slightly bent, feet shoulder-width apart, toes pointing forward and hands at your sides.

ACTIONS:

Bend forward at your hips approximately 45 degrees, reach behind your back with your arms and clasp your fingers, palms facing backward. Breathe deeply.

3.



High Step Drill x 1 minute

START:

Stand upright, knees slightly bent, feet shoulder-width apart, toes pointing forward and hands above your shoulders, palms facing forward.

ACTIONS:

Perform the action of running in place, raising your knees above or at hip-level with each stride. Keep your hands above your shoulders during the entire drill. Breathe deeply.

6.

Downward Facing Dog Drill x 30 seconds

START:

Balance your body on your hands and feet with your back and legs forming a straight line. Position your feet several inches outside the width of your hips, hands slightly more than shoulder-width apart, legs and arms straight.

ACTIONS:

Raise your hips upward until you reach 90-degrees at your hips, head aligned with your arms. Breathe deeply.



MUSCLE TARGET PHASE

7.

Squat Bender (4-count) x 15 repetitions

START:

Stand upright, feet shoulder-width apart, toes pointing forward and hands at your sides.

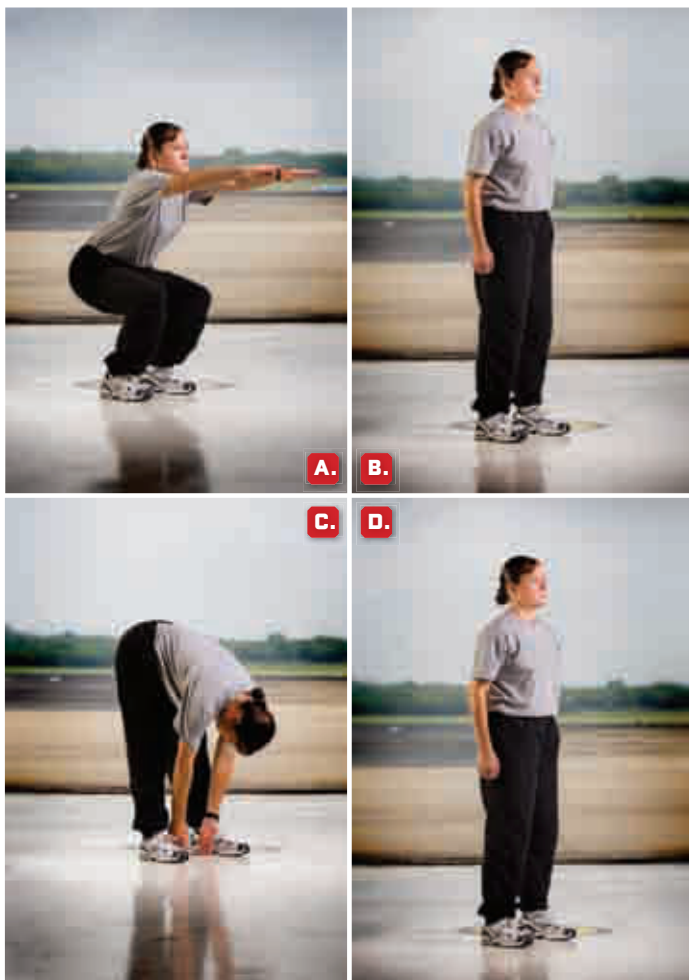
ACTIONS:

A. Lower your body by bending both knees until you reach 90 degrees of knee flexion with your hips moving backward as if sitting on a chair. Maintain your weight directly over your heels or mid-foot. While you lower your body, raise your arms upward until level with your shoulders, palms facing downward.

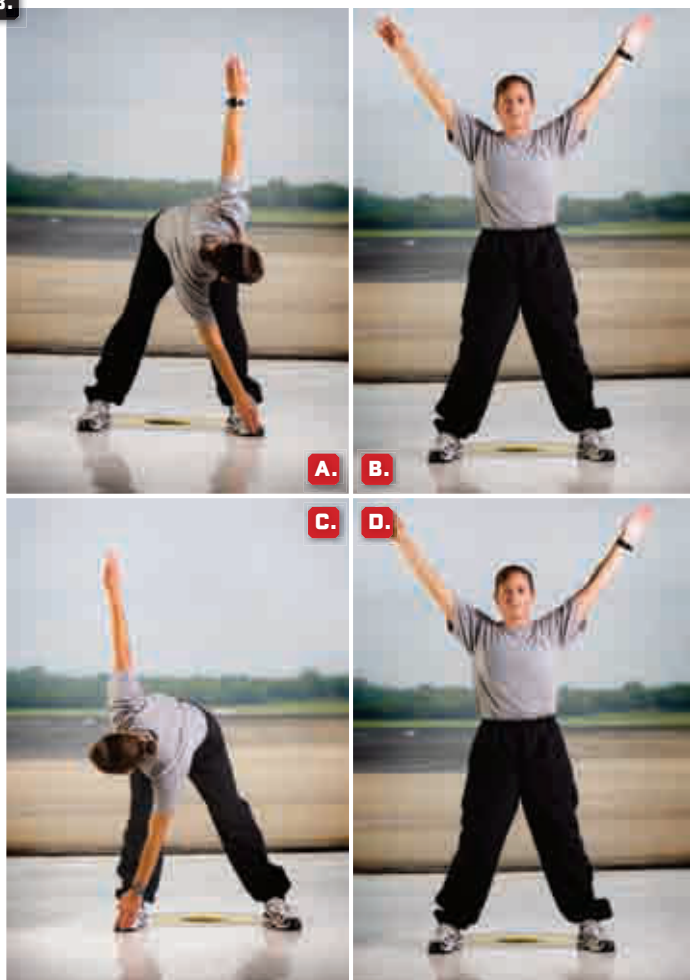
B. Return to the start position.

