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WARRIOR TRAINING CENTER

The school turning Soldiers into elite fighters

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OUR TOUGHEST. WORKOUT. EVER.

A Ranger triathlete reveals his routine

NO. 1 RECRUITER

SFC CRAIG WESTER RECEIVES THE RECRUITING AND RETENTION NCO OF THE YEAR AWARD

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ALL AMERICANS

Five immigrants who became Soldiers before they became U.S. citizens



YOU CAN PUSH AN ELITE SOLDIER ONLY
SO FAR BEFORE YOU WAKE A GIANT.

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2012
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FEATURES

JULY / AUGUST 2012 | VOL. 9, ISSUE 3

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THE GUARD EXPERIENCE



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SFC Jesus Gonzalez served in the Navy, deployed with the National Guard to Iraq and volunteers countless hours to help others. Little did he know that a defining moment of his life would come from helping a total stranger. *By Vanessa Gregory*



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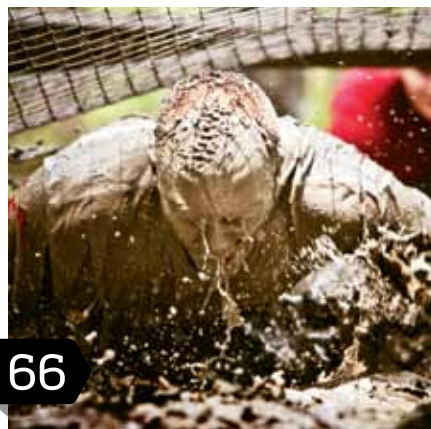
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YOU ARE PART OF THE BEST-TRAINED, BEST-EQUIPPED, BEST-LED AND MOST EXPERIENCED ARMY NATIONAL GUARD IN OUR 375-YEAR HISTORY."

Soldiers,

In my first months as director, I have been thoroughly impressed by the tremendous professionalism and spirit of Guard members everywhere I go. I am constantly struck by how the last decade of war has redefined our force. Nearly 360,000 strong, you provide 39 percent of the Army's operating forces at just 12.3 percent of its budget. For the cost of one Active Duty Soldier, the Army Guard trains and retains three Guard Soldiers. America's Citizen-Soldiers deliver security our nation can afford.

As Citizen-Soldiers serving and fighting side-by-side with our brothers and sisters in the Active Army and the Army Reserve, you have accomplished every mission and continually exceed all expectations. In the process, you have transformed the Army National Guard from a strategic reserve to a 21st-century, operational force. You are part of the best-trained, best-equipped, best-led and most experienced Army National Guard in our 375-year history. Our challenge now is to keep it that way.

When faced with slashed budgets, British Prime Minister Sir Winston Churchill said: "Gentlemen, we have run out of money. Now we must think." In light of declining resources, we now must weigh decisions that will influence the Army Guard's next decade. Fortunately, the Guard has a long history of innovation and resourcefulness that is deeply rooted in our militia heritage.

To maintain the Guard as an operational force, we have to use it. If we don't, the keen edge of readiness we've worked so hard to develop will start to rust. As an integral part of the Total Force, we must continue to engage in regular, cyclical deployments for contingency operations, training, exercises, peacekeeping and partnership-building. We can accomplish this by continuing to mobilize Citizen-Soldiers to serve in places like the Sinai Peninsula, the



Horn of Africa and the Balkans, or as part of regular rotations to South Korea or Germany. Predictable deployments allow Soldiers, families and employers to anticipate and plan for change.

An essential factor of being ready is taking care of Soldiers and their families. We have a commitment to look after our wounded, ill and injured Soldiers, and to honor those we have lost. Through exemplary support programs and services, including employment initiatives, the Army National Guard is providing quality sustainment of our most valuable resource—our Soldiers and their families.

Whether at home or abroad, the American people expect us to be prepared for every contingency: to answer every call, respond to every disaster and win every fight. They expect nothing less because you are unquestionably the best our nation has to offer.

I am proud to serve with each one of you ... the truly exceptional men and women of the Army National Guard.

Sincerely,

William E. Ingram Jr.
Lieutenant General, U.S. Army
Director, Army National Guard

HELP US ADJUST OUR SCOPE.

WE CAN FOCUS ON OUR TARGET WITH YOUR FEEDBACK.



GX

THE GUARD EXPERIENCE

www.GXONLINE.com

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

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Please be sure to include your full contact information and a description of how your submission meets the GX mission and target audience (all Army National Guard members and their families). All submitted work (photos, articles, video) becomes the property of GX upon submission.

Please note, submitted content is not guaranteed to be published in GX magazine.

There are several factors that determine what content is ultimately published. These include but are not limited to:

- > Time and space availability
- > Ability to change the existing editorial outline
- > Approval by the Army National Guard GX contract officer
- > Relevance to both the GX target audience and the GX mission

Due to the volume of submissions we receive, we cannot reply to every submission. However, we do receive, review and appreciate each submission. If your content meets the goals and requirements, we'll be in touch!

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LETTER from the EDITOR



ON THE COVER

SFC Craig Wester of Arizona, honored recently in Washington, DC, as the Guard's Recruiting and Retention NCO of the Year, combines competitive-ness and unselfishness in his role of recruiting leader. For more about his success, see our story on page 34.

Party of Five

Here at GX, we've had the honor of meeting some of the finest Americans in the land. Influential leaders, decorated Warriors, astounding athletes and other Soldiers who demonstrate greatness simply with quiet, everyday sacrifices. Recently, we met five more, and the gathering made for an occasion we'll never forget.

Our first feature, which begins on page 16, focuses on immigrants who joined the National Guard and served America before they became Americans themselves. Sergeants Chinonso Nwosu (Nigeria), Alla Tarbox (Ukraine), Phanarat Somkuan (Thailand) and Carlos Villa-Rivera (Mexico), and First Lieutenant Alagie Barrow (Gambia) graciously let us tell their stories. Our next challenge: Could we get this mini-melting pot within the Guard all together for a photo shoot to celebrate their patriotism, dedication and diversity?

The answer was yes, thanks to their generosity, and to the efforts of two of our team members, Art Director Laurel Petty and Features Editor Christian Anderson, who somehow managed to synchronize the schedules of five busy, far-flung Guard Soldiers and have them converge in Nashville.

On a Saturday night, all of us, along with Graphic Designer Dustin McNeal, went out

for dinner, and the more I got to know these Soldiers, the more appreciative I grew for the lives they've led and for the richness they bring to the Guard. I learned about Phanarat's passion for food, Chinonso's fondness for Premier League soccer, Alagie's love of language, Carlos' obsession with beer-brewing and Alla's zeal for travel. Special Soldiers, all of them. And special people.

On Sunday we gathered again, this time at a studio, and the mission of pulling off one of GX's most ambitious shoots culminated in one of our proudest moments. What you see on these pages, shot by photographer Evan Baines, is a reflection of the strength, ambition and diversity of not only these Soldiers but of the entire Guard. And we're proud to present to you their stories—stories not unlike your own.

Someday, I hope I can meet up with all of them again. (For one thing, I want to try one of Carlos' beers.) I know they'll go on and continue to do great things. After all, they traveled thousands of miles each to come to the United States and, like all of you serving across the globe, they're all about going the distance.

Thanks again for reading,

Mark Shimabukuro, Managing Editor

We want to know what you think about GX.

Take our short survey and tell us what you like, what you want and what we can do better.

GX

THE GUARD EXPERIENCE

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today.

Mailbag

YOUR THOUGHTS, PHOTOS AND STORIES

DROP US A LINE

Have a comment about an article you've seen in GX? An experience from the field that you'd like to share? Or a photograph that's calling out for a wider audience? GX would love to hear from you.

Email all comments and photos to editor@GXonline.com.

INTERACT WITH US

Don't forget to join us on your favorite social media site:

URL + /NationalGuard



GIVE US FEEDBACK!

We want to know your thoughts about GX. What's your favorite section? How can we improve? Go online and complete our survey at GXonline.com/survey.

GX asked a few Soldiers around the world to share their experiences. Here are their dispatches.

NCO HONORS

In May, the 29th Combat Aviation Brigade held its first Noncommissioned Officer (NCO) Induction Ceremony (pictured below) overseas at Camp Buehring, Kuwait. As an observer, I was very excited to see those 66 Soldiers, from different states, take new leadership roles within their respective units. As my battle buddies walked across the stage to accept their NCO certificates, I was honored by their accomplishments. As 90 percent of the new NCOs were National Guard Soldiers, it shows the true strength of our service. From our historic withdrawal from Iraq last year to our current mission



▲ In GX 9.1, we profiled SSG Irving Cortes, a recruiter for the Connecticut National Guard and an aspiring mixed martial arts fighter. On April 20, Cortes won unanimously in one of his most recent fights, held by the Warrior Nation Extreme Fighters Alliance in Chicopee, MA.

of working with the Jordanian Air Force, the Florida Army National Guard is first in the fight. I hope one day I earn the right to call myself an NCO in the National Guard.

— SPC MATTHEW MAGRETA

HIGH-SPEED DOCUMENTARY

From September 2011 to May 2012, my unit, the 877th Engineer Company of the Georgia Army National Guard, was the subject of a six-month documentary project by CNN that aired this past spring. The purpose of the story was to raise awareness about the difficulty National Guard Soldiers face when they return from combat to the civilian sector. CNN followed several Soldiers

through the last couple of weeks of the 877th's Afghanistan deployment and for five months after our return to the U.S. They talked to us about our feelings and the struggles of job-hunting in today's job market. They interviewed us while we searched for jobs and attended Guard-sponsored career fairs.

I was extremely fortunate to get a full-time position with the Georgia National Guard, but some of my fellow Soldiers continue to face difficulties. Some continue to struggle to find work in the present economy. The Guard is doing a lot to help Soldiers, and this documentary should help employers understand the challenges faced by returning Guard Soldiers.

I participated in this story to help raise awareness in hopes that the next group of Soldiers coming home won't have to fight like we have in the past. Our group isn't the first to face hard times, but hopefully the collaboration between the National Guard and CNN will ensure that Soldiers do not continue to face such struggles upon returning from deployment.

My family and I are grateful to CNN and the National Guard for their hard work in putting this together. I hope this documentary helps citizens and employers understand the unique sacrifices borne by Soldiers and their families.

— SPC DAMON BOYD

Editor's note: The documentary Boyd is referring to is called Voters in America: Vets Wanted? For more information, search for it on CNN.com.

May / June 2012 issue is your best yet! Outstanding!!
—COL (Ret.) Phil Miller

GRATEFUL LEADER

On May 24, 2012, I was humbled to stand beside six of my Army National Guard peers and receive the General Douglas MacArthur Leadership Award for 2011. Each year, the award recognizes 27 company-grade officers and warrant officers across the Army, seven of which are Army



PHOTOS BY SGT DARRON SALZER; SGT CORY GROGAN; SGT JULIE TROTTER

National Guard members. When I think about the path that led me to this point in my career, there have been two overarching themes: opportunity for growth and outstanding mentorship.

I have encountered opportunities to learn and grow at every step of my career. Commissioned just two days before 9/11, I immediately faced challenges as a brand-new second lieutenant. I quickly realized that these challenges, although overwhelming at times, afforded me the chance to learn new things and move outside of my comfort zone. I found that I learned the most when I took a chance and not only accepted but asked for challenging assignments.

In the meantime, I was blessed to learn from some of the best officers and NCOs in our force. I was mentored by leaders who gave junior officers the freedom to maneuver and learn from their mistakes. They took the time to listen and provide opportunities that would stretch my limits and help me grow as a leader. Without the opportunity and mentorship provided by the National Guard, I wouldn't be where I am today.

I am humbled to be part of the group of outstanding officers awarded this year. Now, on to the next opportunity!

— CPT AUDREY FIELDING

CULINARY DELIGHT

Since I've been enlisted in the Oregon Army National Guard, I've had some awesome experiences. I've learned countless skills, useful both in and out of uniform. But I had no idea when I joined the Guard that I would eventually be in the running for the Philip A. Connelly Award, the highest possible Army culinary award.

The Philip A. Connelly Award tests you on everything you've been taught as a chef—and more. This competition has its own recipe card. Collaboration, discipline, technique and military bearing are all key ingredients. It's not just about



THE STAR TREATMENT

Ever dream of working on a movie set and meeting A-list celebrities? Well, a new program called Operation Hollywood is giving Oregon National Guard Soldiers opportunities to work in the film industry. The brainchild of producer Suzanne DeLaurentiis and the Oregon National Guard's Joint Transition Assistance Program, Operation Hollywood helped Sergeant Amy Feltzin and Specialist Jayme Roth, both in the 1249th Engineer Company, land jobs on the set of DeLaurentiis' new film *How Sweet It Is*. They are working alongside major actors such as Erika Christensen, who's had roles in *Traffic* and *Swimfan*.

"The whole experience of being on the film set, and the demands there are, is so parallel with what the military asks of us time-wise and energy-wise," says Feltzin (above right, with Christensen). "Getting to work with these guys is just awesome."

food preparation, taste or presentation. Participants of the Philip A. Connelly Awards Program are scored on equipment setup, proper usage, cleaning as you go, takedown procedures and maintenance. In short, everything you do is scored, down to the smallest of details.

Each one of the competitors is assigned a certain list of responsibilities, and it's our job to make sure that they are not only completed properly but according to the production schedule of that meal. Outside of the kitchen, we are also responsible for the upkeep of our equipment, including trucks,



trailers and sanitation systems, to name a few. Competing in the Philip A. Connelly competition has taught me that Soldiers deserve more than just the old Army chow. It is about more than just making a meal; it is about exceeding the standards of chow halls everywhere.

— SPC JACOB STEELE



FORT BENNING, GA

Soldiers rappel from a UH-60 Black Hawk helicopter at the Air Assault Course conducted by the Warrior Training Center (WTC), Feb. 9. To read more about Air Assault and other high-speed courses offered at the WTC, check out p. 68.





Recon

KEY WEST, FL

Soldiers attending the Special Forces Combat Diver Qualification Course practice maneuvering and towing Zodiac inflatable boats on March 15. The course is held at Special Forces Underwater Operations School, which provides training focused on maritime operations and techniques used to infiltrate enemy areas while avoiding detection.



PHOTO BY
SSG RUSSELL KLIKA



FORT COLLINS, CO

On June 27, SPC Ryan Hawley (left) and PFC Milos Vujicic, 1157th Firefighter Company, Colorado National Guard, clean up areas that were destroyed in the High Park wildfire. National Guard units from five states assisted local civilian first responders in battling the fires in the West and Southwest, which affected more than 300,000 acres.



ALL AMERICANS



SOME IMMIGRANTS BELIEVE SO STRONGLY IN OUR COUNTRY'S IDEALS THAT THEY JOIN THE NATIONAL GUARD EVEN BEFORE THEY BECOME CITIZENS. HERE ARE PORTRAITS OF FIVE OF THESE SPECIAL PATRIOTS.

STORY BY BROOKE LEA FOSTER | PHOTOS BY EVAN BAINES

It's the classic immigrant story. Leave behind loved ones and the cultural comforts of home in search of a better life. Travel thousands of miles to enjoy new freedoms. And arrive on American soil with a hope as vast as the country itself.

That's what these five immigrants did, like millions of others before them. But this group demonstrated a special devotion to the United States. With visas in hand, they could have pursued any number of opportunities. They chose to join the National Guard. They pledged to serve Americans, protect them, fight for them, die for them if necessary, even before they had a chance to become Americans themselves.

As the nation celebrates its independence and all its diversity in July, we offer portraits of five patriots—from Nigeria, Ukraine, Gambia, Thailand and Mexico—who are part of the distinct group of service members who were Soldiers before they became citizens.

These proud Warriors are living symbols of freedom, optimism and military might. They're not just citizens of the U.S. but citizens of the world, international ambassadors of peace. Yet they also exhibit a humble need to repay this great nation. And beyond their love and appreciation of America, they share something else: They all sought, in one way or another, to create a new sense of home, of belonging, and they found it by putting on the Guard uniform.

NAME **CHINONSO NWOSU**
 NATIVE COUNTRY **NIGERIA**
 AGE **29**
 RANK **SGT**
 UNIT **1744th TC, IL**
 YEAR OF U.S. CITIZENSHIP **2011**
 ONE WORD THAT COMES TO MIND IN DESCRIBING AMERICA
Grand. It's impressive in its size, ideals, wealth and traditions.

A DRIVE TO SERVE AMERICA

SERGEANT CHINONSO NWOSU WAS taking a shower at his parents' house in Nigeria in 2003 when he heard his father yelling in the next room. He rushed to find out what was going on. "You got it! You won a visa to the U.S.!" his father told him. Nwosu was in shock. His relatives in Chicago had been helping his family apply for visas through the State Department's lottery program for years, and now the 19-year-old, who had never left his country, was being offered a chance to come to the United States. He felt as if someone had handed him a golden ticket. "I don't even know how to express the amount of desire that I had to come to the U.S.," he says. "I had read so many books by American authors. I wanted to study here. And all of a sudden, my life changed. It was extraordinary."

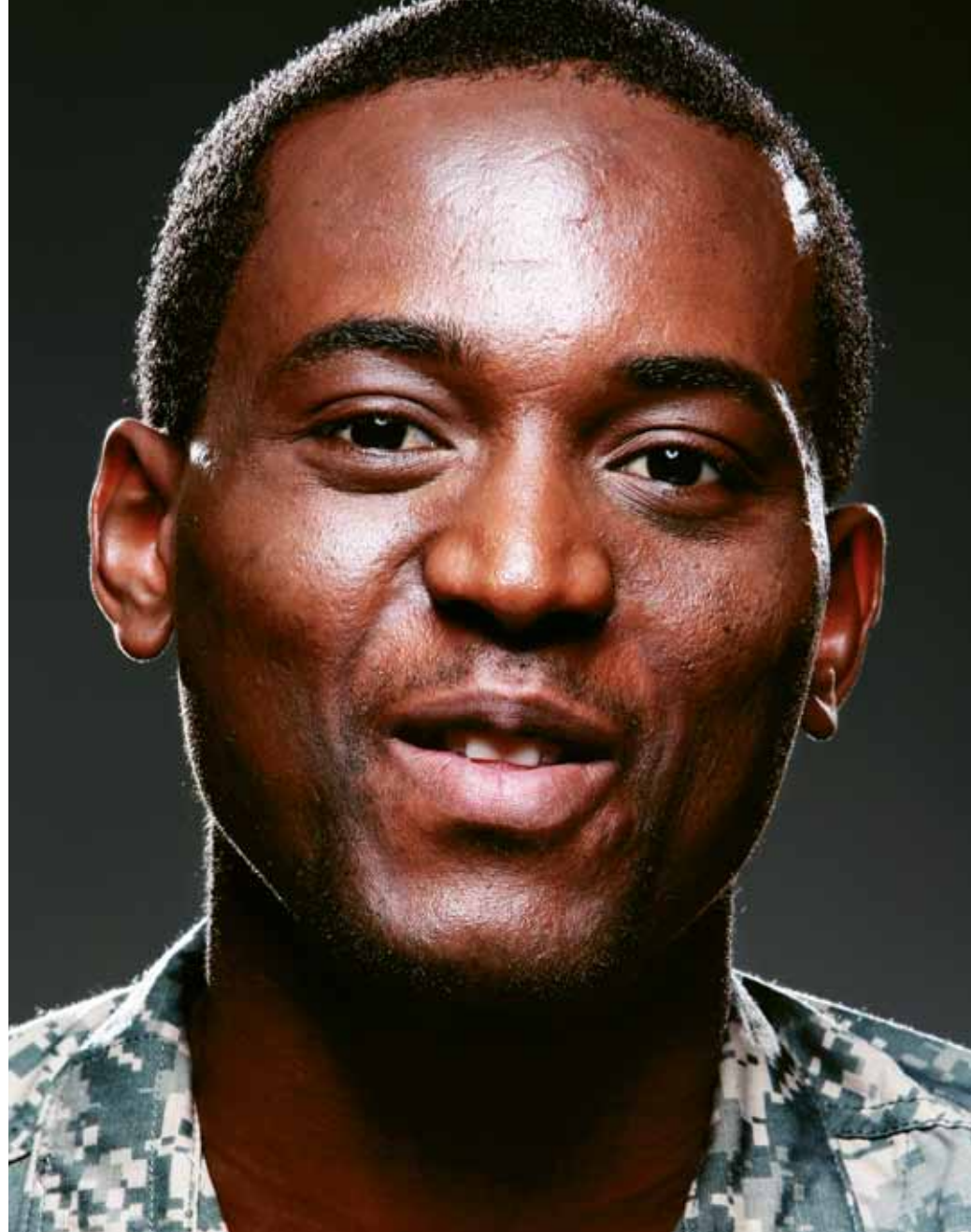
It was a chilly October day when his plane touched down at O'Hare International Airport in Chicago. Nwosu was wearing sandals. "I'd never felt cool air before," he says. And the differences were only beginning. He saw that everyone was driving fast and talking on the phone. They seemed important. In Nigeria, everyone moved more slowly. "Man, it's really on," he remembers thinking. "I have to put my game face on. This is the U.S."

His aunt picked him up, handed him a jacket and told him she wanted him to spend several months getting used to American culture. "She told me to watch medical dramas on TV to help improve my English," he says. "I needed to get used to the American accent."

Almost as soon as he arrived, Nwosu knew he wanted to join the Army. "It was always in my heart," he says. He didn't want to join the Marine Corps or the Navy; he was concerned about the possibility of drowning. The only airplane he'd been on was the one he'd taken to the U.S., so he wasn't sure about the Air Force either. In 2006, after doing some research, he decided to enlist in the Illinois National Guard. "It was like a dream. I kept thinking that I was going to wake up and be back in my country," he says.

His excitement was quelled after Basic Training, when he was deployed to Iraq. "I was still a young Soldier," he says. "There wasn't a lot of good news coming out of Iraq at the time."

A Soldier was killed the day he arrived. "What a welcome," he says. He was stationed in the exact area of Iraq that he heard about on the news every day: Camp Taquaddum in the Anbar province, about 12 miles



outside of what was then the insurgent stronghold of Fallujah.

But it wasn't until his one-year deployment to Kuwait in 2010 that trouble found him. Nwosu, who was in a transportation unit in Kuwait, spent weeks at a time driving to U.S. bases all over Iraq, collecting Humvees and other vehicles and equipment and transporting them back to the American bases in Kuwait. The 60- or 70-vehicle convoys would drive at night to evade enemy fire. One night, Nwosu was driving a semi-truck with the convoy commander. Nwosu was mentioning how much weight fell on their shoulders leading the convoy, when a big explosion rocked their truck. He went into shock and remembers the commander yelling, "Just move! Just move!" Nwosu couldn't see anything but smoke, but he jammed his foot down on the gas pedal anyway. They eventually made it through, but in the moment, Nwosu recalls thinking, "It all goes to God right now."

In February 2011, while still in Kuwait, Nwosu was sworn in as an American citizen. His entire unit came to Camp Arifjan to watch Brigadier General David Clarkson, deputy commanding general for Support 1st Sustainment Command (Theater), administer the oath. "I'd always worn my uniform with pride," he says. "But suddenly, it meant so much more. When you're serving the country, you want to be able to call it your own."



NAME **ALLA TARBOX**
 NATIVE COUNTRY **UKRAINE**
 AGE **31**
 RANK **SGT/ES**
 UNIT **A 700 BSB 45TH IBCT**
 YEAR OF U.S. CITIZENSHIP **2009**

AS AN AMERICAN, COULD NOT LIVE WITHOUT
JEEP AND AMERICAN FLAG. I LOVE THE FREEDOM OF RIDING ANYWHERE AND HAVE AMERICAN FLAG AT HOME, OFFICE AND JEEP TOO.

IN HER GRANDFATHER'S FOOTSTEPS

WHEN SERGEANT ALLA TARBOX WAS GROWING UP IN UKRAINE, she loved to hear stories about her grandfather, Stepan, who fought in WWII and the Korean War. She'd often hold his combat medals and study his photographs. She'd ask her grandmother to tell her more about how his sacrifices helped Ukraine. "He was a hero to all of us," Tarbox says. "I learned his values, and I always wanted to do something even bigger than he did to give back to my country."

But as Tarbox got older, she didn't feel inspired to serve Ukraine. She felt that the government was corrupt, and she didn't

always agree with its politics. (Not to mention, women weren't allowed to enlist in the military.) Instead, she dreamed of being an American Soldier. Tarbox applied for a visa a few weeks after 9/11, and in 2005, she was issued an education visa to attend Cameron University in Lawton, OK. One of the first things she did when she arrived was visit the Oklahoma National Guard's large armory. She just stood and stared. "I thought the Guard must be very powerful—the armory looked like it could withstand anything," she says.

The longer she lived in Oklahoma City, the more her interest in the Guard was piqued. Because of Oklahoma's unstable weather (ice storms, snow storms, tornadoes), she often heard about the Guard getting called to duty. Plus, she was impressed that they were sent into combat around the world.

Tarbox thought of her grandfather the day that she enlisted in the Oklahoma National Guard: "He showed me that everything is attainable as long as you hold on to your principles and try."

She recently returned from a yearlong deployment in Afghanistan. Although she works for S4, or logistics, back home, she was assigned to a support battalion for a transportation unit in Bagram. It was her job to provide logistics and support to the transportation company she was assigned to, which performed resupply, sling load and convoy missions. She was also trained for a female engagement team (FET), a special team of female Soldiers who would be sent into Afghan villages to reach out to local women, although she never actually became part of a team.

Amid those achievements, Tarbox counts becoming an American citizen as one of the most important moments of her life. Her mother watched her swearing-in ceremony on the Internet and called Tarbox in tears. "You are my biggest accomplishment," her mother told her.

Tarbox still takes out her grandfather's medals from time to time; she keeps them in a hand-carved wooden box in her Oklahoma home.

"I love the idea," she says, "that I'm as strong as I can be, not for me, but for other people."



NAME *Alagie Barrow*
 NATIVE COUNTRY *The Gambia*
 AGE *39*
 RANK *1LT*
 UNIT *118TH MPAD*
 YEAR OF U.S. CITIZENSHIP *2003*
 I DIDN'T EXPECT TO VISIT GAMBIA AND FEEL LIKE
a stranger. I felt a bit like a fish out of water. I've been away for so long.

FRAMEWORK FOR A DREAM

"We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence..."

FIRST LIEUTENANT ALAGIE BARROW LOVED to read the preamble to the U.S. Constitution as a child growing up in Gambia, a small country on the west coast of Africa. "It was the language," he says. "I've always been fascinated by the beautiful language." He was also taken with U.S. culture. He lived for his older brother's business trips to the States because it meant Barrow would get an American newspaper to read when his brother returned home. He'd read the same articles for weeks.

By the time he was in high school, Barrow wanted to be a constitutional lawyer. He graduated in 1992, and in 1994 came to the U.S. on an education visa.

An uncle who lived in Nashville, TN, encouraged him to move there, and he did. While working as a quality control technician at a Heinz ketchup plant there, he saw one of his co-workers come to work in Battle Dress Uniform (BDU). She had come straight from her military drill. Barrow was intrigued: You could be a Soldier and have a day job? He walked into a National Guard recruiter's office the following weekend.

Barrow didn't tell his parents about his enlistment. He knew they wouldn't approve, and he didn't want to hear anything to discourage him. Instead, he slipped off to Basic Training without a word home. "They saw the military as too dangerous," he says. "To me, I could be sleeping in bed and if it was my time to go, it was my time to go." Still, when his mother saw a video of him graduating from Basic Training, she was proud. "May God help you put down the uniform in one piece," she told him.

She was even prouder when he became a citizen in 2003, soon after he was activated for Operation Iraqi Freedom (his unit never deployed). Sometimes Barrow marvels at the life that he's pieced together in the United States. Now a public affairs officer for the National Guard, he lives with his wife and two American-born boys in Nashville. He can finally vote, and his mother came to the U.S. in 2006.

He's humbled by how much others have suffered trying to come to the U.S., when he sailed through the citizenship process. "I know that millions of people would die to be in my place," he says. Which is why he turned down an opportunity to receive a direct commission to become an officer; Barrow wanted to earn his rank at officer candidate school. For him, being a Soldier is a way to pay back the people who took him in as one of their own.

"There is a sense of gratefulness to this country for claiming me," Barrow says. "Everything I achieve, I owe to the U.S."

THE GLOBAL GUARD

Increased diversity is a critical need in all service branches, per a 2011 report by the nonpartisan Military Leadership Diversity Commission. In the National Guard, a greater understanding of other cultures will strengthen its worldwide presence. Three examples of its global reach:

1. The Guard stands by to help during humanitarian crises in other countries. Recently, it supported relief efforts after earthquakes in Haiti (2010) and Japan (2011).

2. The Army Guard has completed nearly a half-million mobilizations to Iraq, Afghanistan, the Balkans, Guantanamo Bay, Djibouti and Sinai.

3. The Guard's State Partnership Program maintains relationships between individual states and other nations to promote U.S. objectives, stability and mutual trust. There are 65 partnerships.

How Immigrants Join the Guard



SERGEANT FIRST CLASS CRAIG WESTER, the 2012 National Guard Recruiting and Retention NCO of the Year, works

in Arizona, a part of the country with a large immigrant population. A recruiter for three years, Wester says he's never had an immigrant recruit ask specifically about getting American citizenship. But he makes sure to mention it: "We let people know that it helps speed up the process. People join

the Guard for all different reasons, but that's definitely a selling point."

Wester sheds light on the stipulations that have to be met for an immigrant to join the Guard.

- **It doesn't matter how much a person wants to join. They need to have an I-551 card or a green card.** "If you're here on a temporary school visa, we can't put you through," Wester says. "You need that green card."

- **Even if an immigrant does have legal status, they need to submit their high school or college transcripts to be accepted.** Often, the military must translate the transcripts; the Guard has to verify that their high school or college education meets the Guard's minimum requirements. If an individual joining the Guard doesn't have a high school diploma or the military is having trouble verifying their foreign transcripts, that person must have at least 15 college credits.

"We look at that the same as having a high school diploma," Wester says.

- **Once an immigrant is enlisted, they can apply for their American citizenship immediately**, and one of the perks is that the military promises to expedite their application. (Otherwise, a citizenship application can take years for the INS to process.) Many new recruits wait to apply until after they return from Basic Training, since there are a number of appointments, such as fingerprints and interviews, that they need to be available for.

NAME *Phanarat Somkuan*
 NATIVE COUNTRY *Thailand*
 AGE *33*
 RANK *SGT (E-5)*
 UNIT *JFHQ, AR*
 YEAR OF U.S. CITIZENSHIP *2009*
 WHAT HAS SURPRISED ME MOST ABOUT AMERICANS
How straightforward they are which I like way better than my mother country.

HER R&R: RESILIENCE AND REINVENTION

SERGEANT PHANARAT SOMKUAN WAS feeling trapped. She had just moved to the U.S. from Japan in 2005 with her husband, an American who was in the U.S. Air Force, and their 8-month-old son, William. She tried to make the best of their three-bedroom house in Little Rock, but she missed home. At times, she felt as if she was the only Asian person for miles. "I couldn't drive," she says, "so I had to wait for my husband to get home to go anywhere. I spent a year not doing anything."

Somkuan knew that many of her friends back in Thailand, where she grew up, would die for a chance to live in the States. Her parents couldn't read and write, but an aunt who married a well-to-do Japanese businessman had supported her education; some of Somkuan's friends didn't even have that chance, let alone a new exciting life in America. Still, Somkuan longed for the crowded streets of Bangkok. "It was culture shock," she says. "I was like: Where is the train? The bus? I didn't have anybody here."

Two years after arriving in the U.S., Somkuan and her husband split up. She didn't want her son to grow up without his father, so she decided to stay in Little Rock. Suddenly, Somkuan needed a job and health insurance. A friend told her about the Arkansas National Guard. Not only could she secure steady work, but she could also be a part of what she considered the "strongest military in the world."

The prospect of being a Soldier spoke to her. In high school back in Thailand, she had joined an ROTC-inspired club. "I was always a tomboy," she says. "I liked to climb trees and explore in the woods. When I joined the military program, we got issued a gun. I loved it." Even after she graduated from high school and entered college, she remained in the volunteer military program. "My favorite movie was *G.I. Jane*," she says. After five years of service, she was offered a direct commission to be an officer in the Thai army. Instead, on her aunt's urging, she moved to Japan, which is where she met her now-ex-husband.

She eventually joined the Arkansas National Guard and applied for



citizenship during Basic Training. Several months later, she was sworn in as a United States citizen. "It wasn't just for me; it was for my son," she says, explaining that she plans to transfer her GI Bill benefits to her son when she can. Somkuan got a full-time job in personnel, and, for the first time since moving to the States, felt at home.

"I love walking around with my uniform on," she says. "People respect me more. They'll come up to me in Walmart and thank me for serving. They know I'm not from here but chose to serve the country."

Still, becoming a citizen has even more meaning for her. "I'm a single mom, and I'm all by myself here," Somkuan says. "The Guard members aren't just friends—they're really my family."



NAME *Carlos J. Villa-Rivera*
 NATIVE COUNTRY *MEXICO*
 AGE *27*
 RANK *SGT/E-5*
 UNIT *HHC 1-47th AIB*
 YEAR OF U.S. CITIZENSHIP *2011*

NOW THAT I'M AMERICAN, THE FOOD I CAN'T LIVE WITHOUT IS:
Cheese! I love cheese. I guess I'm really truly a resident of Wisconsin now.

ONCE PROTECTED, NOW A PROTECTOR

SERGEANT CARLOS VILLA-RIVERA WAS 15 when his mother decided she needed to get her children out of Chihuahua, Mexico. The drug cartels were moving in from Juarez, and it seemed as if the drug-related shootings and stabbings were escalating. Villa-Rivera came from a family of lawyers and doctors, but no level of education could keep the violence at bay. So with the help of his two uncles already living in the U.S., his mother applied for a work visa at a dairy farm in Wisconsin.

"I went from a city of a million people to a small town of 3,000 people," Villa-Rivera says. "I was the only Hispanic kid in my high school. I didn't even know the [English] language."

He learned English—fast. "I was proficient in three months," he says. He tried to join the military when he was still in high school, but the recruiter told him he had to have his permanent residency; Villa-Rivera had only a temporary education visa. Plus, his mother flipped when she heard about his plans. "No way," she told him. She feared that her eldest son would get hurt. When Villa-Rivera was issued a green card in 2007, he was 18, and he told his mother he was joining the National

Guard with or without her blessing. (She came around—Villa-Rivera's younger brother has since joined the Guard, too.)

Villa-Rivera's childhood had a profound influence on him. "Seeing all of that lawlessness in Mexico, all of those people taking advantage of the weaker ones, made me want to keep the general population safe," he says. Joining the military was also a way for him to go to college without racking up debt. Currently, he's studying homeland defense security at an online university. Still, when Villa-Rivera was sworn in as a U.S. citizen in 2011 in Baghdad, where he worked as a chemical, biological and nuclear weapons specialist, he was thankful for more than his education or rank. If America hadn't taken him and his family in years ago, he wouldn't have met his wife, Kari, who's a Soldier in his Wisconsin unit. He considers that connection his greatest accomplishment in the military. They even deployed to Iraq together.

"I could never go back to Mexico now," Villa-Rivera says. "I felt like an American from the first moment I put my boots on at Basic Training. My whole life is in the United States. Everything I love is here." **GX**

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NEWS & EVENTS IN THE GUARD



CHICAGO, IL The explosion echoed in the ears of Sergeant First Class Ryan Ahern. His hand instinctively reached up to his head and came away covered in blood. The shrapnel from the mortar round had created a long gash on his head. As he assessed the rest of his body, he found more shrapnel in his shoulders and legs. Thankfully, he was still mobile. The adrenaline rushing through his veins was enough to keep the pain at bay. He scanned the Afghan landscape frantically for the rest of his teammates, and was stopped short when he saw that his comrades all had suffered debilitating injuries. At that moment, dozens of Taliban were approaching with machine guns.

It was December 2009, and Ahern, an Illinois National Guard Soldier, was on a deployment to Afghanistan with the 20th Special Forces Group. He and his team were escorting a French military unit when they came under this mortar fire incident, which was followed by a heavy ground assault. The attack might have ended tragically if not for the skill and

GEN Martin E. Dempsey (left), chairman of the Joint Chiefs of Staff, awards SFC Ryan Ahern (center) the Silver Star at the Pritzker Military Library in Chicago in May. CPT Tom Bozzay (right) also received the Silver Star that day.

Silver Stars for the Guard

Two Illinois Soldiers receive the honor for valor in Afghanistan

poise shown by Ahern and another Illinois Guard Soldier, Captain Tom Bozzay, who risked their lives to protect their fellow warriors. For their actions, they each received the Silver Star, the third-highest military decoration for valor in combat.

As the Taliban continued to advance and fire on the wounded Soldiers, Ahern raced to his team's sergeant, whose legs were shattered, and dragged him to a safer area. In the process, Ahern was shot in the leg, but that didn't stop him. He switched from a sniper system to a recoilless rifle and held off the approaching enemy alone while the team's medic administered aid to the injured.

Bozzay and other Soldiers with the 20th Special Forces Group were initially positioned away from Ahern's five-member team when the enemy attacked. But after Bozzay and his team were alerted to the assault, they rushed to provide support. Bozzay was one of the first Soldiers on the scene.

