

GX[®]

THE GUARD EXPERIENCE

MAY 2007
VOLUME FOUR ISSUE FOUR

EXPECT THE UNEXPECTED
HOMELAND SECURITY TRAINING
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144TH MP CO.
"FIRST IN, LAST OUT"

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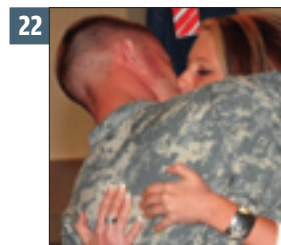
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MG Douglas Burnett

It is the willingness of the men and women of the National Guard to answer the call to duty . . . that protects our liberties and keeps Americans safe.

Dear Soldiers,

Florida has the oldest militia tradition of any state in the continental United States. From the Panhandle to the Keys, the state's military history demonstrates a long and proud tradition that extends from the first Spanish settlers to today's modern Florida National Guard.

More than 440 years ago, a small contingent of Spanish soldiers and civilian settlers gathered in their newly founded settlement of St. Augustine with the goal of securing the king of Spain's claim to the New World. In September 1565, a group of about 50 civilians formed a militia—considered the historical “roots” of the Florida National Guard. Records note a huge tropical storm occurred at the same time as their “first muster.” This seems appropriate because present-day National Guard members play major roles in hurricane relief efforts.

Florida's Soldiers and Airmen are continuing this tradition of service begun so long ago in the current Global War on Terror. Of the 12,000 men and women of the Florida National Guard, more than 9,000 have been federally mobilized since Sept. 11, 2001, in support of Operations Enduring Freedom and Iraqi Freedom, and other homeland security missions. These brave men and women are excellent examples of how the National Guard carries out its federal responsibilities and, at the same time, can successfully accomplish a broad range of disaster response assignments.

In 2004, a series of devastating storms raged across the state. The widespread destruction following in their wake required the close cooperation of all state agencies and the Florida National Guard. Although more than 1,200 Soldiers and Airmen were on duty overseas in the Global War on Terror, Florida National Guard units responded rapidly and effectively to each call for assistance.

The major hurricanes of 2005—Dennis, Katrina, Rita and Wilma—caused more than \$70 billion in damages nationwide and shattered the record of devastation set in 1992 by Hurricane Andrew. With more than 1,000 Soldiers still deployed in Southwest Asia, the Florida National Guard provided assistance in Louisiana, Mississippi, and our own state. In 2005, the Florida National Guard was on duty a total of 63 days for hurricane-related activity.

While Florida was spared the effects of major tropical storms last year, the Florida National Guard remained prepared to meet the threat of a hurricane or other types of emergencies. We have assured the governor and the citizens of Florida we are prepared to carry out our



state mission. Our planning for the coming hurricane season, which begins June 1, is well underway.

It is the willingness of the men and women of the National Guard to answer the call to duty—whether it is serving overseas, responding to natural disasters, or securing our homeland—that protects our liberties and keeps Americans safe. To ensure the National Guard can respond to threats, both at home and abroad, we need to be vigilant and commit the resources to maintain this level of capability.

Sincerely,

A handwritten signature in black ink that reads "Douglas Burnett".

MG Douglas Burnett
adjutant general of Florida



Why Do You Serve?

I serve proudly in the Guard because I love having my kids grow up with the freedom they deserve. I also serve in the Guard because both my daughters proudly serve as well. The Guard is everything to us and we have the backbone of us all to support us: my wife Misty.

Michael Day
Paden City, WV

You know I grew up when there were only three network channels, all in black and white. I first began serving (USMC – 1974) as an avenue to leave home and, for the first time ever, travel outside the state where I was born, Georgia. Initially the military was a steady paycheck and adventure trip. I had just turned 18 in boot camp and was assigned to duty at Pearl Harbor, HI. Wow, 18, single and living in Hawaii—what a stroke of luck not getting assigned to Okinawa like 85% of my platoon did. I witnessed firsthand what battle-scarred Vietnamese refugees looked like when many processed through Pearl Harbor following the fall of Saigon, 1975.

Fast forward to April 2007—there is nothing that time doesn't touch and time has changed some of my reasons for now serving. Pay and travel still hold a passion in my heart, but the core thrust for my serving today is having influence in the evolution and direction our country is heading. Too often we cower to the offensives of not being politically correct.

I oversee the training of the Recruit Sustainment Program (RSP) for the middle region of Tennessee and emphasize the core training values and dynamics of Soldiering. My influence and execution of training with the RSP is a reflection of the sound and stable training passed on to me through the evolution of America's forefathers that founded this great nation.

I know that it may sound a little sappy to the younger force; I can imagine there's a snicker or two following my last statement. But, time does season some of the most aggressive Soldiers and my seasoning has only put me at the forefront to ensure our young warriors are getting the best training

We want to hear from you! Send your questions or comments to:

feedback@GXonline.com

and care each deserves and will take with them throughout their careers.

The world's environment rapidly changes from day to day and our military forces are deployed to all corners of the world. I sincerely believe the foundation we have set our young warriors to branch out on is sound and solid. They are tomorrow's leaders and our evolution for military greatness marches on.

SGM Karl Merriman
Tennessee

I serve for my Country, my family, my fellow Soldiers, my Freedom, my pride and because it's what I was born to do.

SSG Chad W. Bailey
Kentucky

WIN COOL WILEY X GEAR!

Write us a note or send us a 30-second video telling us why you serve in the Guard and you'll be entered to win some cool Wiley X gear!

Send all entries to:

editor@GXonline.com

Out of the first 100 entries, four winners will be randomly selected to win one of four prizes!

Prizes include:

- Wiley X Nerve Goggle, complete with W/RX Insert
- PT-15C, 2-lens system, smoke/clear, with hard case
- PT-15C, 2-lens system, smoke/clear, with canvas case
- CAG-1, Flame-Resistant Combat Assault Gloves



The Joy of Summer and the Debt We Owe

I always look forward to May—the kickstart of summer. Time to take the top down and break out those old Buffett albums. Time to get outside, hit the beaches—and of course, time to thank a Soldier.

It's our Soldiers and Veterans that afford us this privilege. The good times of summer without fear of attack or turmoil. It's the Soldiers and Veterans—it's you, our readers—that grant us this freedom. The last Monday of the month, we celebrate Memorial Day—one of those holidays that should be recognized every day. And, one that gets glossed over with barbecues and an excuse to party (not that there's anything wrong with a good party). Regardless, this is when the nation takes a moment to remember our fallen Soldiers, past and present.

Former Chairman of the Joint Chiefs GEN Richard B. Myers dialed it in best the first Memorial Day after 9/11:

"This Memorial Day finds our Nation at war—a war we did not seek, but one we will decisively win . . . We are deeply saddened by their deaths, but eternally grateful for their sacrifice. It remains our challenge to do our very best to remain true to the principles and beliefs in which they so fervently believed and which they so valiantly fought to preserve."

Five years later, we remain steadfast in this war. The key point to catch in GEN Myers speech, though, is the challenge that we carry on the mission, so those who fell—at any point in American history for the God-given right of Freedom—did not fall in vain.

Despite what is politically correct to call the war we are engaged in, it's a steady battle and one that is trying to encroach upon our own soil. No need to panic, though, because our National Guard—again, you, our readers—are fully entrenched in a very calculated plan of homeland security.

While coordinating and studying our latest feature on homeland security (page 26), I found a sense of comfort in the proactive steps the Guard has taken to protect us. The degree of training is so realistic, so widespread, so integrated that I am confident the Guard has our back. This Memorial Day and every day throughout the year, we at GX appreciate all who serve and have served and sacrificed so much so that our families—and all Americans and now many Iraqis and Afghanis—can enjoy the Freedom you so courageously shield.

Thank you,



Keith
Managing Editor



ON THE COVER

SPC Jerry Thompson jokes with a fellow Soldier after "accidentally" arresting GX Editor CPT Tim Irvin during training at Camp Shelby, MS. SPC Thompson was sure the faux pas meant he'd never make the cover. But guess what—he's on it!

PHOTO BY CPT TIM W. IRVIN



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EVACUEES Medevac choppers evacuate injured persons from Enterprise High School after a tornado did severe damage to the school.



MOTHER NATURE'S FURY KEEPS SOLDIERS BUSY DOWN SOUTH

Compiled by SSG Heather G. Allen
Intro by Julie Zeitlin

As tornado season ripped open in Arkansas, Alabama and Georgia in early 2007, National Guard members were called to assist with injuries, property damage, traffic control and other critical support. Citizens and political officials alike had stellar praise for the Soldiers' work in restoring order and a sense of safety.

ARKANSAS

By CPT Chris Heathscott
AR NG PAO

The Arkansas National Guard's mission ending February 24th was to provide security for the city of Dumas in the wake of tornadoes. The 39th Brigade Combat Team's 1st

Squadron, 151st Cavalry Regiment, answered the call of Governor Mike Beebe to deploy over 100 Soldiers in support of local authorities there. The number of Soldiers patrolling the disaster-affected area as high as 1-30.

The Guard was called in to assist local authorities in the prevention of potential looting and to enforce a curfew imposed by local law enforcement. "Unfortunately, the Guard is getting good at this," said COL Mike Ross, commander of the 39th Brigade Combat Team. "We've answered the call every time the unit gets tasked. That's our job."

ALABAMA

By SGT Taylor Barbaree
AL NG PAO

On March 1, an Enhanced Fujita (EF) Category 3 tornado ripped through Enterprise, tearing

apart Enterprise High School. Nine deaths were confirmed, including eight high school students. LTC Nicky Medley, commander of 160 Soldiers that were dispatched to state active duty, stated, "We were able to mobilize Soldiers rapidly and physically have them here within an hour after this tragedy."

The Soldiers aided civilian authorities by conducting patrols and traffic control points. At the school, referred to as ground zero, Soldiers escorted teachers to their classrooms and helped locate vehicles. They also provided security for President Bush when he toured the area.

The Soldiers called up were assigned to Bravo Co. and Charlie Co. along with Soldiers from Det. 1, C Co. The units are part of the 1st Battalion, 131st Armor. Soldiers from 31st Forward Support Battalion (FSB) headquar-

ters were part of the task force along with 62nd Troop Command. Members of the 1st Battalion, 131st Aviation Regiment provided assistance.

“It hurts to see my high school this way,” said SGT Ronald Acreman, B Co. “I have been called up several times for missions similar to what I am doing here, but never thought I would have to pull duty at my alma mater.

CPT David Van Horn, C Co. commander, noted that this is not the first time they have responded to a disaster. “A portion of the Soldiers that are on this mission were called up for either hurricanes Ivan or Katrina.”

Mayor Kenneth Boswell commended the Guard’s role. “The Guard has been exceptional and I really appreciate the manpower that they have been able to provide to us in working with our police department,” he said. “They are exactly what they portray, ‘Citizen-Soldiers helping neighbors in times of need.’”

GEORGIA

By LTC Kenneth R. Baldowski
GA NG PAO

The Georgia National Guard was called to duty in the wake of a tornado that ripped through Americus, GA, on March 3. More than 130 Guard members participated, including members of C Co., 2nd Battalion, 121st Infantry. The Soldiers were supported by the 148th Support Battalion, along with aviation assets from the 185th Aviation Battalion.

“The Army and Air Guard members here couldn’t have performed better,” said

LTG David B. Poythress, adjutant general of Georgia. “Thanks to the cooperation of Soldiers and police, there have been zero law enforcement problems.”

CPT Brian Lassetter, Headquarters Company, 2nd Battalion, 121st Infantry said, “The Guard manned 36 checkpoints, where they helped enforce a curfew and kept traffic and pedestrians away from unsafe areas.” MEDEVAC support was also on hand to help evacuate wounded civilians and those displaced from Sumter Regional Hospital, which was shut down due to damage from a tornado.

In remarks to troops, MG Terry Nesbitt, commander, Georgia Army National Guard, applauded the efforts of Guard members, stating, “Your presence here really adds a sense of security to the people of Americus.”

SPC Roberto Martinez said, “I was impressed with how the people around here reacted. I saw everybody helping one another out a lot, from the people of Americus, to the police and the Guard.”

Guard members also found other ways to support the victims of the tornado. SPC John Lennon found some supplies he had left over from the mission to support those displaced by Hurricane Katrina. Together with PFCs Shane Untch and Cody White, he brought the supplies to those in need of them at the Red Cross relief shelter. “Any way we can help out, we’re happy to do it,” said SPC Lennon. **GX**

(top to bottom) **PATH OF FURY** A water tower bearing the name of Dumas, AR, looks down on the destruction within its community as a resident looks on in disbelief. **DAMAGE ASSESSMENT** Pres. Bush speaks to the Sumter County Sheriff about damage in Americus, GA, caused by a tornado that tore through the town.



TWISTED METAL The EF 3 tornado caused severe damage to Enterprise High School in Alabama.



(CLOCKWISE FROM TOP) PFC ADAM DEAN / CPT CHRIS HEATHSCOTT / SGT TAYLOR BARBAREE

SPECIAL AGENTS WANTED IN MISSOURI



CSI: ARNG Members of MOARNG engage in CID training

By Robyn Correll, MOARNG

FULTON, MO—Now that a Criminal Investigation Command (CID) detachment, the military version of TV's *CSI*, has arrived in Missouri, leaders are looking to track down some new agents—but the unit is a tough one to crack.

Agents go through a lengthy application process, including background checks, at least 60 hours of college credit, two years of law enforcement experience and a high score on certain sections of the ASVAB. They must also be ranked as a sergeant or above, and go through extensive security interviews. Even handwriting samples are evaluated.

"Out of roughly 100 applicants so far, only 20–25 have made it through as potentially good candidates," said SFC James Yeagle, the unit's operations non-commissioned officer.

After becoming accepted to the CID, agents go through extensive training that teaches them a variety of different things. Much of the training is spent on procedures when approaching a crime scene.

This includes collecting blood samples, footprint casting, lifting fingerprints, crime scene sketching and photography, where the agents learn to use light and

shading to bring out evidence. "The unit had been around in the '70s," SFC Yeagle said, "but it was disbanded until 2004, when the National Guard Bureau decided to bring it back due to the number of CID units deployed."

Where does the CID investigate? It has jurisdiction when a crime is committed on a military post or where Soldiers are involved. Despite statistics showing that much fewer crimes occur on post, crimes still do exist.

Agents are also called to help with situations like protective service detail for high-level officials or assist law enforcement agencies, such as the FBI.

Perhaps it was the time spent watching the TV program *Bonanza!* Growing up on his family farm that sparked Mr. Timothy Forney's curiosity for criminal investigation. Whatever the ignition, it inspired Forney to drop nearly two decades of service to start over and specialize in it.

Entering the CID unit as a captain, Forney dropped his rank and became a warrant officer, taking a demotion for the sake of working more closely with Soldiers and specializing in investigations.

"I looked at my career as an officer, and all I could see were Power Points and staring

into a computer screen, and that's not what I really wanted to do," Forney said.

CW3 Robert D. Antry said the brunt of their recruiting efforts is focused on encouraging commissioned officers like Forney to cross over to CID and become recommissioned as detectives for the Army.

"A lot of MP Officers come into the MP Corps thinking that they're going to be doing police work," CW3 Antry said. "But, the MP mission doesn't really entail a lot of police work. In CID, we have a real-world mission every day."

In January, Forney attended annual training at Fort Leonard Wood, MO, where he trained on much of the investigative process. He learned how to present a case to the prosecution, investigation techniques, working with the JAG and what is needed to have the case prosecuted.

Besides annual training, Mr. Forney has other training underway. Recently, he received word that he had been accepted to participate in a correspondence-based post-graduate course, focusing on homeland defense. Mr. Forney is one of three Soldiers who are fully MOS-qualified in the unit.

CW3 Antry began working with CID in counter-narcotics in 1992. He went from there to becoming an active duty CID agent in Fort Hood, TX in 1995, where he said the experience was a little intense.

"It was pretty intimidating," he said. "I get to a big office like Fort Hood, and they give me a stack of different cases. It's not like you see in the movies, where you are working with a big team. It's one guy, working 15 cases at the same time."

CW3 Antry saw a variety of cases in his line of work, ranging from those that take a few days to a few years to investigate. Most memorable about the experience was the inter-agency cooperation between the Army CID, military police, local police and FBI.

"We put aside our differences, and we came together and worked as a team," he said, adding that agents flew in from all over the country to help.

The investigation took just under two years to complete, but while it was underway, other cases didn't stop.

"Crime doesn't stop because of that one case," he said. "You have to be ready to send people out to the next call coming in." **GX**

To apply to be a part of the MOARNG's CID unit, please contact SFC Yeagle at:

(573) 642-8806

Or email:

james.f.yeagle@us.army.mil

CALIFORNIA GUARD MEMBERS RUN L.A. MARATHON

By SGT Eddie Siguenza
Joint Task Force Vista

LOS ANGELES, CA—About eight hours after the 2007 Los Angeles Marathon began, the California National Guard put an end to it.

Soldiers from various units of the 40th Infantry Division (ID) [Mechanized], Los Alamitos, along with individuals from other National Guard entities, took part in the 22nd annual running of California’s prestigious race March 4.

SGM Javier Becerra, Human Resources chief, 40th ID, led a mixed detachment that was warmly recognized at the start of the 26.2-mile race and at the end. Their presence was important. The Soldiers donned T-shirts listing the names of fellow Guard members who lost their lives during Operation Iraqi Freedom and Operation Enduring Freedom. They wore the shirts with their ACU trousers and combat boots.

“First and foremost was a group of Soldiers who wanted to show their gratitude for our fallen comrades. We could have done this in tennis shoes and running shorts, but it would not have carried any meaning,” said SGM Becerra. “The uniform and shirts had a meaning. We were asked many times why the uniform? We wanted people to ask us. We stopped so many times for pictures with strangers, people who lost a loved one or just a friend who was serving their country overseas.”

Los Angeles Mayor Antonio Villaraigosa commended the Guard members’ attendance, saying they add a security element to the thousands in place and stationed in key city points.

“The fact that they’re here to honor their own tells a great story about our National Guard,” Villaraigosa said. “They take care of each other. That’s very special. It’s an honor to have the National Guard here, and admirable that they’re running the Los Angeles Marathon in memory of those who’ve died.”

SGM Becerra and 1SG Bobby B. Chavez, operations sergeant, 40th Special Troops

Battalion, paced the unit through the course. They walked a few, ran a few. They regrouped toward the end. In formation, about a dozen marched to the finish line, receiving applause from thousands of spectators.

“We wanted to get a group of Soldiers together and make it through the course in honor of our fallen comrades,” 1SG Chavez explained.

“We educated the public. They saw a different side of Soldiers, gave them something to cheer about,” added SGM Becerra. “Just the way we came in at the end—even though we took a long time and the crowd was probably less than half of what it could

We wanted to . . . make it through the course in honor of our fallen comrades.—1SG Bobby Chavez

have been if we came in earlier, it was great to hear the cheers and see people standing to applaud.”

Three members of Joint Task Force Vista, California’s southwest border mission for Operation Jump Start, ran individually and completed the challenge. SGT Martin Figueroa of Task Force Phoenix made his marathon debut, finishing in four hours, 58 minutes and 53 seconds.

“As a child growing up in L.A., I thought it was a good idea to do it,” said SGT Figueroa. “All I wanted was to finish and be standing at the end.”

SGT Figueroa credits LT Evelyn Macias-Smerker with convincing and motivating him to run. This was LT Macias-Smerker’s fifth marathon. She ended in 5:05:22.

“I just like to run. And it’s always an accomplishment to finish a marathon,” she said.

MAJ Pete Shaner, Task Force Vista executive officer, broke the four-hour barrier. He ended respectfully in 3:48:58. “I just wanted to do it without stopping,” MAJ Shaner said. “It was amazing to see the entire city of L.A. turn out. The entire route was lined with people. It’s like a 26-mile long block party.” MAJ Shaner set a personal goal. He has never run a faster marathon, he said.

Members of the 40th ID helped commence the Los Angeles Marathon. A four-man color guard stood proud as a ceremonial opening was held. And as the flock of runners, walkers, joggers and wheelchair racers took off, Soldiers provided a human barrier to protect the race’s timing equipment. They cheered those passing by, giving runners high-fives and back pats.

Immediately after the thousands had cleared the starting line, SGM Becerra formed up his detachment. Together they embarked on a 26.2-mile tribute to the California Guard’s bravest. Those who finished gutted through the heat, dehydration and blisters. But it didn’t matter. They knew that the fallen Soldiers, especially their families and loved ones, have battled through worse discomforts. **GX**



RUN TO REMEMBER Members from various units of the 40th Infantry Battalion, Los Alamitos, don medals showing completion of the Los Angeles Marathon. The Soldiers participated in honor of the California National Guard members who were lost while supporting the Global War on Terror.

SGT EDDIE SIGUENZA

NATIONAL CARAVAN RALLIES SUPPORT FOR TROOPS



TAKING PRIDE
Adam Hall lines
the highway with
American flags.

Story and photos by SSG Heather G. Allen

The Pro-Troop Caravan fired up in San Francisco, CA, on March 8. Over the next two weeks, the group traversed across the southern United States on a journey to Washington, DC. Their goal was to collect American flags to display in DC. Upon arrival, they held a pro-troop vigil at Walter Reed Army Medical Center. They also set up a “flag city,” a portion of Constitution Gardens where all the flags collected were displayed.

The following morning, various pro-troop groups—including Move America Forward, Gathering of Eagles, Free Republic, Rolling Thunder and Vets for Victory—rallied to counter anti-war protests. On March 19, the groups held a press conference to unveil “Win in Iraq,” a television and a print advertising campaign.

GX met up with the caravan in Memphis, TN, on March 13. Approximately 70 supporters also descended upon the west Tennessee town to participate in the donation of flags. “It ended up being one of our most boisterous and energized stops on the caravan,” stated Melanie Morgan, Chairman of Move America Forward.

While the patriotic Americans waited for the caravan to appear, escorted by bikes from Rolling Thunder, we got a chance to find out why these people came out to show support.

“We don’t start something and then run—that’s not the American way. We’re not the only ones allowed to have freedom. Why can’t the Iraqis or the Afghanis have freedom? I would rather have my kids [fight] for something they believe in than be in a country where they have no freedom,” said Debra Gelinas of Cumberland Furnace, TN, roughly a four-hour drive from Memphis. Gelinas and her mother Nancy Charlton come from a family steeped in military service and tradition.

Charlton remembers her husband coming home from war to a much different welcome than Soldiers get now. But, she also feels that the service members aren’t getting due credit. “We live close to Fort Campbell, so in my town, it is mostly military. The Soldiers

**AND TO THE
REPUBLIC . . .**
Caravan supporters
recite the Pledge of
Allegiance.



are coming back upset about how the media is portraying them. [The media], more times than not, do not tell of all the good that [Soldiers] are doing," she said.

"We are proud of our son, and proud of his relationship with the Guard, the experiences he's had and the benefits he's received being in the military," said Adam Hall of Martin, TN, who was there with his wife, Pat. Their son is a member of the Kentucky Army National Guard. While the anticipation of the caravan's arrival was building, the couple placed flag after flag on the curbside in a show of support and patriotism.

A family of four drove from St. Louis, MO, and held signs of support for the caravan. Their son, a sergeant in the Marine Corps, is about to go back to Iraq for his third tour supporting Operation Iraqi Freedom.

When the caravan arrived, you could feel all the anticipation and excitement explode. Cheers surged through the crowd as they pulled in to the parking lot. The Move

America Forward group and the supporters met in the middle as one of the Rolling Thunder members leapt into the back of a truck to speak. He thanked one and all for their support and recited the *Pledge of Allegiance*. Someone asked if there was a minister in the crowd. The father of the Kentucky Guard Soldier stepped up and asked the crowd to bow their heads in prayer.

We don't start something and then run—that's not the American way.