C. Bend forward at the hips and reach downward until your hands come close to or reach the ground on the inside of your feet, palms facing inward.

D. Return to the start position. Completing all four steps once is one repetition. Exhale through your mouth on steps A and C and inhale through your nose on steps B and D.



8.



Windmill (4-count) x 15 repetitions

START:

Stand upright with your feet several inches outside the width of your hips, toes pointing forward, arms fully extended overhead and slightly out to each side until your hands are in line with your feet, palms facing forward. Your body will form a letter "X."

ACTIONS:

A. Bend forward at the hips, twist your trunk counterclockwise, reach downward until your right hand comes close to or reaches your left foot, left arm extended upward, hands in line with your shoulders.

B. Return to the start position.

C. Bend forward at the hips, twist your trunk clockwise, reach downward until your left hand comes close to or reaches your right foot, right arm extended upward, hands in line with your shoulders.

D. Return to the start position. Completing all four steps is one repetition. Exhale through your mouth on steps A and C and inhale through your nose on steps B and D.

“A good hockey player plays where the puck is.
A great hockey player plays where the puck is going to be.”
—Wayne Gretzky, National Hockey League Hall of Famer

9.

Static Lunge x 20 repetitions (each side)

START:

Start with your left leg on the ground straight in front of you with your left knee slightly bent. Place your right leg straight behind you, balancing on the ball of your right foot. Your upper body is upright with your hands on your hips.



ACTIONS:

Lower your body, both knees bending until your forward leg achieves 90 degrees of knee flexion. Maintain your balance in the center. Return to the start position and continue until your goal is reached. Switch sides and continue. Exhale through your mouth as you lower your body, and inhale through your nose as you return to the start position. Warning: Do not let your forward knee bend beyond your toe line.



Teacher and Pupil

SGT Ken helps instruct MSG Butler on the correct form for her workouts.

10.



10. Step Up and Row x 15 repetitions (each side)

START:

Holding a set of light dumbbells at your sides, stand behind a bench or platform that is 6–12 inches from the ground.

ACTIONS:

Place your left leg on the platform, step upward and raise your right knee until level with your hips. Raise your elbows out and up until your hands and elbows are level with your shoulders, palms facing downward. Return to the start position and continue until your goal is reached. Switch sides and continue. Exhale through your mouth as you step up and inhale through your nose as you return to the start position. Note: This can be performed without dumbbells, if needed.

11.

Standing Supine Bicycle (4-count) x 20 repetitions

START:

Stand upright, feet shoulder-width apart, toes pointing forward, hands behind your head and fingers clasped.

ACTIONS:

Bend your left knee and raise it upward until level with your hips while twisting your trunk counter-clockwise until your right elbow comes close to your left knee. Return to the start position and switch directions. Completing both directions once is one repetition. Continue until your goal is reached. Exhale through your mouth with each knee-lift and inhale through your nose each time you return to the start position.



12.

Flutter Kick Drill x 1 minute



START:

Lie flat on your back with your hands under, or slightly outside, your buttocks, palms down. Raise your feet 6–12 inches off the ground.

ACTIONS:

Flutter kicks are a four-count exercise where you raise your left leg to a 45-degree angle for position one, keeping your right leg stationary. Next, raise your right leg to a 45-degree angle while, at the same time, moving your left leg to the start position. Counts three and four are repetitions of the same movements. Repeat quickly until your goal is reached. Note: 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 to a higher position.

13.



Prone Trunk Twist Drill x 10 repetitions (each side)

START:

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

ACTIONS:

While keeping your abdominal muscles tight and your arms straight, bend your left knee and raise it toward your hips while twisting your trunk clockwise until your left knee is pointing to the right. Return to the start position. Switch legs and repeat. Completing a trunk twist on each side once is one repetition. Continue until your goal is reached. Exhale through your mouth while you twist your trunk and inhale through your nose as you return to the start position.