Bozzay, a cardiothoracic surgery physician assistant in his civilian career, immediately began treating the sergeant. He also relieved the medic, who had lost his sight in one eye from the mortar explosion. At one point, Bozzay was providing medical care to five unit members and using his body to shield his comrades from oncoming fire.

Largely due to the actions of Ahern and Bozzay, everyone survived the attack. In May, the two were presented their Silver Stars on Armed Forces Day at a ceremony attended by Illinois Gov. Pat Quinn; General Martin E. Dempsey, chairman of the Joint Chiefs of Staff; and Major General William Enyart, the adjutant general of the Illinois National Guard.

"The actions of Captain Bozzay and Sergeant First Class Ahern prove they are not only heroes, but they are true protectors of this country," Enyart said. "They were selfless and fearless without hesitating to simply do their job."

Ahern explained that he was merely doing what the others would have done: put the team first. "In this circumstance, I was the [one] most capable of fighting," he said. "But I know if I was laid out, unable to move, someone would've stepped up to fight. That's what's so nice about the team environment."

—Stephanie Inman



SILVER STAR RECIPIENTS TO REMEMBER

GENERAL GEORGE S. PATTON JR.



Nicknamed "Old Blood and Guts," Patton, a West Point graduate, is most famous for his command of the 3rd Army in WWII. After the historic Normandy Invasion in 1944, Patton drove the 3rd Army across

Northern France, recapturing many important cities and taking thousands of prisoners. His forces were also instrumental in the massive Battle of the Bulge.

MAJOR AUDIE MURPHY



One of the most decorated American Soldiers in history, Murphy fought during WWII. In 1945, in France, Murphy's platoon was attacked and suffered heavy casualties. He ordered his men to fall back. Despite being

wounded, he mounted an abandoned, burning M10 tank destroyer and fought back the approaching enemy, single-handedly killing at least 50 Germans. This allowed enough time for his men to plan and successfully execute a counterattack. For this act, Murphy was awarded the Medal of Honor.

GENERAL NORMAN SCHWARZKOPF



Another West Point graduate, Schwarzkopf served in the Vietnam War, and Operations Desert Shield and Desert Storm. In Vietnam, while Schwarzkopf was serving as a battalion commander,

he and his men encountered a minefield. As they were trying to exit safely, one Soldier set off a mine that injured himself, his fellow comrades and Schwarzkopf. As the Soldier lay in the minefield, unable to move but still conscious, Schwarzkopf risked his life to save the man. With the help of a few other Soldiers, Schwarzkopf led the injured Soldier and the rest of his men to safety.

Women on the Move

Department of Defense opens 14,000 new jobs to female Soldiers

WASHINGTON, DC Women in uniform are now eligible for more than 14,000 assignments—including tank mechanic and field artillery radar operator—under Department of Defense (DoD) policy changes that took effect May 14.

The two changes to the 1994 Direct Ground Combat Definition and Assignment Rule, first announced in a February report to Congress, were allowed to move forward after a congressionally mandated notification period.

The biggest change was the end of a 1994 policy prohibiting women from jobs near combat units. The removal of that restriction opens more than 13,000 Army jobs to female Soldiers for the first time. DoD spokeswoman Eileen Lainez said that, while the combat exclusion had barred women from some jobs they otherwise could have held, the majority of those new opportunities are in fields women have never trained for.

The second change, an "exception to policy," will allow the Army, Navy and Marines to open select positions at the battalion level in jobs women already occupy. The previous policy, also set in 1994, barred women in jobs such as intelligence, communications and logistics from assignment at units smaller than a brigade. The exception will open nearly 1,200 assignments to female Soldiers, Sailors and Marines.

Navy Captain John Kirby, Pentagon spokesman, told reporters April 26 that it is now up to the military services to make necessary changes in the ranks. The change "doesn't mean that immediately ... there will be 14,000 women in these jobs," he said. "But these billets will now be eligible to be filled by women."

The services will train women for and assign them to the newly available positions as they become vacant, through the normal personnel management processes, Kirby said. Many of those positions may continue to be filled by men, he added. "The point is that 14,000 positions ... are now eligible to be filled by female service members."

Kirby said service leaders will update Defense Secretary Leon E. Panetta in November on their progress under the new policies.

—Karen Parrish

New High at Best Ranger

Duo from Illinois, Oregon finishes third in competition—the Guard's best placement yet



■ **SPRINGFIELD, IL** As the creed states, a Ranger is a more elite Soldier who arrives at the cutting edge of battle by land, sea or air. Staff Sergeant Matthew Madiar of Chicago, IL, and Sergeant First Class Zach Phillips of Portland, OR, more than lived up to that standard at the 29th annual David E. Grange Jr. Best Ranger Competition at Fort Benning, GA, in April. They placed third among 50 two-member teams, the highest finish ever for a National Guard team.

Madiar, with Illinois' Troop C, 2nd Squadron, 106th Cavalry Regiment, in Aurora, IL, and Phillips, with the Oregon Army National Guard (Team 50), were one of only two National Guard teams that qualified for the competition. But both teams placed in the top six, with only 34 of 50 teams completing the 60-hour contest.

"I was physically and mentally exhausted after the Darby Queen obstacle course [on day one]," Phillips says. "That was the one and only time I questioned if I was going to make it to the end."

Before the obstacle course, Rangers began the competition with a 3-mile buddy run that transitioned into a 15-mile foot march. After the obstacle course, the team was flown by helicopter to the urban assault course. Both

National Guard teams were in the top five standings for the day.

Day two began with timed skill events. The high-stress shoot at the Krilling Range was one of the most successful events, says Madiar. The 500-yard course consisted of moving a stretcher with a simulated casualty throughout the obstacle with periodic stops at various ranges to fire five vintage rifles at steel and 6-inch targets.

The teams then moved by a Stryker fighting vehicle for eight round-robin timed stations. The major event of the day was the Tri-Tower Challenge, where competitors climbed a 60-foot wall, a 30-foot collapsible ladder and a 20-foot knotted rope, rappelling down in between each climb. The other National Guard team, consisting of Captain Robert Killian, Colorado Army National Guard, and First Lieutenant Nicholas Plocar, Wisconsin Army National Guard, set the course record with a time of six minutes, 32 seconds. (See page 82 to read more about Killian.)

Night two finished up with a six-hour orienteering course, which was the most challenging event, says Madiar. The long distance, time constraints and rough terrain made it the toughest event.

SSG Matthew Madiar and SFC Zach Phillips jump from a helicopter during the water events on day two.

Day three consisted of water events. Competitors jumped from a helicopter into a pond, then swam 100 meters to shore followed by a water confidence course. Once it was completed, both National Guard teams were airlifted to start the timed

leadership skills event, where Team 50 (Madiar and Phillips) came out about 2½ minutes quicker than Team 49 (Killian and Plocar).

"We did everything exactly the way we practiced, and it worked out well for us," Phillips says.

The final event of the day, which highlighted how well the two National Guard teams compared with the Active Duty teams, was the 3-mile Buddy Run, where Team 49 came in first and Team 50 in sixth place.

Even before the competition began, participants took part in an intense 10-week pre-training program, so merely completing the event is an achievement.

Madiar and Phillips both say they would like to compete again next year as long as they are partners.

"If it works out, we can capitalize on our success, and come back a little stronger and smarter next year," Phillips says.

—SSG Cassidy L. Snyder

Care for Morocco

Utah partners with the country to bring villagers medical treatment

■ **AGADIR, MOROCCO** Soldiers from the Utah State Medical Command (MEDCOM), Utah Army National Guard, worked alongside Moroccan military medical personnel in April, providing medical aid for as

many people as they could during African Lion 2012, an annual partnership training exercise between U.S. forces and the Royal Moroccan Military.

Throngs of Moroccan villagers gathered around the Humanitarian

Civil Assistance (HCA) site in Sidi Moussa, Morocco, trying to receive medical aid.

Sergeant Robert W. Carpenter, a combat medic for MEDCOM, says MEDCOM arrived on site early in the morning and began setting up each clinic. The HCA site provided several clinics, such as general medicine, dermatology, pediatric and dental.

Because of the large number of Moroccans seeking aid, the HCA crew could provide care in only one area per person—medical, dental or ophthalmology. Once the villagers were in the clinic, the crew faced another problem: a language barrier, which Carpenter says was a major obstacle. In Morocco, the three main languages are French, Arabic

and Berber. Berber is a common language spoken among the small villages of Morocco and has three dialects. Each one is so distinct that people who speak one dialect may have a difficult time understanding one of the other dialects.

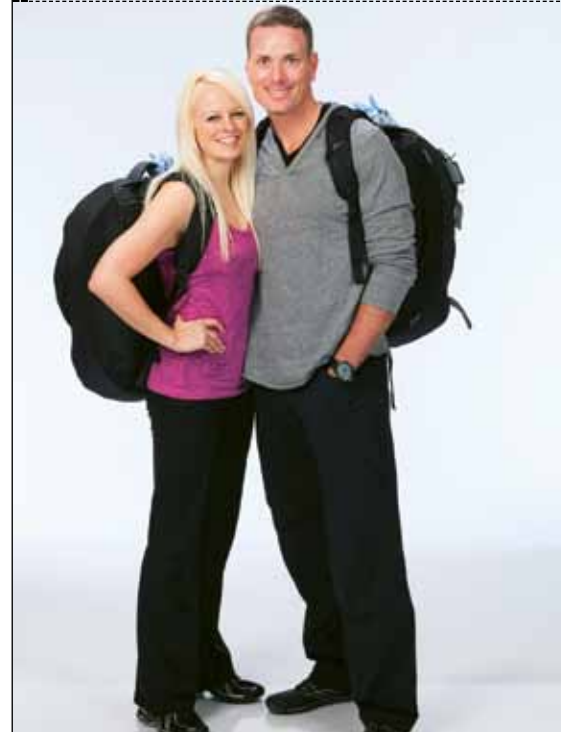
Fortunately, interpreters from the 300th Military Intelligence Brigade, Royal Moroccan Military and Peace Corps, were available to help bridge the language gap. First Lieutenant Emily S. Smith, a physician assistant for MEDCOM, says she understood the value of overcoming the language barriers. "If it weren't for the interpreters," she says, "we wouldn't have been able to accomplish what we did."

—SGT Nicolas A. Cloward



Amazing Win

Wisconsin major and his wife ace TV reality show



■ **WISCONSIN** Shortly after winning the CBS reality program "The Amazing Race" in May, Wisconsin Army National Guard's Major Dave Brown Jr. and his wife, Rachel, returned to Wisconsin's Dane County Regional Airport, where they were congratulated by Wisconsin adjutant general Major General Don Dunbar, the University of Wisconsin's Bucky Badger mascot, and friends and family.

Brown is a professor of military science at the University of Wisconsin-Madison. He is a 16-year military Veteran with experience as an intelligence officer, Black Hawk pilot, and recruiting and retention executive officer. He has been a member of the Wisconsin Army National Guard since 2000.

The Browns competed against 10 other couples in the reality show's 20th season with the intent to reconnect following Dave's recent yearlong deployment to Iraq

with the 1st Battalion, 147th Aviation Regiment, in support of Operation New Dawn. They competed and more, becoming the most prolific duo in the history of the show's 20 seasons by winning eight different legs on their way to the overall victory, said host Phil Keoghan.

"When Dave was gone for a year, it was so hard, and I really didn't know if we'd make it ... so it was awesome to spend the month together," Rachel said during the season finale.

Before the show premiered in February, Dave credited his Guard experience for helping him get ready. "I truly feel my involvement in the military best prepared me for a competition such as 'The Amazing Race,' whether it be attention to detail, leadership style and abilities, or who I am as a person," he said. "I not only strive for victory, but I expect it for myself."

—From the Wisconsin National Guard

A Special Kind of Tour

Stars for Stripes continually shows its support for troops overseas

NASHVILLE, TN Before a concert in Nashville, TN, in March, Charlie Daniels stood in front of a crowd of eager reporters wearing his famous white cowboy hat and an oversized belt buckle, and holding a fiddle in his hand. But instead of sporting his charming, boyish smile and good-natured laugh, there were tears streaming down his face. They emerged when he began talking about a touching encounter he had with a Soldier years ago in Iraq.

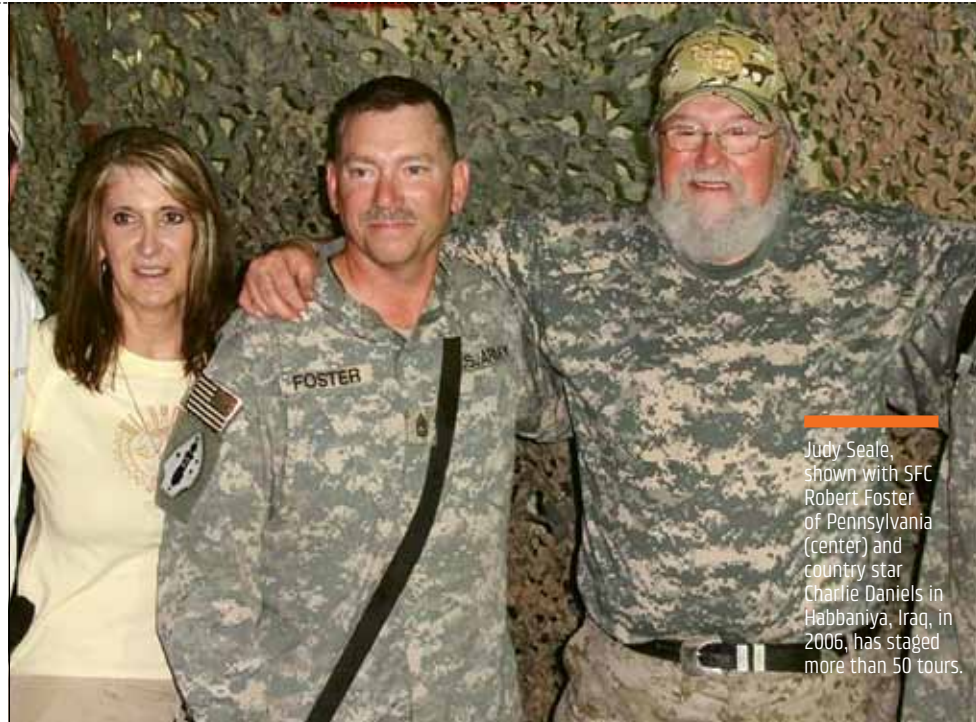
Later, back in his dressing room, Daniels explained how he became so passionate about the troops. "I am a lifelong supporter of the military," he says. "I am 75 years old. I remember when World War II started. I remember Pearl Harbor. My formative early years were during war."

This affection for service members drives him to participate in entertainment tours each year with Stars for Stripes, a nonprofit organization created by Judy Seale that brings musicians, comedians and other artists overseas to perform for troops. Daniels has been joined at Stars for Stripes by other noteworthy artists including country singer Darryl Worley and actor-musician Gary Sinese, also known as Lieutenant Dan from *Forrest Gump*.

Seale started Stars for Stripes in 2003 after volunteering with the USO and realizing the positive impact entertainment tours had on the troops. After years of working in artist management, she used her skills and connections to help launch the organization. Since then, Stars for Stripes has presented over 50 tours overseas, in countries such as Afghanistan and Kuwait, averaging about 10 a year. Considering that each one requires about three months of preparation, it's a very time-consuming "hobby," as Seale calls it.

Each tour lasts about 10 days. Since resources are limited, the shows don't often feature fancy lights, a huge stage or a multi-million-dollar sound system. On the contrary, the artists may perform in the back of an old pickup truck or in the middle of a dining hall. "On one of my first tours in Iraq, [the artist] got up on a chest freezer and sang her heart out," Seale says. "It doesn't matter about the stage. When we have a sound system, it's great. But there are times we've walked in with guitars and vocals—and that's it."

Seale finds that at the end of each tour, the artists come home significantly affected by the experience. "They go over to thank the



Judy Seale, shown with SFC Robert Foster of Pennsylvania (center) and country star Charlie Daniels in Habbaniya, Iraq, in 2006, has staged more than 50 tours.



troops, and end up getting thanked more for what they are doing," she says. "It's very humbling." She has received many emails expressing gratitude for the tours. Parents will write her explaining that their son's or daughter's best time overseas on a deployment was at one of her shows.

The performances are designed to help give Soldiers an escape from the often-monotonous deployment life, Daniels says. They are also intended to remind the Soldiers that they still have America's support.

The goal of the tours isn't to fly to the larger bases, hoping to reach the greatest number of Soldiers. Seale is more interested in visiting the smaller, often-overlooked bases. "There's this perception: How many people can we reach in the few days that we have? How many Soldiers can we get to? Which is important, but it's not my focus," Seale explains. "I would rather get to someone who's been there six months to a year and hasn't seen a celebrity or form of entertainment at all."

However, traveling to those remote bases requires more money and planning. They're also more dangerous. Seale has stayed at many forward operating bases while they took incoming mortar rounds. But it doesn't faze her. "We have flak vests and helmets. Honestly, we will be the last people standing because there will be 200 Soldiers on top of us keeping us safe," she says. "Just this last time, [the enemy] shot at our Chinook and the other Chinook took them out, so we didn't get hit. You don't even think about it. We know [the Soldiers] are going to protect us."

—Stephanie Inman

To donate to Stars for Stripes or for more information, go to StarsForStripes.com

PHOTO FROM JUDY SEALE

Tank Crews Go Head to Head

Washington holds its own in first Sullivan Cup

FORT BENNING, GA The first Sullivan Cup competition to find the Army's best tank crew brought 15 crews from all over to Fort Benning, GA. The only National Guard team, consisting of Sergeant First Class Nicholas Holmes, Sergeant Ben Ashworth, Specialist Alvin Solum and Specialist Tyler King, came from Washington state.

The Guard team started slowly, finishing last in the 5:30 a.m. APFT. During the Maintenance Challenge, in which each crew had to replace a section of track on an M1 tank, a stripped bolt head proved an obstacle.

At the M240 machine-gun station, Ashworth disassembled and reassembled the gun in two minutes and 30 seconds while answering questions about its functions: a second-place showing. At the M2 machine-gun station, Holmes disassembled and reassembled the heavy gun in less than 10 minutes, a top-five finish. After day one, the team was in 11th place.

Day two was spent in the simulators. Individual and team events tested everything from driving skills to crew drills and engagements. The team placed first in the Engagement Skills Trainer 2000 and high in the other events, ending the day in seventh place.

The next day, the longest, began with the Small Arms event. Each team had to dismount its tank, fire on enemy targets mixed with friendlies, and evacuate an injured Soldier. The Washington Soldiers, displaying near-perfect accuracy with their M4 carbines, accomplished this mission in 36.75 seconds to move into fourth place. But a missed target during the Night Fire event dropped them to ninth place.

The last day brought the closing, two-part Day Fire event. The teams had to spot and engage infantry targets, and then a moving truck with machine guns. Then they had to engage three tank targets with their main gun. The Washington team quickly knocked down all the infantry targets, destroyed the truck with just two rounds and took out all three tanks on the first try.

After his team's respectable seventh-place finish, Holmes vows, "We'll be even better next year."

—SFC Randall Wong



DC Leads Alabama Bridge March

WASHINGTON, DC Two hundred Soldiers, Sailors and Airmen marched across the Edmund Pettus Bridge in Selma, AL, in May in memory of the "Bloody Sunday" conflict, a landmark of the civil rights movement. The group was led by BG Arthur W. Hinaman of the District of Columbia National Guard and CSM Richard Espinosa. During the March 7, 1965, confrontation, armed officers attacked peaceful civil rights demonstrators staging the first of three marches from Selma to the state capital of Montgomery in support of voting rights for blacks.

—Story from the DC National Guard; photo by SSG Gigail Cureton



Kentucky Firefighters in Afghanistan

HELMAND PROVINCE, AFGHANISTAN The Soldiers of the 176th Fire Fighting Team, Camp Stone Detachment, regularly put their lives on the line. They also train others to do it. Deployed from their Kentucky Army National Guard unit to support Camp Stone's helicopter operations, they soon took on other duties, including training the camp's recently created volunteer fire brigade. The arrival of the 176th let the volunteers learn from professionals while the pros honed their training skills in preparation for their next mission: training the Afghan firefighters on neighboring Afghan National Army Camp Zafar.

—Story & photo by Navy PO1 Andrew W. Walker



Utah Assists With Rafter Rescue

EMERY COUNTY, UT The Utah Army National Guard's 2nd Battalion, 211th Aviation, assisted Emery County Search and Rescue in locating six rafters missing on the San Rafael River in June. UH-60 Black Hawk helicopter crews were in the area and were asked by the county sheriff's office for help. The Guard unit responded immediately, transporting county search-and-rescue personnel. The 2-211th crew located the missing rafters and landed the helicopter nearby. Sheriff personnel administered first aid to the tired and dehydrated rafters, who were then airlifted out.

—Story & photo from the Utah National Guard



Texas Helps Ethiopian Women

DIRE DAWA, ETHIOPIA The women of Troop A, Task Force Raptor, 3rd Squadron, 124th Cavalry Regiment, Texas Army National Guard, are helping Ethiopian women with education, better employment techniques and other challenges. The Women's Initiative Program, much of which takes place at a college in Dire Dawa, includes discussion about sexual harassment awareness, sharing of job interview skills and a study group. The outreach extends to young Ethiopian girls at the St. Augustine Orphanage, where SPC San Juanita Garcia recently shared traditional "cascarrones," or Easter confetti eggs, sent by her family.

—Story by SSG Malcolm McClendon; photo from the U.S. Army



Wisconsin, Georgia Get Combative

CAMP BONDSTEEL, KOSOVO It's not often that your job lets you punch your co-worker in the face, but Soldiers from Multinational Battle Group East got to do that during the basic combatives course at Camp Bondsteel. Eight Soldiers from Wisconsin and seven from Georgia participated. The course, described as "exhausting," prepares Soldiers for effective hand-to-hand combat, the third option when they are closing with the enemy and unable to use their primary or secondary weapon. The Soldiers learned ground-fighting techniques such as strikes, takedowns and throws, standing defense, and group attacks.

—Story & photo by SFC James Wagner

Harleys for Hounds

Tennessee bikers raise money for service dogs in the new Poker & Bug Run

LEBANON, TN On Armed Forces Day in May, Soldiers and civilians in Tennessee unveiled their leather and Harleys to support the nonprofit organization Fallen Soldiers March in its first Poker & Bug Run, a set of motorcycle races. The group, which also organizes a 9-mile march and a 30-mile march during the year, raises money to provide service dogs to wounded Veterans.

Riders competed in two separate races. The Poker Run required each rider to hit five check-points, receiving a poker card at each one. The rider with the best hand won. In the Bug Run, a target-shaped sticker was placed on the front of each motorcycle. The rider with a bug closest to the bull's-eye would win. Both winners received a multi-prize package that included a 32-inch flat-screen TV and a custom-made Gibson guitar.

Over 100 people attended, with about 50 participating. The event also featured an auction with items such as a signed fiddle

from recording artist Charlie Daniels and a Remington shotgun.

"People love the cause. They love helping our wounded Soldiers ... and giving them the dogs they need," says Jim Retzke, president of the Fallen Soldiers March.

Sergeant Brian Kent, 278th Armored Cavalry Regiment, Tennessee National Guard, was the Poker Run champion. Kent has served three



tours overseas and lost a comrade in an Iraqi ambush on his last deployment. He was proud to support this cause. "The Soldiers that are coming back wounded, they need these dogs to help them carry on a normal life," he says.

For more about the Fallen Soldiers March, visit FallenSoldiersMarch.com.

— Stephanie Inman

Service Before Self

Unexploded ordnance didn't stop New Mexico medevac crewmembers from rescuing Marine

CAMP DWYER, AFGHANISTAN When the New Mexico National Guard's C Company, 1st Battalion, 171st Aviation Regiment, received a medevac call, the Soldiers thought it was for a 3-year-old girl who had suffered a gunshot wound. But suddenly, the landing zone controller frantically announced: "The patient has unexploded ordnance!" The patient was no longer the girl, but Marine Lance Corporal Winder Perez, who had an RPG (rocket-

propelled grenade) embedded in his leg, extending to his lower abdomen.

"That call will be in my mind all my life," says Sergeant Robert Hardisty, a crew chief with C Company. "First you [think] it's a little girl, and the next thing, it's a Marine with an unexploded RPG embedded in his body."

Specialist Mark Edens, a flight medic with the unit, was the first to see the RPG round in Perez. The round had not detonated, meaning the slightest wrong move could set it off. The crew had to make a decision. "Because of the level of danger, if the crew left Perez on the ground and decided not to take him, no one would have ever blamed them," says Major Christopher Holland, commander of C Company.

Captain Kevin Doo, the pilot-in-command, decided they would take Perez only if the entire crew agreed. "There was no doubt to anyone that we were going to take this Marine and ... save his life," Doo says.

The crew transported Perez to FOB Edinburgh for medical attention. There, Navy Lieutenant Commander James Gennari, who treated him, pointed out that his wounds were life-threatening. Had he not been transported by the crew, Gennari, says, he would have died of those wounds. Perez survived and was taken back to the U.S. to recover.

— CPT Richard Barker, SGT Daniel Schroeder



Access to Beauty

Service members and families get free passes to national parks

WASHINGTON, DC Service members and their families are now able to enter all of America's national parks free of charge.

The America the Beautiful National Parks and Federal Recreational Lands Annual Pass, which normally costs \$80, became available to service members and their dependents on Armed Forces Day, May 19.

Interior Secretary Ken Salazar announced the initiative four days earlier with National Park Service Director Jon Jarvis during a ceremony at Colonial National Historical Park in Yorktown, VA, site of the last major battle of the Revolutionary War. The area surrounding the park hosts installations from all the military services, including the world's largest naval base.

"It's important that those who have fought in the tradition of making sure the nation's democracy and freedom are protected also have access to these wonderful sites," Salazar says.

A pass allows the holder and passengers in a single private vehicle access to some 2,000 sites that charge per vehicle. At sites that charge a per-person entrance fee, a pass covers the holder and three others 16 and older.

The National Park Service estimates that the free admissions will result in a revenue loss of \$2 million to \$6 million, but Jarvis said that won't cause a significant impact on the agency, which collects about \$150 million in fees each year.

Military personnel can get the passes at any national park or wildlife refuge that charges an entrance fee by showing their military ID. Family members will be able to obtain their own passes, even if the service member is deployed or if they are traveling separately.

Passes will be accepted at National Park Service, U.S. Fish and Wildlife Service, Bureau of Reclamation, Bureau of Land Management, U.S. Forest Service and U.S. Army Corps sites that charge entrance or standard amenity fees.

The passes will be available to activated National Guard and Reserve members, but not Veterans or retirees, who have other opportunities for free or reduced admission.

— Lisa Daniel



Louisiana Gets DoD Training

NEW ORLEANS, LA After more than 198,000 hours of training, Louisiana National Guard Soldiers on the state's special disaster response team completed the final exercise for Department of Defense certification. At the Camp Beauregard Range Complex in Pineville, the team accomplished the tasks required to achieve chemical, biological, radiological/nuclear and high yield explosive — enhanced response force package validation. "The Louisiana National Guard is now fully prepared to respond to a disaster in their FEMA region," says LTC Stephen Messer, exercise director for the Joint Inter-Agency Evaluation Team.

— Story & photo by SGT Rashawn D. Price



Missouri Employers Go on Boss Lift

FORT CHAFFEE, AR Citizen-Soldiers with the Missouri National Guard's 1-129th Field Artillery and 1128th Forward Support Company showed their employers what life is like when they step away from their full-time jobs and serve as modern Minutemen. Employer Support for the Guard and Reserve (ESGR) organized a Boss Lift for about 20 employers to travel to Fort Chaffee via a C-130 airplane from Rosecrans Memorial Airport in St. Joseph, MO, for a firsthand snapshot of training. Before the weekend demonstration, "I was clueless," one manager says after witnessing one of her hires in military action.

— Story & photo by Jennifer Archdekin



Ohio Assists in Sheep Vaccination

FOB KUNDUZ, AFGHANISTAN More than 20,000 sheep owned by Afghanistan's nomadic Kuchi tribe were inoculated over two days with the help of Soldiers from Headquarters and Headquarters Company, 1st Battalion, 125th Infantry Regiment, Task Force Viking, 37th Infantry Brigade Combat Team (IBCT). The Afghan-led project was a collaborative effort among the Afghan director of Agriculture, Irrigation and Livestock; the commander of the Afghan National Civil Order Police and its U.S. advisors; the U.S. Department of Agriculture advisor; and the Kuchi peace ambassador.

— Story & photo by MAJ William Humes



South Dakota Honors 6-Year-Old

VOLGA, SD The South Dakota National Guard Enlisted Association honored Ashlyn Tangen, 6, of Bruce, SD, with the Young Hero award at the Sioux Valley Elementary School in April. The organization's Young Heroes program honors children for courage and bravery during life-threatening diseases, illness or injuries. Ashlyn overcame an infection with E. coli and hemolytic uremic syndrome. "It is an honor to present this award to a very special girl," says CPT Rebecca Trygstad. "Her determination ... displayed personal courage and bravery. These are the same values we live by as a Soldier."

— Story & photo by Theanne Tangen



Wisconsin ADT Visits Afghan Farm

KUNAR PROVINCE, AFGHANISTAN The Wisconsin National Guard's 82nd Agribusiness Development Team (ADT) recently had its first chance to check the progress of a demonstration farm in the Watapur district of Kunar province. The team met with the farm manager, performed quality assurance and identified issues, including a canal project upstream that is causing problems with irrigation. The farm is growing potatoes, tomatoes, garlic, onions, cucumbers and orange trees intercropped with wheat.

— Story & photo by 2nd Lt. Stephen Montgomery

New Adjutant General at DC Guard

BG Renwick Payne, formerly of New York, also appointed to deputy director



WASHINGTON, DC President Barack Obama has appointed Brigadier General Renwick Payne to be deputy director and adjutant general of the District of Columbia National Guard.

Payne, a Veteran of the Persian Gulf War, joined the New York Army National Guard in 1974 and served at the National Guard Bureau in Washington from 1993 to 2009, returning to New York as deputy adjutant general of the National Guard in January 2010.

He served as director of joint staff (DJS) for the New York Guard before his appointment to the DC Guard. He was responsible for coordinating the New York Army National Guard and Air Guard's response to disasters and assistance to civil authorities at the direction of the governor.

Payne is also responsible for oversight of the New York National Guard's State Partnership Program association with

the military forces of the Republic of South Africa.

He assumed his new duties with the DC Guard, which consists of about 2,500 Soldiers and Airmen, in July. The DC Army National Guard consists of a number of company-level units organized under the 74th Troop Command as well as a Weapons of Mass Destruction Civil Support Team, training units, support units and an aviation unit.

"Serving as the DJS of New York has been a significantly rewarding assignment," Payne says. "It has been a great addition to both my personal and professional experiences while working with the wide variety of federal, state and local agencies."

Payne and his wife, Carmen, have three sons. "Carmen and I are looking forward to working with a new and dynamic team," he says.

—From the DC National Guard

All for One

Oregon exercise unites Guard and civil authorities in disaster training

OREGON Soldiers and Airmen of the Oregon National Guard took part in a weeklong training exercise alongside local, county, state, National Guard and federal resources. The Vigilant Guard Exercise was conducted May 1–6 at locations statewide by U.S. Northern Command (USNORTHCOM) and North American Aerospace Defense Command (NORAD). The goal was to focus on training and interoperability between civil authorities and the National Guard following disasters.

Vigilant Guard is designed to train personnel and teams, explains Oregon Brigadier General Eric Bush, dual status commander during the exercise. "Vigilant Guard is an excellent opportunity to highlight the Oregon National Guard's ability to respond in times of emergency," he says.

Soldiers and Airmen from the Oregon National Guard, along with Guard members from Puerto Rico and Washington state, and personnel from NORAD and USNORTHCOM,

took part in 24-hour operations at various locations throughout Oregon, including the Portland Air National Guard Base in Portland; the Fairview Training Center in Salem; Tualatin Valley Fire and Rescue Training Center in Sherwood; and the Eugene Airport and Autzen Stadium, both in Eugene.

Multiple military assets, including the new HH-60 "Mike" model medevac Black Hawk helicopters, as well as personnel and specialized equipment from the CBRNE (chemical, biological, radiological, nuclear and explosives) Enhanced Response Force-Plus team, took part in the exercise.

A delegation from the Bangladeshi military, including Lieutenant General Abdul Wadud, principal staff officer for the Armed Forces Division, Bangladesh, visited Oregon as part of the ongoing State Partnership Program during the week. The group toured the training sites throughout the region.

—Master Sgt. Nick Choy



PHOTOS FROM THE DC NATIONAL GUARD; MASTER SGT. NICK CHOY

A Testament to Duty and Love

Warrant officer receives Soldier's Medal for his response to helicopter crash

KNOXVILLE, TN In July 2011, two OH-58 Kiowa Warrior helicopters from the Tennessee National Guard's Troop C, 1/230th Air Cavalry Squadron, were flying an ordinary tactical training mission in eastern Tennessee when disaster struck. The lead aircraft, piloted by First Lieutenant Thomas Williams and Chief Warrant Officer Four Daniel Cole, struck high-voltage power lines and immediately crashed into rugged terrain, their helicopter vanishing under the dense vegetation nearby.

The crash created a brush fire not far from the aircraft, which contained nearly 40 gallons of fuel and oil. The helicopter, by now consisting of mangled wreckage, had landed on its side and was sitting precariously on a steep hillside. And no one knew the condition of the men inside. Chief Warrant Officer Two Peter Neveu, the pilot of the trail aircraft, sprang into action. What he did in the minutes—and hours—that followed will always stand as a testament to his duty and his love for his friends.

Neveu assumed the role of air mission commander and began orbiting the crash site, taking control of the search-and-rescue operations and looking for survivors. He alerted emergency response crews and other aircraft in the area. Once another Kiowa arrived on scene to mark the crash site, Neveu decided he had to do more to help. As a trained emergency medical technician (EMT) and a recently retired firefighter with 14 years of service, he had to get on the ground.

Neveu landed his aircraft in the nearest open field, an area that was still rugged and nearly two miles away. He flagged down a recreational ATV rider he saw riding nearby and asked for his assistance. They both took off toward the crash site through the woods, spearheading the rescue operation. At about the same time, an ambulance arrived but was also unable to reach the site, so Neveu led the emergency crews through the dense woods to the crash.

"I went from a helicopter pilot to a first responder," Neveu says.

Neveu braved the hazards of the fire and the unstable position of the helicopter and climbed into the wreckage to free his fellow pilots. He moved pieces of the chopper and maneuvered throughout the unstable aircraft trying to rescue the crewmen.

"When a helicopter crashes like that, there are fuel and exposed electrical wires, jagged metal and an unstable airframe, all creating an incredibly dangerous situation," says Major General Terry "Max" Haston, Tennessee's adjutant general. "Crash sites are always unsafe."



CW2 Peter Neveu, center, received the Soldier's Medal at McGhee Tyson Air Base May 19. MG Max Haston, right, presented the award. With Neveu was his fiancée, Melissa Rivers, left.

Neveu and the other first responders did everything they could to rescue the two pilots. Unfortunately, both pilots were already dead.

"We were checking for life, basically, and determined they had both perished," Neveu says. "Being an EMT, I was hoping to be able to do more."

For the next four hours, he helped emergency crews brace the aircraft and helped extract the bodies of his fellow pilots. He managed the military response and communicated continually with leadership throughout the incident. Once the bodies were removed, Neveu helped escort them to the University of

Tennessee Medical Center as a passenger with the Knox County Sheriff's Office UH-1 helicopter.

"They were both close friends," Neveu says. "It was an honor to be there to try, if I could have done anything, and I honored them by staying with them the whole time."

For his acts of bravery, Neveu was presented with the Soldier's Medal, the highest honor given in a noncombat situation, at a ceremony at McGhee Tyson Air National Guard Base in May.

"I'm feeling very honored that my National Guard family and chain of command felt that I deserved a Soldier's Medal, and it's very humbling at the same time," Neveu says.

But the medal also brings back memories he would rather forget. He says he was just doing his job that day, and if the roles were reversed, Williams and Cole would have responded the same way. "Any one of those guys would have done the same thing, and nobody would have hesitated," he says.

—CPT Darrin Haas

PHOTO FROM THE TENNESSEE NATIONAL GUARD

SECOND to NONE

Arizona's SFC Craig Wester accepted his award as the National Guard Recruiting and Retention NCO of the Year with the same unselfish attitude that has fueled his rise to the top.

BY RONNIE BROOKS



When you talk to Sergeant First Class Craig Wester, he'll tell you he's a competitive guy. But it doesn't take long to realize that he's also the ultimate team player. Wester, an Arizona Army National Guard recruiter, is always quick to share credit for his office's perennial top-place finish among all Arizona recruiters.

So it's no surprise that he invited his command sergeant major, his company commander and his first sergeant—as well as his wife, Chantal—to be with him at the 2012 Secretary of the Army Career Counselor and Recruiter of the Year Awards in Washington, DC. During the ceremony, held at the Pentagon in June, Wester received the 2012 National Guard Recruiting and Retention Noncommissioned Officer of the Year award.

"I was really happy for everybody in my state, that the Arizona National Guard was represented at that level," Wester says. "That's the

best feeling: for my team and the people that I work with. That makes me really happy."

Wester's mix of unselfishness and personal drive fits perfectly with his role as team leader for his Phoenix recruiting office, helping him push himself and his co-workers to regularly exceed enlistment goals. It's also a big reason for his success and his award, one of six presented annually to top recruiters and career counselors in the Active Army, Army Reserve and Guard.