—Debra Gelinis, Cumberland Furnace, Tennessee

A thunderstorm forced the rally and news conference under the parking overhang at a local restaurant right after the prayer closed. The group ran for cover and set up a podium. The mother of a fallen Special Forces Warrior held up a poster featuring her son, and the caption "Surrender is not an option." Her son has become somewhat of the figurehead for the caravan.

Several people spoke to the crowd. They included mothers and fathers of Veterans, Soldiers we've lost supporting the War on Terror and those whose children are still overseas fighting.

The leader of the caravan, Deborah Johns, stated on the Move America Forward Web site, "I am tired of the decisions of sergeants and privates made in battle being scrutinized by lawyers and political commentators who were not there."

Johns is a Blue Star Mother, which means she has a child who is currently serving or who has served in the Armed Forces. Her son, Marine SGT William Johns, is serving his third tour of duty in Iraq. **GX**



For more information and additional photos from the Pro-Troop Caravan, visit:

MoveAmericaForward.org

SUPER BOWL LEGEND ATTENDS OCS EVENT



ALL SMILES Brittany Martzluft (left) and Vernessa Morris (right) pose for a photo with McMahon after signing autographs. Martzluft and Morris are the only females in the senior OCS Class.

Story and photo by SGT Liesl Marelli, IL NG PAO

SPRINGFIELD, IL—Illinois Army National Guard (ILARNG) Officer Candidate Class 51-06 hosted a Dining Out in Springfield March 17.

A Dining Out guest speaker is typically chosen for their leadership skills and qualities Soldiers respect and admire. Although Officer Candidate School (OCS) usually have political or military guest speakers, Class 51-06 requested Super Bowl legend Jim McMahon.

“We wanted someone to give us a more unconventional look at leadership,” said Officer Candidate (OC) Mark Wheeler. “In our world today, there are a lot of unconventional changes in leadership—how we approach the enemy and how we lead troops into battle. He seemed like a good fit for our class.” For the Guard’s younger, non-football fans, Jim McMahon, a former Brigham Young University football star, has had a successful career in the National Football League, winning two Super Bowls, and is known in Illinois for his Super Bowl XX championship game with the Chicago Bears in 1985. Dressed in jeans, a blazer, a button down, and sunglasses, McMahon looks like a typical

Midwest guy. The Prada shoes were the only indication of his celebrity status. As McMahon made his introduction in the greeting line of the 17 OCs, it was evident by their smiles that they were thrilled to have him as a part of their event. “Having a non-military guest speaker gives it a whole new perspective and allows our mission to get out there,” said OC Jordan Murphy. “Jim goes out and tells other celebrities and the public about what we do and we get to share with other Soldiers all that he is doing for us.”

“He had a laid back approach and spoke very candidly,” said OC Wheeler. “He didn’t want people to call him ‘Mr. McMahon.’ He wanted to be called Jim and that alone made me more comfortable.”

The purpose of McMahon’s attendance was evident in his brief speech. “I’m not a politician, but I support the troops and that’s why I’m here,” said McMahon. “I couldn’t have lived my life if it weren’t for Soldiers who go out there and do what they do.”

“There are a lot of people that support [Soldiers] and believe in what they’re doing, and I get it. A lot of people get it, but don’t do anything about it,” continued McMahon. “They’re protecting our way of life and that’s what matters most to me.”

McMahon, who recently visited Soldiers in Iraq for a five-day tour, plans to continue his public support for military troops. As part of his gratitude for injured Veterans, he plans to develop a five-acre plot of land for a housing complex for injured service members and their families who need to live closer to their treatment facilities in the Chicago area. He also is looking toward building permanent wheelchair-accessible housing for service members.

In 2003, McMahon attended a welcome home ceremony for three ILARNG units at Chicago’s United Center—and was one of the last individuals to leave the nearly four-hour event. Again, at Dining Out, McMahon stayed hours after the end of the event. One event McMahon highlighted during his speech was a severe kidney injury he suffered just before Super Bowl XX. The doctor recommended removing the kidney, but McMahon refused. Had the doctor prevailed, McMahon wouldn’t have competed in the Super Bowl and his career would have abruptly ended.

OCs can relate to this dedication and goal orientation. As officers, they’ll lead troops in peacetime and possibly into battle, and will think on their feet like McMahon did. “During OCS, there are a lot of physical challenges . . . and, mentally sometimes, we shut ourselves down,” said OC Wheeler. “No matter the pain we feel, there is always a part of us that can drive on and get the mission accomplished.”

OC Murphy agreed with McMahon’s statement, “Don’t ask [your teammates] to do anything you wouldn’t do. Just be there for

Don’t ask [your team] to do anything you wouldn’t do. Just be there for your guys and they’re gonna follow.—Jim McMahon

your guys and they’re going to follow.” “As an Officer Candidate and future leader, they teach us to never send our Soldiers on a mission we wouldn’t be willing to

do ourselves,” said OC Murphy. McMahon’s words are already echoing through the 129th Regional Training Institute (RTI), COL Brewer, commander of the 2nd Battalion, 129th RTI, quoted him during a briefing the following day. The now senior-status OCS Class 51-06 smiled and nodded in consent while the junior classes listened to the wisdom of Jim McMahon through one of the ILARNG’s senior leaders. **GX**

144TH MILITARY POLICE CO. FIRST IN, LAST OUT



QUICK RESPONSE SGTs Brian Ohler (left) and Robert Kay of the 144th MP Co. enter the forensic lab at the Al Jamouri Hospital in Mosul Jan. 25.

By SSG Samantha M. Stryker
5th Mobile Public Affairs Detachment
Courtesy of DVIDS, www.dvidshub.net



MOSUL, IRAQ—When Soldiers conduct missions in the Nineveh province capital city of Mosul, they could be called on at any time to assist other coalition forces.

That sort of fluidity is what makes the members of the 144th Military Police (MP) Company successful. “First in, last out” is not only their motto—it’s the way these Michigan National Guard Soldiers do business.

“In the city, we are the Quick Reaction Force because we are already out there and we are trained to respond quickly to just about anything,” SGT Brian Ohler, tactical operations leader for the patrol.

Members of the unit proved their flexibility during a recent mission by transforming from Iraq security advisors and health services inspectors to a rapid reaction force for friendly forces.

After Soldiers of 2nd Platoon met with coalition members at the Iraqi Police Provincial Headquarters, they paid a visit to

the Al Jamouri Hospital and the adjoining police station to speak with officials at both locations to address issues related to fuel and food.

Mission coordinator SGT Robert Kay, 3rd squad leader, spoke with the Al Jamouri police station commander about plans to expand the police station from a two-room building to a facility with sleeping quarters and a larger guard tower.

Afterward, the team made their way to the hospital’s morgue to talk with the staff about its record-keeping procedures.

Satisfied with the information they collected, the Soldiers began heading back toward Forward Operating Base Marez. The day’s mission was complete.

As fast as a Texas thunderstorm, the unit became the district’s Quick Reaction Force when a call came over the radio reporting a roadside bomb struck a U.S. vehicle.

As SGT Ohler gathered more information, the convoy raced toward the location of the incident with sirens blaring, which drew curious looks from pedestrians and parting traffic on the roads.

As the squad weaved through a busy market street, gunner PVT Nathanael Hunt called out to SGT Kay that he’d spotted a column of black smoke rising from another direction. Before they could determine the cause of the smoke, however, they had to answer the call for help made by their fellow Soldiers.

When the squads arrived to the site, the Soldiers involved in the incident had already been treated and the vehicle was still mobile, but they needed the MPs as an escort and to provide extra security.

As they convoy made their way slowly toward base, PVT Hunt called out again to SGT Kay that the column of black smoke was still visible. SGT Kay called the tactical operations center for more information. He learned that an Iraqi army (IA) patrol had been struck by a car bomb in an unrelated incident. SGT Kay was asked if his patrol could assist.

After being assured that their assistance was no longer needed, the MPs peeled away from the American convoy and raced toward the dark plum of smoke.

From his vantage point in the gunner’s turret, PVT Hunt guided the squad through a congested maze of city streets, around a traffic circle, and arrived at the charred remains of an IA truck.

Iraqi Security Forces had used their vehicles to set up a cordon and had evacuated injured IA Soldiers. Iraqi personnel were removing the wreckage from the road and onto a flat bed truck.

The U.S. troops provided extra security around the perimeter, which allowed the IA to work without fear of another attack.

“They did not call for any help, we came to set up security for them,” said SFC Carlos Garcia, the platoon sergeant for 2nd platoon.

“These guys had it all under control by the time we got there.”

As the Iraqi policemen drove off, SGT Ohler made a radio call. “Any other fires?” he asked the tactical operations center. PVT Hunt shouted that there was plenty of daylight left.

After a short pause, the crackle over the radio ordered the members of 2nd platoon to return to base. **GX**

In the city, we are the Quick Reaction Force because we . . . are trained to respond quickly to just about anything.—SGT Brian Ohler

FREE SUMMMER CONCERT SERIES ROCKS AGAIN!

By SSG Heather G. Allen

The Spirit of America Tour (SOAT) once again has some amazing artists lined up this year. This month, they will feature The Charlie Daniels Band and Danielle Peck. Aaron Tippin will perform in July. So far this year, they've hosted shows featuring the Glenn Miller Orchestra, Todd Fritsch with Lantana, Asleep at the Wheel and Pam Tillis. There will be many more great artists appearing this summer.

Robert Rosenthal, founder of SOAT, wants all Guard members to know that as long as you and your family members have a military or dependent identification card, you are welcome to attend any concert free of charge. "If a Soldier is deployed and her family members are in the neighborhood of one of the concerts, they should come and join us," Rosenthal said in a statement to *GX*.

SOAT was created in 2002 to bring entertainers to stateside military bases with the intent of having their shows boost the morale of service members and their families. Since its start, the tour has arranged over 62 concerts. Every show has been headlined by one of America's top artists, including Dierks Bentley, Jaci Velasquez, Dennis Miller, Miranda Lambert and more.

Though he considers himself a retired attorney, Rosenthal spends 100 percent of his time on the Spirit of America Tour. "It's amazing that in a country of 300 million people, so few truly understand that our great freedoms are protected by an underpaid, understaffed and underappreciated Armed Forces," Rosenthal said in a statement on the SOAT Web site. "I'll do anything I can to make sure we never lose them, and the fabulous members of the entertainment community who perform at our concerts agree with me.



FOR THE TROOPS
Cross Canadian Ragweed plays for service members at Lackland Air Force Base, TX.

Thank God for these great Americans."

In the beginning, Rosenthal teamed up with his friend Cathy Gurley, a major Nashville publicist and manager. She gets the stars on-board. During the past 20 years, Gurley has headed a public relations company in Nashville, TN. She has represented numerous prominent members of the music industry, including Garth Brooks, Tanya Tucker, Tammy Wynette, Patty Loveless and Marty Stuart.

The Spirit of America Tour is a project of the Robert and Nina Rosenthal Foundation, Inc., a nonprofit group. They accept corporate sponsorships and contributions from foundations and other interested patriotic contributors.

All contributions go directly toward the cost of entertainment. The Robert and Nina Rosenthal Foundation, Inc. covers all overhead of the tour. **GX**

If you're interested in hearing how you can help sponsor single or multiple-base shows with the Spirit of America Tour and bring headline entertainment to America's military, please call or contact:

Robert Rosenthal - President
Spirit of America Tour
4444 Riverside Dr. Ste 303
Burbank, CA 91505
(818) 559-2480
Fax: (818) 559-2488
rosenthal@spiritofamericatour.org

For further information, visit:
SpiritOfAmericaTour.org



May 16	Camp Lejeune/MCAS New River, NC	The Charlie Daniels Band
May 31	Naval Submarine Base New London, CT	Danielle Peck
July 31	Mountain Home Air Force Base, ID	Aaron Tippin

MEDEVAC COMPANY SAVES LIVES ONE BREATH AT A TIME



THE MEDEVAC CREW
SGT Nichole Edgerton, 1LT Cory May, CWO William Jepsen, and PFC Benjamin Mattox, all with Company C, 2nd Battalion, 135th Aviation Regiment

By SSG Lorin T. Smith
36th Cavalry Aviation Brigade

LSA ANACONDA (LSAA), IRAQ—"Saving lives one breath at a time, one heart beat at a time," is the mission statement for the medics, crew chiefs and pilots of Company C, 2nd Battalion, 135th Aviation Regiment, 36th Cavalry Aviation Brigade (CAB). Call-sign "Cutter MEDEVAC," these 88 Soldiers risk their own lives to help American Soldiers, coalition forces, Iraqi Police, civilians and even insurgents get the medical care they could never receive otherwise.

In what is referred to as the "golden hour," the Cutter crews do their best to move a patient from the combat zone to a hospital bed in 60 minutes or less. The MEDEVAC Soldiers said the real heroes are the men and women who are in contact with the enemy every day, but more than 1,500 patients they've moved to hospitals throughout Iraq might think differently. For the wounded, Soldiers like SGT Nichole Edgerton, a flight medic from Lincoln, NE, are angels from Heaven, swooping down from above.

The Secretary of the Air Force Michael W. Wynne said the reason that Soldiers in Iraq have the highest survivability rates of any American war is because of the MEDEVAC crews. Soldiers wounded in Iraq have a 90 percent chance of surviving, which is 10 percentage points higher than in the 1991 Gulf War.

This doesn't come as a surprise to SGT Edgerton, who has almost everything at her fingertips in a UH-60 helicopter that a hospital surgical room would have. One example is a defibrillating monitoring machine, which displays a patient's heart rate. If the patient goes into cardiac arrest, she can use the machine to get the heart back to its normal rate while in flight. The medics also have a giant "A Bag," packed full of medical supplies like tourniquets, field dressings,

syringes and a variety of medications used in trauma cases.

Company C is located across the runway from the rest of the brigade and near the Balad hospital. The unit's compound provides most of the amenities of a small post. Hidden inside the T-walls is a coffee shop named "Original Java." This café is replete with University

of Nebraska gear displayed alongside disabled .50 cal machine guns and AK-47s.

Across from the coffee house there is a gym; and the unit's own dining facility cooks bring a variety of foods from the larger chow halls around the base to

the compound so the MEDEVAC Soldiers can eat and still be able to run to their aircraft if a call comes to move out. The unit has constructed a "Ready Room," where the on-call crew can watch movies or play an X-box

The MEDEVAC Soldiers said the real heroes are the men and women who are in contact with the enemy every day, but the more than 1,500 patients they have moved to hospitals throughout Iraq might think differently.

360 on a 42-inch plasma television. There is also a crew sleeping room. "They provide us the best so we can be our best," said PFC Benjamin Mattox, from Lincoln, NE.

The unit has flown more than 1,000 MEDEVAC missions in support of Operation Iraqi Freedom 2006-'08. The MEDEVAC mission can be one of the most dangerous missions a pilot experiences while serving in Iraq. The crews have less than 10 minutes from receiving a MEDEVAC call to get the helicopter off the ground.

Here is a recount of an actual recent nine-line MEDEVAC mission. A calm and collected voice echoed three words over the radio: "MEDEVAC, MEDEVAC, MEDEVAC." SGT Edgerton and the rest of the group dropped their X-box 360 controllers, books and computer mice when that call came.

CWO William Jepsen and SGT Edgerton headed to the flight operations office to find the location and condition of the wounded they would be evacuating. They learned an Iraqi policeman was shot in the shoulder, and had been treated by medics at Forward Operating Base Warhorse outside Baghdad.

Meanwhile, 1LT Cory May, from Colorado, and PFC Mattox sprinted to the helicopter at the same time. 1LT May and PFC Mattox sped through the pre-flight checklist. They were aware that if they delayed, a patient could die.

Two minutes passed, and both CWO Jepsen and SGT Edgerton had received the mission request and were at the aircraft.

At the third minute, SGT Edgerton checked the oxygen mask and tank; PFC Mattox checked a magazine on his M-4 rifle. All four crew members were in the aircraft, buckled in and ready to fly.

In the fourth minute, Chief Jepsen coordinated with Balad Air Base's tower for flight clearance, and 1LT May had the Blackhawk in the air. The race to save a life was on.

1LT May flew the aircraft low and fast in the sky, making a beeline for FOB Warhorse. Within 15 minutes, he landed the helicopter, and the Army medics on the ground had a medical Humvee already waiting with the Iraqi police officer on a litter.

SGT Edgerton jumped out of the aircraft and discussed the patient's wounds with one of the medics. The situation SGT Edgerton found on the ground was exactly what was reported to the flight ops cell back at LSAA: an Iraqi male, in his 40s, with a gunshot wound to the shoulder. PFC Mattox and SGT Edgerton helped the FOB Warhorse medics load the man into the helicopter, and SGT Edgerton went to work.

The wounded man barely stirred during the flight back to the 332nd Air Expeditionary

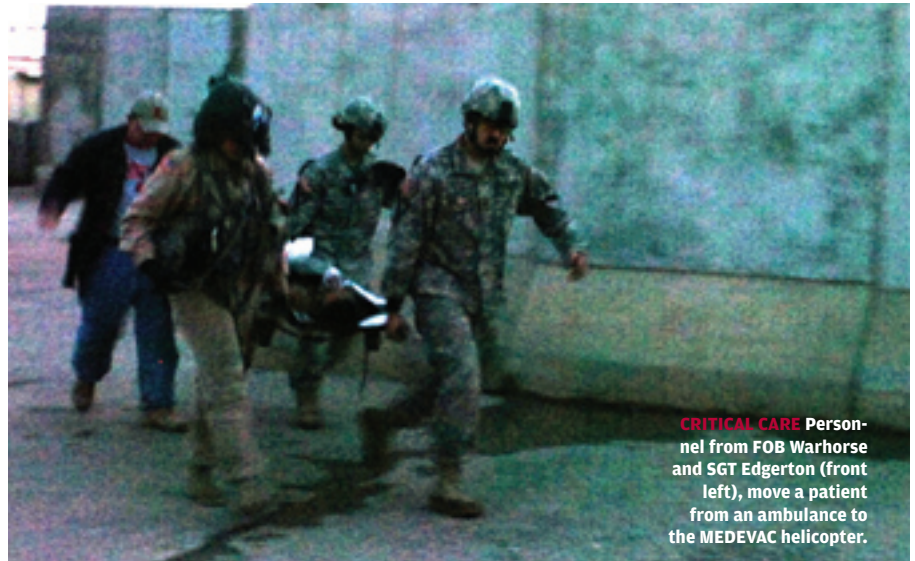
Wing Hospital at Balad. SGT Edgerton swiftly moved from head to toe, constantly checking the patient's vital signs on the defibrillating monitor. She had placed an oxygen mask on the man's mouth to help him breathe. Once the helicopter reached the hospital in Balad, Air Force medical personnel were at the helo pad, ready to rush the police officer into the ER.

SGT Edgerton went into the hospital with the patient to inform the medical staff about the casualty's condition. While that happened, PFC Mattox went to the hospital entrance to pick up another litter out of a pile of what looked like hundreds of litters. The helicopter must have the same number of litters they left with, so PFC Mattox grabbed one, hoisted it on his shoulder and briskly walked back to the aircraft to replace the one currently in use.

He strapped it in its proper location, and stood by the helicopter waiting on SGT Edgerton to return. Minutes later, she was back at the aircraft, and the crew returned to the Co. C compound. The entire mission took 35 minutes, well inside the "Golden Hour" timeline.

The crew moved back to the flight ops cell to conduct an After Action Review and debrief what happened. "He should be okay," SGT Edgerton said. "My favorite part of a mission is the debrief, because that means it's over," she said, with an expression of relief on her face. The mission was over, but the Soldiers knew another one would come at any moment.

"This is what we are trained to do, and what we do best," SGT Edgerton said. **GX**



CRITICAL CARE Personnel from FOB Warhorse and SGT Edgerton (front left), move a patient from an ambulance to the MEDEVAC helicopter.



KEEP 'EM FLYING SPC Bryan Coleman, a Blackhawk mechanic with Company D, 2nd Battalion, 135th Aviation Regiment, conducts maintenance on a helicopter.

HOME IS WHERE THE HEART IS FOR SOLDIERS RETURNING TO ND, AR AND TN



HOME AT LAST
A Soldier from the 568th PSD laughs with his little girl at the unit's homecoming.

By SSG Heather G. Allen

Joy and pride filled the air when North Dakota, Arkansas and Tennessee Army National Guard Soldiers returned home from deployment in early 2007. Families, fellow Soldiers and Guard commanders formed warm welcoming committees.

NORTH DAKOTA

The 1-188th Air Defense Artillery Battalion's SECFOR unit has returned from Afghanistan. The unit deployed with 152 Soldiers and has been on active duty since December 2005. They are credited with over 1,200 successful missions.

"North Dakotans can be proud of the way our SECFOR Soldiers executed their numerous missions under hostile conditions," said the GOV John Hoeven. "I saw their dedication and proficiency firsthand when I visited them in Afghanistan last year."

"The SECFOR successfully accomplished a wide array of missions all over Afghanistan," said State Adjutant General, MG David A. Sprynczynatyk. "Whether it was security patrols, border protection or humanitarian aide, these great Guard members always performed exceptionally well."

ARKANSAS

Approximately 150 Soldiers with Battery C, 1st Battalion, 142nd Fires Brigade re-deployed after the completion of a yearlong deployment in Iraq. The unit was initially mobilized to Fort Dix, NJ, on Jan. 10, 2006, where they conducted training, prior to deploying just outside of Baghdad at Camp Cropper, Iraq. They were tasked with a security force mission.

With the battery's return, the Arkansas National Guard will continue to have approximately 1,500 Soldiers and Airmen deployed in support of the Global War on

Terror. Over 10,000 Soldiers and Airmen strong, the Arkansas Guard has supported the mobilization of over 8,000 troops since Sept. 11, 2001.

TENNESSEE

Nashville, TN welcomed home the 568th Personnel Services Detachment were. The unit of 40 Soldiers returned to their loved ones after a year in Afghanistan. The unit mobilized from Camp Attebury, IN, and departed for Afghanistan in early '06.

When they arrived in Afghanistan the unit was split into two groups, one staying in Kandahar and the other in Salerno.

Upon arriving home they were greeted by the Tennessee adjutant general, MG Gus L. Hargett, and received a hero's welcome from all the Soldiers and state workers at the state's Joint Froce Headquarters. **GX**



(clockwise from top left)
HERO'S WELCOME COL Jeff Montgomery, commander of the 142nd Fires Brigade, was on hand at Fort Sill, OK, to welcome his Soldiers home.
WARM EMBRACES SGT Williams, 568th PSD TNARNG, greets loved ones warmly upon his return from Afghanistan.
HOME AT LAST BG Richard Swan, Arkansas National Guard's Joint Forces Land Component commander, greets the first of 150 Soldiers off the plane after their 24-hour trip home from Iraq.
LITTLE ONE SSG Acosta of North Dakota's 1-188th holds his son tightly after months of separation.

SSG HEATHER G. ALLEN / CPT CHRIS HEATHSCOTT / ND NG PAO

PAY FOR COLLEGE WITH AN ROTC SCHOLARSHIP



By SSG Heather G. Allen

When it seems like the cost of college is rising, it's nice to know you have access to additional funding. The Reserve Officer Training Corp (ROTC) program, which is part of 1,100 schools nationwide, offers Guard members several different scholarships. About 788 Guard members are currently receiving ROTC scholarships and 179 Guard members serve as a cadre in ROTC programs.

The Guaranteed Reserve Forces Duty (GRFD) Scholarship—can be utilized for up to two years and guarantees contracted cadets will serve in the Army National Guard. It is open to all non-active duty cadets. A GRFD cadet must participate in the Simultaneous Membership Program and must maintain a minimum grade point average of 2.5 or higher to qualify. Prior service and Military Occupational Specialty Qualification are not required. You can continue to use your Guard G.I. Bill with this scholarship.

There is also the Dedicated Guard Scholarship that can be utilized for up to three years. You cannot continue to use your

Guard G.I. Bill, though it will still be available when the scholarship expires. This scholarship allows financial assistance toward a master's degree. A variation of this is the Dedicated Guard Scholarship Three-Year Advance Designee Scholarship. High school seniors and college freshman are eligible.