14.

Quadruped Extensions x 10 repetitions (each side)

START:

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



ACTIONS:

Contract the abdominal muscles, lift and extend the left arm and the right leg simultaneously until level with the back. Pause for a few seconds and slowly return to the start position. Repeat with the opposite arm and leg, pausing for a few seconds while extended. Continue switching until goal is reached. Performing the actions on both sides once is one repetition. Exhale through your mouth as you extend and inhale through your nose as you return to the start position.



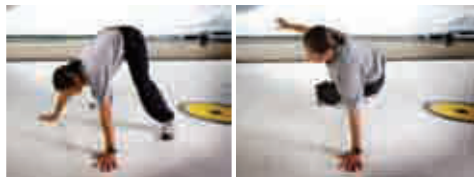
***ADVANCED**



If you train hard, you'll not only be hard, you'll be hard to beat."

—Herschel Walker, former NFL Football player

TRANSITION PHASE



15. "Squares" Drill (Combatives exercise using both the Shoulder Bridge and the Modified Prone) x 10 repetitions (each side)

START:

Balance your body on your hands and feet with your back and legs forming a straight line. Position your feet several inches outside the width of your hips, hands slightly more than shoulder-width apart, legs and arms straight. Raise your hips

slightly higher than your shoulders, head facing forward.

ACTIONS:

Switch your balance to your left shoulder and right leg and bend your left knee. Lift your right arm up,

move your left leg between your left shoulder and right leg and move your right arm back. Place your left foot and right hand on the ground and raise your hips until level with your shoulders. Switch your balance to your right, lift your left arm and move your right leg between your right shoulder and left leg. Return to the start position. Continue until your goal is reached. Breathe naturally, in through your nose and out through your mouth.

“Do you know what my favorite part of the game is?
The opportunity to play!”

—Mike Singletary, Head Coach, San Francisco 49ers

AEROBIC CONDITIONING PHASE

16.



Press-Squat-Push Drill (with or without dumbbells) x 10 repetitions

START:

Holding a set of light or moderately weighted dumbbells at your sides, stand with your feet shoulder-width apart, toes pointing forward.

ACTIONS:

While keeping your core muscles tight and back straight, press your arms up until nearly fully extended, rotating your wrists outward until palms face forward. Keep your wrists firm and elbows slightly bent. Bend both elbows until your hands are level with your neck. Bend your knees and hips forward, reach downward with your arms and place the dumbbells on the ground slightly outside and in front of your feet, palms facing inward. Thrust your legs back to a “push-up” position, back and legs forming a straight line, arms straight, head facing forward. Lower your body by bending both elbows until your upper arms are parallel with the ground. Extend your arms and return to the start position by reversing the steps. Continue until your goal is reached. Exhale through your mouth as you press and push, and inhale through your nose as you lower your body and return to the start position.

17.

Speed Skater Drill (with or without dumbbells) x 20 repetitions

START:

Stand with your feet shoulder-width apart, knees slightly bent and toes pointing forward. Hold a set of light dumbbells at your sides, elbows slightly bent and palms facing inward.

ACTIONS:

Shifting your balance to your right, thrust your left leg to the left several inches, right leg following and crossing behind your body, left arm extending to the left, right elbow bending and hand moving to upper chest, left foot landing on the ground before the right. Land and balance your body on your left leg, arms level with your shoulders. Quickly, switch directions and repeat. Continue until your goal is reached. Performing the actions on each leg once is one repetition. Exhale through your mouth as you land and inhale through your nose as you switch directions. Note: You can perform this exercise without dumbbells, if needed.



18.

Front Rising Kick Drill x 1 minute



START:

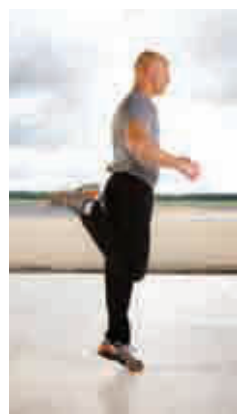
Stand upright with your feet shoulder-width apart, toes pointing forward, arms fully extended in front of you and level with your shoulders, palms facing downward.

ACTIONS:

Tighten your abdominals and thrust your left leg upward toward your left hand, keeping a slight bend in your right knee, shoulders aligned with your hips. Return to the start position and switch legs. Continue until your goal is reached. Exhale through your mouth as you kick and inhale through your nose as you return to the start position.

19.

Backside Kick Drill x 1 minute



START:

Stand upright with your feet shoulder-width apart, toes pointing forward, arms slightly bent and level with your navel, palms facing inward.

ACTIONS:

Bend your left knee and raise your foot toward your buttocks, knees remaining aligned with your hips. While your left leg returns to the start position, quickly raise your right foot toward your buttocks. Continue until your goal is reached. Breathe naturally, in through your nose and out through your mouth. Note: The actions are performed at a fast pace.