According to Master Sergeant LeeAnn Conner, Pentagon deputy chief of staff for Army retention, Wester's award reflects a significant achievement. "These six awards cover the different Army components and recruiting areas, including recruiting, retention and career counseling," Conner says. "It's definitely an honor for these Soldiers to be here at the Pentagon."

TURNING UP THE HEAT

Back home in Arizona, the rapport between Wester and the rest of his office is obvious. He acknowledges that winning the RRNCO of the Year award has upped the friendly rivalry among his fellow recruiters.

"They give me a little grief—they razz me about it: 'Oh, you're the new poster boy.' It's kind of funny," he says, laughing. "You get a bunch of Joes together, and we'll compete over anything."

During the past year, as a team leader, Wester was recruiting, but not as much as in previous years. Despite shouldering additional leadership duties, his office was still responsible for enlisting 38 new warriors—nearly double his expected mission. According to Captain Jeffery Frazey, Wester's company commander, "He could have kept on going had we not pulled him into more of a leadership role."

Even with all the kidding, his fellow recruiters know and respect his ability to sell the Guard. The feeling is obviously mutual. Whether it's going head-to-head on the basketball court after work or talking to prospects in the office, Wester enjoys the camaraderie with his colleagues: Staff Sergeant Patrick Keenan, Staff Sergeant Benjamin Jones and Sergeant James Coughlin.

"I think a big key to the whole process is having a good office partner," Wester says, "someone you can work with who thinks like you do, and who you don't mind getting up in the morning and going to work with, recruiting with, and spending the time with. And I have three of them."

Through the end of June, Wester's office (known as Team Sun Devil) had once again met its mission for getting new recruits under contract, leading the state of Arizona for the seventh year in a row. "I'm pretty happy about that," he laughs. "I don't want to lose to anyone."

THE RIGHT FIT

Wester brings a wealth of experience and credentials to his role. He enlisted in the Active Army in 1989 and served for nearly 10 years, including deployments to both Desert Shield and Desert Storm. He spent his first five years as an infantryman with the 82nd Airborne Division before switching to the medical corps as an operating room technician. He quickly realized he was "a little high-strung" for the position.

He started running into other Soldiers coming off recruiting duty and would ask them about the job. To Wester's surprise, very few enjoyed the assignment. "They all said how hard it was," he recalls. "And I was thinking, 'What a great job! Why would that be hard? I mean we all like this—we're all doing it!' I thought, 'Why not?'"

He volunteered for recruiting duty and jumped in with an enthusiastic attitude. Not only did he really like the job, but he realized he now had the opportunity to help others with their future, too. He excelled at selling the military, landing recruits and winning awards for five years before leaving the Army to take a position with a Phoenix-area trucking firm.

"I was a sales rep out in the civilian world, and I did really well at it," Wester says. "Being a commission-only sales rep is great when the economy's good... but when the economy's not as good, it's not the best."

During his 10 years in the civilian job, he came to realize he missed the structure and energy in the military. A friend had been talking up the National Guard's Recruit Sustainment Program, and invited Wester to visit and see how different the process was from the Active Army.

"I had a chance to come in one weekend when the recruiters were actually training the Soldiers that they had recruited," Wester says. "I saw that they got to train them and work with them prior to shipping to Basic Training. I thought that was really neat."

It didn't take Wester long to see the National Guard's advantages,

NONSTOP EXCELLENCE

WHAT SETS SFC CRAIG WESTER APART FROM THE PACK? WE ASKED HIS COMMANDERS.

CSM Michael Sojourner, battalion command sergeant major:

"HE IS ONE OF THE MOST ENTHUSIASTIC, ENERGETIC MEN IN MY ENTIRE COMMAND."

"He's extremely competitive ... just got an inner drive that won't let him quit."

"ENTHUSIASM IS THE RIGHT WORD. HE'S AN OVERALL GOOD NONCOMMISSIONED OFFICER, NOT JUST A RECRUITER."

CPT Jeffery Frazey, company commander:

"He approaches the job from a very compassionate standpoint, from the first stage when an applicant walks in the door to the swearing in at MEPS."

"HE TAKES A LOT OF PRIDE IN MAKING THAT APPLICANT A SOLDIER."

"He influences every recruiter in the organization, because he truly wants to make everybody better."

both for him and for the people he would be recruiting. While he's careful to tailor the way he pitches military service to each individual's situation, there are things he believes make the Guard a clear choice for most recruits.

"We're a tighter-knit organization, even though we're only working together one weekend a month and two weeks in the summer," Wester says. "People have a tendency to stay in the state because we're not transferring every three years like they do on the Active component. And for a young person, it's a great place where they can make new contacts and meet different people from all over the state and their community."

Once his recruits ship to Basic Training, Wester admits, it's harder to remain involved—but he tries. "I still try to stay in contact with everyone because it's a great referral base. Those returning Soldiers do great things for us as recruiters. And it's neat to be able to see the transformation from civilian to Soldier."

POWER WALK

Despite his history as a Soldier, the RRNCO award presentation was Wester's first trip to the Pentagon. In addition to the ceremony itself, hosted by Under Secretary of the Army Dr. Joseph Westphal, one of the highlights of the event was a tour through the building, exclusively for the awardees. It made an impression. Besides standing next to the military history on display throughout the building, Wester enjoyed walking the very hallways where the Army's chain of command originates. "It's almost unreal," Wester notes about the Pentagon's aura. "It's like being in the heart of the machine."

On the heels of his trip, Wester is enthusiastic about getting back to work and sharing his success with his fellow Arizona recruiters. While he loves to rib team leaders in other parts of the state about his group's success, his support for the entire statewide command is unwavering. "I would work in an office with any of the recruiters in the state without an issue at all."

"That's not an exaggeration," notes Command Sergeant Major Michael Sojourner. "He's always willing to help somebody else out. Recruiting can be a cutthroat business—you can tend to look out for yourself more than anybody else—and he doesn't do that. He is absolutely one of the finest team leaders we have."

As for his own future, Wester hopes to continue recruiting and, if things go well, retire as a sergeant major at 20 years. But his definition of success remains clear. "If you can make a difference—make a difference in people—you've probably had a successful career." **GX**

TWICE AS TOUGH

Jenny Shin, who has helped track down criminals working for the Eugene, OR, police and scored high marks as a turret gunner in Iraq, brings uncommon grit and a touch of grace to everything she does.

by DAN ALAIMO

Before the sirens arrive and after they're gone, Jenny Shin is on the job as a records specialist for the Eugene, OR, police department. And though that job involves some long hours, she still finds time to serve as a specialist with the Army National Guard's B Company, 41st Special Troops Battalion, Military Intelligence, based in Portland, OR. "Things come up—emergencies, something happened in the field, or the call load gets too heavy—so you end up staying," Shin says of her civilian work. "A lot of times, I end up pulling a 16-hour shift. I'm on call 24 hours a day, seven days a week."

In her behind-the-scenes role, her responsibilities include researching criminal activity, working with sworn personnel to process crime-based intelligence, collaborating with detectives on active investigations, processing sex-offender registrations, working with warrants and extraditions, and coordinating with other law enforcement agencies. Coincidentally, her MOS as a human intelligence collector (HUMINT), which requires that she have a Department of Defense top secret security clearance, calls upon many of the same abilities. "It's a lot of people skills," she says. "It's about knowing ... what's going on in my surroundings and trying to find out what is going on if I don't know."

MILITARY:

Rank: E-4, Specialist

Unit: 41st Special Troops Battalion

MOS: 35M, Human Intelligence Collector

Length of Service: 5 years

PUBLIC SERVICE:

Rank: Records Specialist

Total Length of Service: 10 years

Current Unit: Eugene Police Department

Both jobs also require flexibility. When she deployed to Iraq in 2009, her company was attached to an artillery unit with the mission of convoy security. She was assigned as a turret gunner—a rarity for a human intelligence collector—and scored among the top three in the battery for marksmanship. No longer behind the scenes, she completed over 40 combat missions. Although that was outside her intelligence expertise, she says it was "one of the most rewarding things I've ever done in my life."

To Shin, self-awareness and the awareness of the humanity around you are keys to success. "You need to know yourself before you are able to help others and lead them in the right direction," she says. "You need to be able to know that this is another human being." One time, she recalls, a man came into the police building exhibiting abnormal behavior. He said he didn't want to live and that he had a gun. Shin took him outside, talked to him, and de-escalated the situation before the man was taken into custody.

"I accept the responsibility to take on those challenges ... I feel like it allows me to grow, but it also allows me to really see that I can make a difference and that I have a purpose," Shin says. "I try to do everything to the best of my ability, but beyond that, I try to do things greater than the last time."

"That's the only way," she adds, "that I can convey the respect and the loyalty that I have for my Soldiers, for my community and for the people of this country." **GX**



10

YEARS OF SERVICE WITH THE EUGENE POLICE DEPARTMENT

ASSISTED WITH OVER **500**

LAW ENFORCEMENT CASES

1

DEPLOYMENT TO IRAQ

AWARDS & BADGES

+ COMBAT ACTION BADGE

+ ARMY COMMENDATION MEDAL

+ ARMY ACHIEVEMENT MEDAL

+ IRAQI CAMPAIGN MEDAL



Family

EMPOWERING THE MOST IMPORTANT UNIT

Feeling Troubled?

Seeking psychological help when you need it is a hallmark of inner strength. If you or someone you love has symptoms of PTSD, depression or other problems, consult one of the many mental health organizations created just for service members. Here are a few recommendations — all free, all confidential. BY JULIE ZEITLIN



IF YOU OR SOMEONE YOU KNOW is struggling with symptoms of PTSD, a new smartphone app can help: PTSD Coach. Created by the VA to help PTSD sufferers learn about and manage their symptoms, it's an excellent way to keep help at your fingertips.

(Note: PTSD Coach is not intended to replace necessary medical care.)

FEATURES INCLUDE:

- + Information about the condition and effective treatments
- + Tools for screening and tracking symptoms
- + Simple skills for managing stress
- + Direct links to support sources, such as crisis lines

Learn more at: ptsd.va.gov/public/pages/ptsdcoach.asp

YOUR NEXT MISSION IS TO LAND A JOB. WE'RE HERE TO HELP.

Going from Hero to hired can be a big undertaking, so H2H is here to help. You'll find incredibly useful tools on our website, from job search to career and interest assessment to advice on writing a resume and honing your interviewing skills. Designed specifically for Soldiers, H2H can connect you with companies that honor your service and are looking for people with your special skills. So let's get started.

The next step of your career starts at www.h2h.jobs.

Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury

Issues include: Suicide prevention; TBI; deployment stress; psychological health. **Who they are:** A group of trained health consultants on call around the clock. **What they do:** Assist service members 24/7 via live chat, phone or email with support, information, resources and counseling. **(866) 966-1020** resources@dcoeoutreach.org dcoe.health.mil/24-7help.aspx

The Soldier's Project

Issues include: Couples, marital and family counseling; PTSD; combat stress; TBI; homecoming issues. **Who they are:** A network of mental health professionals offering free counseling to Active Duty, Guard and Reserve with past or future deployments to Iraq or Afghanistan. **What they do:** In-person counseling sessions for issues related to war trauma, from predeployment through reintegration; counseling open to family and non-family loved ones. **TheSoldiersProject.org** **(877) 576-5343**

AfterDeployment.org

Issues include: PTSD; anxiety; depression; substance abuse; sleep problems; anger issues. **Who they are:** A website where you can learn more about your feelings and experiences. A search function helps

you find a live counselor in your area. **What they do:** Mental health self-assessment quizzes; live chat; online workshops; a digital resource library; videos; forums; and blogs. **AfterDeployment.org**

Veterans Affairs Office of Mental Health Services

Issues include: Suicide prevention; PTSD; depression; military sexual trauma; anxiety; substance abuse. **Who they are:** Provider of mental health services for Veterans and their families at its medical centers, clinics and Vet centers. **What they do:** Counseling that empowers you to take charge of your treatment and your life; sensitive to gender and culture. **www.MentalHealth.va.gov**

Military OneSource: Mental Health and Addictions

Issues include: PTSD; TBI; anger management; anxiety; depression; addictions; marriage/family/divorce; grief and loss. **Who they are:** A 24/7 phone and online counseling center. **What they do:** Counseling; provide links to other mental health programs. **(800) 342-9647** **MilitaryOneSource.mil** (click on "Health & Relationships," then "Mental Health and Addictions")

The Real Warriors Campaign

Issues include: TBI; combat stress; PTSD;

deployment/reintegration-related stress. **Who they are:** A program that raises awareness of your mental health resources and encourages you to seek help if you need it. **What they do:** Provide information and tools for navigating the deployment and reintegration process; address the invisible wounds of war; connect you with other Veterans; live chat; message boards; extensive resource list. **RealWarriors.net**

Veterans Crisis Line

Issues include: Suicide prevention; PTSD; stress; anxiety. **Who they are:** An intervention hotline and website for service members in emotional crisis, and family and friends. **What they do:** Counseling via phone, text message or live chat; many of the counselors are also Veterans. **(800) 273-TALK (8255), Press "1"** **VeteransCrisisLine.net**

Hooah4Health

Issues include: Stress management; suicide prevention; combat stress; family support; resilience. **Who they are:** A website that helps you take charge of your well-being, specifically for Reserve components. **What they do:** Provide an online place to connect with others; learning tools; mental health screening; self-assessment tools; in-person treatment; resilience training; deployment guide. **Hooah4Health.com**



Maximize Leave Time

How to make the most of R&R during a deployment? Set aside plenty of quiet time, don't overdo visits from family and friends, and be ready to adapt.

BY RACHEL LATHAM

BE CAREFUL WHAT YOU PLAN

Leave times and dates can change suddenly, based on missions or something as simple as bad weather. Avoid making concrete reservations for a getaway if you can't afford a cancellation. Also, don't assume that this break will be the best vacation ever. "The biggest mistake people make regarding leave time is planning too much and setting unrealistic expectations," says Stephanie Duell, senior family readiness support assistant in Latham, NY.

Talk with your spouse about plans. Can their vacation time be used? What about the kids' activities? If you have children in school, check to see if a few days' absence would be excused, as official rules will vary from state to state. Clearing the family calendar will enable you to

relax and enjoy the time with less pressure.

Also, if the Soldier plans on driving, make sure their license has not expired. If they'll need their cellphone, reactivate it.

AGREE ON WHAT YOU WANT

The Soldier and the family need to be on the same page about how to spend this time. What would be best: A busy, adventurous time, or quiet family days at home? Lots of social interaction or very little?

If you prefer a quieter experience, it may be best to not let people know the Soldier is home. If you have a close family, keeping the leave a secret may be difficult. And if that's the case, decide what types of activities will take place, and then set boundaries. For example, if they want a large, boisterous family dinner,

but you know it will be overwhelming, get together for a shorter amount of time, in smaller groups—perhaps for coffee instead.

Another option for families, if they can afford it, is going to a neutral location so the Soldier does not have to come "home" and then leave again. Disney World and other attractions have been good solutions for some families, Duell says. If a big tourist trip is too much, explore options within your own state or a nearby state. It's also a good idea to talk to other military couples to exchange ideas and advice on how to make the most of this time.

EXPECT IMPERFECTION

Flexibility is a must. There will be moments of unsettledness and changes of routine, but knowing that ahead of time will make it easier.

When Soldiers are finally home, keep in mind they will have traveled across many time zones to get there. Jet lag is a real issue, and Soldiers may need a few days to settle into a normal sleep pattern. Also, transitioning from the battlefield to being the hub of family activity will be difficult, and some members of the family are likely to feel out of sorts.

On a personal level, remember that everyone has changed to some degree. Spend time talking, asking questions and getting to know each other again. Spouses shouldn't ask for details of combat or missions. Those are sensitive topics and are better brought up by the Soldiers.

Also, R&R is not the time to "dump" problems and expect things to be fixed, whether they're physical tasks or relationship issues. Time is too short for this. At the same time, be careful not to give the impression that the Soldier is no longer needed.

FIND TIME FOR WHAT'S IMPORTANT

Consider balancing busy activities with quiet days, and remember that simple routines can be restful for the whole family. For example, this could be a wonderful time to share photos that have been taken during the time apart, by both the Soldier and the family. Have mini-celebrations by cooking favorite family dinners.

Of course, find some time alone to spend as a couple. But if possible, try to arrange one-on-one time between each child and the deployed parent. If your children can be excused from school, and you have more than one, consider taking out only one child at a time.

Be aware that the instincts that keep Soldiers safe on the battlefield may still be active while they're on leave; in particular, sensitivity to loud noises. So be sure to keep any commotion to a minimum.

**DISCRETION
IS
MISSION
CRITICAL**

**FROM FACEBOOK TO PHONE CALLS,
FROM TWEETS TO TEXTS,
OPERATIONAL SECURITY
BEGINS AT HOME**

BY STEVE WRIGHT

PROTECT YOUR LOVED ONES

The dangers are real.

Terrorists, spies and criminals often target deployed Soldiers and their families to obtain critical information, scouring the Internet and monitoring social media posts. Keeping this information out of the wrong hands can be a matter of life and death. That's why there's operational security (OPSEC). These are important guidelines for communications between Soldiers and their families, and between families and their friends, so that missions stay secure and everyone remains safe. But OPSEC is more than a policy. "Operational security is a mind-set," says Colonel Charles Harris of the Kentucky National Guard, who was part of a team from the state that was recognized last year as running the second-highest-rated OPSEC program in the Army. Discretion is an essential part of that mind-set. With help from Harris, here's what Soldiers and their families need to know.

WHAT COULD GO WRONG?

IT'S IMPORTANT TO UNDERSTAND THE SERIOUS CONSEQUENCES OF CARELESS COMMUNICATION. ASK YOURSELF: "WHAT COULD THE WRONG PERSON DO WITH THIS PIECE OF INFORMATION?" THE ARMY CITES THESE SCENARIOS AND FACTS:

A U.S. government official on sensitive travel to Iraq created a security risk for himself and others by tweeting his location and activities every few hours.

A family on vacation kept friends up-to-date via online profiles; their home was burglarized while they were away.

Social networking sites have become a haven for identity thieves and con artists.

According to al-Qaeda materials, terrorists search online for data about "Government personnel and all matters related to them (residence, workplace, times of leaving and returning, children and places visited)."



901 MILLION

MONTHLY ACTIVE USERS OF FACEBOOK, AS OF MARCH 2012



340 MILLION

NUMBER OF TWEETS ON TWITTER PER DAY

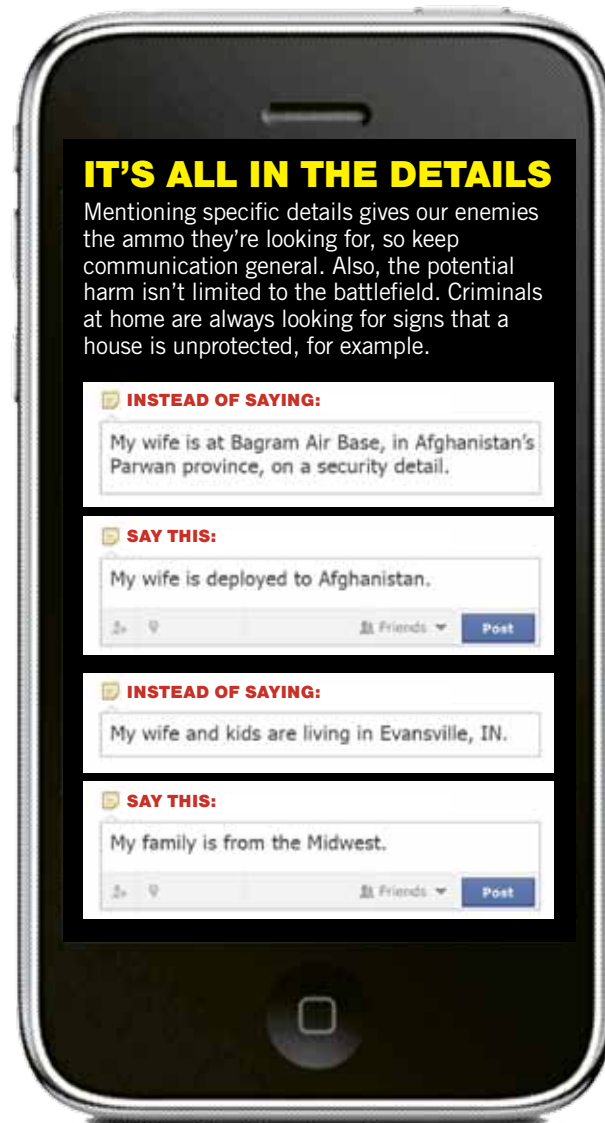
WHAT THEY WANT

Some types of sensitive information our adversaries look for, according to the Army:

- Names/photographs of important people
- Meetings of top officials
- News about U.S. diplomacy
- Important government places
- Size and shape of buildings
- Amount of lighting
- Ammunition depot locations
- Information about missions and deployments

KNOWLEDGE IS POWER

This works both ways. When adversaries know too much, they can do harm. When you have the knowledge, you can protect yourself and your family. Harris describes an incident with a positive outcome: A Kentucky Guard Soldier received an email that claimed the Soldier's security clearance had expired and that the Soldier needed to provide personal identifiable information (PII) along with money to maintain the clearance. Since PII falls into the category of Critical Information, the Soldier realized the red flag and acted appropriately by turning over the unanswered email request to his security officer.



Staying Positive

FAMILIES, REMEMBER THAT YOUR COMMUNICATION SHOULD SUPPORT YOUR SOLDIERS, NOT UNDERMINE OR UPSET THEM. A FEW TIPS:

NO

- ✗ Gossip
- ✗ Information on a KIA/MIA before release by the DoD
- ✗ Photos that could contain sensitive information

YES

- ✓ Expressing pride in service members or units
- ✓ Mentioning links to published articles about the unit
- ✓ Any information that's already in the public domain

10 IMPORTANT "DON'TS"

Avoid the topics below, whether by phone, mail, email, Facebook, Twitter or any other form of communication that could be intercepted or read by others. You never know who may be listening or reading. This list applies to deployed Soldiers and family members alike:

- Troop movements and locations
- Future operations and missions, including deployment dates
- Readiness issues and number of personnel
- Specific training and equipment
- Soldier and family personal identifiable information (PII, such as Social Security numbers, age, race, medical information, etc.)
- Unit or personnel issues
- Sensitive documents such as wills and leave and earnings statements
- Tactics, techniques and procedures (TTPs)
- Assignment to special operations-type units
- Details about security procedures

946,393,693

Number of browser-based attacks worldwide last year, up from 580,371,937, according to the Kaspersky Security Bulletin.

2,500

Number of U.S. military blogs, according to milblogging.com.

8.6 MILLION

Estimated U.S. households in which someone 12 or older was victimized by identity theft, according to the Justice Department.

DON'T FRIEND THE ENEMY



Facebook, Twitter and other social media platforms give adversaries opportunities to collect information they can use to harm deployed Soldiers or their families at home. In today's age, Harris says, "it is much easier to obtain pieces of information—Internet postings, work schedules, phone directories and more—and assemble them in order to form the big picture of an organization or operation." He adds that it's easy to

become complacent when using these powerful tools. As a general rule, Soldiers and their families should be mindful of OPSEC at all times when using social media so they don't inadvertently aid our enemies. Here are some recommendations. Keep in mind that this list is in no way a complete set of rules and that these guidelines apply not only to Facebook and Twitter, but also to Flickr, YouTube and others.

Customize privacy settings to restrict those who can see postings (never use the "everyone" setting).

Do not grant persons access to your information unless you actually know them.

Remember to never share information you would not want the public to see.

Log out when you use a computer shared with other people.

Soldiers should avoid geotagging photos and other media, a process which adds specific geographic information that could provide adversaries with important mission details.

Pick a strong password—a combination of at least six numbers, letters and punctuation marks.

When possible, add a security question to your account.

LEARN MORE ABOUT OPSEC

- Soldiers should attend initial OPSEC training sessions (upon assignment to a unit) as well as annual sessions.
- It's extremely important for Soldiers to know their organization's Critical Information List of sensitive information that must always be protected.
- Family Readiness Groups should discuss OPSEC at their meetings.
- Consult the "The United States Army Social Media Handbook," which provides excellent guidance. The most current edition is Version 2. It can be read online at SlideShare.net/usarmysocialmedia/army-social-media-handbook-2011.



So what can Soldiers, spouses and their children talk about?

The good news from Harris: "As someone who has deployed, I think there are almost an infinite number of things to talk about with friends and loved ones without discussing critical information. I think communication is much easier if both parties know what can and what cannot be said."

HOW TO CHOOSE A MAJOR

Whether you're already in college or thinking about enrolling, consider these factors before deciding on a degree

BY JOHANNA ALTLAND, GRANTHAM UNIVERSITY

WHAT CAREER WILL I ENJOY?

You don't want to be stuck in a career you aren't passionate about or interested in. So before settling on a major, consider whether you would be happy in that field or industry. Do you enjoy working with computers? Then maybe you should consider a career as an IT specialist. If you want to start your own business, then choose a major that will teach you the skills you'll need to succeed, like business administration.

Perhaps you are already in a job that you enjoy. Then choose a major that's comparable to that career field. For example, if you are a police officer, a degree in criminal justice will help hone your skills and introduce new ideas that will keep you current in your occupation.

WHICH FIELDS ARE GROWING?

However you choose to answer the first question, the second step is research, research, research. The last thing you want to do is select a major where there is little to no employment growth. This will make finding a job after graduation next to impossible.

The Bureau of Labor Statistics offers great insight into some of the fastest-growing occupations. You can review salary information, number of jobs available and what type of degree each field/occupation requires using its *Occupational Outlook Handbook*. (Also, check the list on this page highlighting 15 of the fastest-growing fields.)

WHAT JOBS ARE GOOD MATCHES FOR ME?

Choosing a major is difficult whether you are 18 or 45. To make the decision even harder, Citizen-Soldiers tend to be highly skilled and disciplined in multiple areas.

Give yourself a head start by taking a career test. It can identify your strengths based on the personal attributes you name and give you an indication of how these strengths translate to success in the workplace. You might be surprised by the results.

Once you've discovered a few career paths fitting for you, go back to the advice given earlier: Research. Find out the average salary and employment rate for each position, and most important, whether or not there is projected growth for that field. All of these factors will have a big impact on your long-term success.

STILL HAVING DIFFICULTY NARROWING THE LIST?

The best thing to do is get firsthand advice from those who graduated in your selected majors and those who are working in your selected career fields.

The former is easy to accomplish. Your chosen college or university should be able to put you in touch with graduates, so ask questions about the majors, what they liked the most and what they liked the least. For the latter, think about who you know who's working in one of your selected industries, or if a friend knows someone who is. Beyond gaining valuable insight directly related to an occupation of interest, you'll make connections that could be useful in your future job hunt.

Here are a few online career tests that could help you narrow down your many options. All except StrengthsFinder are free of charge.

CAREERTEST.NET
CAREERPATH.COM
MYNEXTMOVE.ORG
STRENGTHSFINDER.COM

15

HIGH-PAYING,
HIGH-GROWTH
JOB INDUSTRIES
FOR VETERANS

PROGRAM MANAGER, INFORMATION TECHNOLOGY (IT)

\$91,000

MANAGEMENT CONSULTANT

\$87,000

FBI AGENT

\$77,600

IT CONSULTANT

\$74,000

BUSINESS DEVELOPMENT MANAGER

\$72,200

SYSTEMS ANALYST

\$70,500

INTELLIGENCE ANALYST

\$69,500

SYSTEMS ENGINEER (COMPUTER NETWORKING/IT)

\$67,300

PROJECT MANAGER, CONSTRUCTION

\$66,000

NETWORK ENGINEER, IT

\$62,500

FIELD SERVICE ENGINEER, MEDICAL EQUIPMENT

\$62,400

HELICOPTER PILOT

\$58,600

TECHNICAL WRITER

\$53,400

NETWORK ADMINISTRATOR, IT

\$50,000

HVAC SERVICE TECHNICIAN

\$42,000

As reported in a recent study by PayScale.com (figures represent average annual salary)

Downrange

■ STORIES FROM THE FRONTLINE

Missouri Breaks Ground

BY CHRISTIAN ANDERSON

Missouri's 935th Agribusiness Development Team (ADT) was the first unit assigned to the National Guard's agribusiness mission in Afghanistan, deploying there in 2008. Recently, the mission was carried on by Missouri's ADT VI. Based in Afghanistan's Nangarhar province, its mission was to help Afghans grow crops, care for their livestock and survive without aid or assistance from other nations.

By the time Coalition Forces invaded Afghanistan in October 2001, decades of war and instability had wreaked havoc on its economic and agricultural infrastructures. It became apparent to the U.S. Armed Forces leadership that bolstering the country's economy through agriculture would be crucial to ensuring its continuing existence.

In 2007, the Department of Defense came up with a solution when five officials developed an idea that would deploy National Guard members with agricultural knowledge and experience to Afghanistan. Simply put, American farmers would help Afghan farmers. The creators of the plan were Secretary of the Army Pete Geren, Director of the Army National Guard Lieutenant General Clyde Vaughn, Missouri Farm Bureau President Charles Kruse and Missouri Adjutant General Major General King Sidwell.

Gov. Matt Blunt of Missouri volunteered his state to take the lead on the new initiative, and the first ADT unit was operating in Afghanistan by the end of 2008. Since then, over 30 National Guard ADT units, including six from Missouri, have deployed on a consistent basis to Afghanistan. Missouri ADT VI's mission concluded in June.



Home Station:
The ADT VI, Missouri Army National Guard, is based in Jefferson City, MO.

7,260 miles | Distance from Jefferson City, MO, to Jalalabad, Afghanistan

Recent Operations

Deployed to:
Nangarhar province, Afghanistan

Mission:
ADT VI provided training and advice to Afghan universities, province officials and local farmers with the goals of increasing stability and improving opportunities for Afghanistan's re-emerging agribusiness sector.



HISTORY OF THE INSIGNIA

The Missouri National Guard's state patch, which was approved on June 19, 1922, features a grizzly bear standing rampant on a wreath. The grizzly bear is native to Missouri and has been a portion of the state seal since 1822. The territory was originally a part of the Louisiana Purchase, and the twists of the wreath are accordingly gold and blue.

After arriving in Afghanistan in March 2012, Missouri's ADT VI reached the following milestones:

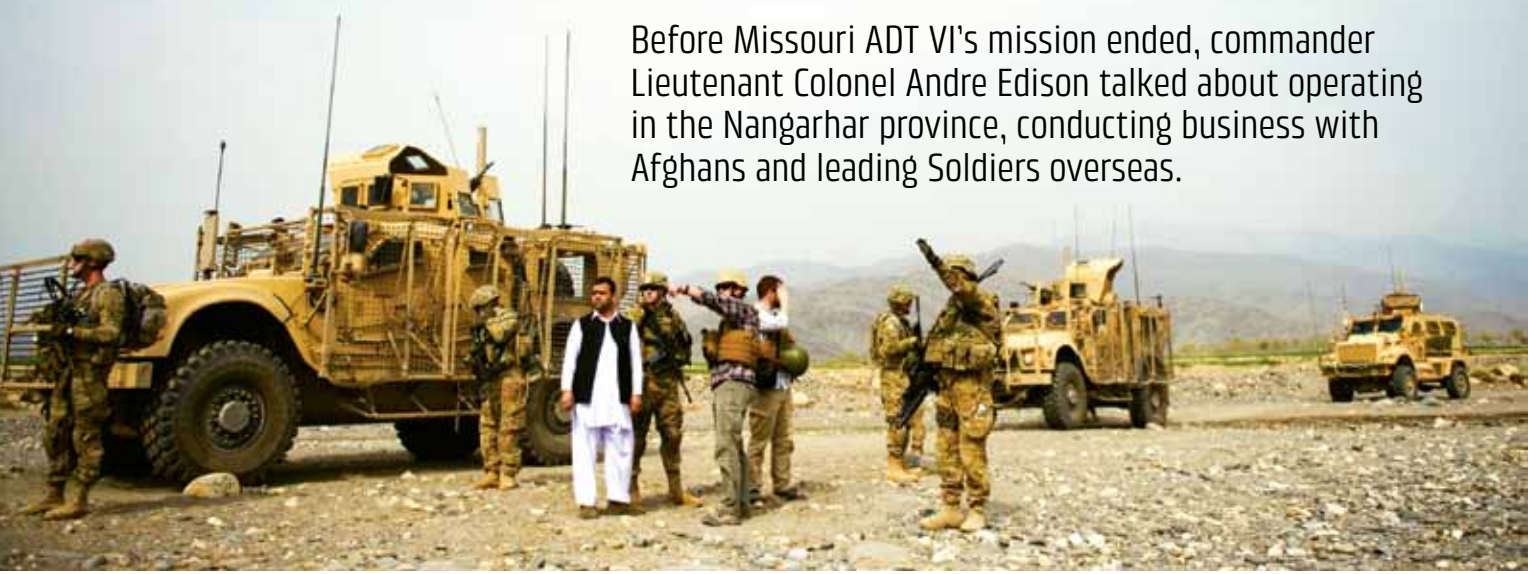
100+ | meetings with key Afghan leaders

225+ | hours interacting with Afghan villagers

1 | enemy attack repelled

FIGHTING BY RIFLE AND PLOW

Before Missouri ADT VI's mission ended, commander Lieutenant Colonel Andre Edison talked about operating in the Nangarhar province, conducting business with Afghans and leading Soldiers overseas.

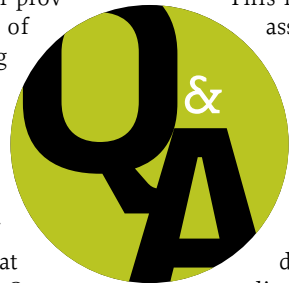


PATH TO LEADERSHIP

- > Assumed duties as commander of ADT VI in January 2012.
- > Holds a bachelor's degree in general studies from Columbia College of Columbia, MO.
- > Graduated from the engineer officer basic course, the engineer officer advanced course, the combined arms services staff school and the Intermediate Level Education program.

What was your primary mission during this deployment? Our primary mission was to increase the agricultural capability of the citizens of the Nangarhar province. Since we were the sixth iteration of Missouri ADTs, our projects are evolving from those directed at the farmer level—projects such as micro plots, irrigation projects and cold storage facilities—to more agribusiness.

What is a typical mission like? We have a brief the night before. We conduct our pre-combat checks and inspections prior to departing. Our security forces run the mission until we arrive at the destination and then escort us to the meeting place. We typically meet with a principal, local elder, farmer or other leader, and discuss business and how we can help. It's not unusual to speak about family, life and the weather before getting to business. Once we leave, we return control to the security forces team, which will escort us back to our MRAPs and navigate back to our FOB.



WHY ADT?

COURTESY OF THE NATIONAL GUARD

ADT SOLDIERS bring their military capabilities, professional civilian skills and education in various agricultural disciplines to the farmers of Afghanistan. Specific skills include agronomy (soil and seed science), irrigation, horticulture (plant cultivation), pest control, veterinary/basic animal husbandry techniques, civil engineering and energy management. These Citizen-Soldiers use the assets and expertise of universities and cooperative services within their home states.

"Missouri led the way by fielding the first Agribusiness Development Team. We are very proud of the accomplishments of the Missouri National Guard in Nangarhar province." — Major General Stephen Danner, adjutant general, Missouri National Guard

How has the mission challenged you and the team? Our goal is to expand the ability for agribusiness commerce. This is more complicated because, instead of assisting with growing crops, our main focus is more on how we can assist businesses with processing, canning and distribution of final product. There are multiple agribusiness commerce opportunities in this area due to the increased production of vegetables and produce. Our goal is to make their dairies better at production, storage and distribution; to assist their nut factory with the ability to shell and roast nuts; and to increase their butcher shop's ability to process and market meats. The Nangarhar province has very limited processing capability, and most goods are shipped to Pakistan, where the commodities are processed and then returned to Afghanistan for sale. The ability to process within country would be a win-win situation, as it would increase job growth and potentially reduce

the final cost for consumers due to production cost without transportation fees.

How do you interact with local villagers when trying to assist them? We typically work through the Provincial Director of Agriculture, Irrigation and Livestock [DAIL] and Agriculture Extension Agents [AEA] that are assigned to each district within a province. Based on the guidance of the DAIL and AEA, they notify the local villages of our good intentions to ensure we are expected and well-received. We have built relationships for the last four years because they recognize our Bear Patch of Missouri and know that we are here to help them.

What are the duties of an ADT unit in Afghanistan? Specifically, is there a set agenda for you? We would visit the Agriculture Information Center, which is the hub of agriculture services for the Nangarhar district. In the past, we have built Agriculture Information Centers [AIC], walls to protect the complexes to ensure that activities within the AIC can be conducted safely, and cold storage facilities to preserve their produce. We have also built relationships with Nangarhar University and agriculture high schools within the province, provided seeds for micro plots and computers for classrooms, and are working to provide goats and sheep to supplement their educational studies. We meet with the [DAIL] on a weekly basis for partnership and mentorship.

Can you explain the makeup of an ADT unit? Specifically, how Soldiers and Airmen are picked for the mission. Our team consists of 39 Soldiers and 14 Airmen. All Soldiers and Airmen volunteered and were selected based on the

“ WE DID NOT SELECT MEMBERS BASED ON THEIR MOS, BUT BASED ON THEIR ABILITY TO SUPPORT THE DEPLOYMENT.”