Cadets can utilize their active duty G.I. Bill with all of the above mentioned scholarships.

Some benefits of the program include the opportunity to serve your state and nation. The ROTC program builds character and develops cadets mentally and physically. Cadets will obtain leadership experience as an officer trainee and are members of the Guard while pursuing a civilian career.

Cadets will receive either tuition and fees, with no monetary limit, or room and board, with a \$10,000-a-year limit. Cadets may earn more money, a minimum of \$6,400 and a maximum of \$20,648. Cadets will receive E-5

drill pay and will be eligible for federal and state tuition (up to \$4,500 per year) if tuition is not paid for by other means. Cadets are eligible for state tuition assistance and can combine federal and/or state tuition assistance with the room/board scholarship. Cadets will receive time-in-service for pay and retirement

points, plus retirement benefits including retirement and health benefits. There is a \$10,000 accession bonus after their officer branch qualification.

Cadets will receive either tuition and fees, with no monetary limit, or room and board, with a \$10,000-a-year limit.

Scholarship Cadets are required to commit to eight years in the Guard and all officers attend officer branch qualification (BOLC II & III) after commissioning, which is approximately four to six months in length. For more information on the ROTC program go to page 38. **GX**

GAC HONORS TROOPS ON MEMORIAL DAY



By Elle Butler
Courtesy of Great American Country

By popular demand, television network Great American Country (GAC) will once again honor troops this Memorial Day weekend with *Great American Dedications*, a weekend-long marathon of country music videos dedicated to Soldiers by friends and family and from Soldiers to their loved ones.

Last year country superstars, Jo Dee Messina, Craig Morgan, Aaron Tippin, Billy Ray Cyrus, Montgomery Gentry, SheDAISY, Darryl Worley, Luke Stricklin and others honored troops by hosting the program. Who is on tap for this year? You'll have to tune-in to see!

"We at GAC are proud to offer Soldiers and families the opportunity to connect to one another in such a meaningful way—through the music they love," said Sarah Trahern,

senior vice president of programming. "And we're not alone in wanting to show our appreciation to our men and women in uniform. *Great American Dedications* is one of our most-popular annual programs with viewers and the artists who request to host the program."

GAC cameras will visit military bases across the country and abroad to capture Soldiers' heartfelt dedications to their loved ones on film.

Family members and friends of Soldiers were encouraged to submit their dedications, video requests and photos online at www.GACTV.com. A list of the top-10 video picks were provided to guide visitors in selecting the appropriate song for their dedication. Selected dedications and personal messages will be read by the hosting artists during the three-day special.

Great American Dedications airs throughout the day on Saturday, May 26, Sunday, May 27 and all day on Monday, May 28 beginning at 10 a.m. EST. GAC will also present encore airings of *Montgomery Gentry: Free to Rock*, a special concert performance for the troops and their families stationed at Fort Campbell, KY, throughout the weekend.

GAC is America's main street for the widest variety of country music, its artists and the lifestyles they influence. In addition to country music videos, GAC features original programming, special musical performances and live concerts, and is the exclusive television home of the Grand Ole Opry. **GX**

GAC is available in more than 46 million households and online at:

www.GACTV.com

GEORGIA NCO HITS THE G-RAP JACKPOT

By LTC Kenneth R. Baldowski
GA NG PAO

ATLANTA, GA— Bringing new people into the military is no longer the sole dominion of the recruiter. In 2005, the National Guard unveiled the Guard Recruiting Assistance Program (G-RAP), an aggressive new recruiting program bringing ordinary Guard members into the recruiting effort. One Georgia Army National Guard Soldier is showing the nation how G-RAP can be both successful and profitable.

SGT Dana Kline, an infantryman and assistant training non commissioned officer for Headquarters Company, 48th Infantry Combat Brigade, has enthusiastically endorsed the program and, as a result, has pocketed more than \$62,000 through G-RAP. SGT Kline ranks number one in the nation for the most successful non-recruiting Guard member.

SGT Kline has been in the Guard for only 16 months, but has been recruiting new Soldiers since March 2006. He has tallied

up a total of 47 new prospects, 38 contracts and 26 recruits who have gone on to Basic Combat Training (BCT). According to the G-RAP officials, "The Guard launched G-RAP to establish a position of strength from which the Guard can achieve its accession mission and increase the number of Military Occupational Specialty qualified Soldiers."

The program allows traditional Guard members to earn \$2,000 for each Soldier who signs a contract and heads off to BCT. SGT Kline became involved in the G-RAP program because he saw it as a "golden opportunity to talk about the Guard to young people, and for the money."

"I like to recruit," says the former Marine recruiter, "and to help guide young people's careers. I love to tell them about my experiences and the opportunities available in the Guard and let them decide for themselves."

SGT Kline routinely sets a monthly goal for himself and does what's needed to reach it. SGT Kline is considering becoming a full-time recruiter. For his efforts, SGT Kline was awarded the Georgia Meritorious Service



BIG MONEY SGT Dana Kline happily receives his check for \$62,000 gained from G-RAP in March.

Medal, along with a plaque from the G-RAP program for his achievement.

All active National Guard Soldiers and Airmen and retirees with 20-plus years of service are eligible to participate in the G-RAP program. **GX**

For more information on G-RAP, go to:

GuardRecruitingAssistant.com

COURTESY OF GAC / COURTESY OF GA NG PAO





EXPECT THE UNEXPECTED

Homeland Security Prepares for What Lies Around the Corner By Chris West

PHOTO BY LTC MICHAEL K. PITZER (RET)

When National Guard Soldiers arrive on the scene of a disaster, be it man-made or natural, everyone breathes a collective sigh of relief. Help has arrived. Those already present, whether first responders or civilians, know these dedicated men and women have the training, tools and leadership needed to make a difference. Flowing seamlessly into the local response efforts already underway, they facilitate communications, provide reconnaissance, evacuate casualties, care for the wounded and help secure the area. The assistance they provide to local and state agencies during these times of crisis is invaluable.

Emergency response is perhaps the most well known and widely appreciated aspect of the Guard's homeland security mission. After 9/11, we all relaxed a little as we boarded our planes knowing that Guard Soldiers were standing watch. When Katrina ravaged the Gulf Coast, we slept better at night after seeing Soldiers on the news conducting rescues, handing out supplies and restoring order to a region in chaos. These scenes personify some of the National Guard's proudest moments: Citizen-Soldiers rushing to the aid of their countrymen.

While we hope and pray that there will never be another tragedy like these, it's undeniable that the possibility exists. We all rest a little easier though, knowing that the dedicated and talented Soldiers of the National Guard are standing by: always ready, always there.

Guard Soldiers are not waiting passively though. They are working hard to prepare for the worst. Under the leadership of LTG Steven H Blum, the Guard is dramatically expanding their emergency response capabilities. From streamlined command and control to integrated

communications, the Guard is implementing improved programs, standing up new units and training its Soldiers in the techniques needed to save lives in a crisis. They are working more closely than ever before with state and local first responders to ensure that should the worst occur, everyone will be well prepared and well coordinated.

This training is critical to the future success of any emergency response efforts. The troops are working hard to iron out any bugs in the systems, improve their techniques and master their jobs. As with most training, they start slow, learning the basics of each job and then conducting exercises to test what they've learned. After that, its back for more training and exercises. This continues until all of the elements are trained to the same high standard. Of course, the work doesn't stop there. These are perishable skills and the Soldiers will continue training long after they have been approved for duty. This requires time and resources, but the payoff is worth it. If there is an emergency, these men and women will be ready.

In this issue, GX visits with three different states, all of which are on the cutting edge of emergency preparedness training. First we go to Kentucky to see an incredible new communications tool. Next is Georgia, where they are bringing together all of their emergency response elements into one place for a large-scale exercise. Finally, we'll take you to West Virginia for a visit to a unique National Guard homeland security training facility. These units are performing a critical mission: preparing their troops to respond to a domestic disaster.

LOOKING BACK Katrina marked one of this nation's greatest disaster-relief challenges on every level.

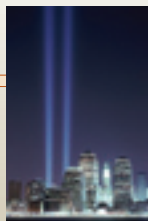


CW4 O'NEIL WILLIAMS

When Disaster Strikes

September 11, 2001

9/11 attacks on the World Trade Center and the Pentagon



November 25, 2002

Department of Homeland Security is established



January 24, 2003

Department of Homeland Security is activated

February 1, 2003

After a flawless mission, Space Shuttle Columbia is destroyed on re-entry.



JISCC TEAM SIX: KENTUCKY

GX had the opportunity to see one element of the Guard's emergency response capabilities in action during a recent training exercise in Kentucky. On Feb. 28, the Kentucky Guard conducted an earthquake response exercise in cooperation with local agencies, all levels of Kentucky Emergency Management and the Civil Air Patrol (CAP) to test communications, information flow, and command and control capabilities during a severe regional catastrophe.

The scenario described a major earthquake occurring along the New Madrid fault line, on Kentucky's western border. The hypothetical 7.5-magnitude quake had knocked out all power and communications across a wide area. Multiple state agencies, including the Guard, had been called in.

National Guard Civil Support Teams (CST) quickly mobilized to the affected areas and connected with local responders. Their job is to act as the eyes and ears at the incident site for both state and Guard leadership. They assess the damage, scan for other dangers such as chemical leaks or radiation, and help direct additional units to areas where they'll do the most good.

Close on their heels was the Joint Interoperable Site Communications Capability (JISCC) team. JISCC is a communications suite designed to travel easily to any incident site. Once there, using only a single trailer full of gear, Soldiers can quickly set up a self-contained field headquarters with some phenomenal capabilities.

At first glance, it doesn't look like much but the seemingly simple setup has the ability to provide responders with radio networks, phones, Internet, video teleconferencing and much more. It can quickly tie together all responders, ensuring that state leadership, incident commanders and the men and women on the ground are all talking to each other.

When the JISCC arrived for this exercise, they collected a single handheld radio from each local and state agency on the scene. These radios were plugged into the system, and within moments, the local police could speak directly with Guard units, state government and even the CAP pilots circling overhead.

These elements work together to provide the governor, Guard leadership and any other responding agencies with the information they need to make informed decisions. The CST assesses the situation and the JISCC makes sure their report gets to the right people quickly. This allows fast, clear communications between state or federal level leadership and every first responder in the field.

This is all great in theory, but does it work in the real world? The team had the chance to find out. A real emergency occurred the morning of the exercise when a barge carrying toxic chemicals ran into a bridge in a nearby river. Responding exactly as they had been trained, the CST quickly arrived at the site, inspected the bridge and the barge, determined the extent of the damage and, using the JISCC, communicated that information up the chain of command. The team performed flawlessly, ensuring that the emergency was resolved without serious damage or injury. >>> CONTINUED ON PAGE 34



MAKING CONNECTIONS The JISCC equipment (above) provides first responders with a vast array of communication tools including radio networks, phones, Internet and video teleconferencing.

CHRIS WEST



August 29th, 2005

Hurricane Katrina devastates the Mississippi coastline and leaves New Orleans underwater.



October 13th, 2006

Buffalo Snowstorm

Hurricane Season, 2004

Hurricanes Charley, Frances, Ivan and Jeanne all strike repeated blows to Florida.

June 25th–July 5th, 2006

Heavy flooding of the Mid-Atlantic region of the east coast



HOW **HOMELAND SECURITY WORKS**

Making sense of the alphabet soup of acronyms that make up the Guard's Homeland Security programs can be confusing. In an effort to clear things up, we've outlined the major elements for you. Some of these programs are specific to Weapons of Mass Destruction (WMD) response, but these units have equivalent missions during natural disasters as well.

PREVENTION

Critical Infrastructure Protection-Mission Assurance Assessments (CIP-MAA)

- Conducts risk/hazard assessments on federal and state critical infrastructure.
- Their recommendations help make key facilities into less vulnerable targets.

National Guard Counterdrug Program (NGCD)

- Conducts a full-spectrum campaign that assists in the fight against illicit drugs and transnational threats to the homeland.
- Supports law enforcement and community-based counterdrug operations at all levels of government to anticipate, deter and defeat these threats.

Operation Jump Start / Border Security

- 6,000 Guard Soldiers have been deployed to assist the border patrol in their mission of securing the southern U.S. border.
- Conducts a variety of support missions designed to improve border infrastructure as well as freeing up border patrol agents for enforcement duties.

AS AN INCIDENT OCCURS

COMMAND AND CONTROL (C2)

Joint Force Headquarters-State (JFHQ-State)

- Provides command and control of all Guard forces in the state.
- Coordinates communications between the Joint Task Force (JTF), the National Guard Bureau and United States Northern Command (NORTHCOM).
- Provides additional support, such as mobilization of additional forces.

REACTION / RESPONSE

Joint Task Force State (JTF-State)

- Provides command and control of all Guard forces deployed for a specific incident.
- Facilitates the flow of information between the JFHQ-State and the deployed units.

National Guard Civil Support Team (CST)

- Assesses suspected Weapons of Mass Destruction (WMD) attacks.
- Facilitates the arrival of additional forces.

CBRNE Enhanced Response Force Package (CERFP)

- Responds to a Chemical, Biological, Radiological, Nuclear or high-yield Explosive (CBRNE) incidents.
- Assists with onsite Command and Control, decontamination, medical support, as well as search and extraction.

National Guard Reaction Force (NGRF)

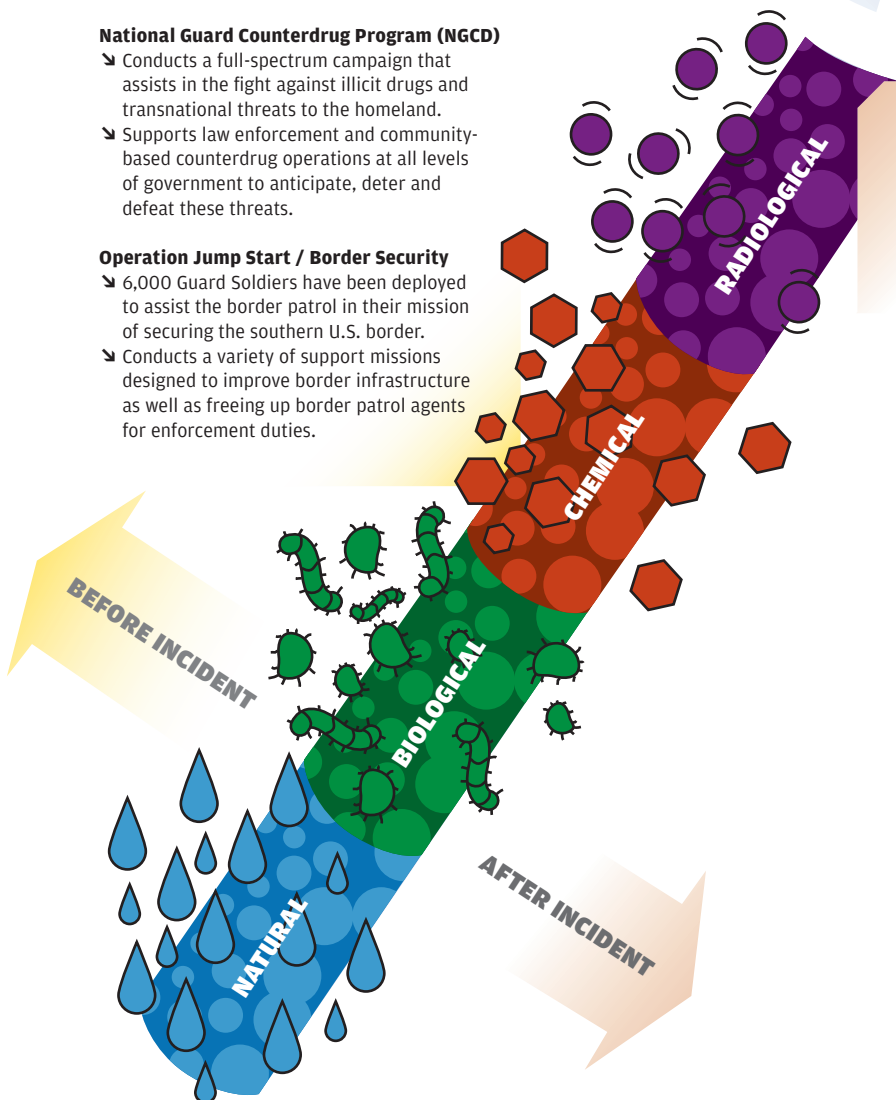
- Provides force protection and security for CST and CERFP Teams.
- Establishes roadblocks and checkpoints.
- Controls civil disturbances.

Joint CONUS (Continental United States) Communications Support Environment (JCCSE)

- Provides communications support to deployed Guard forces any where in the 54 states and territories.
- Provides integrated communications between local, state and federal agencies.

Expeditionary Medical Support (EMEDS)

- Modular, rapid response medical packages.
- Can be used for a wide spectrum of operations.



BORDER BOUND

GX Travels to Arizona with TN Governor

By Keith Kawasaki

Buckled down in the belly of a KC-135, we left sopping wet Nashville in the wee hours of the morning for the azure skies of southern Arizona.

It was March 1 and a small press corps and I were traveling with Tennessee Governor Phil Bredesen, Tennessee National Guard (TNNG) Adjutant General MG Gus L. Hargett and a contingent of TNNG Public Affairs to visit Tennessee Soldiers stationed along the U.S.-Mexico border.

The mission of homeland security obviously calls the Guard into action and our Soldiers have been proudly serving on the border since the President created Operation Jump Start in 2006. Tennessee Soldiers were among the first to respond to the President, joining a total of 6,000 Guard Soldiers from across the country who rapidly volunteered. As of March 1, there were roughly 395 TNNG Soldiers stationed on the Arizona border.

It's an interesting mix of Soldiers out there. You've got the fresh-faced new ones, maybe six months in the Guard, standing beside battle-hardened Veterans. Many of these Guard members are not just Vets, but recent Vets. It's a true example of the noblest patriotism the way these Soldiers hop off one plane and jump onto another, continuing their service year after year. And they are an invaluable source of knowledge for the new Soldiers—passing on combat wisdom that could save their lives when their time comes.

I was eager to pass on a word of thanks, especially to one Soldier—CPT Darrin Haas, commander of Tennessee's 269th Military Police Company (MP Co.). CPT Haas, at just 31, has participated in every major deployment of the past five years. After serving as a rescue swimmer with the U.S. Navy from '96-'98, CPT Haas enlisted in the Guard in '99. In 2002, he deployed with the 267th MP Co. in support of Operation Iraqi Freedom (OIF)—for 22 consecutive months, longer than any other unit in Tennessee. Just one year home after his service in OIF, in 2005, he deployed to Bulgaria for Operation Vigilant Sentry (a humanitarian/training exercise) as the commander of the 269th. Directly from Bulgaria, CPT Haas flew to the Gulf Coast in support of hurricanes Katrina and Rita in fall of '05. In the spring of '06, he was called locally in Tennessee to the city of Gallatin for tornado relief. Just a few months later, he and his unit decided to take their annual training on the Arizona border when Operation Jump Start first kicked off. Now, here he was again, on the border for a second time with the 269th.

I had the opportunity to interview CPT Haas in late March, after he returned home to Tennessee.

"Guardsmen are people of action and sacrifice," said CPT Haas. "Guardsmen don't talk about what could be done or should be done; they get it done."

CPT Haas had the honor of giving the governor a full tour of Forward Operating Base (FOB) Cannon of the Yuma sector, which is referred to as "Ground Zero" by border patrol (BP).

As a Tennessee resident, I took a certain pride in observing our Governor's genuine admiration for our Soldiers on this trip. He

displayed honest appreciation for the sacrifice and service of Guard Soldiers and their families.

"They don't call us the Volunteer State for nothing," the governor told me, commenting on the great response of Tennessee's Soldiers for not only the border mission, but operations Iraqi Freedom and Enduring Freedom as well. "I really do want to support [Guard] families," continued Bredesen. "You have these families—in some ways, it's harder on them."

At FOB Cannon, Bredesen made a point of shaking the hand of every single Soldier in the mass formation. And at each site we visited and each BP and Guard briefing, the governor continuously looked for and asked for issues he needs to address back in the state and federal governments. You could tell he approached each situation thinking, "What can I do to help here?"

Soldiers take that to heart. And it's no wonder every Tennessee Soldier I've talked to loves the guy. Bredesen and MG Hargett are close friends and allies. Their missions are well aligned—doing what's best for our country, Tennessee and our troops.

While CPT Haas gave the governor the Yuma tour, I had the honor to speak with MAJ Paul Babeau, Task Force Yuma commander for the past 10 months.

MAJ Babeau, an Arizona Army National Guard Soldier and a local police officer as a civilian, deployed with the 42nd Infantry Division to Iraq in 2005. Now, the major heads up 700 Soldiers and Airmen supporting border patrol.

"Of the nine sectors, [I'm] proud to say that we have had the most significant decrease in attempted illegal entries into the United States," said MAJ Babeau. "Based against historical data that we have sustained, 64 up to 72 percent decrease in attempted illegal entries into the Yuma sector. So, Arizona, being the main effort, and knowing that throughout all the United States, border patrol had arrested 1.1 million UDAs [Undocumented Aliens] and violators in 2005, more than half of those—more than 650,000—were right here in Arizona. [T]hat is why we're the main effort. So, to have that kind of a benchmark to say what value have we in the National Guard—both Army and Air—have brought to the table—now, we can say in month nine, going into month 10, here in Yuma, we have been leading the way. Soldiers and Airmen from across the country—we've got 49 different states represented here—have done an absolutely terrific job. And, we continue to refine our plan."

MAJ Babeau is one of those top-notch Soldiers. Really buttoned-up. You can just tell the moment you meet him. Sincerely proud of his men and his mission.

"Basically, we have two missions," explained MAJ Babeau. "Badges to border: where we take Soldiers and Airmen to replace an agent that is working in a building; send him to the line. The main focus is we have armed Soldiers and Airmen along the border. And they work as a lookout . . . There are four [per team], two of them are always awake with eyes on the border, then two are resting. 24-hour shifts. We have anywhere from 30 to 50 sites that we maintain here in Yuma."

Yuma works as a nice case study for the Guard's effectiveness in Operation Jump Start. Only catch is that the mission relies on BP beefing up its forces to 6,000 strong within the two-year deal. This

LOOKOUT A Guard Soldier watches the U.S.-Mexico border as part of a 24-hour surveillance team.



goal isn't as easy as you may think. Becoming a BP agent requires some of the most elite skills of all law enforcement. BP needs to recruit, train and station 6,000 by 2008. I'm not saying it's impossible—and they're working overtime to recruit, especially Guard members—but, if they don't make it, the mass media is going to have a field day. Fortunately, our Guard isn't phased by media frenzy, and many Soldiers would be happy to see it extended. MAJ Babeau included.

"The last thing we want is to pull us out too quick, while they're still standing up," stated MAJ Babeau. "To train a federal agent . . . takes more than a year. There needs to be an understanding of that so we adjust so there's not an actual timeline. [B]ased on our value and what current intel tells us, that's how we should affect those decisions. Right now, the value is great. I'm a police officer in Arizona, so I know firsthand the value that Soldiers and Airmen are bringing. This is a national issue. There are many reasons why we need to secure this border. We're happy—we're very proud and honored to be here to serve in our own country."

Further, it's just a great way to spend your annual training and put your skills to use. Engineers in particular are loving it. They're building and welding all day long on projects that are directly securing our nation. What it boils down to is that Operation Jump Start hits the heart of Guard service—safeguarding the American way of life and protecting the American people. **GX**



JOB WELL DONE Gov. Phil Bredesen thanks Soldiers at FOB Cannon in Yuma.