CATCH ME, IF YOU CAN

SGT Ken sprints down the flight line.

20. Running outside or on a treadmill x 10 minutes

START:

Assume a "standing start position" by placing your toes behind the start line with one leg 12–18 inches behind you. Shift your weight onto the front leg and bend your lead knee 90 degrees. Bend your trunk forward with opposite arm in front and slightly elevated.

ACTIONS:

Run at a moderate-to-fast pace. Continue until your goal is reached. Breathe naturally, in through your nose and out through your mouth.

COOL-DOWN PHASE

21.



Seated Forward Bend x 30 seconds

START: Sit on the ground or on a mat with your legs straight and together, feet flexed.

ACTIONS: Reach toward your toes or bring your chest toward your legs. Breathe deeply. Keep your back as straight as possible while reaching forward.

22.



Modified Straddle Stretch x 30 seconds

START: Sit on the ground or on a mat with your legs straight and together, feet flexed.

ACTIONS: Move your legs outward as far as you can. Reach forward with your arms as far as you can, palms facing down. Breathe deeply.

“I never looked at the consequences of missing a big shot ... when you think about the consequences, you always think of a negative result!”

—Michael Jordan, National Basketball Association Hall of Famer

23.

Seated Trunk Stretch x 30 seconds



START:

Sit on the ground or on a mat with your legs straight and together, feet flexed.

ACTIONS:

Bend your left knee and move your left foot to the right of your right knee. Place your left hand on the ground behind you. Twist your trunk counterclockwise and reach toward your right leg with your right arm, placing your right arm against the left side of your left leg. Continue until your goal is reached. Return to the start position. Switch directions and continue. Breathe deeply. Note: If you can, place your forward hand on your straight leg to lock the stretch for the required time.

STAMINA STOPWATCH

No More Love Handles:

1 full set = 30 minutes

Belly Buster:

2 full sets = 50 minutes

Gut Check:

3 full sets = 70 minutes

Note: The Warm-up and Cool-down phases are performed only once.

EQUIPMENT NEEDED:

1. Dumbbells, light to moderate weight, one set
2. Bench or platform, 6–12 inches from the ground
3. Floor mat, if a soft surface for the floor exercises is not available.

Remarks:

Before starting the program, calculate your target heart rate. It is suggested that you monitor your heart rate during physical activities, if possible. 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.

24.

Modified Thigh Stretch x 30 seconds



START:

Lie flat on the ground on your abdomen with your legs straight and your arms in front of your face, elbows bent 90 degrees, palms on the ground. Elevate your upper body and brace yourself with your arms to maintain this position.

ACTIONS:

Bend your left knee and raise your foot toward your buttocks, keeping your left knee on the ground. Reach backward with your left arm and grab the outside of your left foot with your hand. Continue until your goal is reached. Return to the start position. Switch legs and continue. Breathe deeply.