LTC Andre Edison

needs of the mission through an evaluation process. We did not select members based on their MOS, but based on their ability to support the deployment.

What is it like to lead your Soldiers on this crucial mission? As a leader, I can be no prouder of these men and women. Some of the Soldiers are younger than my son. I see his face in them when I look at their faces. Almost every day they go out of the FOB in the name of keeping us alive. Anything less than me giving my best to support them would be an injustice to them, their families and the U.S. military.

Why is the National Guard so well-suited for the agribusiness mission? The ADT mission allows our civilian skill set to shine. National Guard duties encompass 20-25 percent of our workload; our civilian jobs fill the remainder. In many ways, we have the time to hone and refine our skills where the Active Duty component does not. This ability enables us to share our knowledge, because it's not MOS-specific. The agribusiness members of our ADT teams are comprised based on skill set and not MOS, which provides flexibility and ultimately benefits the mission.

What is the history of the district and the people? Nangarhar province has a long history of producing agriculture. One of the reasons our ADT has worked so hard to develop the agribusiness ability of the province is [that] many goods are exported to Pakistan, where they are processed and packaged only to be returned to Afghanistan for sale. If we can increase the capability to process within the country, then more jobs would be generated and more commerce created.

The ADT mission requires Soldiers to work with Afghan civilians on a daily basis in order to grow the country's almost nonexistent economy.

What do you see when you look at the Afghan people? My interpretation of the people of Afghanistan is that the majority of them have the same desires as us. They want to provide for their family in a safe, secure environment where their kids have a better life than themselves.

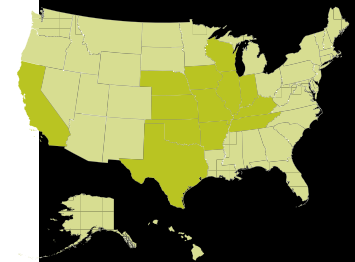
What will be Afghanistan's biggest challenge in the future? They have relied on others for so long that they no longer have the natural mind-set to be independent. If the citizens do not have confidence in their government and leadership, then they will eventually start to support other anti-Afghan factions that do not have the best interests of the citizens in mind. We have been in Afghanistan for 10 years, and we struggle teaching the local Afghans how to be independent and to rely not on Coalition Forces, but [instead], their government. **GX**



NATIONAL GUARD ADTs BY THE NUMBERS

To date, **30 TEAMS** have operated in **15 PROVINCES** and contributed to over **578 AGRICULTURE PROJECTS** generating more than **\$31 MILLION** for the people of Afghanistan.

States that have sent ADTs to Afghanistan include **ARKANSAS, CALIFORNIA, ILLINOIS, INDIANA, IOWA, KANSAS, KENTUCKY, MISSOURI, NEBRASKA, OKLAHOMA, TENNESSEE, TEXAS** and **WISCONSIN**.



Since the inception of the ADT mission, Afghanistan has **DOUBLED** its harvests of apples, grapes, pomegranates, cherries, almonds, wheat, corn, alfalfa and saffron.

Agriculture accounts for **45%** of Afghanistan's gross domestic product and is the **MAIN SOURCE OF INCOME** for the Afghan economy.

80%

The percentage of the Afghan population involved in farming, herding or both.



A NEW WAVE OF WAR

The emerging field of electronic warfare has saved lives overseas by jamming the enemy's ability to detonate IEDs. But its potential in the years ahead could stagger the imagination — one reason the Army is training a new breed of Soldiers in this specialty.

By CPT Darrin Haas

On a routine mission north of Baghdad in 2006, 28 KBR fuel tankers rolled down Route Sword on their way to Balad. They were escorted by six Humvees from the North Carolina National Guard's 1451st Transportation Company, but because of the precious cargo, they still made for inviting targets to insurgents.

Suddenly, a light on the lead Humvee's control panel started blinking, signaling that there was a possible radio transmission being jammed by the vehicle's newly installed CREW device. As the Humvees continued along the route, the convoy commander radioed warnings to all truck commanders about a possible IED threat. Drivers stayed vigilant, and gunners stayed below the armor around their turrets.

A few seconds later, after the last vehicle passed through the danger area, a loud explosion rocked the rear of the convoy. A Radio-Controlled Improvised Explosive Device (RCIED) had just detonated. The blast was heard and felt by the Soldiers in the convoy, but thanks to the CREW (Counter RCIED Electronic Warfare) system mounted on the Humvees, a radio transmission that was intended to detonate the RCIED was averted and no one was injured.

For the past six years, this scenario has played out all over Iraq and Afghanistan thanks to sophisticated advances in the Army's newest career field, electronic warfare (EW). In response to the ever-present danger of IEDs used to attack U.S. personnel—the military reports that there were 8,159 IED incidents in Afghanistan in 2009, a 90 percent increase from the previous year—new high-tech devices and a special breed of professionally trained Soldiers are aggressively countering that threat.

The term electronic warfare can conjure up images of Soldiers hunched over computers in a dark and sterile room for hours at a time. But that's far from the truth. EW-qualified Soldiers are on the frontlines, directly engaging the enemy with technology. It can be a thankless job, but one that saves lives.

"The U.S. Army has upped its game when it comes to eliminating the IED threat," says Sergeant First Class Jason Bucklew of Tennessee's 117th Regimental Training Institute. "I wish we had the current array of tools and skills available now during my first deployment to Iraq in 2003. It would have greatly reduced casualties."

By definition, EW uses electromagnetic and directed energy to attack the enemy and to control the electromagnetic spectrum. That spectrum includes

wireless signals, radio and television waves, microwaves, radar and lasers.

"Basically, it's trying to wipe out the enemy without getting too dirty," says Sergeant First Class Chad Brundige of the Tennessee National Guard's 278th Armored Cavalry Regiment.

Electronic warfare specialists use and manipulate these frequencies to gain an advantage in battle by locating, targeting, exploiting, disrupting, degrading or destroying an adversary's electronic systems.

They can jam enemy radio transmissions to counter IEDs, disrupt enemy communications systems and apply a multitude of other skills that are still classified as secret.

"This career field and specialty is more complex than I could've ever imagined," says Brundige. "Countering the remote-controlled IED threat is a large part of what we do, but there's a lot more to it than just that."

DISRUPTING THE RACE

The Army breaks down electronic warfare into three subdivisions: electronic attack, electronic support and electronic protection. The CREW systems that counter RCIEDs fall under electronic attack.

The details on how those systems work are intricate (for a basic understanding, see the graphic on p. 51), but one Soldier describes the process this way: "Imagine you are standing at the start line [of] a race. You are waiting for an announcer or race official to say, 'On your mark, get set, go!' As you get ready, and just before the race official starts giving directions, your friend standing close by runs up and starts screaming in your ear. Now, all you'll hear is him yelling, and you can't hear the race official give directions. Next thing you know, you missed the start of the race. Basically, your friend just jammed the directions given to you by the race official, and you failed to start on time. That's what happens to the IED."

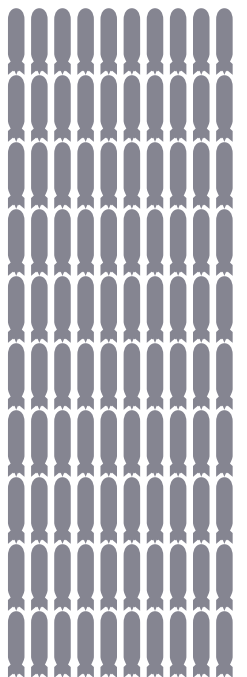
It wasn't always that way. Back in 2006, when IEDs rose in prominence as a tactic, those race directions were consistently getting through loud and clear, putting Soldiers in great peril. Even after RCIED equipment began to arrive, it took time to implement it correctly.

“THE U.S. ARMY HAS UPPED ITS GAME WHEN IT COMES TO ELIMINATING THE IED THREAT. I WISH WE HAD THE CURRENT ARRAY OF TOOLS AND SKILLS AVAILABLE NOW DURING MY FIRST DEPLOYMENT TO IRAQ IN 2003. IT WOULD HAVE GREATLY REDUCED CASUALTIES.”

SFC Jason Bucklew

The Impact of IEDs Overseas

Around **100** IEDs were being detonated EVERY DAY in Iraq in 2006.



23,000



IEDs detonated by insurgents in Iraq in 2007 — more than any other year during Operations Iraqi Freedom and New Dawn.

In February of that year, General Peter W. Chiarelli, who was then commander of the Multi-National Corps in Iraq, sent a memorandum to the Pentagon warning officials that Soldiers did not have the expertise or training to operate the new equipment that was being rushed into Iraq to counter the IED threat.

“When I first got over there in 2004 and in 2005, we didn’t have any Army electronic warfare capabilities,” Chiarelli told *The New York Times* in a 2009 article. “It became deadly apparent in 2006, with the rise of IEDs. At the same time, we were having big problems with the jammers and how to deconflict them with all of the other radio and signals traffic.”

Heeding Chiarelli’s warning, the Army asked for help from the other service branches. The Navy responded by sending hundreds of Sailors who were electronic warfare specialists into Iraq. “They became the most important person in each formation down to the battalion level,” Chiarelli told *The Times*. “They were sought out by Soldiers who knew they had to learn this kind of warfare.”

These Sailors, along with EW specialists from the Air Force, showed Soldiers how to manipulate the electromagnetic spectrum to their benefit. They established courses to teach Soldiers how to operate and maintain CREW devices and trained officers to manage programs at the brigade and division level.

The Navy and Air Force’s efforts were crucial to the Army’s success in Iraq, says Colonel Jim Ekvall, chief of the Army’s Electronic Warfare Division. “When the Army first encountered RCIEDs, there was no effective means to counter the threat, and the Air Force and the Navy came to the

rescue,” he says. “Their material solutions to the problem, coupled with the Airmen and Sailors who initially provided Army EW integration and synchronization, saved many lives.”

But as time wore on, it became clear that the Army would need their own Soldiers trained in EW because the missions the Army traditionally tackles are different from those in the Air Force or Navy. They needed to have trained professionals to dominate land operations as they relate to operations and security over large geographical areas. As a result, the Combined Arms Center at Fort Leavenworth, KS, conducted a study and concluded that “Army EW expertise is not only necessary for counterinsurgency efforts like OIF and OEF, but against the full range of potential adversaries.” By 2009, a new career field was established with its own MOS designation: the 29 series.

“
ARMY EW EXPERTISE IS NOT ONLY NECESSARY FOR COUNTER-INSURGENCY EFFORTS LIKE OIF AND OEF, BUT AGAINST THE FULL RANGE OF POTENTIAL ADVERSARIES.”

From a Combined Arms Center study conducted at Fort Leavenworth, KS

ACROSS THE SPECTRUM

The 29 series field initially opened up over 1,600 positions to Soldiers ranking from sergeant to colonel. Security clearance is required. Also, combat experience is preferred, says Chief Warrant Officer Four Brian Filibek of the Combined Arms Center’s Electronic Warfare Proponent Office.

The Army plans to add another 2,300 positions over the next few years, giving it the largest electronic warfare force in the military. Training lasts from nine to 16 weeks and is held at Fort Sill, OK, home to the Army’s artillery school. Enlisted Soldiers are assigned to battalion-level and higher units upon graduation and have a full career path available all the way to E-9.

“The 29E course was the most academi-

cally challenging military school I’ve attended in my career,” Brundige says. “The timeline was grueling, and the most difficult part was learning the basic science of the electromagnetic spectrum.”

Enlisted Soldiers (29E) will be subject matter experts at the battalion level and serve as the master trainer for all EW issues. Officers (29A) in this field will act as the principal staff officers with all the responsibilities concerning electronic warfare. Warrant officers (290A) organize, implement, monitor and evaluate operations, threat environment, unit maintenance and intermediate level support maintenance of EW systems.

Warrant Officer Jason Mounce of the Arkansas National Guard was one of the first eight warrant officers to graduate from the EW warrant officer school and be awarded the new MOS. “This was too good an opportunity to pass up,” he says. “It’s a new field, and I’m one of eight people in that field, and I like what EW is about.”

“You might say this is the final frontier as far as battle is concerned,” Mounce adds. “You’re talking about computer networks, electronic communications, and no matter what [branch] you are, those are things that you’re depending upon. Even at the lowest level, you need a way to talk to your troops.”

One of the biggest concerns about the new field is that unit commanders don’t understand these new Soldiers’ roles within the unit. If Soldiers are successful, no IEDs go off, and no Soldiers are attacked. It’s difficult to measure success if the effects can’t be seen.

But EW Soldiers don’t just combat RCIEDs. They need to be involved in all aspects of planning and operations to make sure the unit is getting the best EW support needed. “It’s the job of EW Soldiers to ensure commanders are aware of the assets available to them,” Brundige says. “Regardless of rank, the 29E is an integral part of the decision-making process commanders have to go through. They are

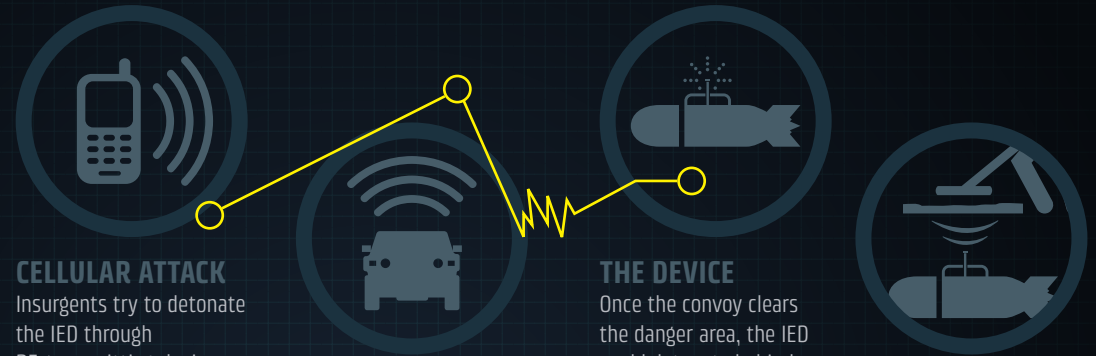


\$45 billion
Estimated amount spent (as of late 2011) on MRAPs to protect troops from IEDs.



\$20 billion
Amount, as of this year, that Congress has spent on IED research and training.

FIGHTING IEDs ONE RADIO WAVE AT A TIME



RADIO-CONTROLLED IMPROVISED EXPLOSIVE DEVICES (RCIEDs) allow insurgents to strike from a greater distance than manually operating the device, which is riskier for the insurgent.

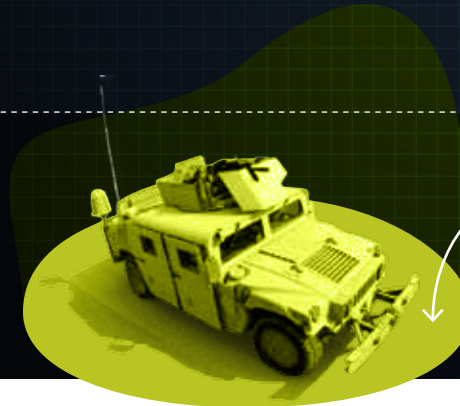
To counter an RCIED threat, Soldiers use the vehicle-mounted Counter RCIED Electronic Warfare (CREW) Duke system, which has saved countless lives in Iraq and Afghanistan.

CELLULAR ATTACK
Insurgents try to detonate the IED through RF-transmitting devices such as cell phones or garage door openers.

CREW
The vehicle’s CREW system jams the RF signal from an enemy transmitter by emitting an RF signal at the same frequency as the enemy transmission, overpowering the enemy signal at the receiver and preventing the IED from getting a comprehensible signal and detonating.

THE DEVICE
Once the convoy clears the danger area, the IED could detonate behind the convoy at a safe distance, or it might not detonate at all.

CLEANUP CREW
If the CREW system does jam a transmission, it is capable of recording the location of the incident so the device can be marked and destroyed by explosive ordnance disposal units.



THE BUBBLE
If the convoy has only one vehicle equipped with the CREW system, that vehicle protects the entire convoy by keeping all other vehicles “in the bubble.” If each of the convoy vehicles has an operable system, the convoy will then overlap its EW protection.

also instrumental in all phases of the military decision-making process.”

One unit that embraced EW from the beginning was the Pennsylvania National Guard’s 1st Battalion, 111th Infantry Regiment. In 2009, it was selected as the Outstanding U.S. Army Electronic Warfare Unit by the Association of Old Crows, a group that promotes electromagnetic spectrum operations. The members received the honor because they were the best unit to make use of its EW assets and training during day-to-day operations that year.

FUTURISTIC WARFARE

In the years ahead, as technologies advance, as our adversaries counter our counters, and as the overall conditions of combat change, electronic warfare will only grow in importance. “We must adapt and make trade-offs among systems origi-

nally designed for the Cold War and those required for current and future challenges,” President Barack Obama says. “We need greater investment in advanced technology ... like unmanned aerial vehicles and electronic warfare capabilities.”

According to Ekvall, the Army is developing an Integrated Electronic Warfare System, which is a family of new technologies that will have the ability to attack and disrupt the enemy’s command, control and communications ability. Experts are also developing technologies that will be able to jam anything, such as multimillion radar systems and aerial drone uplinks.

“It’s a family of systems that will operate in the full spectrum of conflict against a variety of targets,” Ekvall says. “Soldiers will have air, ground and fixed-site components.”

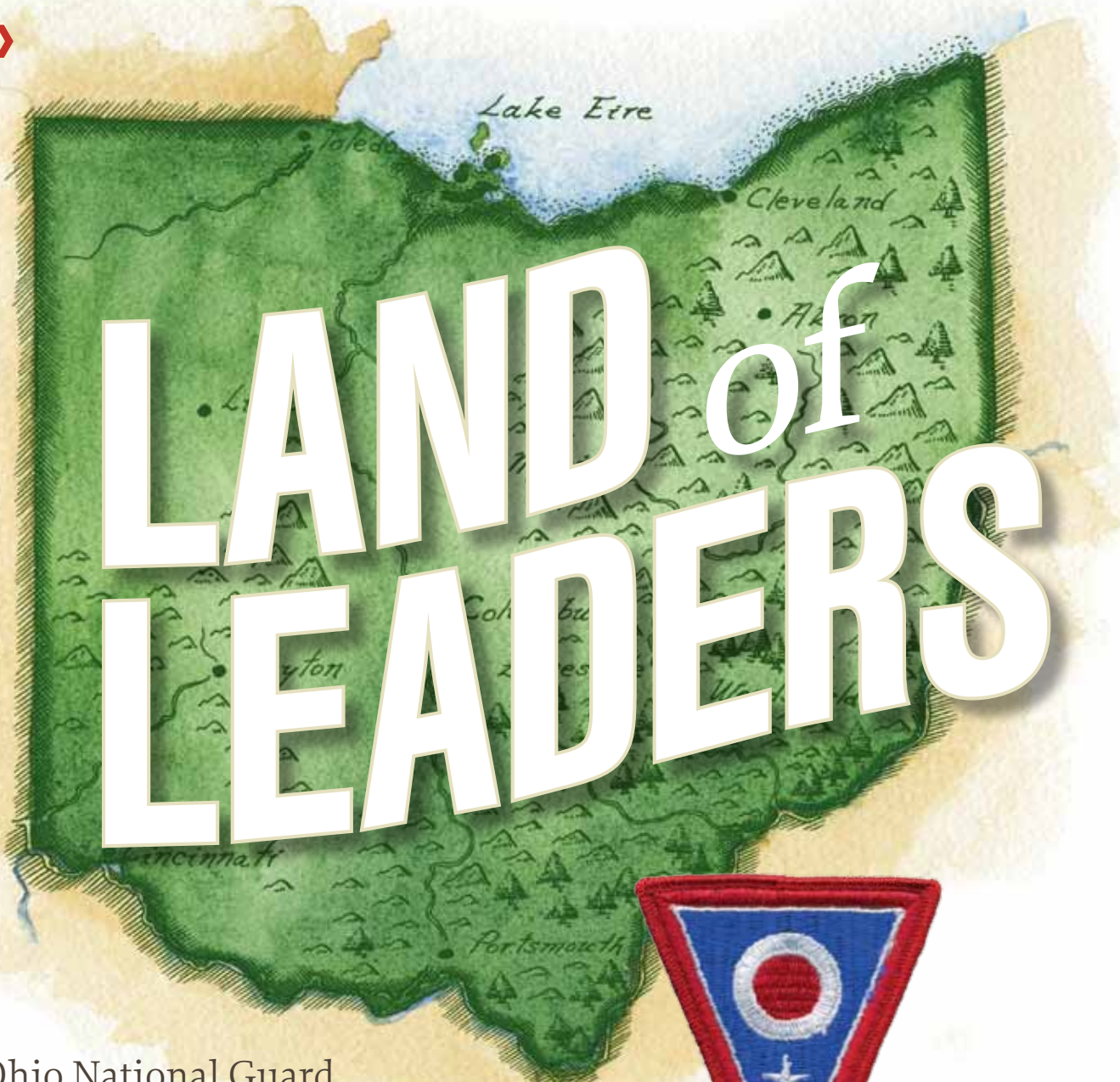
The Army also has other devices in

production that seem like something out of a science fiction novel, including electromagnetic grenades, lasers for missile defense and devices that use microwaves to heat a person’s skin to uncomfortable levels. There are lethal and nonlethal uses, and the possibilities seem endless.

Ekvall sees the program growing and adapting over the next 10 years. “I see the relationship between EW and cyberspace, and all information-related functions such as Military Information Support Operations, Civil Affairs, Operations Security, and Military Deception, evolving right along with it,” he says.

Brundige agrees that electronic warfare will be a key element in fighting ever-growing cyber threats. Whatever the applications, however, Ekvall is sure of one thing.

“EW,” he says, “is here to stay.” **GX**



LAND of LEADERS

The Ohio National Guard, originally established as a rough-and-ready fighting force on the frontier, produced many Soldiers who boldly stepped forward and dared to succeed, including three who went on to become president.

BY JASON HALL

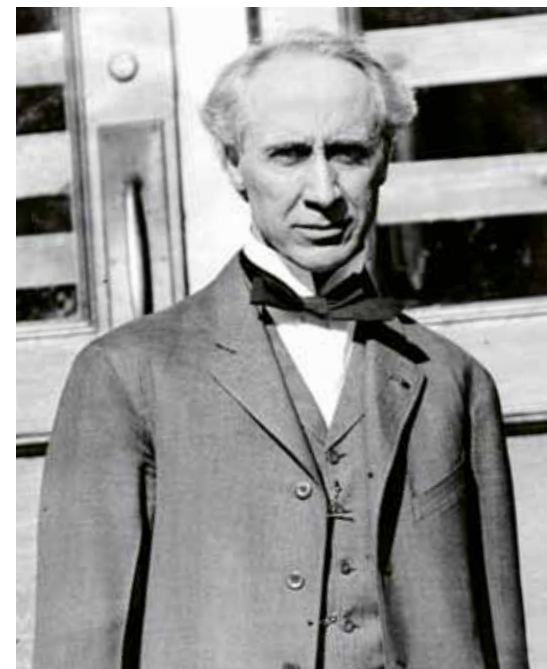
Though its beginnings date after the American Revolution, the Ohio Army National Guard is steeped in tradition, and its history is highlighted with countless stories of courage and self-sacrifice. From fighting invaders on the frontier to preserving freedom in Afghanistan, Soldiers from Ohio have long stood the test of battle.

Home to many notable military figures, the Ohio Guard has produced officers and statesmen who have helped shape the modern National Guard and led the

nation in the highest offices of our government. Ohio is often called the Mother of Presidents due to the fact that eight of our nation's 44 presidents were from the state, with several having fought in the Civil War.

Fighting against enemies of all kinds—foreign, domestic and Mother Nature—the men and women of the Ohio Guard have left their mark on their state, their nation and the world. Their story has strong roots, with branches that are sure to reach far into the future—akin to the tree that gives the state its nickname: the buckeye.

THE BUCKEYE PATCH THE OHIO NATIONAL GUARD'S PATCH WAS APPROVED ON NOV. 30, 1948, AND IS BASED ON THE OHIO STATE FLAG. UNLIKE OTHER STATE FLAGS, OHIO'S IS A BURGEE, WHICH IS A SWALLOW-TAILED FLAG OFTEN USED BY SHIPS AND YACHTS FOR IDENTIFICATION. THE WHITE CIRCLE WITH ITS RED CENTER REPRESENTS THE "O" IN OHIO BUT ALSO SUGGESTS OHIO'S FAMOUS NICKNAME, "THE BUCKEYE STATE."



CHARLES DICK A Champion for the State

Born in Akron, OH, in November 1858, Charles Dick would become one of the Ohio National Guard's greatest Soldiers and supporters. He enlisted in B Company, 8th Ohio Infantry Regiment, in 1885 and became company commander within a year.

Lieutenant Colonel Dick deployed with the 8th Regiment to Cuba during the Spanish-American War in 1898. After the U.S. victory, he was elected to the House of Representatives. While in Congress, he continued to fulfill his military duties, eventually becoming a major general in 1900 and taking command of the Ohio Division of the National Guard. In 1903, as chairman of the House Militia Affairs Committee, Dick pushed forward a bill

that would ultimately bear his name. The Dick Act, passed on January 21, 1903, replaced the outdated Militia Act of 1792 and set in place

new standards for the National Guard. The bill required that within five years of its passage, all states conform to federal requirements for training and readiness. In exchange, the federal government would provide increased funds to individual states to procure new equipment and material for their respective National Guard units.

In addition, federal funding was now provided for Annual Training. National Guard units would attend 24 drills a year and a five-day Annual Training exercise. The Dick Act would help lay the framework for the modern-day National Guard, and its impact would be felt in the mobilization of the Guard in both World Wars and the years to come.

HISTORY IN BRIEF

1812

The Ohio Militia began with the settlement of Marietta, OH, in 1788. Ohio's first call to duty came during the War of 1812. Even before President James Madison declared war on the British, Ohio had three regiments organized and ready to fight. The Ohio Militia fought in numerous skirmishes and battles in Ohio, Michigan and Indiana.



1863

From June 11 to July 26, during the Civil War, Confederate Brigadier General John Hunt Morgan led a cavalry incursion into Ohio known as Morgan's Raid. The Ohio Militiamen still in the state were able to defend against the attack on their home soil, cornering Morgan's men at Buffington Island and defeating them on July 19.

1846

Organized near Cincinnati, OH, at the request of President James Polk for more troops, the 1st Ohio Volunteer Regiment answered the call and rushed to serve in the U.S.-Mexican War. As part of the force under the command of General Zachary Taylor, the 1st Ohio fought at the Battle of Monterey on Sept. 21–24, 1846, aiding the American victory.

1898

The 8th and 6th Ohio Volunteer Regiments were sent to Cuba to fight in the Spanish-American War. However, only the 8th

Regiment arrived in time to see combat. On July 11, as part of the 5th Army Corps, the 8th Regiment was at Santiago for the final day of the campaign that led to the city's surrender.

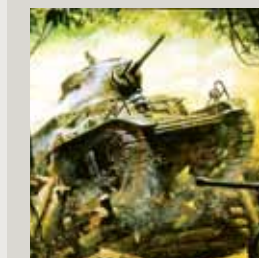
1918

Prior to deploying to France during WWI as part of the American Expeditionary Force, Ohio formed its pre-existing units into the 37th "Buckeye" Division. The 37th fought so ferociously in the Meuse-Argonne Offensive and the St. Mihiel campaigns that the German General Staff cited it as one of the six best American divisions the Germans faced.

1941

In late December, after the attack on Pearl Harbor, Ohio's C Company, 192nd Tank Battalion was attempting to stem the tide from the Japanese onslaught

in the Philippines. Vastly outnumbered, outgunned and out-supplied, the men of the 192nd fought to the bitter end, surrendering along with the rest of the U.S. forces on the island in 1942. They



spent the remainder of the war in the horrific confines of POW camps. But in just over three years, their comrades from Ohio would return and help liberate the Philippines.

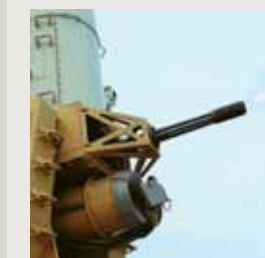
1978

The Blizzard of '78 crippled the state (more than three feet of snow fell in January) and caused more than 50 deaths. Operating in frigid temperatures (at one point,

the wind chill factor dipped to minus 60 degrees), over 5,000 Ohio Guard Soldiers executed rescue missions for those trapped. Armories all across Ohio became public shelters.

2011

The first National Guard battalion in the nation to be entrusted with the Counter-Rocket, Artillery, Mortar (C-RAM) weapon system in Iraq was the 1st Battalion, 174th Air Defense Artillery Regiment, Ohio Army National Guard. The C-RAM was used to protect Soldiers and civilians from insurgent rocket and mortar attacks, making it a critical lifesaving tool in the Iraq mission.



THE BATTLE OF MANILA

General Douglas MacArthur and the Ohio National Guard took their revenge on the Axis powers in one of the most brutal battles of the Pacific

Date: February 3 to March 3, 1945
Conflict: WWII, the Pacific theater
Who: 37th Infantry Division
Where: Near present-day Manila, Philippines

The Battle of Manila is a story of sacrifice, defeat and redemption, and represents some of the most vicious fighting in the Pacific theater during WWII. The number of civilian casualties ranked among the highest of any battle. Not long after the attacks on Pearl Harbor in 1941, the Japanese launched an assault on the Philippines. The U.S. forces stationed there defended desperately against the invasion but to no avail. By May 1942, all U.S. forces had escaped, been captured or been killed. The supreme allied commander in the Pacific, General Douglas MacArthur, was forced to flee ahead of his retreating men, but not before he swore to return and liberate the Filipino people.

Three years later, after fighting his way back across the Pacific to the Philippines, MacArthur had the men and momentum to fulfill his vow. With pride, he spoke to the Filipino people, telling them:

People of the Philippines: I have returned. By the grace of Almighty God our forces stand again on Philippine soil—soil consecrated in the blood of our two peoples. We have come, dedicated and committed, to the task of destroying every vestige of enemy control over your daily lives, and of restoring, upon a foundation of indestructible strength, the liberties of your people.

The 37th "Buckeye" Division, which deployed to the South Pacific in May 1942, quickly became one

of MacArthur's most trusted units. The division consisted of three regiments, including the 145th and 148th Infantry Regiments of the Ohio National Guard, and the 129th Infantry Regiment of the Illinois National Guard. After distinguishing themselves in fighting on New Georgia Island and Bougainville, the men of the 37th landed at Lingayen Gulf, on the Philippine Island of Luzon, on Jan. 9, 1945. Following a month of fighting across the island, the 37th encircled the Japanese forces and trapped them inside the capital city of Manila. MacArthur viewed the capture of Manila as the key to liberating the Philippines, so he threw everything he had at the Japanese occupying the city, including the 37th.

When the U.S. Soldiers entered the city on February 4, the Japanese were waiting, protected by fortified buildings and concrete obstacles. Although hardened by months of jungle warfare, the Soldiers of the 37th did not have extensive experience fighting in an urban environment. And to make matters worse, the hundreds of thousands of Manilans stuck inside the city perimeter were trying desperately to flee, which hindered the American advance. But the 37th gradually fought its way through the city, with hand-to-hand combat a daily routine and devastation everywhere. The final push against the remaining Japanese in the city would be one of the most brutal, but critical, turning points in the war.

MANILA BY THE NUMBERS

35,000 U.S. Soldiers fought to oust the 17,000-strong Japanese force in Manila

16,000 Japanese killed during the monthlong fight

1,010 American casualties

5 Medals of Honor awarded to National Guard Soldiers who fought in the battle



LIEUTENANT GENERAL OSCAR GRISWOLD

Griswold graduated from West Point in 1910 and fought in France in WWI. During the postwar years, he held several different posts, including an assignment with the War Department General Staff. He commanded the National Guard's 29th Infantry Regiment from September 1939 to October 1940 and was given command of the 4th Infantry Division in 1941. Well-liked by General Douglas MacArthur, Griswold was promoted to lieutenant general in early 1945 and put in command of the XIV Corps, which included the 4th Division, eventually leading the liberation of the Philippine Islands.



REAR ADMIRAL IWABUCHI SANJI

Sanji was commanding the battleship *Kirishima*, which was sunk by U.S. Naval forces on November 14–15, 1942. He was sent to command the Japanese forces in Manila. When the Americans invaded the Philippines, he broadcast the following message to his men: "We are very glad and grateful for the opportunity of being able to serve our country in this epic battle. Now, with what strength remains, we will daringly engage the enemy. Banzai to the Emperor! We are determined to fight to the last man." Almost all of Sanji's men would be killed attempting to bring glory to their commander.

PHOTOS FROM THE U.S. ARMY

DECISIVE MOMENTS AT MANILA



AFTER THE BATTLE
Never before had U.S. Soldiers experienced so much devastation in an urban combat zone. Over 100,000 civilians, 16,000 Japanese and 1,010 U.S. Soldiers were killed. The city's infrastructure was destroyed as well, and the Allies had to completely rebuild the city at war's end.

MAP ILLUSTRATION BY DUSTIN MCNEAL AND LIZZIE MOORE

THE FIRST MEDAL OF HONOR

The first six Medals of Honor ever awarded went to members of the Ohio National Guard. During the Civil War, 22 enlisted men selected from the 2nd, 21st and 33rd Ohio Volunteer Infantry Regiments took part in a daring raid led by civilian Union Army scout James J. Andrews. In April 1862, Andrews and his Ohioans executed their bold plan to steal a confederate train, nicknamed the General, deep in Georgia and use it to destroy tracks and bridges throughout the state. Though they were initially successful in taking the General and causing some havoc, the plan ultimately failed and the entire group was captured. Eight of the men, including Andrews, were executed. The remaining men escaped or were later exchanged for Confederate prisoners.

On March 25, 1863, one of the Soldiers, Private Jacob Parrott (pictured here) of K Company, 33rd Ohio Volunteer Infantry Regiment, regaled Secretary of War Edwin Stanton with their epic tale. Stanton was impressed with Parrott, who at 19 was the youngest member of Andrews' Raiders. After listening intently to Parrott's story, especially the part about how he suffered numerous beatings at the hands of the Confederates, Stanton took out a medal and pinned it to Parrott's uniform, making him the first Soldier to receive the Medal of Honor. Five other men of the Ohio regiments involved also received the Medal of Honor that day. In the end, 19 of the 22 men would receive our nation's highest honor, some posthumously.



THE BERLIN BUILDUP

Active Duty during the Berlin Buildup. It was considered the Guard's most successful mobilization during the Cold War, proving again the value of the well-trained Citizen-Soldiers.

IN RESPONSE TO HEIGHTENED TENSIONS IN EUROPE IN 1961, President John F. Kennedy called on his Reserve troops to prevent a war with communist forces in Germany. Ten Ohio units—six Air Guard and four Army Guard—were placed on

MAJOR STATE UNITS



37th INFANTRY BRIGADE COMBAT TEAM

The largest combat unit in the Ohio Army National Guard, it's now part of the 38th Division. The 37th traces its lineage to the 37th "Buckeye" Division and includes four battalions stationed throughout the state. There is also a battalion and cavalry squadron based in Michigan.



174th AIR DEFENSE ARTILLERY BRIGADE

First activated on Sept. 1, 2008, in Columbus, OH, the unit has been busy since, with its subordinate battalions serving deployments to Iraq and providing airspace defense for Washington, DC.



16th ENGINEER BRIGADE

The 16th has successfully conducted missions all over the world. It sent nearly 500 Soldiers to Eagle Pass, TX, to improve roads, build bridges and construct two low-water crossing sites. All of those efforts assisted the U.S. border patrol in preventing illegal immigrants from entering the United States.



371st SUSTAINMENT BRIGADE

Formerly known as the 371st Corps Support Group, the unit more than doubled in size in 2006 and took on its new role. Under its previous name, the unit was deployed to Kuwait during Operation Iraqi Freedom, where it was in charge of receiving and staging arriving units. In September 2005, it was sent to Kiln, MS, where it conducted relief efforts in the wake of Hurricane Katrina.

1

THE NUMBER OF COMMANDING GENERALS THE 37TH INFANTRY DIVISION HAD DURING WWII. MAJOR GENERAL ROBERT S. BEIGHTLER WAS THE ONLY NATIONAL GUARD DIVISION COMMANDER TO RETAIN HIS COMMAND FOR THE ENTIRETY OF THE WAR.

DARKEST DAY

ON MAY 4, 1970, the Ohio Army National Guard experienced its darkest hour. More than 1,400 Soldiers were activated to quell a student protest at Kent State University in Kent, OH. By the end of the day, four students were dead, nine others were wounded and Americans across the country were angry and confused.

During the height of the Vietnam War, public dissent against the conflict was more prevalent than ever. Antiwar protests spread through the country and became a staple on the nightly news. When President Richard Nixon announced the invasion of Cambodia on April 30, 1970,

protesters took to the streets and campuses across the country, including Kent State. On the evening of May 2, student protesters set fire to the Army ROTC building on campus, burning it to the ground.

To restore order, Gov. Jim Rhodes ordered the mobilization of A and B Companies of the 1-145th Infantry Regiment and Troop G of the 107th Armored Cavalry. On the morning of May 4, 100 Soldiers marched to the university commons to end the protest, which had drawn about 2,500 students. Many protesters shouted insults and threw rocks at the Soldiers, ultimately wounding 50 of them. After the protesters ignored the Guard's order to disperse, the Soldiers advanced to force them off the commons. Following several minutes of confusion, some

Soldiers fired their weapons into the crowd, killing four students and wounding nine others.