SSG MARK WOJCIECHOWSKI

FULL SPECTRUM RESPONSE: GEORGIA

Early in March, the Georgia National Guard brought its emergency response task force and Cobb County civil authorities together to conduct a large-scale training exercise. The Guard task force is known as JTF 781 (CERFP), which stands for “Joint Task Force, 781st CBRNE Enhanced Response Force Package.” CBRNE, by the way, stands for Chemical, Biological, Radiological, Nuclear and high-yield Explosives. Acronyms within acronyms—it can all get a little confusing, but boiled down into something resembling English, this unit’s mission is to respond at a moment’s notice to emergencies, bringing with it the ability to find and extract casualties, assess damage, detect hazardous materials, remove debris, secure the area, conduct explosive disposal operations, assist with command and control as well as decontaminating and providing medical treatment for victims. In short, they provide a full-spectrum response to any disaster.

The JTF 781 (CERFP) under the command of LTC Jeff Allen is composed of the 781st CERFP Battalion, elements of the 877th Engineers, the 4th Civil Support Team, the 202nd Explosive Ordnance Disposal, as well as Army and Air Guard medical personnel. Together, they are capable of responding to any disaster, anywhere in the world in a matter of hours.

LTC Allen explained it, “We are almost a special ops organization. We require zero trainup prior to deployment anywhere; CONUS or OCONUS. We can be ready to go in six hours. That’s six hours from call-up to moving out.” He went on to explain that in a local emergency, the 4th CST could be in the “hot zone” within three hours, assessing the situation and coordinating additional assets as they move into place.

As those assets arrive on an incident scene, things really begin to happen. Guard troops immediately secure the area, set up headquarters and begin deploying communications systems. At the same time, decontamination and medical facilities are rapidly assembled.

The 877th Engineers go to work right away, searching out and rescuing casualties. They have all the heavy equipment they need, but are capable of moving rubble of enormous size using nothing

more than hand tools. Watching them manhandle slabs of concrete weighing thousands of pounds during their training, you suddenly understand just how it was possible for the pyramids to be built.

Once the casualties are rescued from the site of a disaster, they are evacuated out of the danger zone. If they have been exposed to any contaminants, their first stop is the CERFP’s Mass Decontamination Unit (MDU).

When a casualty arrives at the MDU, they are triaged and logged in by Guard medical personnel and then directed to either an ambulatory or non-ambulatory decontamination tent. The first tent, called the 1 line, is reserved for first responders, both ambulatory and non-ambulatory. The next tent, or 2 line, is for all non-ambulatory patients, the ones who come in on backboards and stretchers. The last tent, the 3 line, is for ambulatory patients only and is divided into male and female sides. All told, this unit can decontaminate 225 ambulatory patients and 75 non-ambulatory patients per hour.

Regardless of which line they go through, the decontamination process is much the same. First, all clothing is removed and stored for later incineration. This step removes 80% of most contaminants. Next is the shower tent, where the patient is cleaned using showers, brushes and various cleaning solutions, depending on the situation. All water from this step is considered a hazardous material and is captured for safe disposal. After monitoring to make sure that all contamination has been reduced to acceptable levels, the patient is given an emergency blanket and a white disposable jumpsuit. At this point, they are logged out and directed to appropriate medical treatment.

That medical treatment is only steps away. Expeditionary Medical Support (EMEDS) tents are set up nearby. These “tents” are in fact, state-of-the-art medical facilities. The emergency room (ER) tent contains almost every piece of medical equipment you would expect to find in a major hospital’s ER. Additional tents can be added to this modular system in order to provide expanded hospitalization capabilities, but the main purpose of this medical unit is to stabilize a patient and quickly move them out.

The JTF 781 (CERFP) is still in the early stages of training. In fact, this is the first time all of these elements have come together for an exercise of this scale. They are scheduled to be fully operational by this fall, but even now at this early stage, they are demonstrating some amazing capabilities. ▶▶



MOBILE MEDICS Despite being set up in tents, mobile medical facilities like this one offer all of the capabilities you would expect to find in the emergency room of any major hospital.



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CENTER FOR NATIONAL RESPONSE: WEST VIRGINIA

Just south of Charleston, WV, back in the hills, is a National Guard training facility like no other in the world. Housed in an abandoned highway tunnel is one of the most realistic first-responder training environments available anywhere. Those who come here to train always find exactly the situation they need to prepare for, whether it's a meth lab or clean-up of the aftermath of a Weapons of Mass Destruction (WMD) attack.

Welcome to the Center for National Response (CNR), a unique national training facility created to help prepare America's first responders for today's threat environment. The CNR is managed by the West Virginia National Guard, under the command of COL James Hoyer, and was opened in 2000 in order to provide a counter-terrorism and consequence-management (emergency response) training facility that creates custom-designed WMD exercises for both civilian and military first responders from across the country. To date, they have conducted over 32,000 man-days of training for agencies as diverse as the Coast Guard, FBI, DEA, EPA, American Red Cross, Army, Navy, and the National Guard, as well as a host of groups from individual cities.

These groups all arrive with different training goals. Whether it's to learn how to remove explosives from a single vehicle or to conduct a full-spectrum 72-hour-long WMD-response exercise, they all need something different. The staff of the CNR can handle it all. Every training scenario is custom designed from the ground up to meet the unit commanders specific goals. This, combined with the sets, props and special effects of this facility, guarantees a valuable training experience you can't get anywhere else.

These environments aren't the re-tasked storage containers and plywood props you frequently find in training facilities. The trailer home containing a simulated drug lab looks very much like someone has been living there. Trashed furniture, food in the cabinets, banged-up TVs and much more create a set worthy of Hollywood. Hardly surprising, considering the staff gets special effects training from a couple of major theme parks in Florida. The meth lab itself is so accurately reproduced that we can't show you pictures of it.

Realism is the hallmark of this facility. When responders train to rescue someone with the "jaws of life," they aren't simulating using the tool, they are actually tearing apart a vehicle with a real person inside. Perfecting the ability to rescue someone from a collapsed struc-

ture can involve tunneling and cutting through real concrete, often in total darkness filled with dust and smoke. Teams going through these scenarios get to experience firsthand the challenging physical, mental and emotional conditions that are associated with working in hazardous environments. The scenarios are so realistic that they have been known, on occasion, to cause responders to experience flashbacks to earlier real-world experiences.

There are eight different main training venues available in the tunnel. The Rubble Room is a "post blast" area that can be filled with vehicles, concrete rubble, fire, smoke and other hazards. A subway station, complete with waiting area, concession stand, boarding platform and several subway cars allow responders to prepare for underground incidents. Three different WMD and drug laboratories of various levels of sophistication re-create the sights and conditions that responders would likely encounter in real-world operations. A Highway WMD Hazmat incident set can be configured to simulate a wide variety of chemical, biological and radiological events involving numerous vehicles. A cave and bunker complex allows for realistic training with direct applications for ongoing day-to-day operations in Southwest Asia. Additionally, a Confined Space Emergency Egress Trainer allows practice inside of extremely cramped and challenging conditions.

Cameras throughout the facility give staff the ability to remotely observe training exercises in progress. These cameras can also be viewed from offsite, allowing commanders not on the scene to observe and even participate at a command level with the ongoing exercise.

The CNR, while Guard operated, is very much a national-level training facility. Teams from all over the country come here to refine their techniques in an ultra-realistic environment. They are able to practice and experiment with new procedures and equipment without alarming the public or disrupting businesses.

The staff of the CNR is extremely proud of the capabilities it has developed. They recognize that the services they provide now may one day make the difference on the ground, resulting in lives saved. This group takes their responsibilities of preparing first responders for nightmare scenarios very seriously. As LTC Allen told us, "Homeland Defense is a war-fighting mission just as important as any expeditionary mission . . . We are a small state, but we have the ability to be part of a national solution."

THE TUNNEL: Center for National Response (CNR)

The CNR, while Guard-operated, is very much a national-level training facility. Teams from all over the country come here to refine their techniques in an ultra-realistic environment. They are able to practice and experiment with new procedures and equipment without alarming the public or disrupting businesses.

Highway Tunnel Area:
Hazmat, Accident and
Terrorist Event

Illicit Labs: Chemical,
Biological and Drug

Subway Area:
Train, Station
and Mezzanine

Cave Complex

HAZARDOUS ENVIRONMENTS
National Guard Soldiers train
in the safety gear that they
would be required to wear
when responding to a Hazmat
(hazardous materials) event.

WE GUARD THE NATION

Every member of the Guard, from LTG Blum down to the newest recruit knows in their heart that their most important mission is homeland security. Overseas missions get more attention, but the Soldiers understand that in an emergency, they will be called to protect their own homes and those of their neighbors. They will be serving in their own communities, providing assistance to friends, family and the same people they see on the street every day. As CPT Daigle, who ran the mobile command center in Georgia, told *GX*, "There is no one better suited to do this mission than the Guard. We are the community."

We all hope for the best, but we do so knowing that one day there will possibly be another "incident," another 9/11, another Oklahoma City, another Katrina or a more localized disaster such as a train derailment or a chemical spill. When that emergency happens, the men and women of the National Guard will be there. The countless hours of training, the sweat spilled and the boundless dedication of these Soldiers will pay off in the most important currency: lives saved. ***GX***

CHRIS WEST / LTC MIKE PITZER (RET) / COURTESY OF CENTER FOR NATIONAL RESPONSE

5-Level Confined
Space Training

Post-Blast Rubble Area:
Collapsed Building with
Hazards and Vehicles



SPECS

Length: 2,800 ft.
Width: 28 ft.
Height: 24 ft.



ROTC: Become an Officer, Reap the Rewards



By 2LT Devanie Viaene
34th Infantry Division Headquarters
ROTC Graduate (May 2006)

College years are some of the best years of your life. You walk across the graduation stage with a degree, lifelong friends and memories to last a lifetime. Some graduates, however, walk away with much more, a commission as an Army officer.

The Reserve Officer Training Corps (ROTC) provides an opportunity for determined and highly skilled college students to become officers in the United States Army while completing their degrees. This highly effective program produces skilled leaders ready to face the challenges the modern Army brings.

BENEFITS

ROTC is a great program with countless benefits for all cadets. However, National Guard Soldiers have an added incentive to join. In addition to the scholarships and stipends, they can receive up to \$600 per month as a senior—Guard Soldiers in the Simultaneous Membership Program (SMP) receive their drill pay, a monetary “kicker” and tuition reimbursement from their home units as well. This financial security enables Guard students to focus completely on their studies and ROTC duties. SMP cadets live the life of luxury compared to most college students!

SMP cadets enroll in the program in their junior year of college and complete years three and four of the ROTC curriculum. It is intended that the basic training program and advanced individual training programs completed by prior service Soldiers make up for the first two years of ROTC training that a non-prior service cadet must complete.

Because ROTC programs focus on producing the best and most experienced officers possible, they secure numerous training slots throughout the summer and Christmas breaks. Cadets who excel in their studies and score well on the Army Physical Fitness Test (APFT) have several opportunities to attend airborne school, air assault school and mountain warfare school, among others.

There are also Cadet Troop Lead Training (CTLT) internships available, providing cadets with job-shadowing experiences to include spending a month in Korea in an intelligence center, or assisting a drill sergeant mold young privates into efficient Soldiers during basic training. Depending on future branch plans, there will be a CTLT slot to apply for that would provide invaluable experience to any future officer.

The program also serves as a place to meet other students with common interests and goals. Several fundraisers, sporting events, color guard events and dinner functions are held throughout the year, resulting in lifelong friendships being forged from memories where you “had to be there.”

Most programs also engage in a strict physical training program. College weight gain will simply not affect an ROTC cadet. If the physical training is taken seriously, a National Guard student will commission in top physical condition.

TIME COMMITMENTS

The ROTC program is intended as a supplement to traditional college life and curriculum. Each cadet receives only what they put into the program, as most of the quality training is on a volunteer basis.

The necessary training commitments include at least three mornings of group physical training (PT) per week. These sessions are usually in the morning before regularly scheduled classes.

Leadership Laboratories, which are hands-on classes practicing leadership, are also required by Training and Doctrine Command (TRADOC) to be conducted no less than eight hours per month. This can be done in one block session on the weekends or in two-hour increments per week.

There are also classes for credit that cadets must enroll in tailored to their year in the program. For a third- and fourth-year cadet, the classes are three hours per week and worth three college credits.

Twice a year, the program engages in a three-day weekend Field Training Exercise (FTX) at a local military installation.

Beyond the scheduled group training there are countless opportunities for cadets to serve as a color guard and fundraiser volunteer.

These time commitments are useful to elevate your status on the Order of Merit List (OML), which compares all cadets in the nation, for branching purposes.

The largest training requirement in the ROTC curriculum takes place in the summer, between the third and fourth year of program participation. Leadership Development and Assessment Course (LDAC) is a five-week leadership evaluation course that tests the basic knowledge that a cadet should have mastered. It takes place at Fort Lewis, WA, throughout the summer months.

The weekly commitments average out to about 10 hours of active participation during the third year and 12 hours of participation during the fourth year.

TRAINING

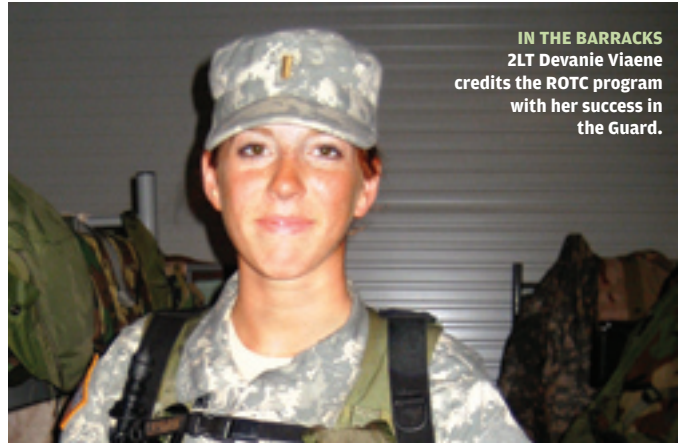
The ROTC program adheres to the “learn, do, teach” philosophy. SMP National Guard cadets join directly in the “do” phase.

The third year of the program focuses on leadership on the battlefield and proficiency in basic Soldier tasks. As a third-year cadet, you will be assigned constant leadership positions in squad-, platoon- and company-level positions, both in the classroom as well as a battlefield simulation environment.

The fourth year is the “teach” stage. Fourth year cadets mentor and evaluate younger cadets, as well as plan and execute all training events. The seniors run the program while the cadre provide guidance.

The PT program is another opportunity for leadership for cadets. They are assigned certain days to plan and execute an effective PT session. An APFT is conducted several times throughout the semester with two record tests per school year.

FTX weekends consist of day and night land navigation, an obstacle course and field leadership reaction course, squad battle drill



IN THE BARRACKS
2LT Devanie Viaene credits the ROTC program with her success in the Guard.

training, bivouacking and team-building exercises. They are very busy weekends!

Every week, and at all training events, ROTC cadets are tested and evaluated as leaders and in their proficiency in Soldier skills. The program is designed to compliment college life and moves at a manageable pace with schoolwork. Earning a commission through the ROTC program is a convenient option for National Guard Soldiers that want to complete their degree and become an officer. **GX**

For more information, visit:

www.1-800-Go-Guard.com/ROTC

Recruiters: Go Beyond Mission, Earn Some Major Cash

By Keith Kawasaki and CPT Tim W. Irvin

If you're a recruiter who always makes mission, the Guard wants to thank you for your extra work.

The National Guard Bureau (NGB) has developed the Recruiter Incentive Program-Officer (RIP-O) to award those recruiters who go above and beyond their required mission. RIP-O was developed, in conjunction with Active Army, as a pilot program, but is now available to all recruiters.

CW3 Dennis Hall is one recruiter who has really made RIP-O work. In late March, the Iowa National Guard Soldier received a check for \$5,800, thanks to RIP-O. GX had a chance to talk recently with CW3 Hall about his success with the program and in the National Guard in general.

WHEN AND WHY DID YOU JOIN THE ARMY NATIONAL GUARD, SIR?

I joined the Iowa National Guard in June of 1991 after serving in the Army for a little over four years. My intention was to return home to attend college and pursue a law enforcement degree. As I was processing out from Fort Bliss, a career counselor asked if I would be interested in continuing my service with the National Guard. He said that the Iowa Guard was in need of Light Wheel Vehicle Mechanics, 63B. After learning about the benefits of Drill Pay and Annual Training, I was convinced that this would be a perfect part-time job for me. But beyond the money, I realized that I would miss the military structure and like-minded Soldiers I had been serving with on Active Duty.

HAVE YOU EXPERIENCED ANY DEPLOYMENTS IN YOUR SERVICE?

Yes, I was deployed while on Active duty from Sept. 11, 1990 to April 10, 1991. I deployed with Delta Battery "Patriot" 3/43rd, 11th Air Defense Artillery Brigade, Fort Bliss, TX. Our job was to intercept and destroy all SCUD missiles within our area launched into Saudi Arabia from Iraq.

From what I understand, sir, you've taken this RIP-O program and really made it work for you. Can you tell us a bit about how you discovered the program and utilized it?

My initial introduction to the program was in the developmental stage. While attending the 2006 Strength Maintenance Conference in Keystone, CO, NGB rolled out the idea to the Officer Strength Managers in attendance. We were asked to form teams to study the proposal and to make recommendations on incentives and implementation.

I knew the program was being rolled out, but would tell you that I never focused on the incentive, not that the benefits aren't incredible. My focus was the mission and helping Soldiers through mentorship and career counseling. The success I achieved is a result of the Iowa team. I lend success to both leadership and relationships. The state and Recruiting Retention Command Leadership forged the way in this effort. They engaged the Senior Commanders and CSMS, allowing me to provide guidance and recommendations, assisted with Unit, Battalion and State level Warrant Officer information briefings.

Relationships—I constantly built relationships, earned trust and empowered others with my knowledge.

HOW CAN OTHER FOLKS TAKE ADVANTAGE OF THE PROGRAM AS YOU HAVE?

Assisting Soldiers reach their full potential is what we do. Take advantage of your knowledge and tell the Warrant Officer story. Take the time to work with your leaders and continue to build relationships. Doing both of these well will enhance your ability to accomplish the mission. Remember, you are working with and developing tomorrow's leaders.

WHAT DOES THE FUTURE HOLD FOR CW3 HALL?

I transitioned after 14 months of Warrant Officer Recruiting November 1, 2006 and took command of the 1st Ordnance Training Battalion, regional training site for maintenance. My hope is that I will fill this position for four to five years. My primary military occupational specialty is 915E, senior automotive maintenance officer. My intent is to become qualified as a 420A, Military Personnel Technician, so that I may serve in the personnel management field. I have a strong personnel/administrative background, which would enable me to serve and the brigade, major support command or state level. My career goal is to attain the grade of CW5 and someday assume the duties of the state command chief warrant officer. **GX**



DEDICATION AND REWARD CW3 Dennis Hall with his family after officially receiving a check for \$5,800 for the Iowa National Guard.

Memorial

JOIN US AS WE HONOR THOSE WHO GAVE ALL



HERE WE MARK THE PRICE OF FREEDOM

Day

MAY 28, 2007

DOM







AREA SECURE

Fort Pickett, VA

A Soldier from the 237th Military Police Company, New Hampshire Army National Guard, pulls security after dismounting an HM-53E Sea Dragon helicopter during military operations in urban terrain training at Fort Pickett, VA.

Photo by SGT Matthew J. Kuzma, 55TH COMCAM





WARNING: NEVER USE THE
EJECTOR SEAT WHILE THE
PARACHUTE IS OPENED
OR THE AIRCRAFT IS
IN A STEEP CLIMB
OR IN A TURN
OR IN A DIVE
OR IN A SLOW
DESCENT
OR IN A
STALL
OR IN A
SPIN
OR IN A
LOOSE
CONFIGURATION
OR IN A
CONFIGURATION
WHICH IS NOT
SPECIFIED IN THE
OPERATING INSTRUCTIONS
FOR THE SEAT

NO.	DESCRIPTION	INITIALS
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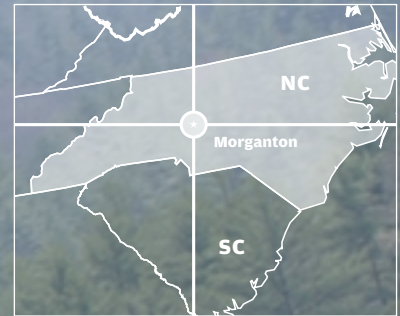


HANGIN' OUT

North Carolina

A member of the North Carolina Army National Guard hangs out of a UH-60 Blackhawk during a search and rescue exercise in Morganton, NC, March 28. The four-day multi-agency search and rescue exercise involved over a dozen agencies.

U.S. Air Force photo by Tech. Sgt. Brian E. Christiansen







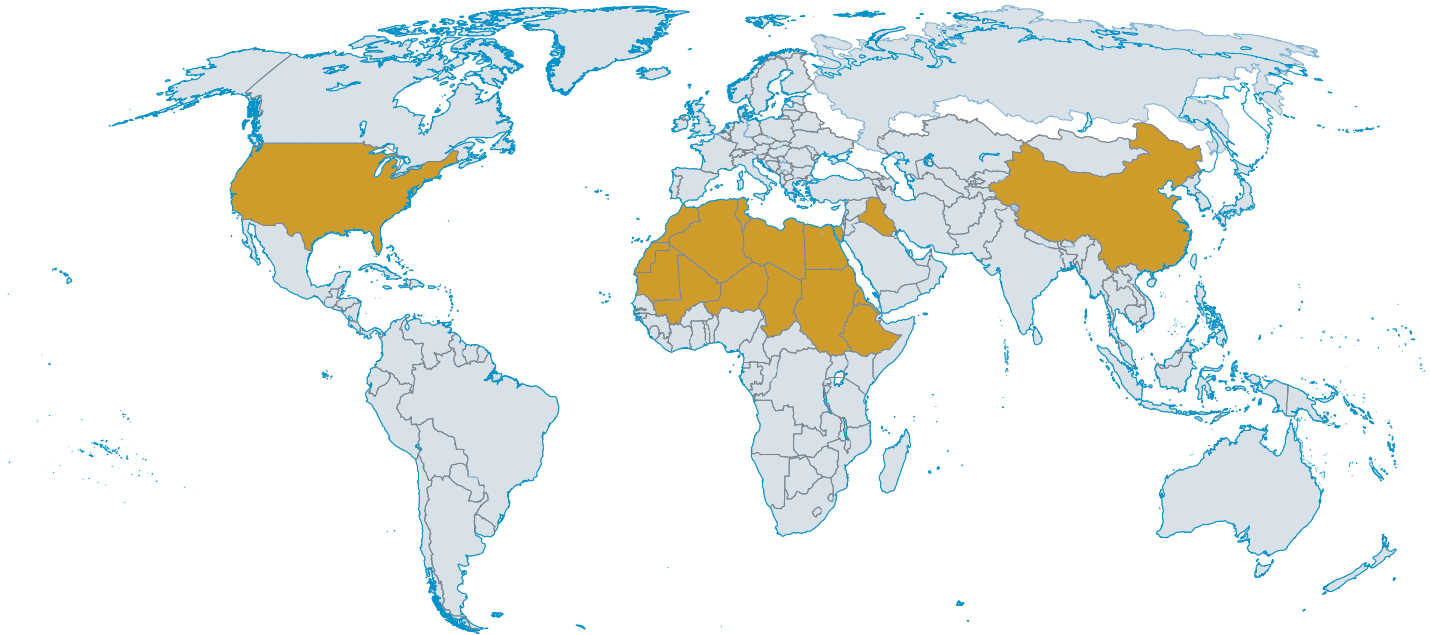
JUST IN CASE

Warren Grove AFB, NJ

Members of the 21st Weapons of Mass Destruction/Civil Support Team (WMD-CST), New Jersey National Guard, check for radiological contamination during Operation Dependable Response—a combined Guard and Marine exercise held at Warren Grove Air to Ground Range, NJ, on March 3.

Photo by Tech. Sgt. Mark Olsen, NJDMAVA/PA





VICTORY MAP

Sharing the good news from Guard units around the world.
Send your news to editor@gxonline.com.