KEN AND STEPHANIE WEICHERT

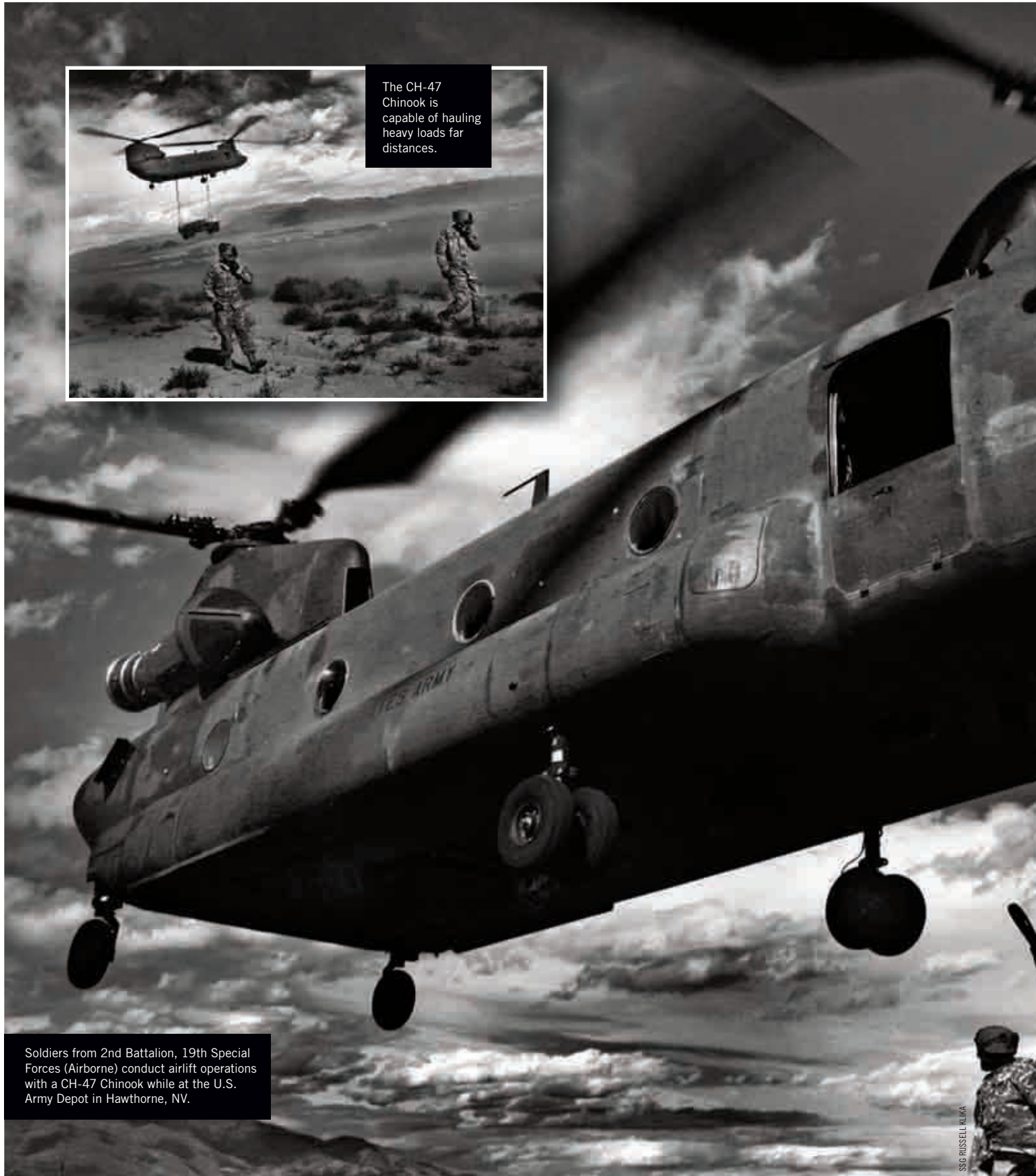
A six-time Soldier of the year and Veteran of both Operation Iraqi Freedom and Desert Storm, Ken Weichert and his wife, Stephanie, a certified personal trainer, founded the START Fitness® program, a San Francisco-based group exercise and hiking business that delivers military-inspired, boot-camp style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

Watch fitness videos and download workouts at

www.NATIONALGUARD.com/fitness
or email SGTKen@GXOnline.com.