No Soldier was convicted in the shootings, and no student was charged for assaulting the

Soldiers. The Kent State incident is still viewed as one of the worst tragedies in National Guard history and continues to be the subject of controversy.

—Christian Anderson



A MEDIC'S METTLE

HEROISM ON THE BATTLEFIELD COMES IN MANY FORMS: fighting, leading and protecting, to name a few. Sergeant First Class Mark A. Wanner did all of that three years ago during an ambush in Afghanistan, and for his extraordinary actions he received the Silver Star, the first Ohio Guard Soldier to be awarded the honor since the Korean War.

Wanner is a senior medic with B Company, 2nd Battalion, 19th Special Forces Group, Ohio National Guard. On the night of May 31, 2009, Wanner's company was approaching a village in eastern Afghanistan hoping to capture a Taliban leader and approximately six Taliban fighters who were training there.

However, things quickly went awry, as there were over 30 Taliban fighters lying in wait instead of the predicted six. Sergeant First Class Sean Clifton, Wanner's team member, recalls, "I led some guys into a doorway and that just happened to be the room that had 80 percent of the threat. Immediately upon entering, I knew something wasn't quite right. Then I got hit," Clifton says.

Four bullets hit Clifton almost simultaneously, striking his pelvis, the body armor on his chest, his left forearm and his helmet. Unable to hold his rifle, Clifton went back outside and found Sergeant First Class Matt Schaeffer, who was immediately joined by Wanner as enemy rounds hit the ground all around them.

Schaeffer and Wanner dragged Clifton to what they hoped was a safer part of the building exterior. Wanner knew there was no way to move Clifton farther without the aid of a stretcher, so he ran to a nearby vehicle and got

one. As he ran back to Clifton, all three men came under enemy fire from a window less than 15 feet away. Wanner directed fire on the enemy position at the window, telling Schaeffer to grab the grenade that Wanner kept on the back of his body armor and throw it through the window, which he did. The explosion bought the men enough time to put Clifton on the stretcher and run him to a waiting vehicle.

As the driver of the vehicle sped to a medical evacuation site, Wanner continued to administer care to Clifton. Once at the evacuation site, Clifton was loaded onto a helicopter, along with Wanner, who never left his side until Clifton arrived at the U.S. Army hospital in Landstuhl, Germany, three days later.

"He was there every step of the way, ensuring I was receiving the best possible care," Clifton says. "He assisted the flight surgeon in the medevac, the trauma surgeons in the [operating room] and even helped out a wounded Soldier [who] lay next to me. That's Mark, always going over and above the call of duty." Later, at the ceremony where Wanner received the Silver Star, Clifton told of his ordeal. "I'm standing here today," he said, "because of the heroic and competent actions Mark performed."

—Jason Hall and 2LT Kimberly Snow



SFC Mark Wanner was awarded the Silver Star, the military's third highest medal for valor in combat.

INTO

ONCE A YEAR, Operation Arctic Care provides health and veterinary care to remote villages in Alaska that need it most. Long days, frigid temperatures and the logistics of coordinating the largest multibranch medical exercise in the military make this a daunting challenge. But the National Guard, which led the operation this year, proved up to the task.

By Stephanie Inman + Photos by Adam Livingston

THE

WILD



W

HITE MOUNTAIN, AN INUIT village tucked away near the western coast of Alaska, is one of the remotest places in America's last frontier. About 60 miles east of Nome, not far from the Arctic Circle, it's set against a breathtaking backdrop of rolling hills untouched by mankind that stretch across the vast white expanse until they disappear into the horizon. Thousands of evergreens pepper the snow-packed hills, hiding wildlife such as arctic foxes and musk oxen. For anyone seeking solitude, look no further.

Established in the 1900s, the village is home to about 190 people, and the only practical way of getting there is by air. Cell phone reception? Don't count on it. There are no stop signs or traffic lights. There aren't even *roads*—just makeshift trails between the tiny square-shaped houses. Adults and kids as young as 8 or 9 zip around on snow machines (snowmobiles), the main source of transportation in town. During the day, many villagers spend their time fishing or hunting moose and caribou.

"Half of what we eat comes from the land around us," says Robert Lincoln, a 33-year-old White Mountain native. Sporting shaggy black hair and thin glasses, Lincoln says he enjoys many aspects of the simple and self-sufficient lifestyle.

But that existence comes with significant drawbacks. There are no doctors, dentists or veterinarians in White Mountain. The village has one medical clinic that can treat minor ailments, but specialized care is nonexistent. Traveling doctors visit the villages, but aside from that, routine care is still limited, and prob-

lems can often go untreated for long periods. Earlier this year, Lincoln, a heavy smoker with a family history of cancer, needed a biopsy of his tongue. He could have flown to Nome but would've had to pay about \$500 in travel. For a man living with his parents and working two jobs, that wasn't possible. So he waited for the visiting doctor.

Alaska has over 100 Inuit villages, and most of the locals face challenges similar to Lincoln's in getting medical attention. Operation Arctic Care helps narrow the gap. Begun in 1995, this mission brings together all branches of the military to provide free medical, dental, psychological, vision and veterinary care to Alaska's underserved communities. Resembling the type of collective effort that would be needed in an international crisis, the annual two-week operation also prepares hundreds of service members for future humanitarian or disaster relief missions, making it the largest recurring joint medical and logistics training exercise in operation today.

This year's effort was conducted in April,



White Mountain, a remote Inuit village in Alaska, lacks any type of specialized care for its 190 residents.



From Left: A Soldier grinds lenses to fit eyeglass frames that will be shipped to one of the villages involved in the mission; an Alaska Guard Soldier checks White Mountain native Robert Lincoln's blood pressure; in a makeshift eye clinic, a Nome resident gets a free exam from an Operation Arctic Care team member.



“WE HAVE RUNNING WATER, AT LEAST. IN GOLOVIN, WE DIDN'T HAVE RUNNING WATER ... WE ARE GOOD AT ADAPTING. THE NICE THING IS, IT HELPS US PREPARE FOR WHAT WE HAVE TO DO IN THE FIELD.”

CPT Arden Gillespie, a veterinarian with the 993rd Medical Detachment, Veterinary Services



and the National Guard led the mission, commanding 285 service members from the Army National Guard, Air National Guard, Active Duty Army, Navy, Army Reserve and Navy Reserve.

Alaska spearheaded the operation, with assistance from the Arizona and Colorado National Guard. “Every year we participate, because we provide the air support and [supplement] the teams,” says Brigadier General Deborah McManus, director of joint staff for Joint Forces Headquarters for Alaska. “But this year we had the lead. A lot of work went into the planning. A lot of obstacles had to be overcome.

“It showed a lot of confidence in the National Guard,” she adds. “This is at the DoD level ... so it's pretty significant.”

BEFORE THE CARE

Arctic Care aimed to provide care to 16 Inuit villages this year, particularly in the Norton Sound area. (The program attends to the regions each year on a rotation basis.) Because of severe weather conditions, one of the villages couldn't be reached. But the medical teams still treated nearly 4,000 citizens, conducting more than 7,100 procedures. Lincoln received care for a cold and an eye infection, as well as a follow-up look at his tongue.

Nome, located at the edge of the Baltic Sea, served as the base of operations, with the

Alaska National Guard's armory as the Joint Task Force command post.

For each village visited, specialized teams were flown in with enough food for a week. After arriving, they spent about a day or two setting up their operation locations, then three to four days seeing patients. During this time, UH-60 Black Hawks made multiple trips daily to fly supplies to the villages. After about a week, the teams packed up and flew to a second village to conduct the operation. Sometimes, service members weren't able to fly immediately from one village to the next, so they slept at the armory in Nome.

Sergeant Vincent Weiter, part of the medical detachment with the Alaska National Guard, spent about six days in the village of Gambell as a dental assistant before returning to Nome. He and his team (one dentist and a few other dental assistants) saw about 33 people there. Weiter had never participated in Operation Arctic Care, so he didn't know what to expect. But it was clear that he and his peers were needed.

“Dental care wasn't up to par,” Weiter says. “A lot of it has to do with the environment they are in. They are remote. It's harder to get access to what [they need]. They don't have someone there to take care of those issues when they come up, so they tend to linger and turn into bigger issues.”

One of those patients left Weiter speechless.

Veterinarian CPT Arden Gillespie and his team conducted procedures such as vaccinations and deworming in White Mountain and Golovin.

The man, 27, had to have 15 teeth pulled, leaving none. “He asked to have them pulled out,” Weiter says. “There were maybe two or three that were decent. But once you take out so many, you might as well take the rest out. You can't eat with three teeth in your mouth. And he got to the point where it was bothering him more to have them in.”

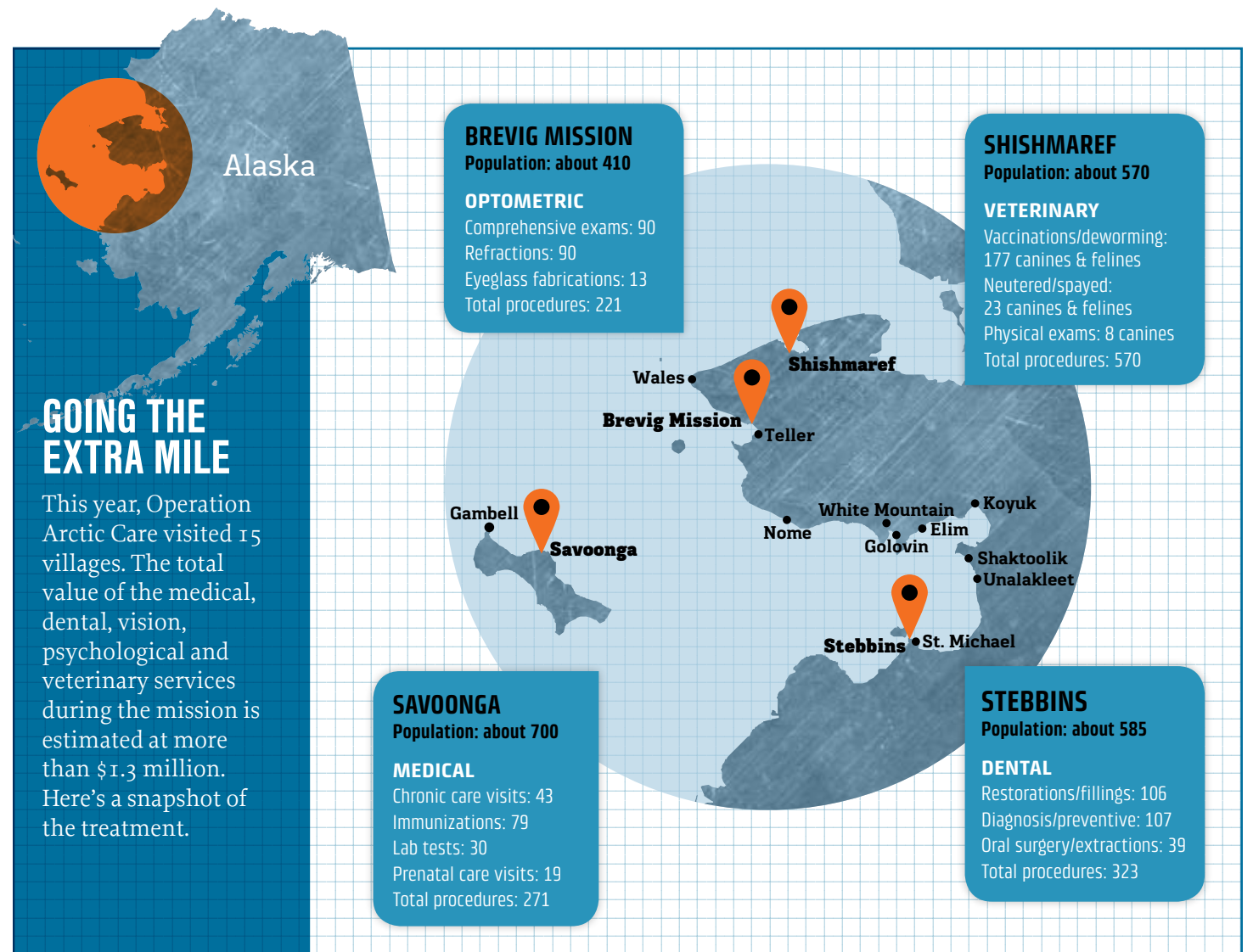
The man was in such pain that it was actually a relief for the teeth to be removed. If they had been left in, they could've led to infection and other health issues. His story may be shocking, but it's not uncommon. Service members returned from other villages with similar stories.

SPECIAL FOCUS

While some teams were busy flying to and from the villages, a makeshift clinic was created in the armory, where Nome residents could receive vision tests and eye care, and where a station was set up to manufacture eyeglasses. And coordinating all these efforts was key.

Three Active Duty Seamen and one Active Duty Soldier, all part of the Naval Ophthalmic Support and Training Activity (NOSTRA), spearheaded this facet of the mission.

Hospital Corpsman First Class Quentin Moncrieff, who serves in the Navy, explained that the optometric teams in the villages



would fax over a patient's prescription to his team. Then he and the other service members would make the glasses, box them up and send them more than to the village in a Black Hawk as part of a supply run.

His team could produce one pair of glasses in less than 10 minutes. Throughout the span of Operation Arctic Care, the team made and sent more than 960 pairs. He estimated that each patient who received a pair was saving over \$1,000 when you account for the price of the eye exam and the cost to ship the glasses.

Each service branch may have its own way of doing things, but Moncrieff says he didn't have any difficulty working under the National Guard's command. He's used to overcoming differences in operating procedures since NOSTRA is a tri-service command.

“You know with any operation there's going to be ups and downs, but other than that it's been a joyous occasion,” he says.

The movement of glasses, supplies and personnel between Nome and the villages is entirely dependent on air transportation. Seven UH-60 Black Hawk helicopters from the Alaska

National Guard and a C-23 Sherpa were flown to Nome to assist with the operation.

“Task force aviation is critical to our ability to travel to each village and provide medical, dental, optometry and veterinary care,” says Lieutenant Colonel Sharolyn Lange, the task force commander for Operation Arctic Care 2012. “We can't do our job without their daily support getting supplies and personnel into each of the Arctic Care villages.”

That also makes weather a key factor, and Alaskan weather can change in an instant. (Temperatures at this year's sites ranged from a high of around 40 degrees to below zero.)

If flying conditions become too dangerous, the most well-conceived plans remain just that—plans. But even with this challenge, 81 flights were completed, transporting 450 passengers as well as 83,000 pounds of gear and cargo.

VILLAGERS' BEST FRIENDS

In the second week of the operation, an optometric, medical and veterinary team flew to White Mountain from the village of Golovin.

Uncertain of the living conditions, the teams brought MREs, sleeping bags and layers of clothing. After arriving, they were met by a welcome crew with ATVs and snow machines to transport supplies and personnel to the village.

The medical and optometric teams set up their operations in White Mountain's clinic. Meanwhile, the five-person veterinarian team established their clinic next door, in the local butcher shop. It had a large stainless-steel sink, perfect for washing surgical tools. At one end of the room was a medium-sized, waist-high metal table that became the “surgical table.”

The size of the shop—one small rectangular room—made for cramped quarters. But as with every other task in Operation Arctic Care, adjusting to less-than-ideal conditions is a must.

“We have running water, at least,” says Captain Arden Gillespie, a veterinarian with the 993rd Medical Detachment, Veterinary Services. “In Golovin, we didn't have running water. We had to haul all our water in tubs and



do our surgical scrubs in that. Pretty primitive. We are good at adapting. The nice thing is, it helps us prepare for what we have to do in the field.”

When the veterinarian team opened its doors on the first day, there was already a line of villagers eager to bring in their dogs and cats. Out here, veterinarian care is a priceless service. The locals rely heavily on their animals for protection, companionship, hunting and transportaion.

Spaying and neutering was the most common procedure performed by the team, since animal overpopulation is a significant problem. The teams worked from morning to night seeing animals and performing procedures. In the evenings, the service members slept in the gymnasium at White Mountain School, the only K-12 facility in the village.

As the week progressed, thanks and appreciation began pouring forth from the residents. “The villagers were so nice. They were just glad that we were here,” Gillespie says.

The teams started receiving gifts such as caribou ribs and moose burgers. Gillespie, one of two veterinarians on the team, received a special thank-you from one the natives, Dean Pushruk. Gillespie had operated on one of his dogs a few days earlier. Pushruk, wearing a dusty black jacket with red lettering that said, “2011 Nome Golovin Snowmachine Race,” returned to the clinic to give Gillespie an update

Operation Arctic Care teams load up supplies, preparing to travel from Golovin to White Mountain.

on the dog’s condition. His hands were rough and callused, and he was missing the pinky on his right hand. He opened a plain white envelope and poured the contents into his hand. Out fell four fly-fishing flies.

Gillespie, an avid fly-fisherman, studied them with astonishment. Each of them was about the size of a fingernail.

And they were all handmade. One resembling a horsefly was made with baleen or whalebone, and the hair of a polar bear and musk ox. “I just wanted to thank you,” Pushruk said in a husky, barely audible voice.

DEEP CONNECTION

This type of gift-giving occurs in most of the villages. One of the biggest gestures of thanks took place in Golovin. There, over 20 distinguished visitors and high-ranking military officials, including representatives from Mongolia and the mayor of Nome, gathered to praise the service members and their teamwork. McManus echoed the raves.

“What’s so fascinating to me is that we brought people in from Active Duty, the Reserve, the National Guard, Air Force, Army, Navy, and they all came here and worked together as a cohesive team,” she says. “Everybody has been well received. The community has been so appreciative.”

Golovin held a presentation at the local school that both honored the visitors and showcased aspects of the villagers’ heritage. A handful of children bounded onto the gym floor and performed a few native dances wearing kuspas, a thin, hooded, shirt-like type of traditional clothing. After various presentations, the visitors went to the lobby to enjoy a wide sampling of food that included seal and fresh crab. One of the most eclectic and traditional dishes served was mucktuk, or white whale, which has a distinct texture—a hard crunch followed by a chewy and slimy aftertaste.

Handmade parkas, sewn together decades ago by women from the village, were also put on display. Most of the parkas were made from tiny squirrel pelts. The furs were soft and luxurious, but their purpose was functional, not decorative. During the winter, the temperatures can easily drop to minus 50 degrees Fahrenheit.

As the presentation came to a close, the



DANGER IN THE AIR

THE SUCCESS OF OPERATION Arctic Care relies heavily on the weather. This year, the conditions were more favorable than in previous years, says Chief Warrant Officer Two Matthew Felter, 207th Aviation, Alaska National Guard. Still, the weather often forced flights to be delayed, sometimes a few hours and sometimes an entire day. Pilots were eager to get caregivers to the villages, but they knew they needed to be as safe as possible.

“Every kind of bad thing that you could have to play with the weather, we have them all right here,” Felter says. “Your ability to interpret the weather is what will make or break you up here. The proof of that is out in the mountains. There are planes scattered everywhere from guys who think they can push it, and then realize they can’t.”

Top: At the local school in Golovin, a student performs at a program for the service members. **Bottom:** Many of the Golovin villagers, including the children, were eager to interact and share their culture with their visitors.

distinguished visitors and officials said goodbye to their hosts and received parting gifts of local coffee beans. Many hitched rides on snow machines and ATVs, while others chose to make the long trek back to the airstrip, where the Black Hawks were waiting. The flight back to Nome would mark one of the last flights for Operation Arctic Care, since everyone would be leaving two days later.

As an ATV pulling a cart full of service members began to drive off, two little boys, about the ages of 4 and 5, started running after it. Their faces beamed with smiles, and they giggled as they tried to keep up with the ATV. As the vehicle picked up speed, the kids attempted to stay with it by holding onto the side of the cart. The service members smiled back at the kids, who were getting a thrill at this game. Eventually, the speed became too much for the two boys and their tiny legs, and they fell into the snow. Soaking wet, they looked up with huge smiles. Their little hands reached up to wave goodbye. The service members responded with the same gestures, and remained with their arms outstretched until they vanished over the hill. **GX**

DOWN AND DIRTY

Ohio's Warrior Challenge competition, part of the state's Recruit Sustainment Program, prepares new Soldiers for service by putting them to the test and building their character from the ground up.

BY LIESL MARELLI

The cadre of the Ohio National Guard's Recruit Sustainment Program (RSP) know a thing or two about preparing civilians for military service. Its RSP ranks no. 1 in the nation among large states (10,000 or more Soldiers), according to a Guard rating system that's based on data in several criteria. One reason for the success is the Warrior Challenge competition.

Held annually at Camp Lazarus in Ohio since it began in 2008, the Warrior Challenge has been a leader in reducing training pipeline losses and better preparing new recruits for Basic Combat Training (BCT). The event not only challenges Soldiers mentally and physically, but also teaches them perseverance, teamwork and commitment. Most importantly, it helps instill the belief that they can do anything if they apply themselves.

The two-day event pits 10 companies against each other. The companies are divided into 20 five-member teams, and the winning company walks away with the Joshua J. O'Bannon Trophy. To make it onto a team, Warriors must have excelled academically and physically during their stint in RSP. For most, participating will mean gaining skills and experience that will set them apart at BCT.

Each team must include at least one female and can include only one member who has completed BCT. Once the teams have been chosen, members begin preparing for the competition by taking home study materials distributed at drill. Their RSP drill sergeants also design special workout programs for them.

This year's Challenge, in April, pushed participants at every turn, making them sweat, testing their smarts and introducing them to more than a little mud.

A SOLDIER'S KNOWLEDGE

An M16 rifle rested on a table next to a chart featuring a map of its parts. Sergeant First Class David Sollberger, an RSP cadre leader, stared at Private Delenna Myers as she studied the weapon. He defined the task for her: Disassemble and reassemble it correctly. The chart can help, but some Warriors—including Myers—are so new to the military, the act is daunting regardless. Myers was still in the White Phase of RSP, meaning that she'd only attended three drill weekends so far. With a piercing gaze, Sollberger asked, "You feelin' confident?"

Myers proceeded to take the weapon apart. This would prove to be easier than putting it back together. The pieces on the table seemed to stump her. She finally reassembled the bolt carrier but couldn't quite figure out how it fit back into the upper receiver. The camouflage on her face did not conceal her confusion.

She held the bolt carrier in her hand, repositioned it and flipped it.

"Is this correct?" she asked incredulously. "Is it?" echoed Sollberger. "You know. You do know."

We asked cadre members of the Ohio Guard's RSP what advice they had to help new Soldiers prepare themselves for the competition. Their wisdom applies to all Soldiers getting ready for service.

CADRE ADVICE



1SG
STEVEN STORMES

"The competition is two-thirds physical, so get in shape. You can't come in once a month and think you are going to be successful."

Like most of the cadre, Sollberger isn't there to help the contestants. In the military, they'll need to be able to stand on their own and think on the go, and those skills start here.

Sollberger reminded Myers to breathe and think about the problem. If it's not working one way, try another, he encouraged. She rubbed her face in frustration, unknowingly wiping some concealment from her nose. After a few failed attempts, she finally affixed the upper and lower receiver together properly, and the job was done. "It took me like five minutes, but [I passed]," she said with a smile.

Because each Warrior's results directly affect the team, all members must pull their own weight.

There were 12 mandatory task stations on day one, including the M16 test. Other stations included administering first aid, identifying terrain features, employing hand grenades, measuring distance on a map, converting azimuths, employing and recovering Claymore mines, determining grid coordinates and evaluating casualties. Two of the stations—a written exam and a Drill and Ceremony execution—counted toward promotion points in a program called "Stripes for Skills," which helps Warriors advance their military career through promotion. By the end of the day one, several Warriors were eligible to advance from E-1 to E-2.

SUPERHUMAN EXERCISE

Day two presented physical and teamwork tests at the obstacle course. The cadre briefed the Warriors on the two-mile-long course's setup and rules. When they began describing

the course's fourth obstacle—the mud-pit—the Warriors smiled and laughed. The mud pit has become the most highly anticipated obstacle because the water is often ice-cold. The other 10 obstacles include paintball marksmanship, rope-climbing and monkey bars.

The Warriors were visibly excited about the event. This was the culmination of months of physical training, and would be a definitive test of their strength and endurance. After the spectators, leadership and cadre were in place, the teams began tackling the course at 10-minute intervals.

But it seemed the event was all about the mud pit. "Dive! Dive! Dive!" cheered the spectators, and the Soldiers did—headfirst, without hesitation. Crawling under the netting, they sloshed their way through the mud and emerged—every one of them—covered in sludge. A drill sergeant poured in barrels of water to maintain the mud level. Getting back on their feet and finishing the course drenched proved challenging for some, but the team spirit helped.

Private First Class Christopher Persons, 18, of Dayton, OH, who was in last year's competition before shipping to BCT, was able to compete again this year as his team's Green Phase (post-BCT) Soldier. "Last year wasn't my best," he said. "I was running behind my whole team. This year, I was hoping to be a part of it—so I ran more, plus Basic Training helped get my run time down." Now faster, stronger and more knowledgeable about the competition, he helped prepare his teammates for the course. His advice about the mud pit: Keep your eyes and mouth shut. He knew from experience.

The highlight of the Warrior Challenge is the highly demanding obstacle course, which tests recruits' physical readiness and helps build their confidence for Basic Training.

CADRE ADVICE



SSG
STEVEN POWERS

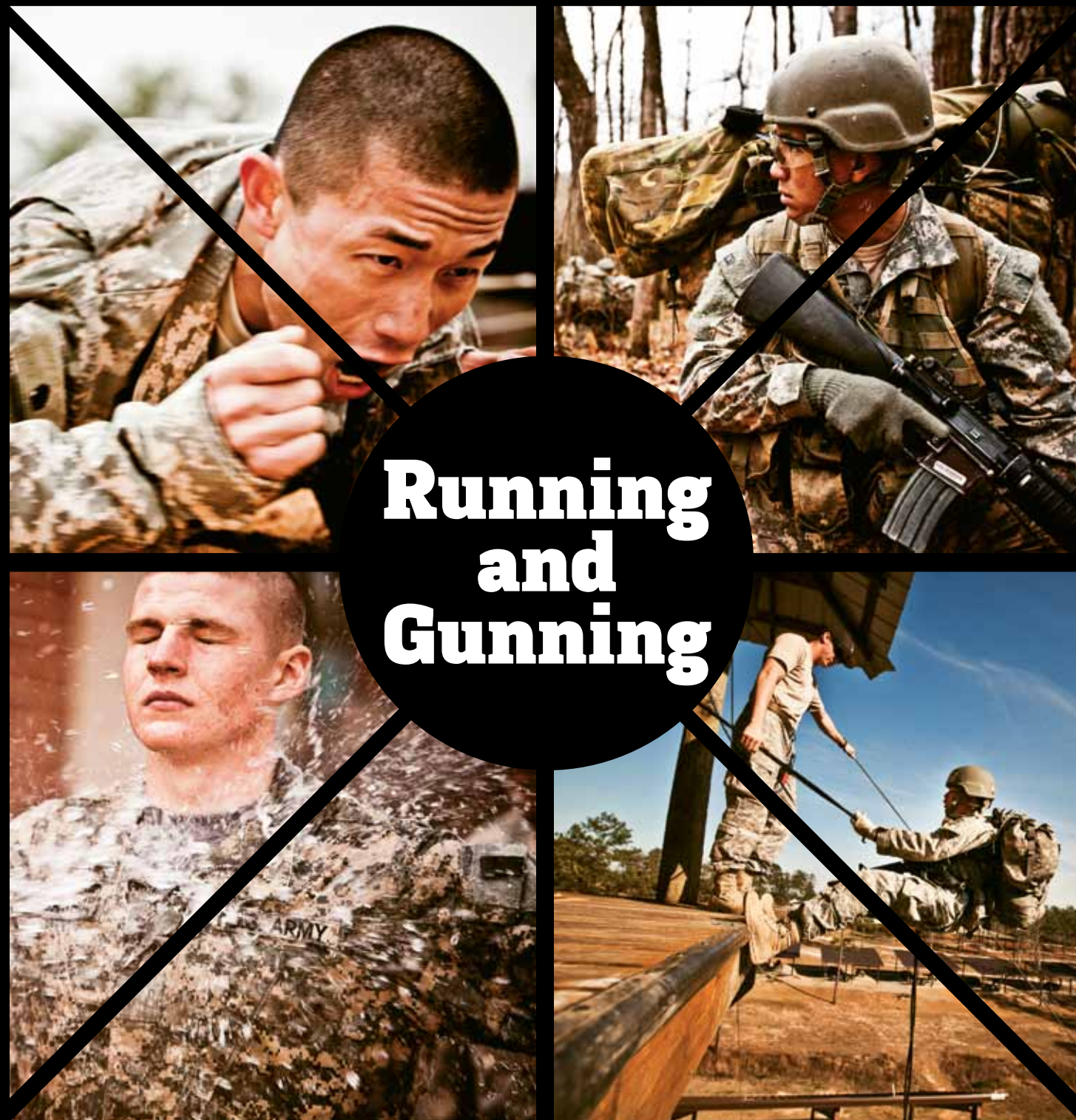
"Warriors should break bad habits as quickly as possible. Warriors with personally owned weapons are the toughest to train... so practicing basic marksmanship is important."

The balance beam and monkey bars brought out the competitors' sense of camaraderie. They walked alongside the teammate who was on the beam, acting as a human safety net. The monkey bars challenged their upper body strength, and teammates would grab onto one another's legs to help offset body weight and exhaustion.

The finish was in sight beyond the last obstacle. The exhausted troops appeared to get one last burst of adrenaline, knowing that they were almost done. The crowd cheered wildly as they crossed the finish line, shouting "Hooah!" and their team's name.

Late in the afternoon on day two, at the closing ceremony, the winner was announced: the "Black Sheep" from C Company. The reward: a ride in a Black Hawk helicopter back to their home armory in Chillicothe, 70 miles away. This was the first chopper ride for some of them, and they waved excitedly to their friends below. **GX**





Running and Gunning

By offering a preview of the grit and skill needed to make it through some of the Army's most demanding courses, the Warrior Training Center has been instrumental in turning Guard Soldiers into elite fighters.

BY STEPHANIE INMAN // PHOTOS BY ADAM LIVINGSTON



After 14 hours of negotiating the boulders along the mountains of northern Georgia, Captain Gary Dettloff's body was rebelling. The roughly 100-pound rucksack on his back brought him to the brink of collapse. Working on only a couple of hours of sleep and the one MRE he'd been allotted that day, he had reached a trance-like state. Doubts raced through his mind. "Can I do this? Do I *need* to do this?"

Dettloff, then a Soldier with the Texas National Guard, was in the second phase of Ranger School: a 21-day trek through treacherous mountain terrain that teaches students how to plan, command and execute combat patrol operations in an environment filled with ambushes and raids. This was the toughest segment so far. If he failed, he would have to retake the entire phase.

He kept going. When he reached his destination at 10 p.m., total darkness made it impossible for him to see beyond his fingertips. Every limb and muscle in his body seemed nearly paralyzed with exhaustion. Yet he still had to set up camp before he could sleep. He was almost ready to quit.

Then he reflected on his pre-Ranger training at the Warrior Training Center (WTC) at Fort Benning, GA, a few months prior. The course had been established to test and prepare Soldiers for exactly the type of challenges he was now facing. Drawing on those lessons, he persevered through the mountain phase and went on to graduate from Ranger School. That was in 2007.

Today, Dettloff works at the WTC, as a company commander. And thanks to his experience and the expertise of others there, Guard Soldiers are becoming Ranger-qualified at a much higher rate than they used to. The only school of its kind in the Guard, the WTC gives Soldiers an intense crash course—"pre-courses"—in what they'll see in Ranger

School, and the Bradley and Abrams Master Gunner courses. It also qualifies them in certain areas such as Pathfinder, Air Assault and combatives.

Funded and operated by the Army National Guard, the WTC began in 1994 as a pre-Ranger course, now known as the Ranger Training Assessment Course (RTAC). That's the course Dettloff had taken. Today, the WTC is divided into five companies and offers nine training courses. The three of these that are pre-courses to the Ranger, Bradley and Abrams specialty schools are prerequisites for Guard Soldiers to get into those schools.

The Active Duty Army has taken notice of the WTC's success and started sending its own Soldiers to the training center. So have numerous international forces. Many of the classes contain more Active Duty and international students than they do National Guard Soldiers.

The WTC's effectiveness has propelled it to start an initiative to bring the training to the Soldiers, in addition to running its Fort Benning location. By establishing Mobile Training Teams, the WTC's cadre can train more Soldiers at one time while cutting costs for the individual states.

Much of that success can be traced to the high caliber of cadre and commanders at the school. Commanders like Gary Dettloff.

SUCCESS STARTS AT THE TOP

The captain—148 pounds of pure muscle—exudes all the qualities you would expect in a leader: confidence, discipline and strength. When you meet him and shake his hand, your own grip gets a little firmer, and your shoulders can't help but straighten.

He and the other staff members at the WTC have earned their way there. It can take more than a year to become a certified instructor, and there are often more applications than there are jobs. Applicants must train in the courses they will teach. For instance, to teach the Bradley Training Assessment

THE ORIGIN OF WTC

In 1994, the Army National Guard decided to create a pre-Ranger course after realizing that many of its Soldiers weren't properly prepared for Ranger School. The early courses were run out of the back of a pickup truck. They were extremely successful but nomadic, changing locations five times. The Guard soon realized they needed more space and a permanent locale.

In 2003, the Guard secured a 45-acre plot of land at Fort Benning, GA. This would become the Warrior Training Center's home. For 10 years, the pre-Ranger course was the only course offered. Then the Air Assault Course was added in 2004. With this addition, the facility received its official name: the Warrior Training Center (WTC). Over the years, the WTC has gradually acquired more courses, the most recent being the Abrams Training Assessment Course and the Vehicle Crew Evaluator Course in 2011.

—Courtesy of the
Warrior Training Center



Above: WTC cadre briefs Soldiers on information that will help them prepare for Ranger School. At RTAC, classroom instruction is as important as physical training, because Rangers are expected to be as knowledgeable of military operations as they are tough. **Right; far upper right; far lower right:** Soldiers must excel at marching and rappelling during the 10-day Air Assault School to become qualified.



Course (BTAC), Soldiers must be certified as a Master Gunner. Once they've met that requirement, they prepare lectures and present them to other instructors to demonstrate that they can successfully teach the material. Next, they serve as an assistant instructor in two classes. This selection process ensures that only those committed to instilling excellence in the students make it onto the staff.

In June 2011, Dettloff accepted his position as A Company's commander, and is in charge of RTAC and the Combatives Course. The passion and intense spirit he brought to WTC spread throughout the company. "I feel that it is my job to ensure that as soon as [the Soldiers] get in the front door, they are best prepared to go to Ranger School and pass," he says. "And the way I do that is to make sure the training is conducted professionally, safely and efficiently."

Although he sometimes works at a desk, he's dedicated to remaining in peak physical condition so that he's setting a good example for the Soldiers. "Here at WTC, as a leader, you

can't be ... out of shape. You need to be able to run with the men, to inspire confidence."

SUPERIOR TRAINING

Since its creation, the WTC has been instrumental in turning Guard Soldiers into elite fighters. In 1994, their graduation rate in Ranger School was 4 percent. Today, the success rate in Ranger School for all RTAC students—of which Guard Soldiers make up a large percentage—is about 82 percent. One reason: the quality of training. All of the courses have incorporated a high level of intensity.

RTAC, for instance, requires students to pass the Ranger Physical Fitness Test (RPFT)—49 push-ups, 59 sit-ups, six chin-ups and then a 5-mile run in 40 minutes or less. And that's just phase one of this 14-day course—the Assessment Phase. This phase



mirrors the Ranger Assessment Phase (RAP) of Ranger School, and students actually take the test on the same field where they will take the RPFT for Ranger School—Malvesti Field Obstacle Course. The WTC also has a replica of Malvesti, nicknamed Kirby Field. It features a cargo net, a horizontal ladder, a 6-foot wall and a "worm" pit.

The Assessment Phase may vary slightly with each RTAC class, but every obstacle and evaluation helps determine which Soldiers can cut it in Ranger School.

The students who pass the Assessment Phase proceed to the Patrol Phase, where they learn to plan an operation from start to finish and are tested on their ability to lead it.

Sergeant First Class Jessie Parsons, first sergeant for A Company, has observed many students at RTAC since he took the position in

January. He says the biggest weakness he sees is lack of physical fitness.

"That's the one that really hurts students that come here ... just not being physically prepared for events like the Ranger Physical Fitness Test, the 2-mile equipment run or land navigation," he says. "That's kind of our big three."

While RTAC pushes students to their physical limits, other courses at WTC test Soldiers' mental capacities. The 14-day Abrams Training Assessment Course (ATAC) prepares Soldiers to handle the massive amount of information they'll encounter at the M1A1 Abrams Master Gunner Course, including the ins and outs of gunnery methodology, weapons systems maintenance and training management.

Sergeant Jeremy Demarb, the noncommissioned officer-in-charge (NCOIC) for D Company, is an instructor for ATAC. When he went through the Master Gunner Course, his typical day consisted of reviewing study cards during breakfast, attending class from about 7 a.m. to 5 p.m., studying until bedtime and then waking up and doing it all over again.