UNITED STATES

Alaska

11th Rescue Coordination Squadron received a call that three Korean hikers were stuck on an ice floe in the Bering Strait. The hikers left the Uelen Settlement, Russia, on a quest to walk across the Bering Strait to Alaska. They became stuck on an ice floe and called for help using a satellite phone. The AKARNG dispatched a Blackhawk to retrieve the hikers and after two hours flying, the hikers were safely plucked from the ice floe, 17 miles southwest of Tin City, AK, in the Bering Sea.

Maine

Approximately 86 members of the MEARNG will deploy to Iraq in support of OIF. The Soldiers received mobilization orders on March 4. The unit will consist

of Soldiers from various units across the state, and will include 96 Soldiers from the NVARNG. The higher headquarters will be a unit from Wisconsin. The Soldiers will conduct security force operations in Iraq, ranging from base and route security to convoy operations. They are currently at Camp Shelby, MS, for additional training, preparation and validation before proceeding overseas. The unit will be on active duty for 18 months and expects to be overseas for one year.

Arizona

President Bush thanked Guard members deployed across Texas, California, Arizona and New Mexico for helping the Border Patrol crack down on illegal entry across America's southern border. "We've worked with our nation's governors to deploy 6,000 National Guard members to provide the Border Patrol with immediate reinforcements," President Bush said. "It's called Operation Jump Start, and the Guard down here is serving nobly." Announced by the president May 2006, Operation Jump Start deployed Guard members to assist the Border Patrol in protecting the U.S.-Mexico border. "It takes time to train the Border

Patrol," President Bush said, "and until they're fully trained, we've asked the Guard to come down." Guard troops are providing immediate help with surveillance, construction and logistics, and Guard members are building fences, as well as manning detection equipment on the border and in command centers. The arrival of Guard reinforcements in four southern border states has put more manpower on the border and allowed the border patrol to move more than 300 agents into front-line positions. White House officials reported that the additional manpower is helping curb illegal immigrants from entering the country. Speaking from the Yuma, AZ border patrol sector, where more than 600 Guard members are stationed, President Bush said members there are pleased with their assignment. President Bush voiced his appreciation for the Guard members and their families. "I thank their families for standing by the men and women who wear the uniform during this particular mission," President Bush said.

Missouri

7th Civil Support Team responded to the University of Missouri-Rolla campus after a student warned authorities he had a bomb, sent threatening letters and a white-powdery substance. The team, located at Ft. Leonard Wood, immediately went to work integrating into the operation. The white substance was powdered sugar, and there was no bomb, but that did not affect the response of the 7th CST.

Montana

The Montana National Guard Biathlon team competed in Vermont at the National Guard Championships. The seven-member team brought home four awards to include one silver and three bronze medals. More than 20 teams competed in this year's championships, with over 18 states represented, along with a team from Canada. Montana was awarded medals for the following events: Junior Men's 15K, Junior Men's 10K, 7.5K Relay and the Team Combined (Patrol + Relay). They also took fourth place in the patrol race. The biathlon event consisted of two skills testing an athlete's endurance and concentration with skiing and shooting. This event consisted of over 80 athletes from different states.

Ohio

Two Soldiers from the 237th Personnel Services Battalion helped mark a significant milestone in the OHARNG's yearlong participation in G-RAP. SPC Jeremy Bennett was presented with an oversized \$1,000 check for his enlistment referral of PVT James Hoffman. The ceremony marked the 1,000th enlistment the OHARNG has gained through G-RAP. Since December 2005, when the OHARNG began its participation in the program, Ohio has become the number one state in recruiting assistants, with more than 5,000 Soldiers enrolled, according to Docupak, Inc. With PVT Hoffman's enlistment, it marks more than \$2 million total to be paid to Ohio recruiting

assistants in the first 15 months of the state's involvement in G-RAP.

Oregon

ORARNG Soldiers learned firefighting and rescue techniques from the experts at the Tualatin Valley Fire and Rescue Training Center. Under the watch of first responders, the Soldiers spent time developing skills that will prove valuable in the aftermath of a disaster. As they learned these skills, Soldiers also had the chance to gain practical experience. The goal was to make sure the ORARNG expanded their ability to serve with first responders.

Virginia

A Co., 116th Brigade Special Troops Battalion completed training at Fort Dix, NJ, in preparation for a deployment in support of the Global War on Terror. These Citizen-Soldiers arrived at the installation in early January and performed training as security forces, military police and conducted convoy operations. Comprised of about 150 Soldiers, the unit had challenging elements besides the training rudiments to deal with. They had to endure frigid temperatures with harsh wind chills to accomplish the mobilization tasks; and according to their leadership, they did a tremendous job. The unit is primarily made up of combat engineers, but has a diverse group of Soldiers from other job specialties. It is an experienced group of Soldiers; many Veterans who have served in conflicts ranging from operation Iraqi and Enduring Freedom to Operation Desert Storm.

Wyoming

The Cowboy Cannoneer Chapter of the Field Artillery Association held its annual Saint Barbara's (the patron saint of field artillery) Celebration. Every year field artillerymen around the world gather to honor Soldiers and their spouses who have served the field artillery in extraordinary measures. This year's inductees into the Honorable Order of Saint Barbara were: MAJ Shane Crofts, CPT Bruce E. Hays, MSG Charles Olivas, MSG Reynaldo Martinez, SFC Ryan Araas, SFC Robert Butz, SFC Jeffery Cromwell, SFC Jeffrey Miller, SFC Jason Weickum, SSG Terry A. Cheairs, SSG Spencer Jolley, and SSG Robert Klitzke. CW2 (Ret.) Richard Fink received the Ancient Order of Saint Barbara. Shelly Araas, Joy Butz, Gladys Hunhoff, Cheryl Romanjenko, Connie

Crofts, Heidi Frost and Darla Knowlton received the Order of Molly Pitcher.

Kansas

A Kansas National Guard Soldier received a Kansas Distinguished Service Award for heroic efforts he took to save the life of an injured driver during a recent snow storm. SPC Daniel Smith, Jr., who served as a medic for four years, administered life-saving first-aid to the driver and stayed with him while waiting for the ambulance to arrive. The individual had been driving a dump truck that flipped over and SPC Smith ran across heavy traffic, in the snow, to help the driver. SPC Smith works full time in the KSARNG, Recruiting and Retention Detachment and also serves with the 35th Military Police.

Washington

Three sergeants and two enlisted members of the Washington Army National Guard met at Camp Murray and Fort Lewis for three days in March to compete for the honor of being the Soldier or NCO of the Year for 2006. SGT Patrick A. Thomas, Aviation Operations, HHC, 1st Battalion, 168th Aviation was selected as the NCO of the Year and PFC Warren L. Samek, B Troop, 1st Battalion, 303rd Armor was selected as the Soldier of the Year.

Alabama

The Alabama Army National Guard's 131st MPAD will deploy, making it the unit's third deployment in 11 years. In 1996, the 131st deployed to Hungary and Bosnia and again were mobilized to Kosovo in 2001. After leaving the mobilization station, the 131st will proceed to US Central command headquarters at McDill Air Force Base, Tampa, FL. They will deploy from there in support of Operation Iraqi Freedom and other missions. The unit will perform media escort duty, photo support, news gathering, video production and other public affairs missions. Seven ALARNG units with more than 1,100 personnel are currently on duty in Iraq. The total number Alabama Guard personnel activated in the War on Terror is nearly 12,000 Soldiers and Airmen.

Wisconsin

Soldiers of the 1157th Transportation Company, 15th Brigade Troops Battalion, 15th Sustainment Brigade, Wisconsin Army National Guard, transferred

their base security mission. The unit relinquished overall responsibilities for the base security task force to the 410th Quartermaster Company, 15th BTB. One of the first "WagonMaster" units to undertake the force protection mission, the new duties spell change for the troops trained as drivers and fuelers. The Soldiers are assuming some new responsibilities after climbing down from guard towers and back behind the wheels of their M1088 tractor trucks. Now part of the 867th Corps Support Battalion, 15th SB, they will hit the road to push fuel to support surge operations in Multi-National Division-Baghdad.



CHINA

The chairman of the Joint Chiefs of Staff said he is optimistic about relations with China. GEN Peter Pace said trade can be a way for all countries to better understand one another. The People's Republic of China is working with the U.S. in the six-party talks on the North Korean nuclear program. China's economy is growing at eight percent a year and the country is the U.S.'s largest overseas trading partner. GEN Pace said part of his job is to understand the military capacities of nations around the world and to ensure that the U.S. military can prevail over any adversary. The general said he will meet with Chinese military leaders to discuss ways to work together. He added that he'd also like to see contacts between the countries reach more ranks.



IRAQ

The United States' biggest concern is helping the Iraqis secure their capital,

says President Bush. "Until Baghdad's citizens feel secure in their own homes and neighborhoods, it will be difficult for them to make progress toward reconciliation or rebuilding; steps necessary for Iraq to build a democratic society," the president said. "Yet those on the ground are seeing hopeful signs. The Iraqi government has deployed three Iraqi army brigades to the capital, where they've joined the seven others and nine national police brigades that were there. Iraqis have lifted restrictions that prevented Coalition Forces from going into areas like Sadr City. Coalition Forces have established joint security stations which are scattered throughout Baghdad, and they're helping Iraqis reclaim their neighborhoods from extremists." Coalition Forces have carried out "aggressive operations" against terrorists, and they've uncovered large weapons caches and destroyed two major car-bomb factories on the outskirts of Baghdad.



NORTH AFRICA

The U.S. is keeping an eye on developments in North Africa to ensure terrorists don't gain a foothold there. The Defense Department is participating in the U.S. State Department's Trans-Sahara Counter Terrorism Partnership. There is growing concern that terrorist organizations like al-Qaida may use ungoverned areas to gain recruits and train for future attacks. Al-Qaida-affiliated groups exploit ungoverned spaces to gain sanctuary, recruit, indoctrinate, train, equip, transit and mount operations. The Trans-Sahara region offers sanctuary to terrorists, drug smugglers and contraband and insurgent groups. There's evidence that al Qaeda has stepped up recruitment of North Africans to carry out attacks against U.S., coalition and pro-Iraqi government forces in Iraq. **GX**

Deployed Officer Recognized for Embodying Ideals of Leadership

By SPC Dustin Perry
1/34th BCT Public Affairs

CAMP ADDER, IRAQ—This May, CPT Scott J. Rohweder is going to receive an award that doesn't belong to him.

On March 1, he was notified by the Department of the Army that he was one of only seven commissioned officers in the National Guard to be named winners of the General Douglas MacArthur Leadership Award (GDMLA) for 2006. The GDMLA was established in 1987 to "recognize company-grade officers who demonstrate the ideals for which GEN MacArthur stood—Duty, Honor, Country," according to an Army Web site.

However, CPT Rohweder, a 34-year-old husband and father of two from Princeton, MN, humbly says most of the accolades for the award should go not to him, but to a much larger group of people.

"I look at this as something that goes to all the Soldiers that I've had the opportunity to serve with, because without them I couldn't have done it," he said. CPT Rohweder is the Echo Company commander of 2nd Combined Arms Battalion, 136th Infantry Regiment. His unit has been deployed to Iraq for almost a year. The company he commands consists largely of Soldiers who conduct convoy logistics patrols, escorting supply trucks to bases throughout the country.

In January, LTC William Lieder, battalion commander of the Stillwater, MN-based 1st Brigade Troops Battalion, 34th Infantry Brigade, was deciding on a GDMLA candidate from one of the eight company commanders in the 2/136th, which is attached to the battalion. The decision was a tough one for LTC Lieder, who said he is "blessed with having a lot of company commanders who are deserving of awards." He eventually chose CPT Rohweder, a first-time nominee.

"What impresses me most is his leadership," said LTC Lieder, of Eagan, MN. "He just exemplifies what it means to be a leader."

The next step was for MAJ Christopher Lindberg, the battalion executive officer, to put together a packet documenting, among other

things, CPT Rohweder's prior unit assignments, specific highlights from both his military and civilian careers, any volunteer work he'd done and his education history.

Initially, CPT Rohweder was unaware that members of his command were preparing to recommend him for the award. He eventually caught on when they started asking him for specific information and documentation. CPT Rohweder began by telling them about his accomplishments during a previous mobilization.

"I was deployed to Bosnia and we did a lot of construction projects and a lot of humanitarian aid projects, whether it was running new water lines to the local nationals or new road construction," said CPT Rohweder.

Being in charge of building those various structures probably came easy to the captain; when not in uniform, he works as a project manager for Kellington Construction in Osseo, MN. He is also the volunteer coach of a youth team in the Princeton Hockey Association.

MAJ Lindberg said he is not at all surprised that CPT Rohweder was chosen to receive the award, "based upon what he's done for our country and the [Minnesota] community."

"There are a number of criteria needed to be selected for the award, and he meets every single one of them," said MAJ Lindberg, of Cloquet, MN. "It's amazing to watch his Soldiers perform their mission on a daily basis with a high level of precision, based upon the leadership and guidance he gives them on a routine basis."

Being selected for the GDMLA was a "true honor" for him, CPT Rohweder said. He takes particular pride in the award because it is based on an entire ideal rather than a specific deed.

"[This award] is more significant because it encompassed everything I do," said CPT Rohweder. "To be selected, it just kind of gives you a sense of great accomplishment that you must have done something well in your career and in your life to get this." **EX**



What impresses me most is his leadership. He just exemplifies what it means to be a leader.—LTC William Lieder



Minnesota Camp Offers Summer Fun for Veterans' Children



SUMMER FUN Children enjoy a swim at the Minnesota Odd Fellow Youth Camp, one of many activities provided to children of deployed Soldiers and Veterans.

By SSG Heather G. Allen

The Minnesota Odd Fellow Youth Camp is known as “Camp Fa-Ho-Cha,” the acronym of Faith, Hope and Charity. The camp is located on a 25-acre island on German Lake in Le Sueur County, which is about 20 miles northeast of Mankato, MN.

The Odd Fellows are a fraternity of laborers, with a history dating back to England in the 1700s. This family-orientated fraternal organization provides social and economic structure, and teaches friendship, love and truth.

This is an opportunity for a two-week summer camp for the children of deployed Soldiers, Veterans and those killed or missing in action. There is an existing camp providing recreation to disadvantaged youth to fish, swim, canoe and hike during their week-long stay at camp. In lieu of rental fees while the camp is not in session, they have extended an invitation to military kids to take part in the camp experience. Camp FA-HO-CHA is a

non-profit organization and is solely staffed by volunteers willing to donate their time to support children.

July 16–22 is scheduled for boys, and July 23–29 is for girls. Campers must be 10–12 years old and sponsored by an Odd Fellows lodge of the Minnesota Jurisdiction. They must also fill out an application form.

Maureen Widmer, a mother of four and wife of a deployed Soldier, understands all too well the burden placed on military families during a separation. “Many children suffer isolation within their communities and peer groups during a deployment. A camp where they can share their experiences and feelings may alleviate some of their frustration and confusion while a parent is away,” she said in a statement to GX on March 28.

“We are actively seeking corporate sponsorship, as well as funding from grants and other sources,” Widmer continued. “We will be presenting this information to American Legion and VFW (Veterans of Foreign Wars) posts across the state of Minnesota, as well as

asking for financial support from the many other organizations that contribute to our military and their families.”

They anticipate that the cost of two one-week sessions, for both males and females, will amount to approximately \$24,000. This amount will provide food, housing, medical staff, recreational supplies, maintenance, camp upkeep and transportation costs to fund each camp session. **GX**



Mail tax-deductible donations to:

Minnesota Odd Fellows Youth Camp, Inc.
Camp FA-HO-CHA
P.O. Box 404
Winnebago, MN 56098
ATTN: Stan Whitney, Treasurer
Memo: Military Camp

For more information visit:

endeo.com/iouf

Overcome Being Overwhelmed

By Johanna Altland
Grantham University

In today's busy, fast-paced society, one can be easily overwhelmed. Let's face it—many of us are juggling work, family and social commitments on top of going to school. When feeling weighed down, the best thing you can do for yourself (and for everyone around you) is slow down. Sounds crazy right? Wrong. Slowing down and clearing your brain may be the best thing for you. After all, we're not superheroes, and we need to recognize that there aren't always enough hours in the day to complete all our work.

One dictionary's definition of "overwhelm" is "to be overcome by a superior force." Truly, the point at which you become so overcome by pressure that you want to scream or cry in frustration comes from a buildup of stress. By following a few simple steps, you can reduce your anxiety level.

1 SLOW DOWN This is the most important step of all. When stress overtakes you, remove yourself from the situation and take a walk, meditate or simply shut your door for a few minutes and listen to soothing music. You'll be surprised at how quickly this can

calm you down and get your thoughts in order so you can start fresh.

2 PRIORITIZE Make a list of items that you need to accomplish and list them in order of importance. Putting your thoughts down on paper will help clear your mind. If you're being pulled in several different directions because of work, family and school, make separate lists for each one.

3 CLEAN HOUSE Many of us become overwhelmed while studying for school or working. Take some time to clean off your desk and put everything in its place. Starting fresh with a clean desk will provide a sense of accomplishment and gear you up for the first item on your priority list. If you don't have time to organize and file, it's still important to have a clean desk. Simply pile all your papers on a chair or the floor.

4 STOP PROCRASTINATING It's easy to put off for tomorrow what you don't feel like doing today, but it's a dangerous habit to get into. Eventually, the stress of not

having projects completed will take over and the feeling of being overwhelmed will come back. The best thing to do is complete the first item on your list and work your way through the rest. Worst-case scenario, if you are still having a difficult time starting on the first task, pick an easy task from your list and complete it. Sometimes, we just need that feeling of success to spur us on to complete the number one task on our list.

5 CREATE GOALS If a large project has you feeling anxious, and you just don't know where to start, break it down into small goals. Next, tackle those small goals one at a time and before you know it, your project will be complete.

Once your feelings of being overwhelmed are under control, there are some easy guidelines that you can put into place to keep the stress from building up all over again.

SAY NO Saying no to friends, family and even your employer can be difficult, but sometimes it needs to be done.



DELEGATE As you go through each task while planning out your day, more often than not, there are items that you can have someone else complete.

USE TIME WISELY During the course of your day, you may have tasks that can be combined to save time. If you have grocery shopping to do, dry cleaning to drop off, and you need to stop by the local library to pick up some books, try to do it all in one trip. Repeated trips and tasks as a result of poor planning are time-consuming and can be costly.

GET INTO A ROUTINE Routines can help us manage our time and enhance our productivity. A routine can be as simple as spending an hour organizing and filing each morning or getting yourself into the habit of putting in a load of laundry before starting supper.

MAKE TIME FOR YOURSELF Your happiness is essential to your quality of life. Assignments and projects are important, but so is your mental health. Take some time each day or each week to do something special for yourself, like catching up on your favorite TV shows or having a special dinner with your family. Spending time to refresh and decompress will make it easier to focus and stay on task. **GX**



SCHOLARSHIPS FOR THE NATIONAL GUARD

Military service members have many options when it comes to paying for college. From military tuition assistance and the Montgomery G.I. Bill, to scholarships and grants, earning your degree can be an affordable option. Below are some scholarships that are offered specifically for members of the National Guard.

The **GX**[®] Magazine and Grantham University Scholarship Program for Army National Guard Members will provide one full four-year scholarship to an Army National Guard member in all 54 states and territories.

Each scholarship will cover tuition costs, textbooks, software, and shipping of course materials. The value of each scholarship is approximately \$30,000.

The application deadline is May 31, 2007. For more information, please visit: www.grantham.edu/educatetheguard.

The Enlisted Association of the National Guard of the United States' (EANGUS) CSM Virgil R. Williams Scholarship Program provides \$2,000 scholarships for EANGUS members, and their spouses and dependents. Applicants must be enrolled as full-time students at a college, university, trade or business school.

Applications are due by July 1, 2007. For more information, visit: www.eangus.org/resources/scholarship.asp.

The Joseph P. and Helen T. Cribbins Scholarship program provides a \$2,000 scholarship based on academic merit and personal achievement. Enlisted Soldiers currently serving in the active Army, Army Reserve, or Army National Guard, or honorably discharged enlisted Soldiers from any component of the total Army are eligible to apply. Applications are due July 1, 2007.

For more information, visit: www.ausa.org/webpub/DepHome.nsf/byid/KCAT-6FCQ85.

Search the Internet for more National Guard scholarships in your home state. There are hundreds of them out there.

How to Turn Your Child's Summer Salaries Into Money Lessons

By June Walbert
 Certified Financial Planner™ practitioner
 USAA Financial Planning Services



Summer vacation for students used to be about a break from the books and relaxing poolside. But, more than 9 million teens ages 16–19 will skip the sunblock this year and seek summer employment—with many of them earning their first real paycheck.

Before that cash is spent on song downloads and ring tones, parents should use their teens' first taste of financial freedom to guide them toward a lifetime of savvy spending and saving.

1 EXPLAIN THE NEW MEANING OF “GROSS”

Teens may not understand why money comes out of their paycheck before it reaches their hands. Explain how deductions pay for Medicare and social security. This will help them learn

the difference between “gross” and “net” pay, and adjust their spending accordingly.

2 TEACH THROUGH TECHNOLOGY

Graduating from spending an allowance to earning money is a big step, so explain how to open a checking account, and discuss how direct deposit can give quick, electronic access to money. Also, walk through how to keep track of an account balance online. If your teen is responsible for paying any bills, such as car insurance, now may be a good time to demonstrate how to use online bill paying to ensure bills are paid on time.

3 DIVVY UP DOLLARS

With that first paycheck in hand, a teenager

will probably want to go on a shopping spree. While spending some of that money is okay, talk about how funds should be divided between saving and spending. By setting short-term goals, such as saving for an MP3 player, and long-term goals, such as saving for college expenses, teens will see hard work turn into something more than movie tickets or fast food. A good way to begin a budget is to put at least 10 percent into savings, which can be done automatically. This will put them on the path to learning smart money habits they'll keep as adults.

By educating your teen about how to manage money wisely, you'll help ensure that a summer paycheck doesn't melt away faster than an ice cream cone in July. **EX**

Family Program Leaders Define Concerns

By Fred W. Baker III
American Forces Press Service

Top military family program leaders from across the services gathered in February, intent on answering tough questions on how to better work together. After a day of discussions, leaders at the 2007 Family Readiness Summit came up with nine issues they will present to senior military leadership.

“Part of our goal was to identify best practices, lessons learned, challenges and requirements, and what we found was that regardless of which group and which questions they were working on, everyone came up with essentially the same list,” said James L. Scott III, the director of individual and family policy for the Office of the Assistant Secretary of Defense for Reserve Affairs.

Each of the issues will be defined and will include recommendations by the group. The findings will be attached to a letter from Assistant Defense Secretary Thomas F. Hall to the service secretaries and reserve-component chiefs asking for their support in implementation.

Topping the list as a challenge was defining, and possibly renaming, family assistance centers across the services. The group noted that family programs have many different names, and all have different meanings and provide different services.

“It’s so confusing to our families—even the military members,” Scott said. “How do we get to one label?”

Army COL Anthony E. Baker, chief of family programs for the National Guard Bureau, said the family assistance center is clearly defined in Department of Defense regulations, but that it applies to an installation-level organization and does not mean the same thing for the reserve component, which has centers in geographically dispersed areas.

Members of the group expressed concerns that some family members do not go to the centers because of a possible negative connotation of the word assistance. “Nobody wants a handout,” Scott said.

Funding also topped the list as a challenge. The group said more money is needed for more full-time personnel. More funds would help avoid burnout for the full-time staff and volunteers. Scott said there needs to be a balance. “We can’t buy everything. We can’t expect people to donate everything,” he said.

Some participants expressed concern that current funding is tied to current operations and that those funds will not always be available. Funding should be consistent and not tied to specific operations, some said.

The group said there should be one policy across the services on whether funds can be used for family member travel for training. Not all services will pay for family member travel for support-related training.