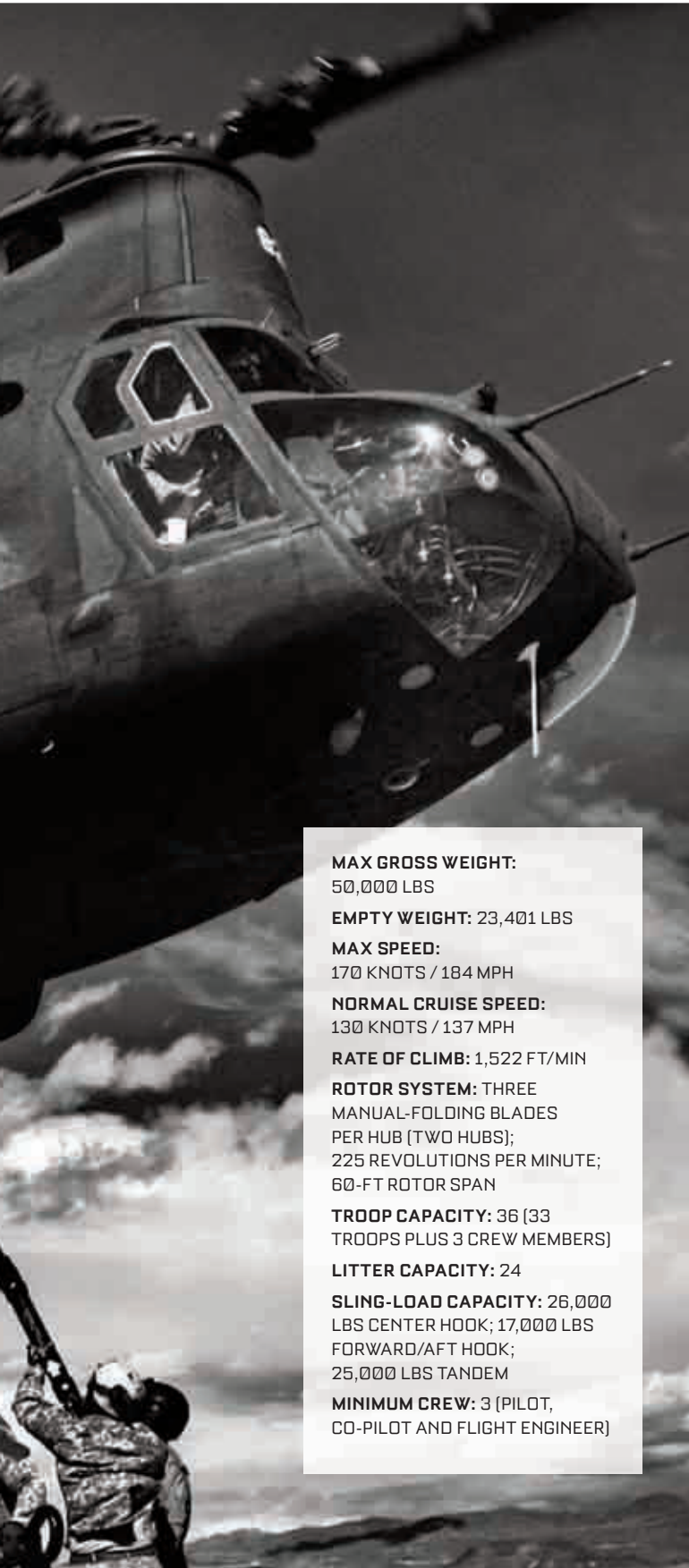


The CH-47 Chinook is capable of hauling heavy loads far distances.



Soldiers from 2nd Battalion, 19th Special Forces (Airborne) conduct airlift operations with a CH-47 Chinook while at the U.S. Army Depot in Hawthorne, NV.

SSG RUSSELL KLIKA



The Chinook

ROARING, RELIABLE AND READY

By Camille Breland

When you think of a stable, reliable and effective aircraft, nothing compares to the awesome power and agility of the CH-47 Chinook. Developed and manufactured by Boeing beginning in 1956, the first Chinooks arrived on the tumultuous soil of Vietnam in 1962 and haven't left the U.S. military fleet since.

Primarily used for transporting troops and cargo throughout theaters of war, the first Chinooks were assigned to the 11th Air Assault Division, redesignated as the 1st Cavalry Division during Vietnam. The birds reigned during Desert Storm—more than 163 were in operation. In fact, the Chinook's "cargo capacity and speed provided commanders and logisticians a capability unequalled by any Army in the world," according to an Army Aviation report in 1991.

And that's why they're still a round today—because of their capability and versatility. Everyone uses them, even the Special Forces and Special Ops guys. They've been activated for peacekeeping operations like restoring bridges in Bosnia and Hungary during the mid- to late-'90s. They're also frequently used during parachute drops, search and rescue, medical evacuations, disaster relief and other joint effort operations.

The latest version, CH-47F, flew in 2001 and continues to replace D-models throughout the military. The new model features an altered airframe to reduce vibration and superior avionics, including the common avionics architecture system (CAAS). The CAAS contains five digital, multi-function display screens, a digital modem, an advanced flight control system and the capability to store preflight and mission data.

The F-version also houses an updated, extremely powerful Honeywell engine, increasing the operating range to 378 miles. The chopper's two pilots and observer in the night-vision-goggle compatible cockpit are equipped with ANVIS-7 night-vision goggles. In the communications suite, jam-resistant HF and UHF radio systems keep the Chinook stealthy.

Its cargo triple-hook system can transport several external loads like Howitzers at speeds of 140 knots/161 miles per hour. The cabin can also handle up to 36 troops, depending on equipment. **GX**

MAX GROSS WEIGHT: 50,000 LBS
EMPTY WEIGHT: 23,401 LBS
MAX SPEED: 170 KNOTS / 184 MPH
NORMAL CRUISE SPEED: 130 KNOTS / 137 MPH
RATE OF CLIMB: 1,522 FT/MIN
ROTOR SYSTEM: THREE MANUAL-FOLDING BLADES PER HUB (TWO HUBS); 225 REVOLUTIONS PER MINUTE; 60-FT ROTOR SPAN
TROOP CAPACITY: 36 (33 TROOPS PLUS 3 CREW MEMBERS)
LITTER CAPACITY: 24
SLING-LOAD CAPACITY: 26,000 LBS CENTER HOOK; 17,000 LBS FORWARD/AFT HOOK; 25,000 LBS TANDEM
MINIMUM CREW: 3 (PILOT, CO-PILOT AND FLIGHT ENGINEER)

Thirty-six Special Operations Chinooks have been developed, designated as the MH-47D and MH-47E. These craft include a missile approach warner, Shadowbox jammer, pulse jammer, radar warner, and chaff and flare dispenser.

|||||

Suspended upside down in his 2003 Ford Ranger pickup, Leonard Darby was in trouble. His truck had run off the road and caught fire—and he was trapped inside.

Two Tennessee Army National Guard Soldiers—SGT Keith Lewis, 44, and PVT Anthony Billings, 26—would remove Darby from the vehicle and save his life.