"You get to a point where you are dreaming about questions," he says. "I tell the ATAC students that when you start dreaming about the information, that's when you know you are doing it right."

Demarb found that the secret to success was determination—a willingness to continue studying and memorizing even after your brain seems to have reached capacity. That drive is what makes him successful as an ATAC instructor. He often starts working around 5:30 a.m. and doesn't leave until 6 p.m. He wants to make sure he's available to all the students, to answer questions or provide support.

One major skill Demarb teaches the students is proper study methods. Since ATAC is only 14 days, there isn't enough time to teach Soldiers all the material that's part of the Abrams Master Gunner Course. So Demarb hopes to instill in his students a commitment to eventually learn all of it—even if they start feeling overwhelmed.

Whatever the course, if a Soldier is considering entering the gates of WTC, they need to be ready. The cadre say that Soldiers—especially Active Duty—are shocked by the intensity of the courses. Lieutenant Colonel Phillip Johnson, battalion commander for the WTC, puts it this way: "I think sometimes [Soldiers] come thinking, 'Ah, this is a Guard course. I'm just going to come down here, slide down a rope, drink a beer and go home.' Day one is a wake-up call." **GX**

A COURSE-BY-COURSE BREAKDOWN

RANGER TRAINING ASSESSMENT COURSE (RTAC)

A 14-day course that's divided into two phases: Assessment and Patrolling. In the Assessment Phase, students are trained and evaluated on tasks and techniques that include the Ranger Physical Fitness Test and land navigation. The Patrolling Phase evaluates Soldiers on their ability to accomplish small unit combat operations, from planning through execution. **Graduation rate: 82 percent.**

BRADLEY TRAINING ASSESSMENT COURSE (BTAC)

A five-day course that prepares Soldiers for the Bradley Master Gunner Course. Soldiers are trained and evaluated on the M242 25 mm chain gun and other skills. **Graduation rate: 85 percent.**

ABRAMS TRAINING ASSESSMENT COURSE (ATAC)

A 14-day course that prepares Soldiers to attend the Abrams Master Gunner Course. The course focuses on tank maintenance, troubleshooting procedures and gunnery training management. **Graduation rate: 95 percent.**

COMBATIVES COURSE (BASIC AND TACTICAL)

Trains Soldiers in hand-to-hand combat. The Basic Level course lasts five days. The Tactical Level course lasts 10 days and builds on the techniques taught in the Basic Level course. **Graduation rate: 95 percent.**

AIR ASSAULT

The WTC's most popular course lasts 10 days and trains Soldiers in air mobile operations, such as sling loads and combat assault. **Graduation rate: 80 percent.**

PATHFINDER

Soldiers are trained to establish helicopter landing zones and drop zones. Students should be NCOs, WOs and officers who excel at mathematics and will be involved in the execution of air assault operations. **Graduation rate: 75 percent.**

VEHICLE CREW EVALUATOR COURSE

Prepares Soldiers to evaluate crews during stabilized and unstabilized gunnery exercises. During this five-day course, Soldiers are trained on scoring, timing, search techniques and other skills. **Graduation rate: 90 percent.**

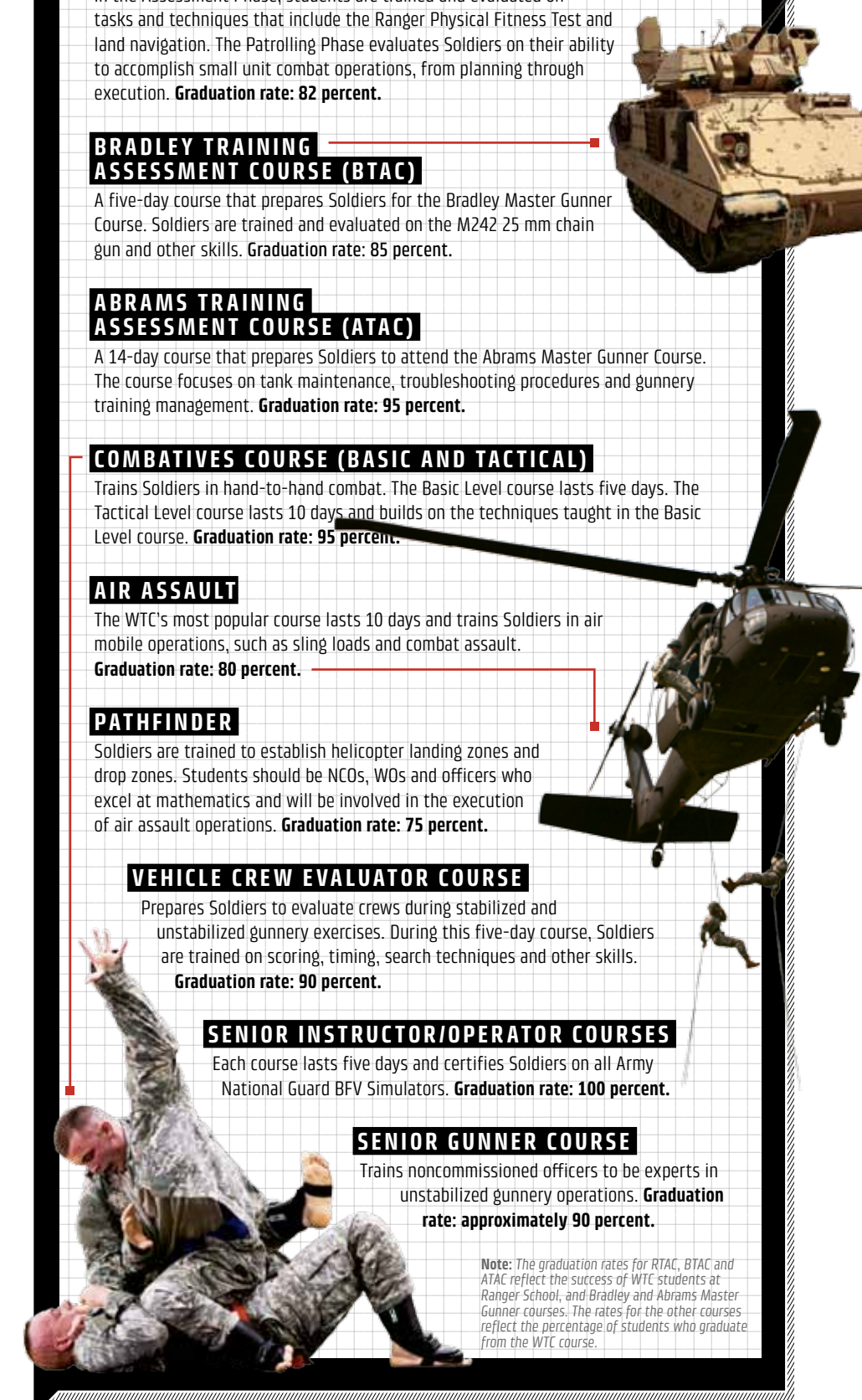
SENIOR INSTRUCTOR/OPERATOR COURSES

Each course lasts five days and certifies Soldiers on all Army National Guard BFV Simulators. **Graduation rate: 100 percent.**

SENIOR GUNNER COURSE

Trains noncommissioned officers to be experts in unstabilized gunnery operations. **Graduation rate: approximately 90 percent.**

Note: The graduation rates for RTAC, BTAC and ATAC reflect the success of WTC students at Ranger School, and Bradley and Abrams Master Gunner courses. The rates for the other courses reflect the percentage of students who graduate from the WTC course.





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FULL SPEED AHEAD

In 2010, after never having skied, Captain Robert Killian won a biathlon. In a state relay, he raced twice — as his own partner, because no one else was fast enough. And he still won. He competes in marathons, biathlons and Ironman Triathlons. He made top 10 in this year's Best Ranger Competition. All this while defending his country. He did slow down once recently: to tell *GX* how he does it. Turn to page 75 to see one of Killian's workouts, and go to page 82 to read our profile.

PHOTO BY EVAN BAINES



The Hidden Dangers of Supplements

Looking for a six-pack of abs, an extra inch on those biceps or a jolt of energy to get you through a workout? For many with those goals, dietary supplements can help. But if you use them, or plan to, be cautious. BY CHRISTIAN ANDERSON



According to the Dietary Supplement Health and Education Act of 1994, a supplement is “a product taken by mouth that contains a dietary ingredient intended to strengthen a diet.” The dietary ingredients in these products may include vitamins, minerals, herbs or other botanicals, amino acids, and substances such as enzymes, organ tissues, glandulars and metabolites. This sounds great, but supplements are loosely regulated by the U.S. Food and Drug Administration (FDA), meaning their safety doesn’t have to be tested before they’re released to the market. Also, the concentration and purity of the ingredients—and even the ingredients themselves—can go unlisted.

Recently, the \$20 billion supplement industry came under fire from the Department of Defense (DoD) after two Army Soldiers died in late 2011 after taking supplements containing 1,3-dimethylamylamine. The ingredient is popular because of its stimulant nature. Although it’s too soon to tell whether 1,3-dim, as it’s known, was related to the deaths, the DoD opted to prohibit any product containing this ingredient from being sold on post. Still, there are other harmful ingredients and supplements out there. Here are three supplement categories you should know about before using. Consult a nutritionist or other medical professional to learn more about any supplement you plan to take.

PRE-WORKOUTS

This is one of the most popular supplement types on the market. Designed to be consumed right before exercising, pre-workouts are filled with ingredients that will stimulate you mentally and physically. They claim to give you energy and mental focus, and to increase blood flow to the muscles. Many pre-workouts are loaded with caffeine. Some also contain ingredients—including 1,3-dim—that are designed to dilate your blood vessels and increase your endurance. But those same ingredients can be hard on your liver and kidneys, elevate your blood pressure, and cause dehydration.

HEALTHIER ALTERNATIVE: Try drinking a cup of coffee or green tea before your workout. Either will be much easier on your body—and your wallet.

FAT BURNERS

These are often loaded with chemicals that put your metabolic system into overdrive. The concept is simple: If you take a fat burner, you’ll burn more fat. Unfortunately, few independent studies support this theory, and dozens of lawsuits against supplement companies have been filed in the past decade over their questionable claims. And like pre-workouts and testosterone boosters, fat burners come with a long list of potential side effects: anxiety, heart palpitations, high blood pressure, liver failure and heart attacks, to name a few.

HEALTHIER ALTERNATIVE: If you’re trying to lose fat, eat an apple (which is high in fiber) or drink eight ounces of water 30 minutes before a meal. In studies, both have proved to help keep people from overeating.

TESTOSTERONE BOOSTERS

Ever since baseball’s Mark McGwire grew big taking androstenedione, or “andro,” and broke home run records, testosterone boosters have been flooding the market. While seemingly harmless, elevated testosterone levels follow the laws of gravity: What goes up must eventually come down. Meaning, once you stop taking the product, your testosterone drops rapidly, which can make you weak, depressed and irritable. And any supplement that raises testosterone interferes with the body’s natural balance and creates a risk of unpleasant side effects such as increased body hair, liver problems, and raised cholesterol and blood pressure. Simply put, many testosterone boosters are comparable to steroids and carry the same risks.

HEALTHIER ALTERNATIVE: Get eight hours of sleep each night and choose lean proteins and carbohydrates over fatty foods. Irregular sleep patterns and poor diet reduce the body’s natural testosterone production. If you think you might have low testosterone levels, check with a doctor before buying testosterone supplements.



OUR TOUGHEST. WORKOUT. EVER.

So you can bench twice your weight? So what. This Ranger’s cardio workout will bring you to your knees.

BY CHRISTIAN ANDERSON AND CPT ROBERT KILLIAN

Here at *GX*, we’ve prided ourselves in publishing some pretty tough workouts over the years. But for this issue, we wanted to offer a heart-pumping, muscle-throbbing routine that would top them all.

So we enlisted the help of Captain Robert Killian, a Ranger-qualified Colorado National Guard Soldier who competes in marathons, biathlons and triathlons, to create our hardest workout yet. Killian’s workout is recommended for anyone who wants to take their fitness to the next level. It’s focused primarily on cardio, because Killian says most Soldiers show up to Ranger School or Special Forces Qualification School with too much muscle and too little endurance. Attempt this workout if you think you have what it takes.

PHOTO BY EVAN BAINES; ©ISTOCKPHOTO.COM

THE WORKOUT

4-MILE RUN

50 + 50
PUSH-UPS BICYCLE ABS

30-MILE BIKE
@ 23 MPH

50 + 50
PUSH-UPS BICYCLE ABS

6-MILE RUN
@ 6:00 MIN PER MILE PACE

MODIFICATIONS

If you’re not quite ready to tackle Killian’s workout exactly, you can scale it to meet your needs, which means running and cycling at a slower rate or reducing the distances by half. If you can make it through the reduced workout and recover in a day or so, try bumping up the reps and distances. If you find yourself completing Killian’s workout as is and don’t feel afterward as if a truck hit you, try taking it to the next level by doing it twice a week—like Killian.

TOTAL TIME

Killian typically finishes in under three hours.

POWER HOUR

One way Killian maintains his training is by devoting part of every hour of his eight-hour workday to exercising. Every hour, on the hour, he performs push-ups and sit-ups to failure. He calls it his “power hour.” He recommends doing power hours in the weeks before an APFT. Just be sure to rest a few days before the test so you can recover properly.



8 THINGS TO KNOW ABOUT THE BEST WARRIOR COMPETITION

From July 29 to August 2, National Guard Soldiers and noncommissioned officers (NCOs) from across the country will meet in Fort Benning, GA, to compete in the Guard's Best Warrior Competition. Held every year since 2006, it pits 14 entrants against one another in every Soldiering skill imaginable. The winning Soldiers will represent the Army National Guard in the finals later in the year, which will include all Army branches. Just how tough is the contest? Let us count the ways.

BY JAMES SULLIVAN

IT'S A LONG HAUL

Competitors must win at all preliminary levels—company, brigade, state, region—before qualifying for the main event at Fort Benning. So this can be a months-long process. Of the more than 300,000 enlisted Soldiers in the National Guard, only 14 get the privilege of representing the Guard's seven regions (one Soldier and one NCO from each) and competing for the title of Best Soldier and Best NCO. The winners of the Guard's competition will advance to the finals, where Soldiers from the Army, Army Reserve and Army National Guard compete for top honors.

The Competition Is Fierce

"I can tell you we put together a solid competition," says Sergeant First Class David Brigman, who coordinated last year's Best Warrior Competition at Fort Benning. "It takes a good amount of planning—it's a very coordinated, manpower-intensive event." For winners, the final round is especially gratifying, he says: "You've got a guy who may or may not be AGR competing against people who are green year-round. Last year, there were a lot of people who showed up to compete who were very energetic and motivated, excited to get into the competition. Last year was a really solid field."

KNOWLEDGE IS POWER

Contestants participate in more than a dozen events, including obstacle courses, ruck marches and stress shoots, which are conducted in an ambush environment. Other events test the Warriors' military expertise through pencil and paper. "I'm a pretty physical guy generally. That [part] came naturally," says last year's NCO winner, Staff Sergeant Guy Mellor of the Utah National Guard, who also went on to win the NCO of the Year for the Army. But, he says, when it came to the written and verbal portion, "I spent a lot of time studying tasks, the different manuals and procedures, to brush up and be more knowledgeable."

YOU MUST KNOW YOUR WEAPONS

Soldiers are tested for weapons assembly on multiple weapons platforms, including the M2 .50 cal, M240 Bravo and M249 SAW. The Soldiers are also put through the ringer with their marksmanship skills on the M4 carbine and M9 pistol. For Mellor, "those are the [most fun] portions. That's what we love to do as Soldiers—we love to shoot."

YOU NEED NERVES OF STEEL

For some Soldiers, the toughest demands of the competition come in unexpected places. Brigman says the land navigation exercise, for instance, might prove to be most daunting for a Soldier who hasn't had much practice out in the field. "Everyone assumes the physical and emotional stressors are the road marches and whatnot," he says. "But if you spend five hours in the woods by yourself exercising your land navigation skills, if you haven't done it in a while, it could be a little unnerving."

EVERYTHING COUNTS

Competitors are graded for speaking, appearance, military bearing and reciting the Soldier's Creed or the NCO Creed. "[The competition] tests how well-rounded a Soldier you are," Mellor says. "We like to say it's not who's the best shot, or the fastest or the strongest. It tests everything." Captain Keith Bell, a coordinator this year, says the event "really focuses on the whole Soldier, the complete package. You've got to be able to shoot, do PT, wear the uniform right and speak with intelligence."

TIME IS NOT ALWAYS OF THE ESSENCE

Mellor's best advice to prospective competitors: Be careful to manage your times in each event. If you race through the stress shoot in record speed but miss most of your targets as you complete the necessary tasks—like evacuating a casualty or operating a radio—you're assessed penalty time that could cost you a victory. Similarly, if a contestant does not execute an event perfectly—for example, keeping their face in the dirt during the "low crawl" portion of the obstacle course—penalty time is added to the Soldier's score.

CAPTAIN AMERICA TAKES A BREATH

Mellor, who was also named the National Guard's Soldier of the Year in the 2009 competition, has earned a larger-than-life nickname for his boundless energy and attitude: Friends and colleagues call him "Captain America." They've even set up a Facebook fan page under that name. It originated, says Mellor, with a cousin, Specialist Andy Bartholomew, who was in the same Guard unit for a time. "He's always talking me up," Mellor says, laughing. Mellor, who is working for the 640th Regiment Regional Training Institute and completing a college degree in civil engineering at the University of Utah, will not compete this year. Time to let another Soldier have a chance, he says, adding, "It's a lot of work."

INTERESTED IN COMPETING NEXT YEAR?
Talk to your commander about applying.

Check GX 9.4 (Sept/Oct issue) for full coverage of the 2012 Best Warrior Competition.

Demob Demystified

The last phase of a deployment, preparing for life back home, isn't easy. But it's as critical as ever. A day-by-day look inside one unit's demobilization.

STORY AND PHOTO BY LIESL MARELLI

It was late evening when the Soldiers of Oklahoma's 1st Battalion, 279th Infantry Regiment, arrived at Camp Shelby, MS. They were drained from their 10-day, 7,600-mile voyage back from eastern Afghanistan. After their 10-month deployment, the combat phase of their tour was officially over, but the final phase was just beginning—demobilization.

Sergeant First Class Ed Baker, a healthcare systems specialist with the Oklahoma National Guard who was assisting with the process, braced the Soldiers for what would come next. "You are going to get frustrated. You're going to get upset. You're going to wait in line for hours," he said. But one thing would become clear: With a little patience and active participation, you're going to help yourself and your family.

There's no getting around it. Demobilization can seem like an endless barrage of briefings, exams and paperwork. The process, scheduled for 10 to 14 days, lasts on average five to seven. After seeing the program up close at Camp Shelby Joint Forces Training Center, it's safe to conclude it's not exactly the favorite part of Soldiers' service. But if demob is unexciting, it's also essential. Considering all the troubles that could burden troops once they get home—money, career, health or relationships—and today's heightened concern about post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI), this transition period has never been more important.

The highly trained and experienced demobilization staff at Camp Shelby takes units through this phase with a combination of empathy and dogged thoroughness, looking closely for behavioral red flags and offering Soldiers all the tools they need to readjust to home life. "This is an important effort, and we are committed to taking care of every Soldier as they transition back home," says Major General Kevin Wendel, First Army Division East Commander. First Army oversees the demobilization for all redeploying Reserve Component Soldiers. "They have done a tremendous job downrange; they deserve every opportunity to receive the benefits they have so honorably earned."

Ultimately, success hinges on the Soldiers themselves. If something doesn't feel quite right, they need to tell someone. That's a message that can never get old.



For SPC Zane George and the rest of Oklahoma's 1-279th, demobilization requires patience, but the instruction and screenings they get will have long-term benefits for them and their families.

DAY 1: BRIEFINGS

In the morning, after getting their first real night's sleep in days, the Soldiers filed into a large auditorium carrying folders, personal files and bottled water or soda.

Over more than 10 hours, briefings covered TRICARE, finance, Veterans Affairs, military and family counseling, preventative medicine, employment, travel vouchers, behavioral health, Line of Duty (LOD) reports, and education benefits. The discussions weren't meant to be comprehensive. Instructors aimed to arm Soldiers with enough knowledge so that they would know where to turn if a topic applied to them and they needed additional assistance. And if some of the instruction seemed repetitive or overlapping, well, that's the Army way of ensuring that the information sank in. The Soldiers walked away with an abundance of handouts with online resources and additional contacts. "I'm sure it was information overload, but they've got the resources now to search through it and hunt down more," says First Lieutenant Daniel Sands, a platoon leader.

As dizzying as the briefings could seem, taken together they drove home the larger message of the day, which was that Soldiers needed to mentally connect with the notion that the tour was ending and that the transition ahead would be challenging.

DAY 2: MEDICAL

First Army tailors the redeployment process to each unit's needs, taking into account the number of Soldiers redeploying and the unit's mission in theater. Every task following "briefings" day is personalized to meet Soldiers' individual needs. For this group, the medical station was next. It's not always second in order; the sequence of stations depends on other units coming and going through. In the medical phase, Soldiers get a complete checkup that includes blood work, hearing and vision

tests, and a review of any injuries. But that's only half of it. Mental well-being is as important as physical, and behavioral health experts carefully assess everyone.

Specialist Zane George, a 21-year-old infantry Soldier with the 1-279th, received a Combat Infantry Badge weeks into his tour. He and his "heavy weapons" platoon conducted more than 140 combat patrols in Paktika province's unforgiving mountainous terrain. "I didn't sustain any injuries in country," he said. He added that he felt physically and mentally sound. But for demobilization, he underwent meticulous screening nonetheless.

At Camp Shelby, doctors and evaluators are trained to notice behavior that could raise concern. A large nursing staff is on hand to identify needs, too. It includes Veterans such as First Lieutenant Jarrett Lalas, a former infantryman and a survivor himself of both PTSD and TBI. He knows what signs and nuances to look for.

And Soldiers are more encouraged than ever to seek a counselor if needed. If more treatment is, indeed, called for, Soldiers will be sent to another facility, or get connected with home care through TRICARE or the VA. Soldiers don't leave Camp Shelby until their needs have been addressed. The screening process actually begins well before Soldiers return, said Major Joseph Dubose, deputy commander for nursing with Medical Task Force Shelby. Before deploying, Soldiers are given an assessment by doctors and behavioral health specialists. Once Soldiers are in theater, brigades keep Dubose and his staff informed so they know what a Soldier may need upon return.

When troops get back (or slightly before), they take a Post-Deployment Health Assessment (PDHA) to see whether anything has changed from their predeployment screening. Experts look for hesitant, changing, false and highly emotional answers, memory gaps, and strange humor. If Soldiers are less than straightforward, demob might go quicker, but it could hurt them in the long run. "This is the time to get their medical care," stresses Colonel Dale Kuehl, 177th Armored Brigade, First Army Division East commander, who oversees demobilization at Camp Shelby. Resolving medical or other issues becomes substantially harder once Soldiers leave the demob site, which contains all the resources they need.

DAY 3: DENTAL AND CIF

In the dental phase, Soldiers get X-rays and basic exams, and are assessed for additional care such as fixing cavities or performing a root canal. Overseas, George lived in austere conditions and would sometimes go more than 30 days without a shower, but he brushed his teeth every day, he said with a smile. With his teeth in pristine condition, he passed through the dental station in only a few hours.

After that, he headed to Central Issue Facility (CIF) to return his



A GREAT THING YOU SEE IS A LOT OF THE GUYS WANT TO LINK UP ALMOST IMMEDIATELY WHEN THEY GET BACK—THEY WANT TO SEE EACH OTHER AND TALK TO EACH OTHER ABOUT WHAT'S HAPPENING."

1LT Daniel Sands, platoon leader for the 1-279th

MultiCam gear. There, one by one, Soldiers approached the counter and began dumping their rucks and duffels on a small table as a CIF employee checked pieces of gear off his list before tossing the equipment into a large cardboard bin.

Parting with gear that protected a Soldier's life is a bit like saying good-bye to a faithful friend. "Can I keep these?" asked Specialist Joseph Wright, a Soldier with the 1-279th. He was referring to his small arms protective insert (SAPI) plates.

"No," the CIF worker said, laughing off the question. "How about just one then?" Wright joked.

DAY 4: ADMINISTRATIVE TASKS

At the Soldier Readiness Process site, the Soldiers updated their emergency contacts, life insurance policies and beneficiaries, and DD 214 form, a critical document that serves as proof of their tour. For most Soldiers, the day flew by. Holdups can be caused from not having documents such as birth certificates for kids born during deployment. This is when preparation matters. No one wants to miss the trip home the next day because of a missing document.

After completing all of the administrative tasks, Soldiers were officially cleared out of Camp Shelby and were manifested to go home. All they had to do was pack, wrap up any remaining tasks with the unit, wash their uniforms and focus on arguably the most important item left: Stay out of trouble for the next few hours.

DAY 5: GOING HOME

The Soldiers loaded onto buses Friday evening, only four days after returning to the States, and began their nightlong drive back to their home station in Oklahoma. On Saturday morning, when the troops finally arrived, the tour was over, the demobilization process was complete and a whole new chapter was about to begin: reintegration.

If any problems were overlooked or suppressed during the demobilization process, this is the period when they might surface. George, who was excited to return to his wife in Tulsa, said that if he encountered any problems readjusting, he'd turn to his battle buddies for support first. "They're the ones I trust," he said.

What other Soldiers do when they return home is something First Lieutenant Sands is concerned about. "You always hope [they] make responsible decisions," he said. "Everyone wants to go out when they get back and do all the things they missed while they were away. A lot of it comes down to people knowing what their limits are.

"A great thing you see," he added, "is a lot of the guys want to link up almost immediately when they get back—they want to see each other and talk to each other about what's happening."

The lifelong bond the Soldiers developed overseas will be a tremendous asset for reintegration. For now, though, it's mission complete. **GX**

WATCHING FOR SIGNS

It's essential for Soldiers to take into the reintegration phase what they learn about behavioral health during demobilization. Here are a few reminders, but the biggest one is this: You're not in this alone.

ALCOHOL

Avoid it. But if you do drink, be cautious, because alcohol is a dangerous mix with PTSD symptoms and could lead to increased depression or rage.

SLEEP

If you're avoiding it (maybe to avoid nightmares), it's a sign of trouble. Call Military OneSource or a buddy.

TEMPERAMENT

If people are noticing you are more irritable or angry, are "spacing out," are avoiding people or places, or are hypervigilant about your surroundings, listen to them, and talk to someone about it.

BATTLE BUDDIES

Check in with them, and with their significant others and families. If your friends shut down and won't talk, their families might ask you for insight. You can be an interpreter of sorts.

RESOURCES: For help with reintegration, go to the Yellow Ribbon Reintegration Program website, www.YellowRibbon.mil. To talk with someone about a problem, call the Military OneSource help line: (800) 342-9647; suicide hotline: (800) 273-8255.

HOMEMADE FILTERING SYSTEM

Even if you have a water source, you need to take precautions against waterborne diseases. A sock can become a simple water filter. Fill the bottom third of one of your socks with very fine sand. Shape the sand into a funnel. Fill the center with tiny pebbles (about the sized of Nerds® candy). Place 2 inches of medium-sized pebbles on top of that. Add 2 more inches of marble-sized rocks.

Top off with pieces of charcoal, which you might find at old campsites or wildfire sites. The charcoal will filter most of the microbial bacteria from the water, and the rocks, pebbles and sand will purify the rest. Pour the water into the top of your sock-filter, and it will slowly reach the tip—at about the pace of a coffeemaker.

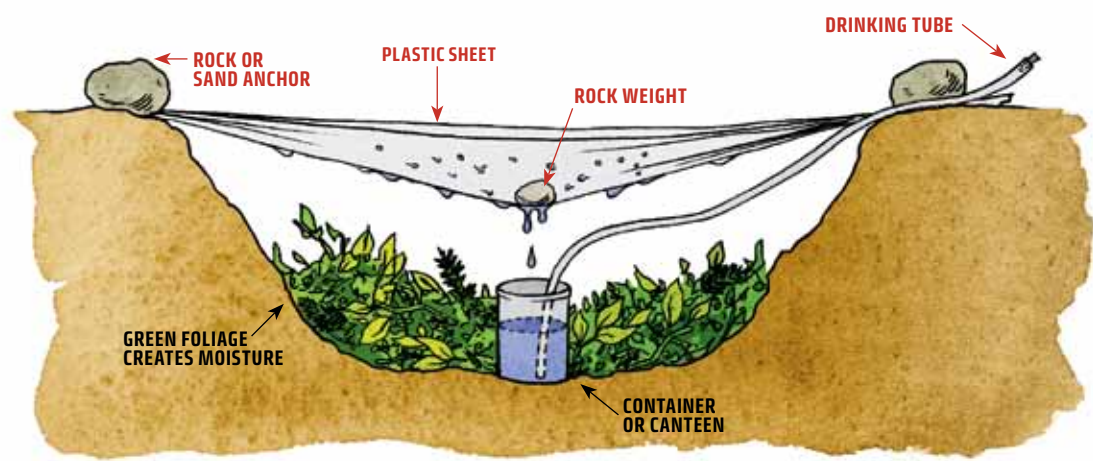


HOW TO BUILD A WATER STILL

If you're stranded and unable to locate a drinking source, follow these simple instructions to stay hydrated BY SFC PATRICK WILLIAMS

THINGS YOU'LL NEED

- KNIFE/ SURVIVAL SAW**
- A FEW FEET OF TUBING** such as poly-universal drip system tubing
- CANTEEN,** old can or plastic bottle (something that can collect water)
- PLASTIC SHEETING** (preferably clear)
- DIGGING TOOL**



THE LOCATION

Start by searching for a place to build the still. The best location will be in a moist environment. So look for low-lying areas, like a dry creek or stream bed, that get plenty of midday sunlight. Once you have found your location, dig a conical hole approximately 3 feet across and 2 feet deep. (The actual depth of the hole may depend on the size of your canteen.) The bottom of the hole should be level so that you can emplace the canteen without it tipping over.

THE CONSTRUCTION

Next, collect green vegetation. Make sure to condense it as much as you can, to pack more into the hole. Line the hole with the vegetation. Be careful not to stack it too high. Put the canteen at the bottom of the hole and make sure it sits firm and level. Run the tube from inside your canteen out the top of the hole. It will later serve as a drinking straw. Then, take the plastic sheeting and spread it across the still and secure it with rocks, sand, logs or anything with weight. The vegetation shouldn't touch the plastic.

THE PROCESS

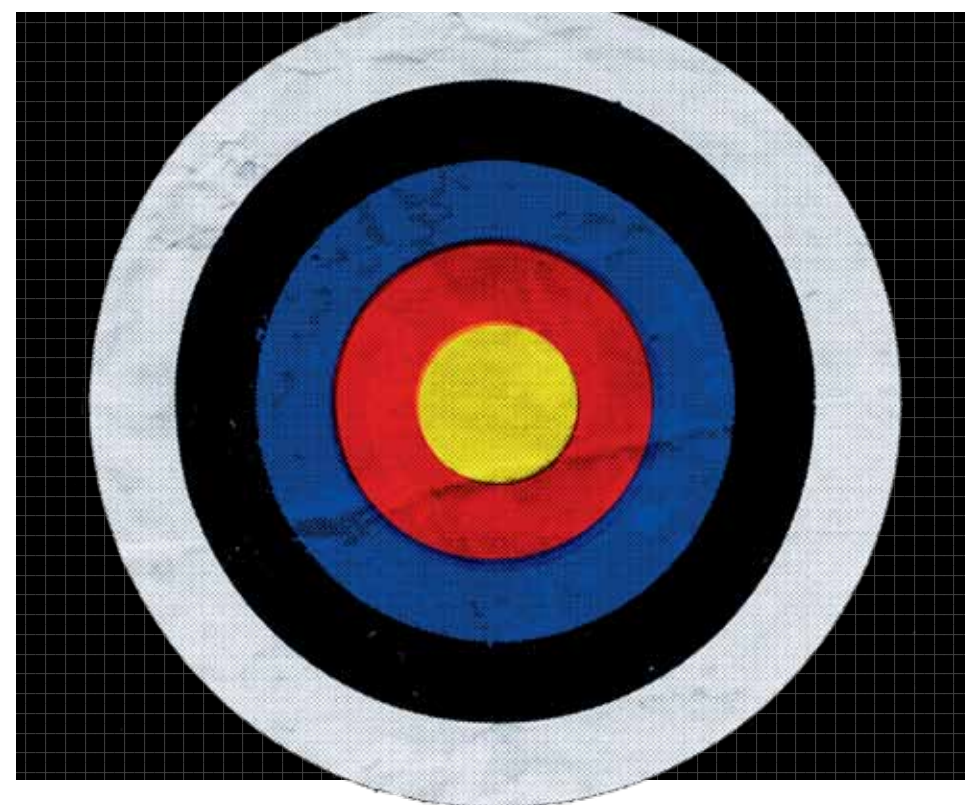
Place a small rock (approximately the size of a golf ball) on the plastic sheet and center it over your canteen. As the sun heats the plastic, the moisture in the vegetation will evaporate and condense on the plastic sheeting covering the hole. The rock will create an apex in the plastic, which will funnel the condensation toward the center, where it will drip into your canteen. Make sure to plug the drinking tube so that the collected water doesn't evaporate out of the canteen. Be prepared to change the vegetation every 12 to 14 hours so you maintain a constant, reliable source of water.

Tip: WHEN IN THE WILDERNESS, OBSERVE WILDLIFE OR THEIR TRACKS. THEY'LL OFTEN LEAD YOU TO A WATER SOURCE.

What's Your Goal?

As a Soldier in the Guard, you're used to challenging yourself. So don't stop now. Define something you want to achieve, then hold yourself accountable.

BY CHAPLAIN (MAJ) MARK D. PHILLIPS



Let's face it. Sometimes life can get really monotonous. We get up, go to work or school, go home, go to bed and do it all over again the next day. Eventually, this lifestyle can make us lethargic and apathetic.

Guess what? Your life will not change on its own. You have to make it happen. If you feel like you're trapped in the daily grind, try setting goals to give your life a dynamic jumpstart. Doing this can break you out of the doldrums and give you something to look forward to. Here are some practical ideas for goal-setting that will revive even the most listless among us.

PICK YOUR PASSION

Try to think of an objective that really interests you. It might be something you have wanted to do for a long time, or perhaps it's something you just discovered. Make it a goal

that will bring out the most positive aspects of your character and personality. The more clearly you can define it, the greater your chance of success in obtaining it. As someone once stated, "In the absence of clearly defined goals, we become strangely loyal to performing daily acts of trivia."

CHOOSE A CHALLENGE

Only when we are challenged does any goal seem worthwhile. The Roman poet Ovid stated, "I attempt an arduous task; but there is no worth in that which is not a difficult achievement." There may be times when the path to achieving your goal becomes difficult. If this happens, don't give up. Begin visualizing or daydreaming about how you will feel when it's achieved: What positive changes will take place? How will your friends or peers react to you? When attained, a goal that has tested you will consequently

build your self-confidence and self-respect, and motivate you to set greater goals the next time.

APPRAISE YOUR PROGRESS

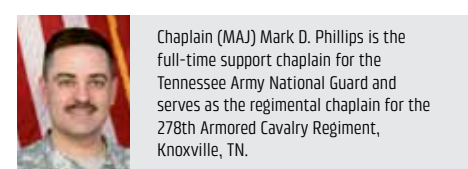
Let's say you set your sights on becoming a better spouse, employee or Soldier. How would you measure that? Being able to quantify your objectives will assist you in developing the right process for achievement. A great way to appraise your advancement is by measuring it in small increments. For instance, your goal might be to spend more quality time with the family over the next year. If so, try using a weekly calendar to schedule family outings or fun time at home. This can help you monitor your progress visually, which in turn can help you maintain the motivation you need for victory.