Use of emerging technologies was listed as a best practice and a challenge. Technology makes it easier to push some services down to the individual who is computer savvy, but the range of capabilities is so diverse among family members that new technology cannot be solely relied upon as a delivery system.

Partnering made the list of best practices. Partnering with the National Committee for Employer Support of the Guard and Reserve to help make contacts with local businesses was cited as a good example of partnering.

Also the development of the Web site MilitaryOneSource.com was seen as a best practice.

The group members said they would like to see it further developed to include more tailoring to the individual services. The group listed volunteers as a best practice, citing volunteerism as an integral part of a successful program.

The group also said there needs to be a focus on single Soldiers’ family needs, as well as the reintegration process after returning from deployment.

The summit’s purpose was for group members to brainstorm ways to break down inter-service bureaucratic barriers that sometimes prevent military family members from getting the help they need. This is the third such summit since 2001.

“I was very, very pleased. The response was much better than I expected it to be,” Scott said. “It was a wonderful and powerful networking opportunity. I had a number of people come up to me and say, ‘We need to continue this.’” **GX**



For more information on Guard Family topics, please visit:
GuardFamily.org

Prime Time

218th Gears Up for OEF



Story and photos by CPT Tim W. Irvin

As we move through the rather quiet streets, I am overcome by a strange feeling of *déjà vu*. The streets, lined with rubble, trash and the rusted hulks of old vehicles, remind me of a faraway place. The sickening, familiar shapes of burned and destroyed Humvees create knots of rage and sorrow in the pit of my stomach. The local people stare at us anxiously, as if wondering whether we are here to defend or destroy. As we approach the gate, I think to myself, "I'm pretty sure I'm not in Afghanistan. But, is this really Mississippi?"

The security at Forward Operating Base (FOB) Herat is obviously very tight and for good reason. My escort, CPT David Brooks, tells me that this base camp was hit pretty hard last night. *Did he say, 'Hit'? He does realize we are in Mississippi, right? Who gets "hit" in Mississippi?* This is more than *déjà vu*.

But that's the point of immersion training. Yes, we are physically at Camp Shelby; although, if you flew me around in a C-17 for 12 hours and landed me right back here, I wouldn't have known. And, as far as the Soldiers of the 218th are concerned, they are already "over there." The idea of immersion training isn't new, though the level of immer-

sion has increased over time. The 218th out of South Carolina will spend months here before they head to Afghanistan.

Since I'm embedded media, I'm not allowed to roam wherever I want. For my safety, I must have an escort and I fully understand the reasons behind this rule. But as we enter the base camp, CPT Brooks' cell phone rings. It's the colonel, so he has to take it. He says it will only be a few minutes and that I'm free to get out, but not to wander too far. So, I get out of the vehicle to take a couple of shots of the base camp and of Soldiers milling about. Apparently, I wandered. As I'm looking through the viewfinder of my camera, trying to setup my Pulitzer prize-winning photo, my field of vision is quickly filled with faces of serious-looking Soldiers quickly moving

my way. It's the Quick Reaction Force (QRF) and they are all staring right at me. They surround me with their weapons at the low ready.

They know we are in Mississippi, right? The squad leader politely asks for my camera. I try to

explain that my escort is just right over there in the van.

But, rules are rules. I

have no escort. Luckily, CPT Brooks finally sees what's going on and comes to my rescue. I tell them who I work for and they immediately begin to tease each other about being on the next cover of *GX*. They all get a good laugh—well, until the sound of rockets screeching toward us and the “INCOMING!” shouted by all around. *Where are we again?* We scramble for the nearest bunker as the FOB is rattled by the explosions. Everyone is still doing their assigned job. The squad leader is on the radio to higher giving them his team's status and location, the medics are preparing for any possible injuries and double-checking their med bags, and I'm steadily taking pictures as best I can without getting in the way.

As the rockets stop falling and the smoke clears, the QRF prepares for what they have seen many times before. Rockets are followed by some sort of mounted attack. The QRF is sent to their Support by Fire position and en route, they engage insurgents firing wildly from an ancient pickup truck. The gunner is “hit” in the Kevlar and falls into the Humvee. At the same time, the front driver side tire is “hit,” immobilizing the Humvee. Another QRF vehicle arrives and suppresses the insurgents with its 240B as medics tend to the wounded gunner. Other Soldiers put accurate fires on the insurgent vehicle as it quickly speeds away back toward the village. The medics take care of the wounded gunner but the bad guys get away—but, not for long.

The next day, we meet up with 3rd Platoon at the Objective Rally Point. Today's mission is a “hard knock” on a suspected terrorist's cell. S-2 (Intelligence) has learned that at least two insurgents, possibly the two that attacked the FOB the day before, are seeking refuge in a two-story building in the middle of the local village. I choose to move out with the assault element with the hope of getting the best action photos. Armed with only my camera, I felt more than a little out of place. We moved quietly, but quickly, to our positions on the outskirts of the town. Oddly the town is exactly what I envisioned. Men squat around a fire sipping chai, chatting in Arabic, surrounded by simple wood buildings. *I'm in Mississippi?* We moved through thick underbrush and encounter our first building. Immediately, the Platoon Leader (PL) sent in the first clearing team. They stacked on the door and then quickly darted into the structure, clearing

rooms as they went. The town is quickly secured, with only the target building remaining.

The main assault team stacks on the door and rushes in. Shouted commands from the Soldiers are answered with AK fire, but quickly silenced by the bang of M-4s. Once the smoke clears, the insurgents are “dead” and one Soldier is “wounded.”

The platoon gathers to discuss what went right and what went wrong. Many Soldiers learn from their mistakes and the PL adjusts a few techniques used by the leaders. Learning during training costs a lot less than learning in combat.

While I observe the 218th in training, I think about my own mobilization training in 2004 at Fort Benning, GA. I'm not saying our training wasn't good or tough, but the 218th doesn't have the luxuries we had. There are no civilian clothes, no steaks and beer from Logan's after a



HARD KNOCK SGT Johnson and another Soldier prepare to enter and clear a building during mobilization training at Camp Shelby, MS. **MOVE OUT** (Left page) A platoon from B Co. 1/118 IN moves into position to enter a local “village” in search of insurgents.

long day of training, no Wal-Mart or Ranger Joe's. In a way, I pity them, but at the same time, I envy them. The culture shock these Soldiers will experience will be lessened by their time at Camp Shelby. While at Benning, although we didn't realize it, we had adapted into the roles of actors. We put on our "costumes" every morning and played our "parts" in training, all the while dreaming of dinner at Logan's. But once we were in country, the "acting" quickly turned to reality. There were no civvies, no Wal-Mart, and the steaks were tough and would make Logan very upset. That was a very difficult reality to deal with while at the same time realizing there are people outside the wire trying to kill you. But the 218th will be more focused on the bad guys, because they're hardened and don't miss the luxuries of home as much as we did. All thanks to their time at FOB Herat at lovely Camp Shelby, MS. It may seem harsh or unnecessary, but I believe the benefits of this type of training are worth the temporary groaning of a few Soldiers. **GX**



LEAN ON ME Two Soldiers assist a wounded comrade who was "shot" while searching for insurgents.

The main assault team stacks on the door and rushes in. Shouted commands from the Soldiers are answered with AK fire, but quickly silenced by the bang of M-4s.



DRESS REHEARSAL A "civilian" watches as a U.S. convoy passes through her village directly outside of FOB Herat. Civilians on the battlefield (COBs) at Camp Shelby are played by local Hattiesburg residents.

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The Shot Heard ‘Round the World

MINUTEMAN HISTORY
The scene at Concord,
MA, April 19, 1775.



By Jason Hall
Director of the National Guard Educational Foundation (2003-2007)

Every Guard member knows the image of the Minuteman. But do you know the meaning of this enduring symbol of American independence? The implications of the first verse of Ralph Waldo Emerson’s poem, Concord Hymn, written at the base of the Concord, MA statue?

*By the rude bridge that arched the flood,
Their flag to April’s breeze unfurled;
Here once the embattled farmers stood;
And fired the shot heard round the world.*

There are two Minuteman statues—one in Concord and one in Lexington. They’re not copies of each other; they’re two different sculptures with separate stories. The Lexington statue is not officially a Minuteman, whereas the Concord one is. Let me expand on the true meaning of the word “Minuteman.”

Following the conclusion of the Pequot War in 1637, the Massachusetts Bay Colony knew continued warfare with native tribes would be inevitable. On Aug. 12, 1645, the legislators of Massachusetts passed a law outlining the “American minuteman concept.” The idea

was to have a portion of the militia remain in a state of readiness to react to hostile action at a moment’s notice.

With growing animosity toward the British in the early 1770s, the Minuteman concept was revitalized. Minuteman units were the first responders who would perform reconnaissance on the movement of the enemy and slow them down, giving the main militia time to mobilize. As before, a signal system was set up. One famous messenger was Paul Revere, himself an officer later during the Revolutionary War. Prior to Lexington, Revere had already taken part in the first militia act.

Action at Lexington and Concord on April 19, 1775, was not an event without reason. It was part of a long struggle between the emerging sense of autonomy among colonists and the desire of the British to control the colonies. Word had started to spread in early 1774 that militia were removing powder and weapons from facilities throughout New England. On Sept. 1, 1774, British regulars entered a Massachusetts powder house six miles from Boston, only to find most of the powder had been removed. They took possession of the remaining powder kegs.

This first “powder alarm,” by MG Thomas Gage, commander of the British forces in Boston, so outraged the colonists that they began regularly mustering on town greens, and led to the raising of additional militia units. This prompted a second powder alarm,

PAINTING BY DOMENICK D’ANDREA

in New Hampshire. Redcoats from Boston were to march to Fort William and Mary, an army post in Portsmouth, NH, and reinforce the garrison there to secure the powder and weapons. Security leaks in Boston allowed the Sons of Liberty to learn of the raid, and dispatched Revere to New Hampshire to warn the local militia. On Dec. 14, 1774, 400 New Hampshire men captured the fort, the barrels of gunpowder and cannons, prior to the arrival of the British. This was the first major confrontation between militia and the British, and Revere's first "ride."

By April 1775, the powder fuse was lit for open rebellion. The Massachusetts militia had a complex plan in place, though, the government in London viewed the colonists as "a rude rabble without plan, without concert and without conduct." This misconception would have major consequences.

On the evening of April 18, 1775, General Gage ordered LTC Francis Smith to move his nearly 900 soldiers to march on Concord to retrieve the powder stored there. The colonists got word of this, and as the redcoats prepared to cross Boston Harbor, two lanterns were hung in the belfry of the Old North Church. These lanterns signaled Revere and William Dawes Jr. to begin their ride to alert towns along the way to Concord that the British were moving.

The men rode through the Massachusetts countryside, telling members of militia units of the British advance. Contrary to popular belief, Revere did not yell, "The British are coming!" This would have been meaningless to the militia men, for they themselves were British. Revere yelled, "The Regulars are coming out!" Contrary to popular myth, neither Dawes nor Revere made it to Concord. It was a young doctor named Samuel Prescott, who had earlier joined Dawes and Revere, who brought the warning to Concord.

Lexington had decided not to form a Minuteman unit; thus it was purely militia men, the Lexington Company of the Middlesex County Brigade, Massachusetts Militia, under the command of CPT John Parker, which formed on the Lexington Green at dawn to await the approaching foe. CPT Parker's 77 men ranged in age from 18 to 75.

As CPT Parker deployed his men into line on the green, he shouted his orders: "Stand your ground! Don't fire unless fired upon! But if

of Concord, leading them to believe the British were torching their town. The Minutemen moved to intervene and met the British at the Concord Bridge, where they fired the "shot heard round the world." British forces reorganized and proceeded to march back to Boston, and during this action one of America's most famous myths was born. Today, most Americans believe it was during the British retreat that the militia men hid behind trees and rocks and fired on the redcoats. The truth is more complicated. The militia men and Minutemen had actually devised a plan for engaging the redcoats all along their return route to Boston.

Militia commanders placed their Soldiers at critical locations along the Boston highway, thus causing the British to face a series of defensive positions. The redcoats had to fight all the way back to Boston. By day's end, nearly 14,000 Massachusetts militia men from more than 40 regiments had answered the call. It quickly became apparent to the British soldiers that this "rude rabble" indeed was a prepared military force.

American militia suffered a total of 94 casualties, with 50 killed, 39 wounded and five missing. The British losses were far higher. The British began having a newfound respect for their colonial foes. A British commander wrote of the colonial militia, "Whoever looks upon them as an irregular mob, will find himself very much mistaken. They have men amongst them who knew very well what they are about."

Since it was militia men, not Minutemen, who stood on Lexington Green, the statue on the green is not referred to as the Minuteman Statue. The true Minuteman statue resides on one end of the rebuilt Concord Bridge. The statue is the work of Daniel Chester French, a friend and neighbor of Ralph Waldo Emerson. Inscribed on the stone pedestal of the Minuteman statue is Emerson's poem.

On Aug. 8, 2006, 300 members of the Massachusetts Army National Guard gathered at the Concord Bridge. These Guard members were of the 181st and 182nd Infantry Regiments. The two units were about to be federalized and deployed to Kosovo as part of Task Force Patriot, in support of NATO peacekeeping. The 181st and 182nd are two of the four oldest military units in the country, and both trace their

[S]moke was spotted by Minutemen north of Concord, leading them to believe the British were torching their town. The Minutemen moved to intervene and met the British at the Concord Bridge, where they fired the "shot heard round the world."

they want to have a war, let it begin here!" At that moment, the British came into view. Seeing the militia, officers ordered their men into line and demanded that the militia lay down their arms. CPT Parker realized his men were greatly outnumbered and ordered them to disperse. A shot—still of unknown origin—rang out, and chaos ensued. British fired a volley into the colonists. Some returned fire, but most scattered. After the smoke cleared, seven militia men lay dead and nine wounded, the first casualties of the American Revolution. British officers regained control of their men and resumed their march toward Concord.

The redcoats thoroughly searched Concord, but found no war materials. They did find wooden gun carriages, which they burned in the center of town. The smoke was spotted by Minutemen north

lineage to Minutemen units that fought at the Concord Bridge that morning of April 19, 1775. "Seeing off these Soldiers at Concord Bridge is particularly fitting," said BG Oliver J. Mason, Jr., the adjutant general of the Massachusetts National Guard. "Their predecessors earned our freedom there 230 years ago."

As the Soldiers left their homes to ensure freedom and security for people in a far-off country, their regimental colors flew in the breeze and a certain battle streamer, among many, proudly waved: the Lexington and Concord Battle Streamer. The 181st and 182nd regiments are two of only three regiments authorized to carry the Lexington and Concord Battle Streamer—a further reminder that the National Guard has been, is now, and will forever be ready whenever and wherever called. **GX**



Side Control & Bent Arm Bar

By SFC Donnie Moseley, NM NG CATC

I promised you last month that I would go over attacks from Side Control. I fully intend to keep my promise, but I want to talk about a couple of things first. One thing I'd really like to cover is "fighting" positions.

We know and have seen the Guard and Mount everywhere from the playground to the UFC. I believe the Guard is a great position for fighting from the bottom, if I have to. Though, let's stay focused. In our line of work, being on the ground and on our back when

sticks and bricks and chainsaws or whatever is involved, is probably not the best place for us to be. So, it's good to know how to fight from the bottom—but, let's try and fight from the top if we can. Those of you who have been to Combatives may have heard: "The person whose buddy shows up first with a gun wins." There's a lot of truth to that. Simple concept, right? Think about it for a second. In a real situation, not only do I want to be in a dominant body position with my enemy, I also want to be able to break contact with them if I need to. It's easier to do this from

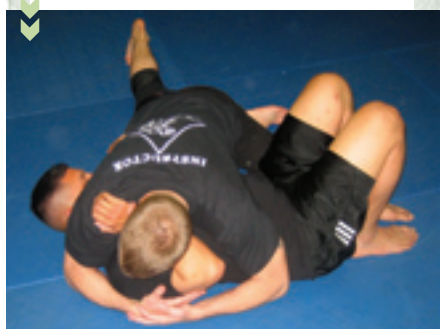
the top—trust me, that guy might weigh 300 lbs. Good luck squirming out from underneath that! I'm not going to lie, I'm guilty of being a Guard-position fighter. Getting smacked in the face has made me focus on changing that. I've had the opportunity to "roll" with some very skilled jiu-jitsu practitioners. Nine times out of 10, they've tapped me out from a dominate body position outside the Guard position. **GX**

Side Control

So, let's talk a little about Side Control. We could do a year's worth of columns on this alone. Side Control is a great position. You can wear your opponent out just letting him try to escape. Here's a couple of tips:

1. Keep lots of pressure on his chest to labor his breathing.
2. Keep your hips flat to the ground—this will make it harder for him to make space for escape or to recompose his Guard position.

Notice in **Picture 1**, I have good chest-to-chest contact. My elbow is in the elbow notch, tight! My far-side knee is up against his hip. I'm controlling the far-side arm and my hips are low to the ground. All these are very important, because I don't want my opponent to just recompose his Guard position.



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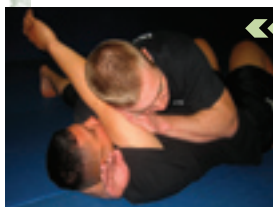
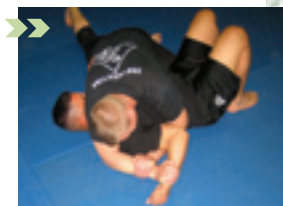
Bent Arm Bar

Okay, here's a simple technique: Bent Arm Bar. I can use this if my opponent leaves his far-side arm "unattended," for lack of a better term, or puts that arm up by my face to try to push my head away and escape my Side Control.

In **Picture 2**, I'm going to control that arm and get it to the ground, securing his arm at the wrist with a thumb-less grip—keeping my elbow tight in the elbow notch and my head looking away. I don't want to look at the guy. His other arm is free and can still punch me in the face. We call those moves "self critiquing." My other hand is going to slide under the tricep of the captured arm and secure my wrist with a thumb-less grip. Now, I'm going to slide his elbow down toward his ribs keeping his wrist on the mat, lifting his elbow toward the sky. Imagine his hand is a big paint brush. Do this slowly with one another—shoulder injuries are a pain to recover from and we only have two of them.

Now, I'm going to do something a little different.

In **Picture 3**, my arm is under my opponent's neck. And that arm is still out there bored and lonely trying to push my face again.

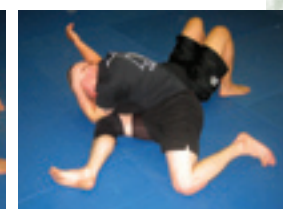


In **Picture 4**, I'm going to push his elbow while lifting my head a little, and trap his arm between his head and mine.

In **Picture 5**, I'm locking my hand into my own bicep.

In **Picture 6**, while keeping his shoulders flat, I'm going to take my leg that is posted out and slide my knee across the belt line until my knee touches the ground, finally stepping over with my other leg. Then I'm going to lean forward to finish the choke.

I hope you get to practice these. Until next time . . . train hard.





Mears Still Holding On

Courtesy of Hendrick Motorsports

25

It's a bit of a rollercoaster for Casey Mears this season. But, the No. 25 National Guard/GMAC Chevrolet driver remains positive. Here's a recap of how things panned out over the past few weeks.

BRISTOL

Mears and the No. 25 National Guard/GMAC Chevrolet team turned in an exciting 10th-place finish in Bristol, TN, on March 25. It was Mears' first career Top 10 at the half-mile bullring and also his first Top 10 NASCAR Nextel Cup result with Hendrick Motorsports.

"Today was a big lift for our No. 25 National Guard/GMAC Chevrolet team," Mears said after the race. "We had a lot of good luck for a change."

Mears jumped six spots in the NASCAR Nextel Cup point standings and sits 126 points out of 12th place. This year, NASCAR expanded the Chase for the Championship field to 12, and eligible drivers will be determined based on the point standings after 26 races.

Food City 500 at Bristol marked the competition debut of the Car of Tomorrow in NASCAR Nextel Cup racing. Mears began the historic day from the 16th starting position after a strong qualifying effort. Early in the race, Mears reported that the car was loose driving into the corner and tight in the center of the turns, causing him to lose several positions in the opening laps.

Crew chief Darian Grubb pitted Mears when the second yellow flag of the day was waved on lap 43. He returned to the track in 28th position.

As the race stayed green, Mears was mired in traffic and unable to make much progress. When a caution was called on lap 119, Mears

pitted for four more tires and additional track bar and air pressure adjustments. As the first car a lap down, Mears also was the recipient of the lucky-dog award, his first of four such awards during the race. He was able to rejoin the lead-lap cars. By lap 300, Mears had cracked the top 15.

On lap 309, Mears went for a spin after Martin Truex, Jr., smacked the wall and collected Ryan Newman. The No. 25 car came away from the incident relatively unscathed.

During the final 100 laps of the race, Mears was able to climb to 10th during a green-white-checked finish, reaching his highest track position of the day.

ATLANTA

Mears and the No. 25 National Guard/GMAC Chevrolet team struggled with an ill-handling race car for much of the 325-lap race at the Atlanta Motor Speedway March 18. In the closing segment of the race, the team's hard work and adjustments began to pay off as the car became more consistent and Mears was able to race his way to a 28th-place finish.

"It wasn't an easy day," Mears said after the race. "It was a struggle, but the guys didn't give up and I was proud of their effort. I know we'll get it right."

After rolling off pit road for the sunny afternoon race, Mears quickly reported to crew chief Darian Grubb that the No. 25 car was tight and lacking rear grip, describing the feel of the car as if there was “300 pounds too much left rear spring.”

The team worked on the car’s handling during subsequent pit stops and momentarily feared a right rear tire was going down on lap 173.

After falling a lap down to the leaders, Mears stuck with the car, and was able to find some positives before the race was finished. In the last 25 laps, Mears was able to pick off several cars in quick succession and run at the top of the racetrack for the first time all day. His lap times also ranked in the top 10.

“We did find a better balance at the end of race,” Mears said, “and that was promising. But, it was good to end with progress because it’s important that we never give up.”

Mears and the No. 25 National Guard/GMAC team gained two positions in the NASCAR Nextel Cup point standings after the Atlanta race weekend.

MARTINSVILLE

Casey Mears and the No. 25 National Guard/GMAC Chevrolet team couldn’t catch a break April 1 at Martinsville Speedway. Multiple problems crippled the car’s chances in competition, and the team gutted out a 42nd-place finish in the 500-lap race.

On lap 3 of the race, a sway bar bolt backed out of the left front sway bar arm on the No. 25 Impala SS, causing Mears to spin out in turn four and damaging the car’s braking system. After repairing the brakes on pit road and returning to the track, Mears was more than 20 laps down to the leader.

After hitting the wall on lap 86, Mears was forced to pull in for lengthy repairs, ultimately completing 371 laps of the race.

“It was bittersweet toward the end of the race because our car was pretty good then,” said Mears, who ran lap times comparative to the leaders during the closing segment of the Goody’s Cool Orange 500. “Without the early problems, I think it would have been a fun day for us.”

After the race, Mears dropped to 33rd in the NASCAR Nextel Cup point standings. **GX**



25 NATIONAL GUARD/GMAC CHEVROLET SEASON AT-A-GLANCE

FINISH POSITION FOR EACH RACE



CHAMPIONSHIP POINTS POSITION (33rd AS OF 4/01/07)



24 48th Infantry Brigade Honored at Nicorette 300



By Nicole Wellman
Georgia Army National Guard, Marketing

Casey Mears and the No. 24 National Guard/GMAC Chevrolet team finished fifth in the Nicorette 300, but they finished first in the eyes of many fans. The team honored the Georgia Army National Guard's 48th Infantry Brigade during the Busch Series race at the Atlanta Motor Speedway on March 17.

In support of the brigade, the No. 24 car displayed the unit's name and patch. The 48th Infantry Brigade is one of 22 units the National Guard is recognizing at Busch Series races throughout the 2007 season.