First Responders

By Clint Wood

Photos by Allen Clark

SGT Keith Lewis, left, and PVT Anthony Billings, right, said their military training enabled them to save Leonard Darby, center, from his burning vehicle.



Blowout

Darby had been driving down Tennessee State Route 54 when one of his tires blew out. “I was doing about 55, and I lost control of the truck,” he described. “It started flipping over and went into the embankment. Next thing I knew, it was upside down and on fire.”

Lewis and Billings, moments behind him on the highway, noticed the smoke and flames.

The area was surrounded by woods. Lewis’ first thought was: brush fire. But when they pulled over and got closer, they saw the overturned pickup with its engine burning.

Lewis and Billings could feel the heat as they approached.

At first, they couldn’t tell if anyone was inside because the truck’s windows were tinted. But, as they got closer, they could hear Darby calling for help.

Get him out

They wasted no time in their rescue effort. “I looked at it as if I was in Iraq and my buddy’s Humvee got hit by an IED,” noted Lewis, an Operation Iraqi Freedom Veteran and former U.S. Park Police officer. “I had to get him out. That was my only thought.”

This mind-set wasn’t new to Lewis. His past experience includes volunteer work with the ambulance corps, the fire department and Police Explorers.

Darby was unable to get out from under his seat belt. There was a box cutter in the cab, but he couldn’t reach it. Also, his leg was trapped under the dashboard.

“It was like ‘The Twilight Zone,’” he explained. “I was burning in the depths of hell.”

He lost consciousness briefly, and awoke when he heard voices saying, “Hold on, partner, we’re coming to get you.”

Lewis began spraying the fire with an extinguisher given to him by a motorist who had stopped

SGT Keith Lewis

Joined military:

Regular Army – 1985

Army National Guard – 2007

MOS: 27D

Current Guard job:

Recruiter – “I love it.”

Home life:

Father of two

Civilian resume:

Private and corporate investigator; law enforcement

Deployments:

Iraq, 2007

PVT Anthony Billings

Joined Guard:

November 2008

MOS: 88M

Current Guard Job:

Driver of M1120 Heavy

Expanded Mobility

Tactical Truck (HEMTT)

Why he joined:

“To get my life back on track.

I [had taken] a few wrong turns, and it seemed like the only thing to do. I’m glad I did it.”

Family ties:

Several relatives served in the Navy, including an uncle in Vietnam.

Favorite weapon:

.50 cal machine gun— “[At Basic Training], I didn’t want to quit shooting. I liked its power to blow holes in things.”

to help. “I started knocking it down,” he recalled, “and I thought [it was working].”

But, the extinguisher ran out, and the fire grew again. Assessing the situation, Lewis realized that, even with another extinguisher, there was probably no chance of putting it out, because of the combination of heat and dripping liquids.

Billings noticed that the front tires were on fire, too.

Seconds count

They had to get Darby out of the car—now. Lewis used the fire extinguisher to smash the driver’s side window. He cut the seat belt with a knife—a tool he said he always carries with him.

“We could tell [Darby] was hurt pretty badly,” Lewis said.

Darby’s injuries included a bleeding gash on the back of his head. Lewis and Billings attempted to pull him out, to no avail. “We were trying to wiggle him, but it just wasn’t happening,” Lewis recalled.

They estimated Darby at 5’10”, 230 pounds.

By this time, several motorists had stopped and there were about six or seven extinguishers, but Lewis was still certain that they weren’t going to be able to put the fire out. His mission was to keep the flames down until the fire department arrived.

Tight squeeze

Billings tried squeezing through the pickup’s sliding rear window, which Darby usually kept slightly open in case he locked himself out. Billings was planning to cut the seatbelt with his own knife and pull Darby back out through the same window.

“He’s a great Soldier and a shining example of what a person can accomplish in the Army National Guard.”

>> SGT KEITH LEWIS ABOUT CO-RESCUER PVT ANTHONY BILLINGS

“It was like the ‘The Twilight Zone.’ I was burning in the depths of hell.”

» LEONARD DARBY



Leonard Darby told PVT Anthony Billings and SGT Keith Lewis that he was unconscious until he heard their voices saying, “Hold on, partner, we’re coming to get you.”

But Billings noticed that Darby’s leg appeared to be crumpled underneath the dash.

His attempt to pull Darby out failed, and with all extinguishers now empty, the flames increased. The right front tire exploded. They were running out of time. Then Darby started shrieking that his legs were on fire.

In one last desperate attempt, Lewis, Billings and other motorists tried to pull Darby out through the driver’s side window—and this time they were successful.

“Why we were able to get him out at the moment, I don’t know,” Lewis commented. “I don’t think any of us really knows. But it doesn’t matter—we got him out.”

They used a “scoop and drag” method to move Darby away from the truck. Considering this later, Lewis thought that method probably wasn’t the best, as it wasn’t guaranteed to keep him immobilized.