INVOLVE OUTSIDE INFLUENCE

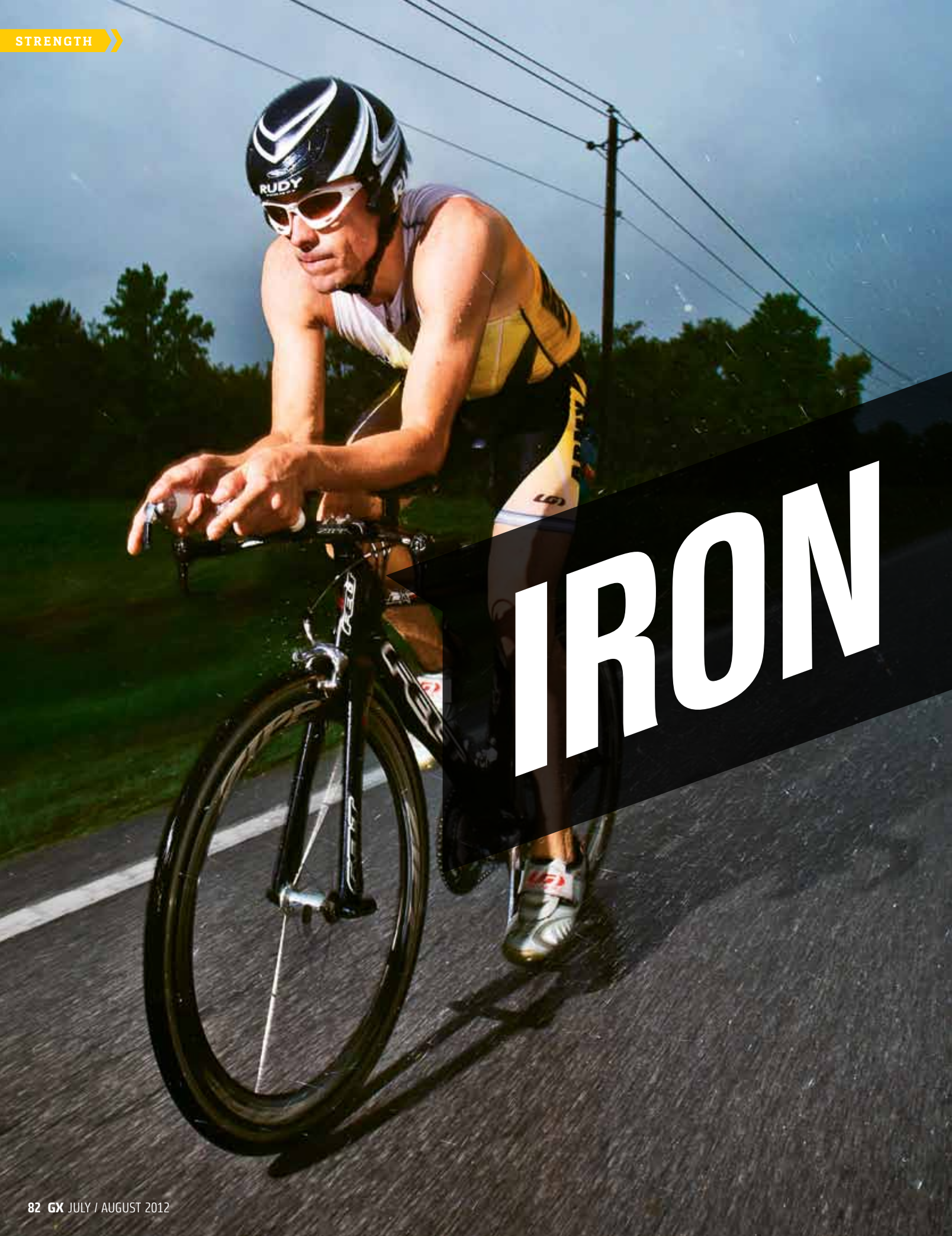
One of the best tactics I have learned to help me reach a goal is to share it with a friend or family member. This gives me the opportunity to tell someone about the small successes along the way, and it keeps me accountable. For instance, about a year ago, I set a goal to run my first half-marathon. I shared this goal with my wife and a fellow runner, and asked them to hold me to it. They did, and as a result, I achieved that goal.

REAP THE REWARD

A reward is an awesome way to maintain momentum. Write one down at the beginning of your journey, and keep it in a conspicuous place as a constant reminder. It might be as simple as a double scoop from your favorite ice cream parlor, or as extravagant as a new car. If the reward is going to be costly, save up some cash along the way. You wouldn't want to reach your milestone only to realize you don't have the money for that Caribbean cruise.



Chaplain (MAJ) Mark D. Phillips is the full-time support chaplain for the Tennessee Army National Guard and serves as the regimental chaplain for the 278th Armored Cavalry Regiment, Knoxville, TN.



IRON



WILL

An elite triathlete and member of the all-Guard marathon and biathlon teams, Captain Robert Killian is the ideal Soldier-athlete — supremely talented, fearlessly dedicated and utterly motivated.

BY CAMILLE BRELAND
PHOTOS BY EVAN BAINES

B

efore heading to work for the Colorado National Guard, Captain Robert Killian rises before dawn to swim for about an hour. At lunch, he runs for 50 minutes, covering eight miles. In the evenings, he logs up to 2 ½ hours on his bike. Three workouts, one day. And that's only his triathlon training.

In the winter, he skis and trains vigorously on his marksmanship. In the summer, he regularly runs 26.2 miles. For anyone wondering how someone can be so committed to conditioning, Killian, 30, offers a simple explanation: He loves the outdoors, he loves competing, and he just wants to be the best. "You're always wondering, 'What's the next thing I can do to test myself?'" he says.

Command Sergeant Major (Ret.) John Burns, a training specialist at the Warrior Training Center at Fort Benning, GA, who has helped train Killian and who works with elite Soldier-athletes every day, has another theory.

"He's a freak of nature."

Indeed, you would be hard-pressed to find a Soldier-athlete in the Guard who's fitter and stronger across so many disciplines. Killian, of the 5th Battalion, 19th Special Forces Group, travels the world representing the National Guard in not one, but three sports: marathon, biathlon and Ironman Triathlon. The Army's male Athlete of the Year in 2010, he's also Ranger-qualified and finished sixth this year in the Best Ranger Competition, setting course records in two categories.

And if he hasn't already pushed his body to the max, Killian is currently in the Special Forces Qualification Course, more commonly known as Q-School, to become a Green Beret. Add all of this up, and Burns' assessment of Killian makes more and more sense. Some comic book superheroes have fewer credentials.

"The best way of explaining [Killian]," Burns says, "is that he's one of those guys that is just physically more capable than just about anybody you've ever worked with before."

A PATH TO FOLLOW

Of course, he didn't become one of the world's best athletes overnight. Killian's development began decades ago, when he started following in the footsteps—literally—of a relative.

Killian was raised by his uncle and guardian, Lieutenant Colonel Taube Roy, in the small town of Hampton, SC, near Charleston. As a boy, Killian saw his uncle continually push himself to achieve greatness: Roy is a Ranger-qualified National Guard Soldier who commissioned from the Citadel.

In the seventh grade, Killian began running with Roy, jogging one mile at a time. Although they weren't covering extremely long distances, his uncle was adamant about them running every day to build a strong endurance base. Before long, Killian was able to join the high school varsity track-and-field team while still in junior high.

In high school, he started running the ½-mile, 1-mile and 2-mile distances for the team. Killian says he placed runner-up in the 5K cross-country event every year at his school's state championship—"There was always this one guy who could beat me"—but the finishes helped him receive a scholarship in the sport.

Like his uncle, Killian chose to attend the Citadel as a member of the school's track team. He quickly excelled, combining weight training and sprint intervals to increase his speed and agility. He was running the 1,500-, 5,000- and 10,000-meter races for indoor and outdoor track and cross-country events, eventually becoming the fastest runner at the

Citadel for three consecutive years.

Killian graduated in 2004, commissioning as a second lieutenant in the Active Duty Army. Five years later, he joined the National Guard to become a Special Forces Soldier, drawn to the elite group's unique mission.

"To go to other countries and train a group of our Allies to be able to defend their own land, that's one of the most respectful things you can do, protecting your home and freedom," he says.

In 2006, while Killian was stationed at Fort Polk, LA, preparing for a 12-month deployment to Iraq, he decided to try a new sport. He was living in Leesville, a sleepy town with "not a lot going on," he says, so it was the perfect time for him to begin training.

On the steamy Louisiana roads, Killian began logging his first miles training on a clunky mountain bike. In addition to the cycling, he started running longer stretches and eventually picked up swimming.

In June of that year, Killian competed in his first event, a sprint triathlon at Fort Polk consisting of a 400-meter swim, 10-mile bike and 5K run. The event was in reverse order from a typical race, with the run first and the swim last. After the run, Killian was already in first place, putting a significant distance between him and the next-closest competitor.

During the second phase of the race, Killian's mountain bike got a flat tire with half of a mile left on the course. But instead of giving up, he carried his bike through the final push into the transition. Still, no one could catch him. He completed the leg minutes ahead of everyone.

He turned in a solid swim



THE BEST WAY OF EXPLAINING [KILLIAN] IS THAT HE'S ONE OF THOSE GUYS THAT IS JUST PHYSICALLY MORE CAPABLE THAN JUST ABOUT ANYBODY YOU'VE EVER WORKED WITH BEFORE."

CSM (Ret.) John Burns

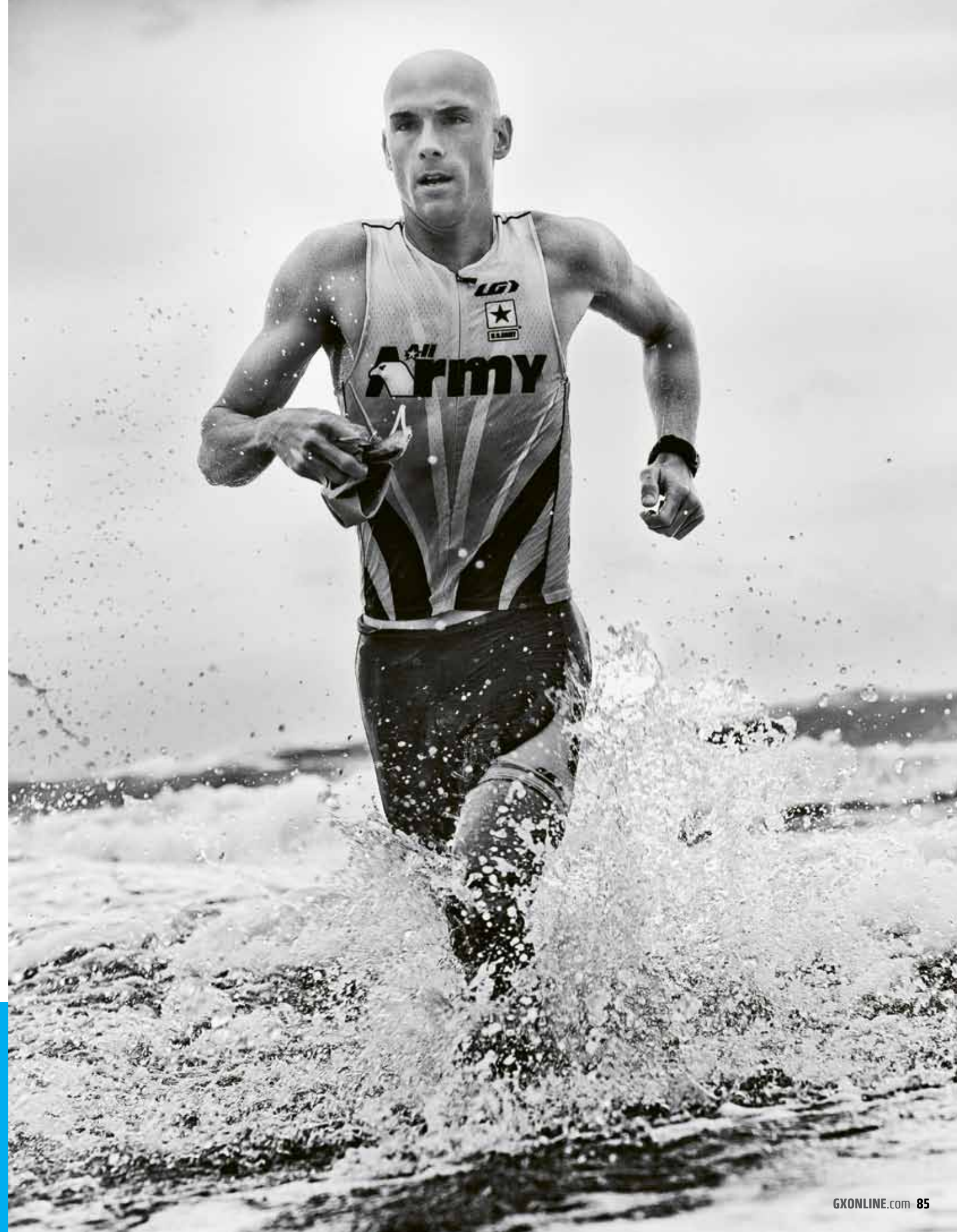
THE WORLD'S TOUGHEST ONE-DAY RACE

IN IRONMAN TRIATHLONS, competitors have 17 hours to finish the 2.4-mile ocean swim, 112-mile bike race and 26.2-mile run. Cutoff times are also applied to the swim (2:20 after the start of a race) and the bike (10:30 after the start.) The first Ironman was held in Hawaii in 1978 with 15 competitors; 12 finished, and a tradition began. Thirty-four years later, more than 2,000 athletes compete at each of the 30 Ironman competitions around the world every year, and more than 250,000 finishers have earned the title of Ironman. Killian, who finished the 2010 race in nine hours and 30 minutes, is training for this year's event in October.

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GORDON HALLER'S WINNING TIME FOR THE FIRST IRONMAN IN 1978.

CRAIG ALEXANDER'S WINNING TIME IN 2011, WHICH SET THE COURSE RECORD.



and crossed the finish line far ahead of the runner-up. And he was hooked on the sport.

Only months after taking his first training ride, Killian made himself a promise. After he returned from deployment, he would compete in the ultimate triathlon experience: an Ironman.

THE RIGHT MENTALITY

Triathlon has four types of distances: Sprint, Olympic, half-Ironman and Ironman, which is the most demanding. The Ironman consists of 2.4 miles of swimming in open water, 112 miles of biking and a full 26.2-mile marathon. There are no breaks between events, and athletes must complete each segment within a specified cutoff time or they're disqualified.

Training for an Ironman is just as grueling as the actual race day, and maybe more so. Top athletes commit to months of strategically planned workouts, healthy food and proper hydration merely to *finish* the race. To win or place near the top of a division takes natural talent, an absolute dedication to training and perhaps a bit of insanity.

Killian has all three. "He is gifted with the right physiology and the right mentality to push him to make maximum use of the physical gifts he was born with and that he's worked hard on," says Lieutenant Colonel Mitch Utterback, Killian's biathlon teammate in the Colorado National Guard.

Killian began planning for his first Ironman during his Iraq deployment in 2007–2008. By day, he worked as a communications officer-in-charge of base computer networks and communications devices; at night, he would run on a treadmill or around the FOB to build his endurance. On the weekends, he often traveled to Baghdad to run in races that mimicked events being held in the U.S., like the Army Ten-Miler (this is the official race).

Killian researched tips for competing in an Ironman, setting his sights on the Coeur d'Alene Ironman in Idaho, one of 10 Ironman races in the United States. Being deployed for a year helped him save money to purchase a top-of-the-line tri-bike, which can cost up to \$10,000 but is necessary to be competitive on a national level.

Killian returned to Fort Polk in 2008 and immediately began training for the 2009 full-day race, often working out 25 hours per week. When race day came in June 2009, his game plan was bold but simple: Push 100 percent the entire time. "I had no idea what to expect as far as pacing," Killian recalls. "I was just going to go out there and hit every event as hard as I could."

It worked. Killian finished the Ironman in nine hours and 36 minutes, coming in 26th place overall and securing a spot at the Ironman World Championship in Kona, HI—the Mount Everest of Ironman races.

Since that first Ironman, Killian has raced in four others, culminating in the 2010 Ironman World Championship, where he posted his personal best to date—nine hours and 30 minutes—and won the military division.



THE TRAIN-UP

Killian's preparation for any sport is a bit unorthodox, veering from typical training plans or advice from professional coaches. He prefers to trust his own instincts about how much and how often to push his body. (For a sample workout of his, see page 75.)

"I've found that training on my own, and doing what I feel is a proper workout depending on how my body feels, works out better than someone who has a set program," Killian explains, noticeably passionate about the subject. Every training program, he adds, should be created specifically for the individual and should fit their lifestyle.

What some trainers may call stubborn, Killian considers best practices for peak performance. "If I feel like I want to do a bike ride for 50 miles one day and do it again the next day, I'll do it," he says with self-assurance.

Most of the military and endurance sport training comes naturally to Killian; his lean body is built for long hours on the road and on a bike. For example, when training for a triathlon, Killian will sweat out a long training session on weekend days, such as running 20 miles on a Friday and riding 60 miles on a Saturday.

But training for a biathlon required more of an adjustment. The skiing and shooting competitions were unique to him when he joined the Colorado National Guard's Biathlon Team during the 2010–2011 season.

He had never skied a day in his life, but the biathlon coach convinced him to give it a shot. He trained at Camp Ethan Allen in Jericho, VT, that winter, falling on his face hard and often. He was not used to being a novice, but it didn't take long for him to adapt—and excel.

At the 2011–12 National Guard Bureau championships, he placed first in the novice division, securing a spot on the All-Guard developmental team aspiring to make the Olympic squad. He went on to win the Western regionals for the National Guard this year—all only months after putting on skis for the first time.

"He's the fastest biathlete in the state of Colorado," says Utterback, Killian's biathlon teammate. "The civilians groan when he shows up to do a race because they know that he's going to win."

In a race last winter, the Colorado team couldn't find anyone fast enough to partner with Killian for a 7.5K relay event, so he skied the course twice—and still won. "He and his partner—himself—beat everybody, even though he had to do a second lap. He still beat every team that had a fresh racer doing it," Utterback says.

He began dominating the summer biathlon, too, in which competitors either run or mountain bike 5 to 10 kilometers, stopping during the race to shoot targets in two positions, standing and kneeling. He won the 2011 U.S. National and North American Summer Biathlon Championship, competing against Soldiers and civilians.

Utterback is still clearly astounded at Killian's rapid ascent: "He becomes a champion in a sport the first year he picks it up."

SEVEN TIPS ON RACE RECOVERY

WHETHER YOU'RE DOING A TRIATHLON OR ANY OTHER ENDURANCE RACE, HERE ARE CPT ROBERT KILLIAN'S TIPS ON HOW TO RECOVER QUICKLY.

BEFORE THE RACE

:01 START WITH PROPER NUTRITION WHILE YOU'RE TRAINING. IT WILL HELP YOUR BODY HEAL FASTER.

:02 DRINK PLENTY OF WATER (AT LEAST 64 OZ. PER DAY), AND DRINK LIQUIDS WITH ELECTROLYTES AFTER WORKOUTS LASTING AN HOUR OR MORE.

:03 CUT THE SWEETS. KILLIAN'S PRE-RACE DIET CONSISTS OF HIGH-PROTEIN FOODS, VEGETABLES AND NO SUGAR. HE ALSO TAKES NATURAL SUPPLEMENTS LIKE A MULTIVITAMIN, VITAMIN B-12 AND FISH OIL.

:04 BE SURE TO TRAIN PROPERLY. IF YOU'VE LOGGED IN THE HOURS TO BE IN TOP RACE SHAPE, HE SAYS, YOU'LL HAVE A MUCH SHORTER RECOVERY.

AFTER THE RACE

:05 CONTINUE HYDRATING AND DO AN ACTIVE RECOVERY WORKOUT THE DAY AFTER THE RACE. JOG ONE MILE AT A VERY SLOW PACE OR TAKE A SPIN ON THE BIKE FOR A FEW MILES.

:06 DON'T PUSH YOURSELF TOO HARD, TOO SOON. "YOUR MUSCLE FIBERS ARE ALREADY DETERIORATED, SO IT'S EASY TO GET INJURED OR PULL SOMETHING RIGHT AFTER A RACE," KILLIAN SAYS.

:07 FINALLY, GET SOME SHUT-EYE. YOUR BODY DOES MOST OF ITS HEALING WHILE YOU'RE ASLEEP.



Training, obviously, plays a huge part in Killian's success. But another facet involves knowing how and when to push himself once a race has begun. When he's in a competition, he'll give himself incremental targets to move up in the field.

At the halfway point of this year's Lincoln National Guard Marathon, Killian was in first place for the National Guard but was in eighth overall. "So I said, over the next 13 miles, I want to pass three guys," he recalls. "That's my goal. I could see how far ahead they were—one was 100 meters, another a half mile. I told myself to keep pushing. Go for that guy. Go for the next guy." He passed all three, finishing fifth overall, with a time of 2:37:35.

PUSHING THE LIMIT—AGAIN

With the exception of training for Ironman, Killian cites his preparation for the Best Ranger

Competition as some of the most physically demanding he has ever endured. Each time he has competed, in 2009 and this year, he trained for more than two months at Fort Benning, GA, for the 65-hour course that's "designed to eliminate teams," according to Burns, Killian's Best Ranger Competition coach.

The train-up tested the competitors' mental and physical limits, "from the time they woke up until the time they went to bed," Burns explains. The competition combines endurance activities with military-specific tasks like road marches, assembling weapons, land navigation and an obstacle course.

"There is no built-in sleep plan, there's no built-in rest plan, chow plan or anything like that," Burns says. "From the time the competition starts until the time that it ends, they are physically doing something or rotating through a task."

Less than half of the teams starting the competition end up crossing the finish line. But the event has never shaken Killian. In this year's three-day course, he and his partner, First Lieutenant Nicholas Plocar, finished first in three events (day land navigation, grenade toss and the 2.5-mile buddy run) and set course records in two others: the obstacle course, known as the "Darby Queen," and the Tri Tower Challenge, a 60-foot rock climbing tower and rappel followed by two more towers with rope ladder and knotted rope climbs.

Keeping up with his fellow competitors, whether in Best Ranger, a triathlon or other event, stokes Killian's fire during his training. "I know the other guys are training just as hard, so anything I can do to give me an edge over them is motivating and keeps me going longer on those days when I just want to cut a couple miles off a workout," he says. "I'm also in it for the feeling of accomplishment I get, or what they call 'runner's high.' It's almost addictive at times, like a shot of adrenaline."

In addition to his relentless inner drive to be the best Soldier-athlete possible, Killian says family and friends are a source of motivation. Killian's fiancée, Maxine Bone, attends every race, cheering him on and posting his results on the Web.

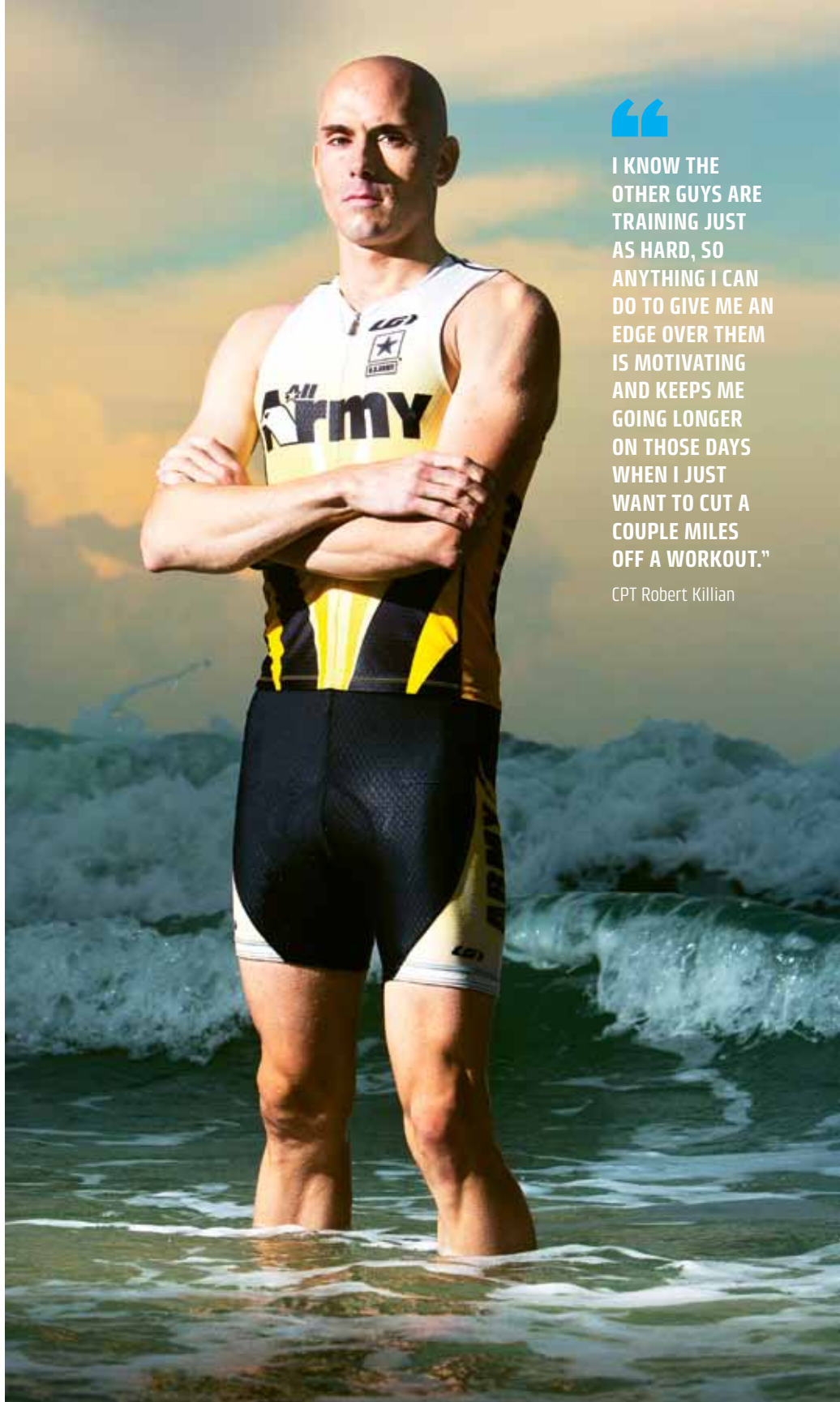
Bone is Killian's source for sustenance, too. To keep pace with his hyped-up metabolism, she cooks three or four times what she would normally prepare. "I always tell myself to cook way more than you think you need to," she says, laughing.

Killian can burn several thousand calories during his toughest workouts. To prepare for a full Ironman, he begins "pre-loading," or consuming more calories than he needs in a day. That ensures his body has enough fuel on race day. By carefully tracking his caloric intake and athletic performance, Killian knows his body needs about 600 calories per hour to offset the 9,000 calories he'll burn during a full Ironman.

Although Killian will be in Q-School until 2013, he still plans to continue training as much as possible to compete for a third time in the Best Ranger Competition, prepare for another run at Kona and attempt to make the biathlon developmental team to train for the Olympics. He's also getting married this fall.

Spreading his time among all those different sports and events might be unusual for other elite athletes, but Killian thrives on the variety. "I have people tell me I should just focus on one sport and get really good at it, but I just like doing all of them," he says with childlike enthusiasm. "It's fun to do everything instead of being tied down to one particular sport."

That positive energy rubs off on the people around him, his peers say. And the impact he has on other Soldiers may be just as impressive



I KNOW THE OTHER GUYS ARE TRAINING JUST AS HARD, SO ANYTHING I CAN DO TO GIVE ME AN EDGE OVER THEM IS MOTIVATING AND KEEPS ME GOING LONGER ON THOSE DAYS WHEN I JUST WANT TO CUT A COUPLE MILES OFF A WORKOUT."

CPT Robert Killian

as any individual record. Like all great athletes, Killian serves as a role model for people of all ages.

"[Killian] has a very infectious personality when it comes to training and athleticism," Burns says. "There are many people who don't have that talent or drive yet, but because of his

personality, they start to get it."

Utterback counts himself as one of those who has gotten the fever. "He's a gift to be around. Here's a young Soldier so good at something that he inspires people with many more years of service and higher rank," he says. "I'm lucky to know him." **GX**

Careers

■ YOUR WORK, YOUR FUTURE

Traits That Will Get You Hired

It has been a rough few years for job seekers. Companies can afford to be extra choosy about whom they hire. So how do you make yourself stand out in the crowd of applicants? Here's what some of the nation's top employers told us. BY ANITA WADHWANI



LEADERSHIP

For the cable company Comcast, being a "Comcastic" employee means possessing specific qualities — like being a go-getter, maintaining calm under pressure — that all boil down to one thing: being a good leader.

"One universal characteristic is leadership — team leaders, thought leaders, etcetera," says Bill Strahan, executive vice president of human resources for the communications giant. "It's a key attribute we look for in every candidate."

Comcast is one of the nation's largest video, high-speed Internet and phone providers to residential and business customers. Whatever the medium, whoever the customer, each one of Comcast's 140,000 employees is expected to take the lead.



MATURITY

Global financial leader Citi seeks out employees who display a sense of maturity when it comes to their work — good judgment that has nothing to do with age. "Citi looks to hire candidates that possess the natural maturity and leadership abilities that drive them to tackle complex projects — often under pressure — and work collaboratively to succeed," says Suni Harford, managing director and regional head of markets for North America. "These qualities make for great colleagues."

Every Citi hire — the company has 260,000 employees around the world — is expected to work in a cooperative and collaborative manner, Harford says. Great colleagues are what keep the institution going, he adds.



RESOURCEFULNESS

Seattle-area American Financial Solutions provides assistance to families and individuals with severe financial problems. The nonprofit service offers debt consolidation and counseling that help them get back on their feet.

With such an important mission during tough times, employees who go the extra mile are key. "The number one quality that I look for in hiring an employee is resourcefulness," says Audi Ritz, human resources director. "This is the employee who, if he/she does not know [something], takes the initiative to find out. The employee [who], if encountering an operational problem, an upset customer or a disgruntled employee, steps in to find resolve for the problem. This is the go-getter . . . who has a strong sense of accountability and is results-oriented."



PROBLEM-SOLVING

For Home Depot, the world's largest home improvement specialty retailer, the best employees do more than just wear those orange aprons with style. The company looks for problem-solvers, people who can think on their feet with the goal of serving the specific needs of each customer.

"Ours is a unique retail environment in that customers aren't just shopping for a product but really come into our stores looking for solutions to a problem," says Stephen Holmes, a senior communications manager for the company. Good employees are ultimately only as good as customers think they are, he adds.



SELF-OPTIMIZATION

Groupon is the Chicago-based deal-of-the-day company that has made couponing cool. The company experienced a meteoric rise into a recognizable brand but hasn't lost sight of the critical qualities it seeks in employees. Each staffer must possess a quality that senior manager Dan Jessup likes to call "self-optimization."

"Being a self-optimizer," he says, "means being humble and self-aware. We should each be our own biggest critic — be comfortable in what we know and don't know. Blending confidence with humility is key. This often manifests in not just being adaptive, but embracing change."

THE PATH TO BECOMING A JAG OFFICER

Established in 1775 by President George Washington, the U.S. Army Judge Advocate General (JAG) Corps is the oldest law firm in the United States. Today, JAG officers investigate, prosecute and defend those charged with crimes in the military, provide legal advice for Soldiers, and work with international contracts.

National Guard JAG officers typically work one weekend a month and two weeks out of the year, simultaneously progressing in their part-time military careers and their civilian law practices.

The Guard offers JAG officers generous benefits (retirement, medical, life insurance and more) that are hard to find in any other part-time career field. The JAG Corps is open to individuals without prior military experience, and women and minorities are strongly encouraged to apply.

BY RONNIE BROOKS

1

JAG ELIGIBILITY REQUIREMENTS

- A graduate of an American Bar Association–approved law school (third-year law students may apply*)
 - Admitted to the bar and able to serve in the National Guard of the same state
 - Mentally and physically fit
 - Good moral standing and character
 - U.S. citizen (cannot hold dual citizenship)
 - Meet prescribed medical and moral standards for appointment as a commissioned officer
- Able to obtain a secret security clearance
 - At least 21 years old and:
 - > For appointment as a 1LT, younger than 33
 - > For appointment as a CPT, younger than 39 (waiverable)

* Accession is contingent upon passing the bar and becoming licensed with a state or federal bar.

2

NG APPLICATION CHECKLIST

At the JAG Corps main website (www.jagcnet.army.mil), you can view the **NG Application Checklist**, which offers complete instructions for applicants (qualified attorneys and third-year law students), including:

- Required military forms and paperwork
- Contact information for setting up your interview
- List of required records, transcripts, credentials and recommendations
- Medical examination request
- Additional information

>> National Guard applicants are welcome to contact their state JAG recruiting representative directly through www.NATIONALGUARD.com/careers/jag-officer or call (866) 529-1354 with any questions regarding the application process.

3

JAG OFFICER TRAINING

Candidates will attend Judge Advocate Officer Basic Course (JAOBC). The three-phase program lasts about five months.

PHASE I: INTRODUCTION

(TWO WEEKS)

Introductory course to the military, conducted at Fort Lee, VA.

PHASE II: JAG BASIC OFFICER LEADERSHIP COURSE

(11 WEEKS)

Comprehensive classroom military law course taught at the University of Virginia in Charlottesville.

PHASE III: DIRECT COMMISSIONED COURSE (DCC)

(SIX WEEKS)

Conducted at Fort Benning, GA, field course focusing on initial officer training requirements, including:

- Physical fitness
- Weapons and combat training
- Land navigation training
- Leadership training
- Obstacle and team training

Note: Upon commissioning, Phase III may be waived for some applicants with prior military service. Also, Phase III may be done separately, while the first two phases must be done consecutively.



Angels On Call

From the jungles of Southeast Asia to the dunes of Afghanistan, medevac aircraft have always been a sign of hope and rescue, even in the darkest hours of combat. Sergeant Cassandra Kennedy, a 68W with the Massachusetts National Guard who spent a yearlong tour in Iraq in 2011, reveals the specialized training — and split-second actions — it takes to succeed as a flight combat medic.

INTERVIEW BY CAMILLE BRELAND

➤ **[THE MEDICAL FIELD IS] A DIFFERENT REALM OF THE MILITARY.** You think of the power, might and strength of the military, but I get to be on the other side of things and help people — keeping my Soldiers safe and healthy.

➤ **IN THE FLIGHT MEDIC PROGRAM, WE TRAIN IN FLIGHT SIMULATORS.** It's kind of the shell of an aircraft, and it's set up with a SimMan — a mannequin-like machine that can breathe and bleed. You can monitor its heart rate. We run through simulations of the things we would see overseas and what we would have to deal with in the back of an aircraft. It's basically like working on a patient in the back of a large SUV.

➤ **ONCE YOU GET BACK TO YOUR UNIT FROM TRAINING,** you focus on flying with the crew and working on your crew coordination. Flight medics are all full members of the flight crew. We have to be qualified to do just as much as a crew chief.

➤ **WHEN WE'RE CALLED IN FOR A MEDEVAC,** the seriousness of the injury is pretty substantial. In the back of an aircraft, it's just you. It's not like a civilian ambulance where you call in to the hospital and talk to a doctor. We have to know what to do by ourselves.

➤ **IN IRAQ, WE HAD OPERATIONS READY TO GO [24/7].** In addition to [U.S. troops], we were transporting Soldiers, contractors, foreign nationals that were working from different bases and a few Iraqi military.

➤ **A MEDEVAC REQUEST COMES IN ON OUR RADIOS, AND WE HAVE TO BE OFF THE GROUND WITHIN 15 MINUTES** — that's from getting the call, running to the aircraft and taking off.

➤ **ONCE WE'RE LANDING OUTSIDE THE HOSPITAL,** they already have a team waiting to help us get stationed at the aircraft. We'll wheel the patient into the ER and give the doctors a quick report of what we did and what we gave, and then they take over. While we were deployed, our average time, company-wide, was seven minutes. You drop whatever you're doing, and you run.

➤ **IN THE AIR, WE'LL COORDINATE WITH THE MEDICS ON THE GROUND AND MAKE SURE EVERYBODY'S READY.** We'd try to land in a base area, but if we couldn't do that we would land wherever the injury was. Once we land, we want to get the injured people into the aircraft and get them where they need to be as quickly as possible.

➤ **THE PATIENT WOULD BE READY FOR US — LINED UP IN THE LZ [LANDING ZONE].** We'll get a quick report from the medic on the ground, roll the people in the aircraft and take off. That process is maybe less than five minutes.

➤ **IN THE AIRCRAFT, WE'LL DO OUR FULL HEAD-TO-TOE ASSESSMENT;** put in an IV if they need it, hook them up to the monitor, provide fluids, apply a tourniquet — lifesaving measures. We'll make sure there are not more injuries that weren't reported. We're also talking to the medical treatment facility to let them know what they need to do to get ready.



PHOTO BY SPG STEVEN EATON

Lead by Example

A decorated Airborne Ranger and one of the major figures of *Black Hawk Down* says there's only one way to earn the trust of your troops: Be one of them.

BY CHRISTIAN ANDERSON



Retired Colonel Danny McKnight knows how to lead when leadership is needed most. He became an Airborne Ranger almost 40 years ago, parachuted into combat in Panama in 1989 and led Soldiers in Somalia in 1993. His hands-on leadership in the ferocious Battle of Mogadishu, chronicled in the book and dramatized in the movie *Black Hawk Down*, is the stuff of legend. Now, as a motivational speaker, he helps mold the future leaders of America.

What made you decide to be in the infantry, and later, the Rangers? When I was going through ROTC at Florida State [University], they asked me what branch I would like, and I chose infantry without hesitation. I was told if I went into the infantry, I could probably go to the Airborne and Ranger schools. That's the kind of challenge I always wanted.

What are some of the lessons you learned fighting in Mogadishu? You have to train the way you want to fight, because you're going to fight the way you train. Even though I'd been in combat before, it wasn't the same as the situation I faced in Mogadishu. So I wasn't stopping and thinking about what I was going to do or what decision I was going to make. I was reacting to the situation at hand and trusting my subordinate leaders. The bottom line is if you train as hard and realistically as you can, you might do OK. If you try to get prepared in the middle of the fight, you're probably not going to do too well.

What's an example of great leadership you observed early in your career? I became the aide for Major General David E. Grange Jr., the 2nd Infantry Division's commander. He had certain requirements for the Soldiers in the division, including a 12-mile road march every quarter. He made sure that he did one march almost every month with the different battalions. The Soldiers would talk about how cool it was that the general was out there with them. I learned that's leading by example. It goes along with the respect thing, because you have to be able to do what your Soldiers do.

Leaders receive orders, too — some of which they may not agree with. **How do you deal with that?** I felt that it was my responsibility to challenge a decision that I felt had a negative impact on my unit and my Soldiers. Sometimes I could get my superiors to see it from my point of view. Sometimes I couldn't — thus the next and most important step when you are given the course of action to execute: You have to endorse the plan in front of your Soldiers so they don't have any doubt in their mind [about being] able to accomplish the mission.