The 48th Infantry Brigade has played an important role in the National Guard's history. Soldiers in the brigade have served in Desert Storm and Bosnia, and have supported missions in the Global War on Terror, including a yearlong deployment in Iraq.

As the Busch Series program honors the men and women who proudly serve, the National Guard appreciates the effect this may have on retention.

SFC Scott Riegel, NCOIC of Georgia Army National Guard marketing, said NASCAR has always been a good recruiting tool, but he's glad the relationship honors the units and helps retain Soldiers, too.

"If we can reward some of our Soldiers . . . they will know they are appreciated, and sometimes that makes all the difference when it comes time to re-enlist," said SFC Riegel.

Twenty Georgia Army National Guard Soldiers attended the Busch race. Pre-race activities included a garage and pit tour, and an autograph session with driver Casey Mears.

The following day, the Kobalt Tools 500, in the Nextel Cup series proved to be an excellent chance to reward Soldiers for serving their country and community.

Georgia Army National Guard members attended the race at the Atlanta Motor Speedway. The National Guard applied the trackside program to help promote and support two of their largest lead-generating programs: the Recruit Sustainment Program and the Guard Recruiting Assistance Program (www.GuardRecruitingAssistant.com).



CONNECTING WITH FANS National Guard driver Casey Mears takes time out for a picture with SPC Jonathan Leverett, a Soldier in the 48th Brigade.

Soldiers were also introduced to the No. 25 National Guard GMAC Chevy team and learned about the benefits of the National Guard's involvement in NASCAR.

Most of the Soldiers agreed it was an experience they will never forget. PVT Robert Maine Jr. said he was most impressed with meeting Mears.

"He was a really cool, down-to-earth person and tried to connect with us fans," said PVT Maine. "The whole experience and the VIP treatment—it was a great time."

For some Soldiers, it was more than just a reward—it was a learning experience. PFC Develin Morrison said that even though it was his first NASCAR race, it was more than just a fun day at the track.

"I am a NASCAR fan now. I'm going into the Guard as a 63B (light-wheel vehicle mechanic), so I'm interested in the mechanics. It was great to see how they do it," said PFC Morrison.

The National Guard entered NASCAR in 2002 and is expanding its involvement for the 2007 season. **GX**

24 NATIONAL GUARD/GMAC CHEVROLET SEASON AT-A-GLANCE

FINISH POSITION FOR EACH RACE



CHAMPIONSHIP POINTS POSITION (31st AS OF 4/01/07)



Do You Have What It Takes? The All Guard Marathon Team

Story and photo by SFC John Murphy

If you have exceptional athletic ability in the sport of long-distance running, see if you have what it takes to earn a position on the National Guard Recruiting and Retention's elite "All Guard Marathon Team."

The mission of the National Guard Recruiting and Retention Marathon Program is to utilize members of the All Guard Marathon Team to promote the Guard and to enhance its strength. The program will work with Guard Recruiting and Retention at both local and national levels to promote the Army and Air Guard, and the Military Competitions Programs. The marathon program will encourage and enhance the Retention Program by instilling physical fitness, self-discipline and esprit de corps among Guard members from all 50 states and four territories. It will also provide for better quality of life and well-being.

The Recruiting and Retention Marathon Program was established in 1984. The state of Nebraska was selected by National Guard Bureau to be the host state for the All Guard Marathon Team time trials. These take place the first Sunday in May annually in Lincoln, NE, in conjunction with the Lincoln/National Guard Marathon. During this time, competi-

tors also receive valuable training at the Recruiting and Retention Workshops. All competitors also serve as Recruiter's Aids while they're members of the program. They're required to work a minimum of five times per year with their local recruiting and retention forces to enhance these efforts.

Top finishers in the Lincoln/National Guard Marathon will earn a coveted position on the elite All Guard Marathon Team. This prestigious group will represent the Guard at approximately eight major racing events nationwide annually. The 2006-2007 team competed in several regions of the country to bring positive exposure to the Guard.

This is a highly competitive running team that has earned a winning reputation due to their solid performances at every race. Those who earn a position also are required to work at the Recruiting and Retention Marathon Program's exposition booth at each race's fitness exposition. All athletes explain the benefits of the Guard to the general public and obtain quality leads for the recruiting forces. Since January 2003, the athletes have collectively obtained nearly 3,000 leads.

In addition to the successes in the area of recruiting, retention is equally important. Approximately 85 percent of All Guard athletes surveyed in 2006 stated that the

marathon program was a major reason they remained members of the Guard.

Although the athletes are spread throughout the United States and its territories, they are a close group and exemplify the "Guard is Family" motto. In addition to the races the athletes take part in, there's an opportunity to befriend other Guard members who share a bond in the sport of long-distance running. Members of the program are not exempt from upholding their obligations to their assigned units. Many of those who participate in the program have served, or are currently serving, in Iraq, Afghanistan, disaster relief efforts and border patrol missions.

Those wishing to compete in Lincoln and try to earn a position on the elite All Guard team must have completed a marathon within 18 months of the May 6, 2007 event, in a qualifying time. **GX**

For more information please contact SFC John Murphy at:

(402) 309-7359

Or email:

jack.murphy1@us.army.mil



Nebraska Pride
(l to r) SGT Tarissa Batenhorst, SSG Jennifer Kramer and SSG Penny Hyrek; all earned a spot on the 2006-'07 All Guard Team.

National Guard Professional Angler Makes Mark on Wal-Mart FLW Tour

Courtesy of Docupak

National Guard angler Derek Jones made his mark on the Wal-Mart FLW Tournament on Fort Loudon-Tellico Lakes. Jones, in his second season not only with the National Guard, but also as a professional angler, breezed into the top 10 of the four-day tournament like a seasoned veteran. The tournament took place in Knoxville, TN, March 29–April 1, with a top award of \$125,000.

Day one of the tournament was tough, with many of the seasoned pros not even bringing in one fish. Jones entered the tournament ready to fish and brought in a five-bass limit that weighed 17 pounds—a dream start for Jones, putting him in seventh place and setting him up for the best tournament of his life.

Day two was the day that really primed the National Guard angler for a top-10 finish. Jones brought in a five-bass limit weighing 20 pounds, 4 ounces, capturing the lead. After two days, Jones had a total of 10 bass that weighed 37 pounds, 4 ounces, which gave him a 6-pound, 1-ounce lead in a tournament featuring 200 professional anglers and 200 co-anglers, representing 36 American states, Australia and Japan.

On each day of FLW Tour competitions, professional anglers and co-anglers are randomly paired with pros who supply the boat, control the boat movement and compete against the other professionals in the competition. Co-anglers fish from the back deck against other co-anglers. All 200 pro-anglers and 200 co-anglers compete the first two days of the competition for 10 slots of the third day's competition, based on their two-day accumulated weight. The weights are cleared for the third day and the co-angler competition concludes following the weigh-in on the third day, with the winner being determined by the day's heaviest catch. The top 10 pro-anglers continue competing on day four, with the winner determined by the heaviest accumulated weight from days three and four.

Jones proved himself a major contender after the second-day weigh-in by bringing in at least 6 pounds, 1 ounce more than his closest competitor. "It's fun out there right now," said Jones, who had just claimed his first FLW Tour top-10 finish as a professional angler. "I am really excited and can't wait to go and fish the next couple of days."

Jones was fishing about 25 miles from the launch site on Fort Loudon Lake near Knoxville, TN, and was targeting bedding fish with swim bait and a drop-shot rig. Swim bait is realistic-looking bait made to look like it's swimming. The drop-shot rig is a way of tying your hook up the line and putting the lead on the bottom. Raising the bait off the bottom gives it a different look and can make it easier for the fish to see. Jones was confident in the area he'd been fishing the first two days. "The area seemed to be replenishing itself every day. The fish I was targeting were bedding fish. With the water, a little muddy and too deep, I couldn't really sight fish all that well, but I was on some really quality fish, which boosted my confidence." It looked really good for Jones going into the final.

The third and fourth days seemed to be a lot tougher for Jones, bringing only three fish in on each day. Jones finished the tournament in seasoned-pro style, weighing in six fish for a total of 22 pounds, 6 ounces, just 5 pounds from winning \$125,000. "I had a lot tougher third and fourth day," said Jones. "The fish seemed to get really spooky." Jones finished in fourth place, taking home his biggest check yet—\$30,000.



REELING IT IN
Derek Jones shows off one of his tournament-winning fish.

The FLW Tournament Trail is now in full swing and Jones, as well as the five other National Guard pro anglers, can be seen at all the tour events. The tour will be in Rogers, AR, May 17–20, and then on to the Potomac River June 14–17. Prior to the final weigh-in on Saturday and Sunday, FLW Outdoors hosts a free Family Fun Zone and outdoor show at the weigh-in location from noon to 4:00 p.m. The Family Fun Zone is a place for fishing fans to meet their favorite anglers, and review the latest and greatest in fishing products. Children are treated to fishing games, activities and rides like the Ranger boat simulator. **GX**

The Back Blaster!

OPERATION SLIM GYM™

By SSG Ken Weichert **Part 2 of 2**

RECEIVED

SSG Weichert,

Hello. You guys are doing a great job with your articles and your DVDs are great! My wife is doing the Intermediate DVD with me a couple of times a week. She shouts, "HOOAH," along with your crew as if she had been doing it for years.

My question is about some good back exercises that I can do in the gym. Any information is greatly appreciated!

—William J., Texas Army National Guard

William,

Thanks for the compliment! This marks the second year that Stephanie and I have been writing for *GX*. It has been quite flattering to receive so many fantastic emails and letters telling us how our articles and DVD workouts have helped people reach their fitness goals! Tell your wife the START Fitness™ team says, "HOOAH!"

Although back and core workouts are among my favorite, it wasn't always the case. While a senior in high school, I broke my back during a regional final football game and was paralyzed for six weeks. My injury sharply ended my dream of playing college sports. After I regained feeling, I began the arduous process of physical therapy. My sessions included back and core recovery and strength-training exercises. I still employ many of the same exercises today.

Whether you are working your back and core muscles for recovery reasons or simply wanting to increase strength and improve overall posture, I suggest that you incorporate back and core strength training into your workout schedule two to three times per week.

Let's get started:

WARM-UP PHASE

- 1. Running in place, or 50 side-straddle-hops** (jumping jacks) (5–10 minutes)
- 2. Rotation Exercises** (2 minutes)
- 3. Stretching** (5–7 minutes)
It is advised that you repeat steps 1–3 prior to step 4 in order to be properly warmed-up.
- 4. High Steps** (2 minutes)
Jogging in place with your hands at least above your shoulders, while your knees lift as high as your hips.

BUILD-UP PHASE

- 5. Crunches on the ground, or Stability Ball Crunches**
 - Basic: 1–15 repetitions
 - Intermediate: 15–30 repetitions
 - Advanced: 30–60 repetitions

6. Pull-ups

Start Position: Place your hands on a pull-up bar, arms shoulder-width apart and palms facing away from your body.

Action: Pull your body upward until your nose reaches the bar. Return to the start position and repeat the steps.

› **NOTE:** If you cannot perform a complete pull-up, simply hang on the bar for 45 seconds with your arms fully extended with a very slight bend in each elbow.

- Basic: 1–2 repetitions
- Intermediate: 3–6 repetitions
- Advanced: 7–12 repetitions

7. Flutter Kick

- Basic: 10–20 seconds
- Intermediate: 21–40 seconds
- Advanced: 41–60 seconds

› **NOTE:** Remember that the lower your legs are

positioned, the more back muscles that you engage for this exercise. Keep your back flat against the floor with your arms supporting the sides of your body. If you experience discomfort in your lower back, raise your legs higher.

MUSCLE TARGET PHASE

8. Cable Front Pull-down (Lat Pull-down)

Start Position: Sit on the bench with good posture with your thighs under the padded supports. Grasp the cable bar with a wide grip and palms facing away from the body.

Action: Pull down cable bar to your upper chest. Keep your elbows pointed toward the ground. As you pull down, squeeze your shoulder blades together. Pull down on a slow four-count and exhale as you pull. Inhale and count to two as you return the bar to the start position.





9



› **NOTE:** You will use the same counting and breathing techniques with all of the pulling exercises in this workout. Breathe in through your nose and out through your mouth during each exercise.

› **WARNING:** Do not jerk your body, lean backwards, pull the bar behind your head or pull lower than your upper chest during this exercise. Perform the actions slowly.

Formula with Weights

- Bulk Up: 3 sets of 4 – 6 repetitions each with heavy resistance
- Maintenance Drill: 3 sets of 8 – 12 repetitions each with medium resistance
- Sculpt Down: 3 sets of 15 – 20 repetitions each with light to moderate resistance

Formula with Tubing

- Basic: 1 – 10 repetitions
- Intermediate: 11 – 20 repetitions
- Advanced: 21 – 40 repetitions

9. Cable or Tubing Seated Row

Start Position: Sit on the bench with your knees slightly bent and grasp the cable attachment.

Action: Pull cable attachment to your waist, while straightening lower back. Pull shoulders back and push chest forward during contraction. Exhale as you pull the cable attachment toward your body. Inhale as you return your arms to the extended start position. When your arms extend, keep a very slight bend in your elbow. With a straight back, allow your shoulders and lower back to slightly stretch forward. Repeat.

› **NOTE:** Same formulas apply.

10. Dumbbell or Tubing Bent Over Row

Start Position: With one knee on the bench, kneel over the side, balancing your body on one arm. Keep your back flat by lifting your head up with your eyes looking forward. Your opposite leg will be slightly bent with your foot on the ground. Grasp the dumbbell.

Action: Pull dumbbell upward to the side of your body until your upper arm reaches your rib cage. Pull by squeezing your shoulder blades together. Exhale as you pull. Inhale as you extend your arm to the start position. Remember to keep your back flat and your arm slightly bent at the start position. Repeat. Perform the required amount of repetitions, switch sides and continue with your opposite arm.

› **SUGGESTION:** Use low to moderate weight for this exercise in order to maintain proper form for the entire amount of repetitions required.

› **NOTE:** Same formulas apply.

11. Hamstring Curl

Start Position: Facing bench, stand between bench and lever pads and fix your desired amount of weight. Lie prone on bench with knees just beyond edge of bench, raise your upper body off the bench while keeping your pelvis down and lower legs under lever pads. Once the backs of your legs are under the pad, lower your upper body to the bench and grasp the handles located directly under the bench.

Action: Exhale as you raise lever pads to back of thighs by flexing knees. Inhale as your legs lower the lever pad until knees are just slightly bent. Repeat.

› **WARNING:** Do not allow your knees to touch the pad and do not allow your legs to hyperextend.

› **NOTE:** Same formulas apply. This exercise incorporates your hamstrings.

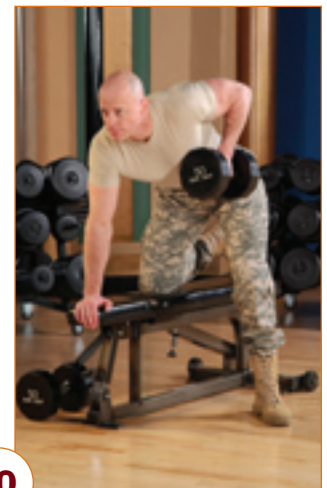
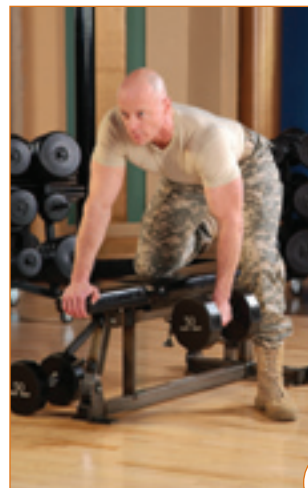
12. Modified Reverse Fly with Tubing

Start Position: In a standing position, hold a short piece of tubing (SPRI Ultra-tube™) or a long piece folded in half (SPRI Xertube™) with your arms parallel and fully extended at shoulder level with your palms facing inward.

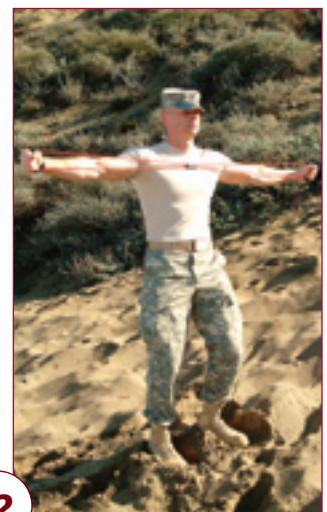
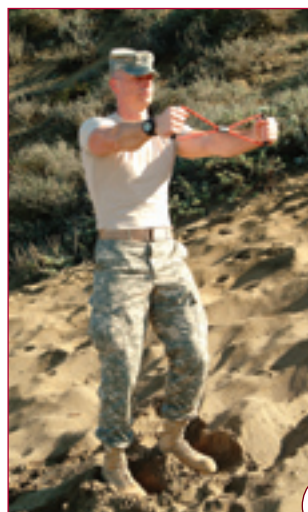
Action: Exhale as you pull outward and backward by squeezing your shoulder blades together until your arms line up with your back and you look like the letter “T.” Inhale as you slowly return to the start position. Repeat.

› **NOTE:** This can be performed with cables by crossing your arms slightly, grasping the single cable attachments and performing the same actions with low weight.

- Basic: 1 – 5 repetitions
- Intermediate: 6 – 15 repetitions
- Advanced: 16 – 30 repetitions



10



12

13. Modified Plank Single Arm Cable Pull

› **NOTE:** "This is my favorite exercise in this workout!"

Start Position: Balance your body on your forearms and feet (beginners at knees) with your back forming a straight line. Keep your feet together or up to 12 inches apart. Grasp the single cable attachment or tubing handle with your palm facing the ground.

Action: Like the "lat pull-down" described earlier, exhale as you pull handle down to your upper chest. Inhale as you slowly return to the start position and repeat.

› **NOTE:** Keep your rear-end and stomach muscles firm for stability during this exercise. Perform the actions slowly. Do not allow your back to sag or sway in the middle. Maintain proper form at all times.

- Basic: 1 – 3 repetitions
- Intermediate: 4 – 8 repetitions
- Advanced: 9 – 15 repetitions

14. Superman / Superwoman

- Basic: 5 – 10 repetitions
- Intermediate: 11 – 30 repetitions
- Advanced: 31 – 60 repetitions

15. Modified Roman Crunches on a Stability Ball

- Basic: 1 – 6 repetitions
- Intermediate: 7 – 12 repetitions
- Advanced: 13 – 24 repetitions

› **NOTE:** I often add a few exercises for my biceps right after the muscle target phase. Keep in mind that with a few biceps exercises, you will be adding another 20–30 minutes to the total time of your workout.

SUMMIT PHASE

16. Aerobics (treadmill, or elliptical machines, or running, or cycling) (8-10 minutes)
"HOOAH! Now do it, again!"

- Basic: 1 full set = approximately 25 minutes *
 - Intermediate: 2 full sets = approximately 50 minutes *
 - Advanced: 3 full sets = approximately 75 minutes *
- *Depending on initial warm-up time, repetitions per set and rest periods

COOL-DOWN PHASE

17. Rotation Exercises (2 minutes)

18. Stretches (5 – 10 minutes) **GX**



14



13



15



HOOAH! askthetrainer@startfitness.com
Let us hear from you.



SSG Ken Weichert, six-time Soldier of the Year and Veteran of both Iraqi Freedom and Desert Storm, began the START Fitness™ program in 1997. Now partnered with his wife Stephanie, Strategic Director of START Fitness™ and a certified personal trainer, the Weicherts are conquering the fitness industry.

For additional information on how to improve your strength and stamina for the APFT, simply go to American Soldier (www.americansoldier.com/skwo01.html), where our DVD set is now on sale. If you want to hear from us directly, email us at askthetrainer@startfitness.com.

If you're ever in San Francisco, come to our studio, where military and family members are always free. Our new military line of tubing by SPRI Products is now available at www.startfitness.com.



FOR SPECIFIC APFT (ARMY PHYSICAL FITNESS TEST) PREPARATION EXERCISES: Please refer to START Fitness™ in GX issues 2.6, 3.1 and 3.2 in www.GXonline.com past issues.

UNIFORMREMARK: SSG Ken Weichert is pictured in the Army Combat Uniform (ACU) without the ACU Shirt in order to show you what muscles are employed during each exercise.

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

SPECIAL REMARKS: We encourage you to request additional information by emailing us at askthetrainer@startfitness.com and to exercise with us while watching our FIT TO FIGHT™ DVD series.

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THE ONE PREDICTABLE THING ABOUT A DISASTER.

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comfort, time and again, to those in desperate need. You, too, can join the men and women with the skills and courage to take on the toughest of challenges. Find out more by visiting our web site today.

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Zombies are Attacking! Now what?

[PROVE IT!]
TESTING TO THE EXTREME WITH THE ZOMBIE KIT

By Chris and Jason West

This month's reviews center around emergency preparedness kits. Are they important? Absolutely. Are they exciting? Hardly. And as much fun as it would be to shoot them with a shotgun, it would also be more pointless than usual. So when word came down on what we would be reviewing this month, we were hard pressed to find a way to make the topic fun or exciting. Then in our disaster scenario research, we discovered the kind of threat we were more qualified to prep for: zombies.

After years of watching zombie movies and feeling entirely unprepared to deal with the threat posed by the walking dead, we were tremendously relieved to find an informative book that covered the topic thoroughly: *The Zombie Survival Guide: Complete Protection From The Living Dead* by Max Brooks. The book explains, scientifically, what zombies are, how to fight them, how to avoid becoming one and even details historic zombie attacks. Never once even hinting that he's not completely serious, Brooks has created an entertaining read that actually stirred some very practical thinking on what efforts we should make to prepare for any kind of emergency.

CHECK YOUR KIT!

Before we get into the specifics of what you might need to hold off zombies or survive any other, perhaps more likely, serious emergency we want to stress this point: check your kit! Do NOT just go out, buy a pre-made emergency preparedness kit, throw it in your car or basement and forget about it. Open the kit up and check that all the necessary components are present. Ensure that you're familiar with how to use the items and comfortable with their quality. Give some thought to any additional items that you feel might be useful in a worst-case scenario. Periodically recheck the items to ensure that nothing has expired (did you know

that first-aid kits have expiration dates?).

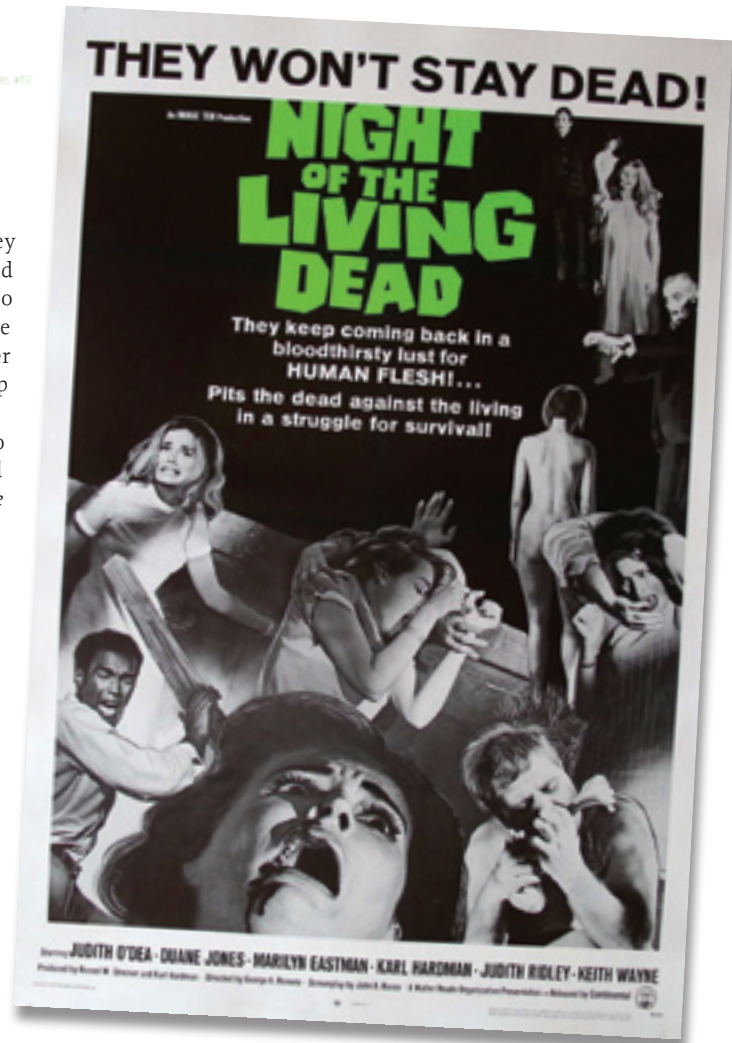
When Katrina knocked out power, water and all communications over much of the southern U.S., it became obvious to everyone that when things get bad enough, we are largely on our own. The first responders, National Guard and other government agencies will be there to help as soon as possible, but it is a very real possibility that we may have to make it through the first few days of a disaster without any outside help.