But, Billings said, “We were more worried about getting him as far from the fire as possible in case the truck blew up.”

Nick of time

They quickly cut Darby’s pants back. “His pants were actually smoking when we took him out,” Lewis said.

Two or three minutes after they were a safe distance from the truck, it was fully engulfed in flames.

Billings helped bandage Darby’s wounds, and soon a helicopter arrived and took him to a hospital in Memphis. After Darby had left the scene, Lewis and Billings continued on their mission—heading for a military base in Jackson.

“We pulled up looking like ragbags,” Lewis joked. “Half of Billings’ uniform was off [because of blood stains]. I was all disheveled. My first [words] to him were to apologize about how we looked. [Then] I told him what happened. I had to justify how I looked because I’m all about military bearing and all that.”

But they didn’t need to make any apologies. Saving a life and helping others doesn’t need to be excused—it’s part of their commitment as Soldiers. And both affirmed that their military training assisted them heavily in the rescue.

“The military has given me the confidence to jump in there and do what we did,” said Billings, an 88M who has volunteered to join the Iraq-bound 1171st Transportation Company. He had been in the Guard just 10 months at the time of this rescue. Lewis agreed, and described the element of instinct in training. “You’re not thinking,” he said. “You are doing what you have to do.”

And it’s those instincts that turn ordinary people into heroes. **GX**

NEVER FALTER

MANILA, PHILIPPINES, FEBRUARY 4, 1940 - SGT BILLY E. VINSON, A SQUAD LEADER IN THE 148TH INFANTRY, 37TH DIVISION, OHIO NATIONAL GUARD, LEADS HIS MEN IN A FIGHT FOR THEIR LIVES. FOLLOWING ORDERS TO PUSH THE JAPANESE OUT OF MANILA, VINSON AND HIS SOLDIERS ARE FIGHTING BLOCK-TO-BLOCK, BUILDING-BY-BUILDING.

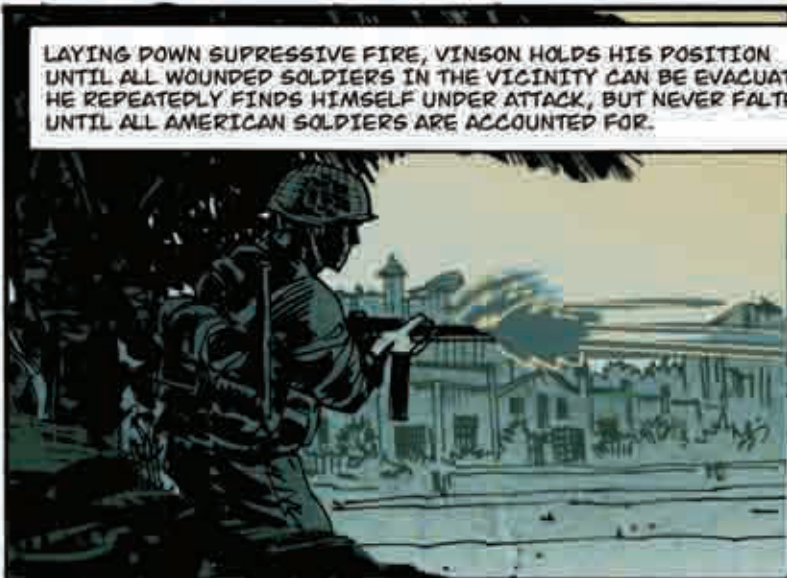


AS THEY ATTEMPT TO CROSS THE STREET TO THEIR NEXT OBJECTIVE, VINSON AND HIS MEN BECOME THE TARGETS OF A BAYONET CHARGE BY SIX JAPANESE SOLDIERS WHO HAD BEEN HIDING APPROXIMATELY 30 YARDS AWAY.



VINSON WARDS OFF THE FIRST JAPANESE SOLDIER'S BAYONET THRUST, THEN DISPATCHES THE ASSAULT GROUP WITH ONE LONG BURST FROM HIS BROWNING AUTOMATIC RIFLE.

LAYING DOWN SUPPRESSIVE FIRE, VINSON HOLDS HIS POSITION UNTIL ALL WOUNDED SOLDIERS IN THE VICINITY CAN BE EVACUATED. HE REPEATEDLY FINDS HIMSELF UNDER ATTACK, BUT NEVER FALTERS UNTIL ALL AMERICAN SOLDIERS ARE ACCOUNTED FOR.



AFTER WEEKS OF HARD FIGHTING, MANILA IS SECURED ON 2 MARCH 1945. AS THE 37TH INFANTRY DIVISION HISTORY STATES, "FOR THOSE WHO MISSED NORMANDY OR CASSINO, MANILA WOULD DO." SGT VINSON WAS AWARDED THE SILVER STAR FOR HIS HEROIC ACTIONS.

END

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