What is the most important leadership lesson you've learned? To have respect for the people I was leading. Many leaders think it's all about their subordinates respecting them, but it's really about respecting your subordinates. Because if they understand that you respect them, it's amazing what they will do when times are tough. They will go to the earth's end, not just for you personally, but for the organization. Understanding what they do, how they do it and being willing to do it with them, that's how you truly earn their respect.

What civilian leaders do you admire or respect? President Ronald Reagan. He showed me, although I never met him personally, that you have got to step up and take ownership of the situation you are in and fix it. He never pointed fingers, and he led with a spirit and a pride that changed me personally and professionally during his eight years in office in the 1980s.

What advice would you give to young leaders in the military that could help them in a moment of crisis? When I was commanding a battalion, I was a strong believer that I needed to go out and train at different times with each of the companies. There is no battalion in the Army that has three companies where all three of the companies are totally equal. So what it means is you have to go out there and train in the dirt with them. You have to learn the strengths and weaknesses of your Soldiers, and you need to understand the strengths and weaknesses of your units.

BATTLE OF MOGADISHU

On Oct. 3, 1993, Ranger and Delta Force units embarked on a mission to capture a Somali warlord but got ambushed by his loyalists. The vicious firefight and rescue operation, made more harrowing by Soldiers' efforts to navigate a maze of streets to save two downed Black Hawk helicopters, lasted 17 hours and cost 18 Americans their lives. In the film *Black Hawk Down*, McKnight is portrayed by Tom Sizemore.

DECORATED SERVICE

- > Legion of Merit (2 awards)
- > Bronze Star w/ V Device
- > Purple Heart
- > Combat Infantryman Badge
- > Ranger Tab
- > Master Parachutist Badge w/ Combat Star
- > Pathfinder Badge

LIFE AFTER THE ARMY

After 28 years of military service, McKnight moved to Florida to focus on motivational speaking. He resides in Rockledge, FL, with his wife, Linda.



STICKING WITH THE TROOPS

3M uses its resources to give back to the military community

BY JAMES SULLIVAN

Lieutenant Colonel Carl Fassbender deployed to Iraq in 2006 with the 1/34th Brigade Comat Team, Minnesota Army National Guard. When he learned his unit would serve an extended tour, totaling 22 months, he called his employer—Minnesota-based 3M, where the Soldier works in information technology (IT)—to inquire about extending his family's benefits until his return.

The arrangement took a single phone call. "No hassle whatsoever," recalls Fassbender.

After returning to 3M from his deployment, Fassbender, along with several colleagues, proposed that the company sponsor a military support group. They approached Marschall Smith, 3M's senior vice president for legal affairs and general counsel, who took the idea to the CEO at the time, George Buckley.

"It was the easiest sale of my life," says Smith, himself a Vietnam Veteran who served in the Marines.

3M, the globally recognized company, has made headlines for its innovative products such as Scotch tape and Post-it notes. But now it's

3M AT A GLANCE

Headquartered near St. Paul, MN, 3M was founded as the Minnesota Mining and Manufacturing Company in 1902. The company has developed a wide range of products such as Scotch tape, Post-it notes and the Nexcare line of healthcare products. One of 30 companies included in the Dow Jones Industrial Average, 3M was ranked No. 97 on the 2011 Fortune 500.

To learn more about the Freedom Award or to nominate an employer, visit FreedomAward.mil

From left: Ronald Young, executive director for ESGR; Ian Hardgrove, senior VP, sales and marketing for 3M; LTC Carl Fassbender; David L. McGinnis, acting assistant Secretary of Defense for Reserve Affairs.

getting deserved attention for its support of the military.

Last year, Fassbender nominated his company for the Freedom Award, the highest honor United States employers can receive for their support of employees in the National Guard and Reserve. 3M was one of 15 recipients of the award for 2011.

Smith, who does plenty of government affairs work, says the award comes up in conversation often when he's in Washington. "It means a lot to us," he says.

The company has shown its support in many ways, such as upholding policies that benefit employees during deployment, observing Veterans Day and Memorial Day, and having a Military Service Display Center centrally featured on its corporate campus near St. Paul, MN. Smith estimates that about 15 percent of the company's 84,000 employees have some military experience.

The company has a long tradition of simply making itself available to employees and their families who are serving the country. "I think we recognized in 2009–2010 a desire on the part of a lot of our employees to do more," he says. "The deployments were becoming more frequent, and that can be a real strain on the men and women, the mothers and fathers.

"Oftentimes, just a kind word, the knowledge that someone is thinking about them, can make a huge difference," Smith adds. "It can be a lonely situation to be the spouse of a deployed Soldier."

"I think that's a cool thing, when you think about it," says Fassbender. "3M has that mindset: supporting the families. They know it's the right thing to do. If the company is committed, employees are more likely to commit to it wholeheartedly."

With the third-largest National Guard in the country, the state of Minnesota has enlisted 3M's help in an ongoing effort to provide returning Veterans with counseling services and advice on writing business plans. "We have a 21 percent unemployment rate among retired Guard in Minnesota," says Smith, "and we need to make that better."

3M, says Smith, has a history of supporting "the community, the nation and our employees. In a lot of ways, we don't see any distinction between those three ... We have an underlying sense of obligation for all we've been blessed to have—wonderful jobs in a wonderful area."

VETERANS WANTED

The 2011 VOW to Hire Heroes Act helps current and former service members find jobs. Its many useful tools — a job bank, easy online search functions, free counseling, military-to-civilian skill translator, and tax credits for businesses that hire unemployed Veterans — make finding work in the public sector easier for service members. And there's help for military spouses, too. Here's a glance at the wide range of programs.

BY JEFF WALTER



Go to the Web page pictured above for more info about all of these programs: WhiteHouse.gov/joiningforces/resources. If you have a question, send an email to arnng-hrs@ng.army.mil.

1 VETERANS JOB BANK

NationalResourceDirectory.gov/home/veterans_job_bank

This is a central source for connecting unemployed Veterans to job openings. Employers committed to hiring Veterans can tag postings on their own websites, adding them to the job bank, which launched with more than a half-million listings and continues to grow. Veterans can enter their own search criteria to find job opportunities suited to them.

2 MY NEXT MOVE FOR VETERANS

MyNextMove.org/vets

This is an online tool created by the Department of Labor that lets Veterans match their experience and skills to appropriate civilian careers. Veterans can search by keywords, browse jobs by industry, or get suggestions for civilian careers that are similar to their military jobs. They can also find information about salaries, apprenticeships, and related education and training.

3 VETERAN GOLD CARD

DOL.gov/vets/goldcard.html

This downloadable card gives post-9/11 Veterans extra support as they make the transition to civilian life. It provides access to up to six months of personalized case management, assessments (including interviews and testing) and counseling at 3,000

One-Stop Career Centers nationwide. Veterans can acquire information about the labor market, and occupational and skills transferability, as well as get referrals to training, apprenticeship sponsors, and job banks, portals and openings.

4 HERO 2 HIRED H2H.jobs

This sweeping program, provided by the Department of Defense, targets the Reserve component job seeker with job listings, career exploration tools, education and training resources, virtual career fairs, a mobile smartphone app, an innovative Facebook app, and networking opportunities. Funded by the Yellow Ribbon Reintegration Program, Hero 2 Hired also makes it easy for military-friendly employers to identify and contact potential Veteran candidates.

5 HIRING OUR HEROES

USChamber.com/hiringourheroes

In this program, the U.S. Chamber of Commerce, in collaboration with partners such as RecruitMilitary and Capital One, is sponsoring hiring fairs for Veterans and military spouses in local communities across the country. It has also created strategic partnerships for assisting specific Veteran populations with their challenges, including a Wounded Warrior Transition Assistance Program, a Post-9/11 Student Veteran Internship and

Employment Program, and a Women Veterans and Military Spouses Employment Program.

6 MILICRUIT VeteransCareerFair.com

This is a virtual recruitment center that enables service members, Veterans and their spouses to interact in real time with military-friendly employers via the Internet. Without leaving home, they can visit employers in virtual booths, view and apply for jobs, and chat with employment recruiters. There's also a calendar of upcoming regional and national virtual career fairs.

7 MILITARY SPOUSE EMPLOYMENT PARTNERSHIP

MSEPJobs.com

This partnership provides a digital platform for connecting military spouses with Fortune 500 employers who seek candidates with their skills and attributes, who are committed to hiring military spouses, and who offer transferable, portable careers for those who relocate often.

8 VETSUCCESS VetSuccess.gov

This program of the Department of Veterans Affairs provides comprehensive transition and employment resources for Veterans and their families. At this virtual employment resource center, Veterans can post resumes, apply for positions online and find links to more than 8 million job listings.

A FIVE-DAY STARING CONTEST WITH PAIN.

JULY 29 TO AUGUST 2, VICTORY IS FOREVER

On July 29 at 0900 hours, 14 elite Army National Guard Soldiers will step out into the unforgiving Georgia sun and begin a competition so punishing that bragging rights are awarded at the starting line. Only the best of the best have survived the ruthless gauntlet to reach this point. Seven enlisted Soldiers and seven noncommissioned officers will face excruciating mental and physical tests over a weeklong marathon of endurance, intelligence, strength and sheer willpower. Human limitations will be rewritten and spirits will be crushed, leaving one enlisted Soldier and one noncommissioned officer still standing. Their names forever carved in history as the Guard's Best Warrior.

**BEST
WARRIOR**
2012
NATIONAL GUARD 

JULY **DAY 1** 29TH

EVENT BRIEFING

Competitors are briefed on what the next five days of their lives will look like: unrelenting pain and exhaustion, mental torture, and unforgiving elements. This is where Soldiers must decide just how badly they want this.

0900-1700 EQUIPMENT ISSUE
1830-1930 COMPETITOR'S BRIEF
1930-2200 EQUIPMENT PREPARATION

JULY **DAY 3** 31ST

STRESS SHOOT OPERATION

Simulating real-life combat, competitors must successfully complete an operation under enemy fire. Surrounded and behind enemy lines, Soldiers have only seconds to engage and eliminate vital targets without compromising the mission.

0400-0830 LAND NAVIGATION
0900-1200 WEAPONS QUALIFICATION
1445-1930 STRESS SHOOT

AUG **DAY 5** 2ND

MYSTERY EVENT

Soldiers spend their lives preparing for the unknown. On the final day of the Best Warrior Competition, that's exactly what competitors will face. The closing event is kept secret from the entire field until minutes before it starts; then, it's going to drop like a hammer.

0630-0900 MYSTERY EVENT
1700-1830 SUPER SUPPER/AWARDS

JULY **DAY 2** 30TH

PHYSICAL TEST TRIALS

Competitors must endure grueling timed strength and conditioning trials that will test not only their fitness and dedication, but also their sanity. They will be pushed to their physical limits and then pushed even further.

0545-0700 PHYSICAL FITNESS TEST
1300-1700 CALL FOR FIRE TRAINING
1800-2100 ESSAY WRITING

AUG **DAY 4** 1ST

URBAN TACTICAL OPS

Replicating a reality Soldiers face on a daily basis, competitors must navigate an authentic urban warfare scenario testing their courage under pressure. They will swiftly and precisely make their way through hostile buildings where the enemy could be waiting.

0700-1300 URBAN OPS
1300-1630 DAY STAKES
1730-1900 OBSTACLE COURSE



GREAT SAMARITAN



Sergeant First Class Jesus Gonzalez served in the Navy, deployed with the National Guard to Iraq and has spent countless hours volunteering his time to help others. Little did he know that one of the defining moments of his life would result from coming to the aid of a total stranger.

BY VANESSA GREGORY + PHOTOS BY BRANDON OURSLER

AS

AS SOON AS SHE FELT THE PAINFUL CRAMPING IN HER HANDS AND FEET, SHAUNNA COIT KNEW SHE HAD ONLY MINUTES BEFORE A SEIZURE WOULD LOCK UP EVERY MUSCLE IN HER BODY. She was alone, driving home from the gym in her silver Jeep Commander, terrified that her calcium levels had plummeted, a potentially fatal symptom of a rare endocrine disorder. The Twin Falls, ID, emergency room, with its life-saving calcium IV lines, was less than five miles away. Coit rolled down the window, hoping the frigid January air might keep her alert. She hit the gas. She passed a car and ran stop signs. *I will get myself there.*

But she couldn't outrace the seizure: Her jaw clamped shut, her eyes closed, and her hands curled into claws against her chest. Before her muscles yanked her into the fetal position, Coit acted on a last, desperate thought: *Turn the car sideways.* Maybe it would draw attention on this quiet residential street.

Her mother lived blocks away. Her cell phone lay in the console, but she couldn't reach it, let alone dial. She couldn't scream for help; she couldn't unbuckle her seat belt; she couldn't flash her hazard lights; she couldn't even put the car in park. Frustration and fear swept over her. Her mind was fully alert, but her body was in lockdown.

An hour earlier, Sergeant First Class Jesus E. Gonzalez, a recruiter with the Army National Guard's 116th Brigade Special Troops Battalion, was getting ready to leave his house in Twin Falls. He packed his daughter, 15-year-old Yessica, and the family's three Maltese dogs, into the yellow Mustang that he'd bought his daughter for her birthday. They drove to the middle school and picked up his younger daughter, Alexandra, from a basketball game where she had been cheering on the sidelines. As they headed home, the family chatted about their day and the game. Who won? How'd it go? Gonzalez was looking to find out "anything I should know about." He considers himself a homemaker as well as a Soldier.

When they saw a silver SUV fly by, Gonzalez was irritated. *What's this knucklehead doing passing on the road by the school?* Then they watched it careen through a stop sign.

"Now, that's really bad," he told his daughters. Then, within a couple blocks, they spotted the SUV again. This time it was stopped at an angle in the middle of the intersection, with another car pulled alongside. Gonzalez figured the two drivers might just be talking, and he started to turn. But something about the scene struck him as unusual.

Gonzalez parked and walked over to Coit's car. The driver from the second car was paralyzed with panic. And once Gonzalez peered into the SUV, he knew why. The woman behind the wheel was screaming, her body curled into a ball. Gonzalez thought she might be having a stroke. "My adrenaline was rushing," he recalls. "I could feel my heart beat all the way to my brain." But after 22 years in the military, he knew not to panic. Instead, Gonzalez acted.

First, he reached into the open window and put the SUV in park. Then he opened the door, scooped Coit up, shouted to Yessica to move, and deposited Coit in the Mustang's passenger seat. "I knew the condition was serious," Gonzalez says. "I didn't know it was a life-or-death situation."

Coit couldn't see anything; she had no idea what the man carrying her looked like. She only felt herself being lifted up, and heard a man's voice yelling, "Yessica, get in the back seat!" She didn't know if she was sitting in a car or truck, but she would later remember the wave of relief she felt upon realizing that instead of waiting for an ambulance, they were gunning straight for the emergency room: *Oh my God, this guy is just going to take me there!* As they sped to the hospital, the man held Coit's hand and told her everything would be OK.

When they arrived, Gonzalez carried Coit in and passed her to nurses and doctors. He asked if he could do anything more, but the medical staff said "no." So Gonzalez went home, brushing off the accolades from his kids. He had no idea that he may have saved a woman's life. Or that Coit—along with her grateful family and friends—would begin searching for him before night's end. "Honestly, I never thought about it," Gonzalez says. "I think it was enough that I was my daughters' hero." He didn't remember to tell his wife about the incident until the next morning.



MAJOR AWARDS AND COMMENDATIONS



ARMY + ARMY NATIONAL GUARD

Army Commendation Medal for Recruiting

Army Achievement Medal

Army Good Conduct Medal (2)

Armed Forces Expeditionary Medal

Armed Forces Reserve Medal with "M" Device and Hourglass

Army Components Achievement Medal

U.S. Army Recruiting Master Badge

Combat Action Badge

Governor's Unit Award



NAVY

Navy Achievement Medal (2)

ESWS (Enlisted Surface Warfare Specialist) Badge

Navy Unit Commendation

Joint-Meritorious Unit Commendation

“**HONESTLY, I NEVER THOUGHT ABOUT IT ... I THINK IT WAS ENOUGH THAT I WAS MY DAUGHTERS' HERO.**”

Gonzalez on the idea that he may have saved Coit's life and that others might be searching for him

Gonzalez's actions on the night of January 24 might have been extraordinary, but they didn't surprise colleagues and family. "He helps everybody, anybody," says his wife, Olivia Barron. Jesse, as friends call him, is always doing small favors. He might mow the lawn of an elderly neighbor, or interpret for someone he meets in a store. He's on the board of La Posada Christian Ministry, an organization that provides food and services to those in need, and he handles parenting duties each evening while his wife works.

Gonzalez wasn't always in a position to help others. He started working—in farm fields with his parents and siblings—at age 12. His mother grew up in Texas, and his father emigrated from Tamaulipas, Mexico. Born in Willows, a rural town in California's dusty Central Valley, Gonzalez spent much of his childhood sleeping on farmhouse floors as the family chased work. They picked onions, beets and garlic. They cleaned ditches—whatever the farmers wanted. His mother tried to keep the kids in school, but sometimes they had to work instead.

By the time Gonzalez turned 14, the family had settled in Wilder, ID. But permanency didn't bring them much luck. His father suffered a

broken back while loading heavy cases onto a railcar. Around the same time, doctors diagnosed his mother with cancer. Gonzalez and his younger sister—the only siblings still at home—had to support the family. He went to school during the day and worked in the fields at night. During the hardest times, they survived on potatoes and eggs. Although he dreamed of going to college, he often considered dropping out of high school to support his sister and parents. He played basketball and football, and excelled at math, but after school he ran with a tough crowd of guys who liked to fight.

Then one day, a coach made a suggestion that would change his life: "All right, I'm going to give you a chance to make a good decision. Navy recruiters are here—and you're going to go." Gonzalez walked into the school library and saw men in slim-cut dress uniforms. The high school girls, he recalls, drooled. "I said, 'Yep, I'm ready to get out of town. I don't think it can be any harder than working in the fields.'"

But not even farm labor could prepare Gonzalez, who enlisted in December 1985 at age 17, for Basic Training. "I remember the first day I woke up at boot camp. I said, 'What in the hell did I do?'" His start may

CAREER HIGHLIGHTS

- 1985** Enlists in Navy
- 1986** Basic Training in Great Lakes, IL
- 1986** Fireman on USS *Enterprise*
- 1988** Promotion to petty officer third class; attends hydraulic test school and calibration school; joins quick response team
- 1989** Named Battle Group Foxtrot Sailor of the Quarter, representing the USS *Enterprise*
- 1990-1991** Nine-month deployment to Kuwait on the USS *Texas*
- 1993** Navy recruiter in Brownsville, TX
- 1996** Leaves Navy
- 1998** Regional housing manager, Idaho Migrant Council
- 1999** Joins Idaho National Guard; works two civilian jobs — reserve police officer and warehouse operator

have been rough, but Gonzalez was perfectly suited to military life. He began as a machinist's mate and worked in aviation ordnance on the USS *Enterprise* aircraft carrier. Besides finding satisfaction in the job, he relished traveling to countries such as Panama, South Korea and the Philippines.

Gonzalez left the Navy in the late '90s, but he couldn't abandon his sense of duty. He became a reserve police officer, volunteering 25 hours a week with the regular force, patrolling on nights and weekends on top of a day job managing low-income apartments that housed farmworkers. "The best part of the job was taking care of tenant complaints," he says. "If you listen to the people, a lot of their complaints are very simple." Along with making sure leaky faucets and stoves got fixed, Gonzalez helped tenants find assistance programs to aid in stretching their small paychecks, and helped residents fight the drug dealers and thugs who sometimes plagued the neighborhoods.

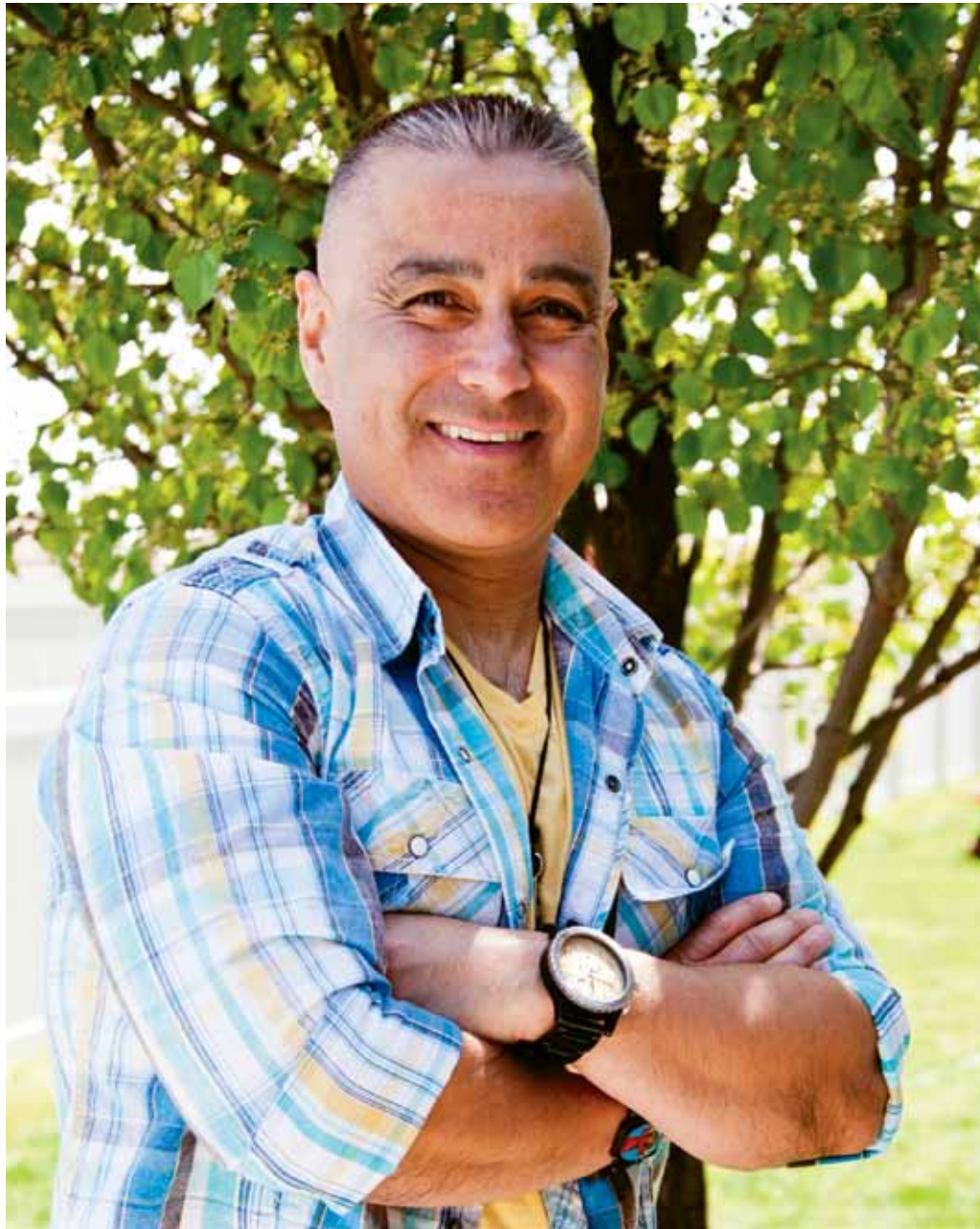
A friend at the police station encouraged Gonzalez to consider the National Guard, and he did. "That was the best thing for him," Olivia says. "The military is just him, you know?"

In the Guard, Gonzalez experienced one of the highlights of his career while stationed at FOB Warrior in Kirkuk, Iraq. He was the motor pool sergeant for the state of Idaho and, along with his fellow Soldiers in the Headquarters and Headquarters Company (HHC), 116th Brigade, provided security for an Active Duty civil affairs team. The most rewarding part of his tour came during Iraq's 2005 parliamentary elections. He and his squad protected an Iraqi police station for seven days.

"Every night they were sniping us," he says. "We were taking fire and nobody ever got hurt, so we did our job. It was their first elections, and it was awesome ... we were there for something that's going to go down in their history books."

Now, at age 43, he's a recruiter, a job that's a perfect fit for an outgoing workaholic who can talk to anybody. "Sometimes, I have to tell him, 'Hey Sargie, go home,'" says Staff Sergeant Leslie Phillips, who works with Gonzalez as a recruit sustainment program coordinator. "He really cares about these Soldiers, even after they leave this unit. He still has great contact with them." Recruits remain exceptionally loyal, turning to Gonzalez for help with problems in the service and life.

"The other thing you've got to know about him is he is a PT maniac," says First Sergeant Rolf Kilchenmann, who supervised Gonzalez for several years. "He scores 285 points or better. He is a stud. As far as the Soldiers he enlists, he's out there pounding the pavement, doing the workouts with them." And he does it with a careful balance of drill sergeant



terror and moral support that motivates recruits and keeps them coming back to the army.

For Gonzalez, the job allows him to give young people the same opportunity his coach gave him back in high school. "I love what I do," he says. "To see a young individual who is at the end of the rope because they can't find a job or continue their education, and then we give them an opportunity to finish their education and a trade." It's a message his recruits and family have absorbed. In addition

Most who know Gonzalez know of his big heart and how he goes out of his way to help others. But the day he met Shaunna Coit and her two sons was the day he, himself, realized how much of an impact he could have when helping others.



to his daughters, Gonzalez has two sons from a first marriage. The eldest, his 20-year-old namesake, joined the National Guard last year and is an information systems operator with the HHC 116th Brigade.

Service has become a Gonzalez family tradition. Gonzalez's own father once told him: "You know, son, it was hard letting you go to the government, but after I look back, I think it's the best thing you could have done for yourself. You've really made me proud."

It took only 15 minutes for Shaunna Coit to start feeling better after doctors and nurses hooked her up to a calcium IV. Her mind instantly went to the man who had pulled her out of the car and rushed her to safety. "The very first thing I kept saying was, 'Where's that guy?'" she recalls. Certainly, he would be in the waiting room so she could thank him. But he was gone, and Coit felt only more grateful and curious: Not only had this mystery man stopped to help her, but he'd gone beyond simply dialing 911. "Who would do that? Who would stop and pick up somebody from her car and throw them in with their family?"

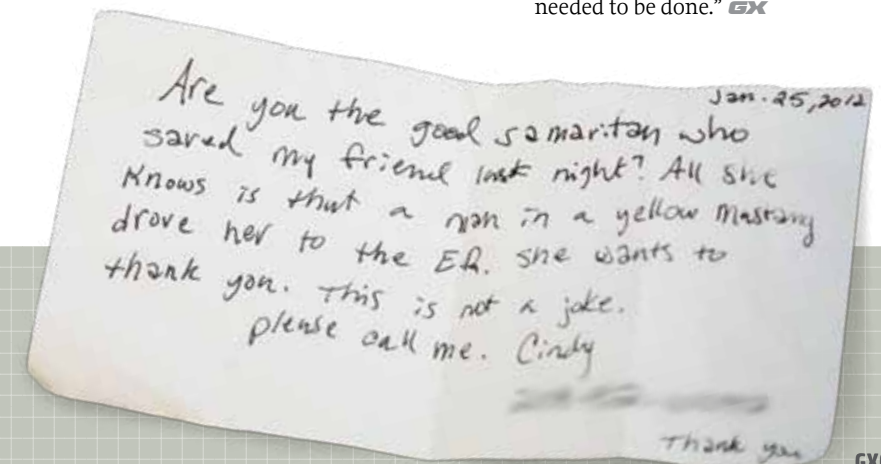
She queried doctors and nurses, who were astounded to discover that the man who had carried Coit inside was a complete stranger. Did they get his name? Phone number? What did he look like? No one knew anything about him. Coit and her husband left the hospital with a single clue: Her hero had been driving a bright yellow Mustang.

Coit went home and posted a message on Facebook. Her friends and family knew about her health problems—the condition from which Coit suffers, hypoparathyroidism, developed after doctors removed her thyroid last year—and they became determined to find the man they dubbed "Mr. Mustang." And if you drive a flashy car in the small city of Twin Falls, you can't hide for long.

A few days later, Gonzalez walked out of the armory to find a note on his windshield written by a friend of Coit's: "Are you the good samaritan who saved my friend last night? ... Please call me." Soon after, Coit walked into the armory with her sons, 2-year-old Carter and 5-year-old Thomas. "I walked in and asked for him, and he was great," Coit says. "I just said, 'I wanted to thank you.' He jumped up and gave me a hug. He gave my kids a basketball and Army T-shirts. He was feeding my 2-year-old the pudding out of his lunch."

Coit explained the seriousness of her health condition to Gonzalez for the first time. He teared up. "Then I knew I had done something good, that life is well worth living ...," Gonzalez says. "Not everybody has the chance to do something good in their life." Coit's friends and family still approach him to this day, or send emails or Facebook messages thanking "Mr. Mustang" for his quick thinking. He and Coit have remained friends as well. Gonzalez and his wife are expecting a third child, and Coit, who runs a business making baby shoes, cannot wait to make them a special gift.

Characteristically, the entire reunion played out without anyone at the armory having a clue what the fuss was all about. Gonzalez asked Phillips to come into his office and take a photo of him with Coit and her kids, but he didn't tell her why. Finally, after everyone left, Phillips asked, and Gonzalez explained the whole story—from the calm and methodical rescue to how he drove home from the hospital, and went on with his life and work without giving the night a second thought. "Sergeant G is just like that," says Phillips. "He came upon somebody who needed help, dropped her off, and went back to doing what needed to be done." **GX**



1999 Army National Guard survey section chief with the HHB 148th Field Artillery Battalion in Pocatello, ID

2004 12-month tour in Iraq with the Idaho Army National Guard HHC 116th Brigade Special Troops Battalion

2006 Recruiting and Retention NCO with HHC 116th Brigade Special Troops Battalion

2006 Promoted to staff sergeant

2010 Promoted to sergeant first class

BRADLEY
FIGHTING
VEHICLEMADE BY
BAE SYSTEMS
AND OFFERED
SINCE 1981COST: \$2 MILLION
TO \$2.5 MILLION
PER VEHICLE4,500
BRADLEYS IN
THE U.S. MILITARY

CREW: UP TO 10

THE ULTIMATE FIGHTER

THE BATTLE-TESTED BRADLEY FIGHTING VEHICLE, CARRYING MAXIMUM POWER IN A MINIMAL FRAME, IS READY TO RUMBLE BY MARK KAKKURI

With the National Guard deploying to all corners of the globe, Soldiers need a vehicle that packs a huge punch but rolls in a relatively small package. BAE Systems' Bradley Fighting Vehicle is the answer and is used primarily for infantry support, fire support and reconnaissance missions. The Bradley is designed for maximum survivability, mobility and lethality in combat zones where a mission involves objectives besides destroying other armored vehicles, which is the primary role of the M1 Abrams tank.

VERSATILITY

The Bradley generally falls into two distinct categories: the M2A3 infantry fighting vehicle and the M3A3 cavalry fighting vehicle. The M2A3 can safely transport up to six infantry Soldiers to a target and then provide covering fire after the Soldiers dismount. The M3A3 is a reconnaissance vehicle and has fewer seats but a greater ammunition capacity than the M2. Other variants of the Bradley include a fire support team vehicle, engineer fighting vehicle and commander's vehicles.

OPTICS

The Bradley is equipped with advanced systems to maintain the highest levels of situational awareness. Its integrated Inertial Navigation System, two forward-looking infrared (FLIR) sensors and the Commander's Independent Viewer (CIV) provide hunter-killer target capability for engaging multiple targets.

ENGINE

The Bradley is powered by a state-of-the-art Cummins VTA-903 engine and a three-speed General Electric HMPT-500 transmission. This combination generates 600 horsepower and propels the vehicle to speeds of 38 mph with a range of 250 miles.

ARMOR

In 2005, the Department of Defense purchased thousands of Bradley Urban Survivability Kit (BUSK) units, which add rocket-propelled grenade (RPG) protection, transparent survivability shields for the vehicle commander/driver, and underbelly mine protection against improvised explosive devices (IED) and explosively formed projectiles (EFP). Additionally, BUSK includes advanced force protection features, such as blast-resistant seating, to protect Guard Soldiers.

WEAPONRY

The vehicle can be outfitted with a variety of systems based on the mission. Its main weapon is a Bushmaster 25 mm M242 chain gun with 300 explosive or armor-piercing rounds at the ready. An additional 1,200 rounds are stored on board. The vehicle is also outfitted with a 7.62 mm coaxial machine gun and can carry a TOW Anti-Tank Missile Launcher. The Bradley increases its lethality via automatic bore sighting, full ballistic fire control, automatic gun target adjustment, aided dual-target tracking and superior sights.

Shaped by Vietnam

LIEUTENANT GENERAL (RET.) ROGER C. SCHULTZ LOOKS BACK ON THAT WAR AND HIS SEVEN YEARS LEADING THE GUARD

BY CHRISTIAN ANDERSON



When Lieutenant General (Ret.) Roger C. Schultz began fighting in the Vietnam War in 1969, he was a first lieutenant in the Iowa National Guard. Attached to the 25th Infantry Division, an Active Duty unit based in Hawaii, he went on to receive the Silver Star for his bravery in combat. He ultimately served as the 17th director of the Army National Guard and remained there for seven years—longer than any other Soldier to hold the post. In this *GX* exclusive, Schultz reflects on his 42-plus years of service.

“ I REMEMBER MY FIRST COMBAT ASSIGNMENT LIKE IT WAS YESTERDAY. WE CONDUCTED MISSIONS WITH THE SOUTH VIETNAMESE AIRBORNE UNITS BY OUR SIDE, AND THEY SERVED WITH REAL COURAGE.”

—LTG (Ret.) Roger C. Schultz

What were some of the challenges you faced as a young infantry officer in Vietnam? I remember my first combat assignment like it was yesterday. We conducted missions with the South Vietnamese Airborne units by our side, and they served with real courage. Our missions were relatively close to the Vietnamese border, and we interdicted the movement of many units from the North Vietnamese Army [NVA]. They were a formidable enemy force, and we never took anything for granted with them. We also fought hardcore Viet Cong units. Don't kid yourself for a minute; these units were every bit as tough as the best NVA units we ever opposed in a firefight.

Do the service members of today remind you of those you knew back in Vietnam? Of course, and these members have earned their place in our nation's history. When you take an oath and serve others, you join a special class. The relationship between Soldiers with similar experiences creates a rare bond, and serving others remains fundamentally unchanged over time. The sense of duty, the purpose of that duty and looking after a fellow Soldier remains a special experience.

What is the biggest lesson you learned during your 42 years of service? I learned at an early age that Soldiers both deserve and expect to be led. They expect to see their leaders set a positive example. And when these conditions exist, Soldiers will respond accordingly. Keep your standards high and lead by example. There is little more powerful than your example. It's your decision.

What is the biggest challenge the United States military faces as it progresses through the 21st century? There is a direct relationship between resourcing and levels of readiness. Soldiers joining the Guard today expect and prepare themselves for deployment missions. That means there must be a strategic campaign focused on sustaining the momentum of service to our nation, state and community. Fielding ready forces in light of the budget reductions will be a major challenge.

While stationed at National Guard Bureau, did you ever find yourself wishing you were out on the front-line again? Of course. There is nothing like it. But going back is not an option. Keep in mind, there remains a unique role for all echelons of mission support. Some have a support role, and some have a combat role. Missions in deployed theaters require a support team that is well-rounded and focused. That focus must be on the Soldiers, their families and their employers.

You are the only Vietnam Veteran Guard member to obtain the rank of lieutenant general and one of the few to receive the Silver Star. How did the Vietnam War shape you as a Soldier? There is no doubt that I have been influenced by my experience in combat, and I don't even know how to fully explain what that means. I lost my best friend there, who served in the 1st Cavalry Division. In all, our battalion lost 12 Soldiers. Those losses remain with me today.

Combat is not for the faint of heart, and it shapes everyone a bit differently. Leading in combat is a rare experience, and there is little time for a delayed learning curve. For me, the whole experience reinforced a new appreciation for being prepared. As an example, family programs in the 1960s were not even close to the programs in place today. These programs have a clear force-multiplying quality.

What is your fondest memory from your 42 years of service? I had the rare opportunity to serve alongside first-class Soldiers and dedicated civilians throughout my tour, and I learned from them all. I could name a mentor at any point of my 42 years and nine-month tour of duty. I went to class every day of my uniformed service by being surrounded by enormously talented Soldiers and civilian employees. Having the opportunity to lead others ranks in a class all by itself. Taking care of Soldiers never gets old.

What was your most important responsibility as the 17th director of the Army National Guard? Providing relevant and ready units remained at the top of the list, and in the seven years I served as director, this part of the list remained unchanged. The foundation, the bedrock, the cornerstone for the National Guard mission success throughout my tour of duty had one basic element in place: the ability of leaders and their Soldiers to adapt. And this quality has been clearly evidenced by the performance of units from across the National Guard for years now. We gave units missions they were not designed to accomplish. We gave Soldiers tasks they simply had to learn on the fly. Our leaders and their Soldiers accomplished every task, every mission and did so time after time, over years of demanding and risk-laden mission environments.

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SOME SOLDIERS CHANNEL INNER STRENGTH.
OTHERS CHANNEL THEIR INNER GLADIATOR.

JULY 29 TO AUGUST 2, VICTORY IS FOREVER
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