As a result, the Department of Homeland Security has established the Ready.gov Web site, where they provide an excellent set of guidelines for preparing your family for a worst-case scenario. While they made an obvious oversight by not dealing with the possibility of an undead apocalypse, it is still an excellent site with a lot of great resources.

The back-woods survivalist mentality calls for a bomb shelter, a huge arsenal and

enough food to last until the second coming. That, however, might be a little more effort than you care to expend. It is recommended that at a minimum you maintain sufficient supplies to care for your family for three days.

To make sure you are prepared for the zombie invasion (or other more mundane disasters), we've taken a long look at emergency kits of various types—from basic store-bought kits to a self-assembled kit with everything you might need. Essentially, these kits come in two basic varieties: the “hole up and hold out” home kit and the “head for the hills” portable kit.



“Hole Up and Hold Out” Emergency Kit

- Three days of supplies for two people
- Contains all items on the Ready.gov list
- Costs approximately \$100

The zombies are everywhere and the best thing you can do is hole up and wait for help. To get you ready, we looked at a number of pre-made home kits, but for the cost, you will have a hard time beating a kit you can assemble yourself with a quick trip to your local super-store.

Tip: You probably already have many of these items in your home. Assemble them in one place, so you don't have to go searching for them when the lights are out.



ITEMS INCLUDED:

- Canned food: total 12,000 calories (2,000 calories per person, per day)
- Water: total six gallons (one gallon per person, per day)
- Local map
- Radio with extra batteries
- Flashlight with extra batteries
- Two emergency blankets
- Whistle
- Trash bags
- Baby wipes
- Heavy gloves
- First aid kit
- Duct tape
- Dust masks
- Pipe wrench
- Plastic sheeting
- Scout knife
- Multi-tool
- Tarp



“Head for the Hills” Emergency Kit

- Three days of supplies for one person
- Contains most items on the Ready.gov list
- Costs approximately \$60

When the zombies are beating down the door and it's time to bug out, your full-size emergency kit is probably going to be a little too cumbersome. Zombies aren't exactly zippy, but you'll still need to be able to move quickly.

We tried assembling our own kit, but for the money, we simply couldn't beat the Red Cross “One person, three-day emergency preparedness kit” available at www.redcross.org/store. It didn't contain everything on the Ready.gov list, but it had all the necessities.

Tip: There is plenty of room in this pack, so you might want to include some extra items such as a knife, a compass, local maps, and some extra food and water.

Don't forget to include any prescription medications or personal hygiene items you might need. Also, be sure to include infant formula and diapers if needed, as well as additional food and water for your pets.

ITEMS INCLUDED:

- Backpack
- Flashlight with batteries
- Water-resistant radio with batteries
- Emergency blanket
- Food packets: emergency rations totaling 4,800 calories
- Water pouches: emergency water, two quarts
- Water container: 2.5-gallon
- Work gloves
- Light sticks
- Moist towelettes
- Dust mask
- Plastic sheeting
- Rain poncho
- Duct tape
- Whistle
- First aid kit

HALL OF SHAME

In the process of testing a variety of emergency preparedness kits, we found several products which were woefully inadequate and comprised of utterly sub-standard items (laughably low-caloric food, totally inadequate water, incomplete first aid kits). Even though these kits were generally less expensive than Red Cross and other respectable brand name items, they would have

been overpriced at half their cost. Since our lawyers have informed us that we might make trouble for ourselves if we name company names and use phrases like “worthless piece of &#%\$@,” we will confine ourselves to saying: buy the good stuff. Should you ever have to use the kit, the few dollars you might have saved will seem like the worst financial decision you've ever made.

EMERGENCY RADIOS

When the zombies are staggering into town, timely and accurate information can be the difference between life and death. Which way should you run? Are authorities recommending that you hold your ground? While many emergency preparedness kits come with a small battery-powered radio, we're not entirely comfortable trusting our access for good intelligence to a couple of AA batteries that have been sitting around for who knows how long. Realistically, in a post-Katrina world, it's entirely likely that you'll need the information link longer than even the best of batteries will last. Enter the dynamo-powered emergency radio.

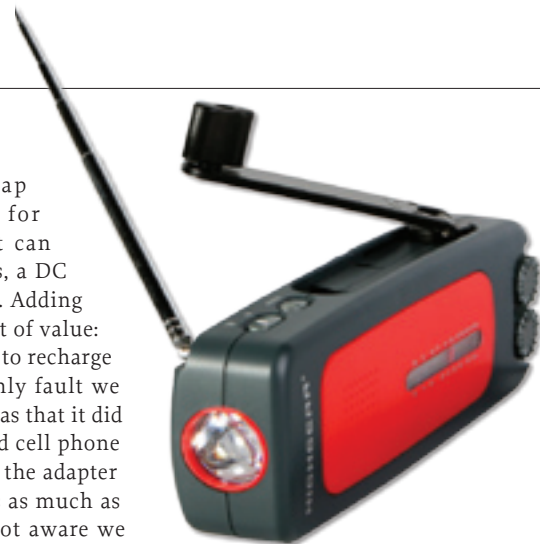
American Red Cross FR400

Not surprisingly, the hands-down winner in this category was an American Red Cross approved item. Although it came in at a significantly higher price point than some other models (about \$60), it's an all-in-one package, which makes it worth the additional cost. It receives

AM/FM radio, a number of TV channels, and seven NOAA weather stations. Other safety features include a built-in flashlight, an emergency flasher, and a siren. It is water resistant and comes with



a handy shoulder-strap carrying case—ideal for grabbing and going. It can be powered by batteries, a DC adapter or a hand-crank. Adding the final, over-the-top bit of value: you can use the dynamo to recharge your cell phone! The only fault we found with the system was that it did not come with a required cell phone adapter. Having to order the adapter by mail didn't bother us as much as the fact that we were not aware we had to order it until we found a single mail-in card tucked into a small pocket in the carrying case. We felt like this key element not being included deserved a MUCH larger warning. Once again, we remind you: check your kit!



SmartDynamo by Highgear

Coming in at half the price of the FR400 (\$30), an honorable mention in this category goes to the SmartDynamo. Ideally sized for tucking into a glove compartment, this unit also comes with hand-crank powered radio, flashlight and cell phone charger. Although it lacks the ability to pick up the NOAA channels or TV, it does ship with several cell phone adapters (be sure that it comes with the one to charge your phone). We heartily recommend picking up one of these and tucking it away inside your car.

KNOW YOUR ENEMY

☛ Zombies can't climb

Take shelter on upper floors and destroy the stairs behind you. Be sure to bring your emergency kit with you.

☛ Fighting zombies

While firearms are the weapon of choice, make sure you have a backup hand-to-hand weapon. We prefer our trusty crowbar.

☛ Wait it out

Whether you are facing zombies, hurricanes, terrorist attacks or some other apocalyptic scenario, you need to be prepared to hold out for minimum of three days. For more, visit Ready.gov.

☛ Hollywood horror

Contrary to what you see in the movies, don't head toward a mall. Zombies are attracted to these structures.

☛ Headshots

Remember, to stop a zombie, you must destroy its brain. Shooting center of mass on the undead is just a waste of ammo.

☛ Walk, don't run

The average ground speed for a zombie is 1.5 miles per hour. In most cases, you can simply walk away from them. Running can cause you to end up as a zombie snack.

MOSSBERG 500 J.I.C. CRUISER

When you absolutely, positively have to take the head off a zombie with every shot, accept no substitutes.

Obviously, when laying in supplies to fend off a zombie invasion, no kit would be complete without some weaponry. In our research to find the ideal tool for smiting the walking dead, we came across something new from the good people at Mossberg: the J.I.C. (Just In Case) line of products.

We felt like kids on Christmas morning when the Cruiser version of the J.I.C. line arrived. The primary component of each of these products is a 12-gauge Mossberg 500 Pump-Action. This compact (18.5-inch barrel) pistol-gripped shotgun comes sealed in an impact-resistant, water-proof, floating tube complete with a shoulder strap that makes it ideal for "grab and go" applications. The inclusion of an incredibly dense, waterproof survival kit pushes both the "cool" and "practical" factors over the top. The tube is also large enough to allow for

the inclusion of several additional survival items or ammunition.

Purely as a service to our readers (certainly not because we really, really wanted to) we threw the J.I.C. over our shoulder and headed to the range to test the weapon and determine the ideal shot-type for zombie slaying. As we were unable to procure any actual zombies for testing, we found a suitable stand-in: latex zombie masks over honeydew melons and pineapples (we're pretty sure zombie brains are either green or yellow).

A couple of hours and many pounds of fruit salad later, we had our results and a tremendous amount of respect for the Mossberg 500. The shotgun is entirely utilitarian in design, and we mean that in the best possible way. Anything extraneous has been carved away, leaving a sleek, smooth-action, robust weapon. Make no mistake, this is not an item you want to use for targets or



hunting—it has a brutal kick (enough that we would not recommend it for light-framed shooters) and isn't the easiest thing to aim. To be completely honest, this weapon is downright mean—it managed to bloody the Elder Brother's lip and leave the rest of the crew with some bruises and sore wrists the next day. But then, when you're fighting evil personified, you wouldn't really want a "nice" weapon would you? Although the sound of a shell racking can't intimidate the undead, the punch of 12-gauge buckshot will drop a zombie in its tracks (remember only headshots will stop a zombie).

As a final note, we determined that either double- or triple-ought buckshot was the ideal for converting the undead into the fully dead. Lighter shot lacked the necessary punch (for example you're zombie might be wearing the Wiley X glasses we reviewed in *GX* 4.2) and while the slugs delivered an amazing amount of energy to the target, it was easy to miss the headshot. And let's face it, should you ever find yourself facing down a zombie, even as fully prepared as we hope we've made you, you're going to be nervous, so improve your chance of a critical hit with at least a 10- or 18-pellet spread. **GX**

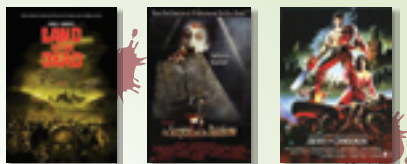


DIE, ZOMBIE! DIE! Brothers West blast zombies (or melons with zombie masks) back to the grave with the Mossberg 500 J.I.C. Cruiser.

Top 10 Zombie Films of All Time

Social commentary, horror or comedy—whatever the flavor, we love our zombie movies. George Romero is the undisputed master of the genre, but lately, there have been some truly spectacular releases. Here are our favorites:

- 10. **Dawn of the Dead** (2004): A remake of Romero's classic film
- 9. **Resident Evil** (2002): Milla Jovovich and zombie dobermans . . . what's not to like?
- 8. **Thriller** video (1983): Michael Jackson proves the dead can dance!
- 7. **Land of the Dead** (2005): Romero's latest zombie film
- 6. **Army of Darkness** (1993): Bruce Campbell fights zombies with a chainsaw hand—now, that's entertainment!



- 5. **Serpent and the Rainbow** (1988): Voodoo zombies
- 4. **Dawn of the Dead** (1978): Romero's masterpiece of mall zombies
- 3. **28 Days Later** (2002): One of the scariest zombie films ever made
- 2. **Night of the Living Dead** (1968): The Romero movie that started it all
- 1. **Shaun of the Dead** (2004): Making zombies fun for the family

GX Hero: Beth Phelps

Proud Wife of an Army National Guard Soldier



HERO'S HERO Beth Phelps with SPC Rick Phelps of the Kansas Army National Guard.

roof of the mouth when the two sides fail to join as one, causing a fissure.”

Because Beth was born with a cleft palate and lip, she underwent her first surgery at five weeks old and averaged one to two surgeries per year, every year for the first 21 years of her life. Doesn't sound like a fun way to spend your youth does it?

She has had her jaw wired shut more times than most boxers, and was forced to eat meals through a syringe, such as mashed potatoes and gravy with blended concoctions of pre-made dinners, and cheesecake. Losing 22 pounds in one week, she was fed the cheesecake to try and put weight back on her thin frame.

“A doctor told us at the time that if we were not able to put weight back on her within 48 hours, he would have to admit her to the hospital because she could have gone into shock,” her mother, Vicci Shaver said. “She ate the potatoes and cheesecake a lot.”

“Most foods don't taste that great when they are put in a blender,” shared Beth.

The three-hour trips from Lake Brownwood, TX, to a hospital in Dallas were uncomfortable for Beth. “My parents did the best they could to make me comfortable,” she said. “I could sometimes have my jaw wired shut and be in the hospital

for up to two weeks after surgery, but the drives home could become really painful.”

Due to complications from surgeries, Beth would miss a lot of school, which contributed to her becoming a home-school student during her sophomore year. “I didn't really think that I missed a whole lot because I didn't know what I was missing,” she said.

One high school moment she missed does stand out, though—prom. “It is the one thing I wish I could have done,” she admits. “It would have been cool to dress up and just be a part of that atmosphere.”

Missing school, the memories associated with it and endless months of pain could keep most people down, but not Beth.

“God and my family being supportive got me through so much,” she said. “I really thought after one of my surgeries and being so sick that I was going to die, but God and my family never treated me any different.”

Not one to roll over and wait for a handout, Beth began taking classes at the Rhema Bible Training Center in Tulsa, OK, at the age of 26. Two years later, she earned the credentials allowing her to be a children's church pastor. So many people allow outside circumstances to sidetrack their life plans. To be honest, I don't know if I could have stayed on track under the same circumstances. “I was not going to give up because this happened to me,” she said. “I wanted to go to Rhema my whole life, and I did.”

By SPC Rick Phelps
2/137 Infantry KSARNG

Basketball players. Football players. Baseball players. Astronauts. Soldiers. Sailors. Marines. Airmen. All of these categories of people at one time or another have been labeled “heroes.”

And rightfully so. Sports stars have excelled in their respective professions to become the best, and that's a quality many strive to achieve. Astronauts are an elite group, and because of their profession, they have earned hero status.

Then, there's the members of the United States Armed Forces. The word “hero” has been used to describe so many who have worn the uniform and laced up a pair of boots.

I will not argue that all of the aforementioned folks are heroes. What I would like to do is offer an alternative—someone who I consider my personal hero.

Her name is Beth Phelps, and she is my wife.

She was born with a cleft palate and lip, an abnormality that affects approximately one in every 700 children born in the United States. The Cleft Palate Foundation says a cleft palate “occurs in the

Because of all of the surgeries, Beth jokes that she has a “million dollar face.” “I am worth a lot of money,” she laughingly has said.

The irony in her statement about having a “million dollar face” is that her smile is what first attracted me. She has one of those smiles that exudes love and support and makes you feel that no matter what, everything will be okay.

Fast forward to March 2005. As a member of Hammer Company, 2/137 Infantry, Kansas Army National Guard, I knew my unit was eventually heading to Iraq. I just wasn’t sure exactly when. I had recently moved to Texas to take a job with the *Brownwood Bulletin*, a local paper, and was making the 12-hour drive to Kansas City once per month for drill.

Beth is proof that you don’t have to wear the uniform to support those who do.

Beth and I were set to be married April 1, 2005. That date was chosen to honor her grandparents. They were married on April 1st and Beth was very close to them. Three days before our wedding, I received the phone call. I was informed that the 2/137’s premobilization training would soon begin.

Beth was very well aware of my National Guard commitment, so this did not come as a surprise to her. Do I think she wishes the deployment would have occurred down the road? Absolutely. But, she never said a negative word. And she could have.

“It’s not like I was going to back out,” she said. “I knew I had fallen in love and wanted to marry the man who I had already decided I wanted to be with for the rest of my life.”

The next four months prior to being activated could have been difficult for the two of us. But, Beth being Beth, that didn’t happen. We hosted several family functions and made sure all of our family affairs were in order prior to my leaving.

From the get-go, she showed support, and despite finding out we were expecting our first child, she stayed strong and if she ever was upset, she never let it be known.

“I knew life was going to be difficult, but if I had acted negatively, that would have made it that much harder,” Beth said.

When August 2005 rolled around, I could feel the butterflies and nerves. I did not realize how supportive she could be until the day she dropped me off at the Kansas City armory. “I love you and know that God will protect you and you will come back to me and our baby,” I remember her telling me that day, with tears in her eyes.

At that moment, I knew our marriage would survive this deployment, when so many others are ruined under the same circumstances.

The first few months of the deployment were rough, because I knew we were both experiencing the same feelings of anxiety. “It was a little bit difficult at the beginning, because I had become so used to having [Rick] around, and then a few months later, I didn’t,” she said.

Beth and I always categorized the deployment as having three phases. Phase One was our battalion’s first training site, Phase Two was the second training site and Phase Three was Iraq.

“Of course, as a wife, I prayed every day for safety,” said Beth. “But, I also realized we were in Phase Three, and even though it was the longest phase, it made me feel like every day gone by was one day closer to us being together.”

Thinking about it, I cannot tell you of a day when she was not supportive, despite being a pregnant newlywed. Beth did have her own incredible support system in place, though—her family. “My family watched out for me every day, and when I would get upset, they would remind me that everything would be okay,” she said.

I missed our first Thanksgiving, Christmas and New Year’s Eve as a married couple, but you would not have known it by the way Beth

kept me informed of everything. We would have conversations like we were sitting together in my big blue recliner at home.

Eventually, Beth hit the nine-month mark of her pregnancy and I was just waiting on the word that she had gone into labor. I received that word on Jan. 19, 2006. I was pacing back and forth like the stereotypical husband, while at the same time looking to the sky and praying. Over and over, I kept asking the Lord for a safe delivery and that Beth and our child be healthy.

I was able to call the hospital approximately 45 minutes later.

“Hi, baby, she’s here,” were the first words I heard when she picked up the phone in her room. She had given birth less than an hour prior,

and was talking to me like we had just won the lottery. “She is so beautiful,” I remember Beth telling me. “Honey, you will not believe how beautiful she is. God has brought us a beautiful, healthy baby girl.”

I was in shock to say the least. This woman—my new bride—had just gone through childbirth, and again, did not say one negative thing or complain about my absence. “She has your lips and nose,” she told me at the time.

Knowing I could only talk for so long, I immediately called one of my best friends at the *Brownwood Bulletin* and asked her to take pictures of my new angel, Lauren Paige Phelps. Amber was at the hospital within 20 minutes of my request, and the next day, I was able to see Lauren for the first time.

Containing my excitement just wasn’t going to happen. And I don’t just mean the excitement over Lauren’s arrival, but the excitement of realizing that my wife and I, in our young marriage, were going to survive our first deployment. With all she has been through in her life, she could possess a “me” attitude, but instead, all she wanted was to share what she had gone through with me. She could have rushed off the phone, dealing with medical staff. Instead, she stayed on the line with me. That is something I will never forget.

Beth’s life hasn’t been easy. But, she overcomes and continues to support others—notably, this Kansas Guard Soldier.

My wife is not a hero because of one act or her profession. In my eyes, her hero status has been earned by the way she has lived her life. Beth is proof that you don’t have to wear the uniform to support those who do. **GX**

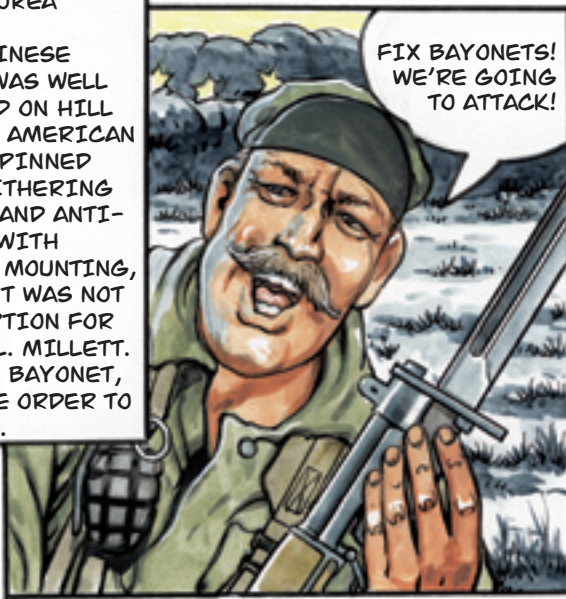
NEW FRIEND SPC Rick Phelps with a new pal in Iraq, where his unit was deployed in August 2005.



THE LAST BAYONET CHARGE

don
LOMAX

SOAM-NI, KOREA
FEB. 7, 1951
A HEAVY CHINESE
PRESENCE WAS WELL
ENTRENCHED ON HILL
180 AND THE AMERICAN
FORCE WAS PINNED
DOWN BY WITHERING
AUTOMATIC AND ANTI-
TANK FIRE. WITH
CASUALTIES MOUNTING,
STAYING PUT WAS NOT
A VIABLE OPTION FOR
CPT LEWIS L. MILLETT.
FIXING HIS BAYONET,
HE GAVE THE ORDER TO
HIS TROOPS.



FIX BAYONETS!
WE'RE GOING
TO ATTACK!

CPT MILLETT PERSONALLY LED HIS 1ST AND 3RD PLATOON IN
THE FIRST MAJOR BAYONET CHARGE SINCE THE CIVIL WAR.
THEY CROSSED A FROZEN RICE PADDY AND UP THE HILL
UNDER HEAVY FIRE AND A SATURATION OF ENEMY GRENADES.



KILL 'EM
WITH THE
BAYONET!

HALFWAY UP THE HILL AN ENEMY GRENADE SHREDDED CPT
MILLETT'S BACK AND LEGS. UNDAUNTED, HE LEPT INTO THE
COMMUNIST TRENCH LINE AND BAYONETED 2 CHINESE.



AS 1ST AND 3RD PLATOON Poured INTO THE TRENCHES
BEHIND HIM, CPT MILLETT CHARGED FORWARD CLUBBING
AND BAYONETING THE ENEMY, ALL THE WHILE SHOUTING
ENCOURAGEMENT TO HIS MEN.



CPT MILLETT AND HIS
LEADERSHIP IN THE
WHIRLWIND HAND-TO-
HAND ATTACK BROKE
THE SPIRIT OF THE
ENEMY AND THEY
SCATTERED IN A
DISORGANIZED PANIC.
WHEN IT WAS FINISHED
NEARLY 100 ENEMY
SOLDIERS LAY DEAD,
30 BY BAYONET. THIS
IS ONLY ONE INCIDENT
IN A LIFETIME OF
DEDICATED SERVICE TO
HIS COUNTRY FOR CPT
MILLETT. HE SERVED
IN THREE WARS, WWII,
KOREA, AND VIETNAM.



A FAVORITE SON OF THE STATE OF MAINE, CPT LEWIS
L. MILLETT WAS AWARDED THE CONGRESSIONAL
MEDAL OF HONOR FOR HIS LEADERSHIP AND BRAVERY
THAT DAY AT SOAM-NI KOREA. 87 YEARS YOUNG, HE
CURRENTLY RESIDES IN IDYLLWILD, CA.



the
End

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