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SUMMIT

Information and Entertainment for the Utah National Guard

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Editor's Corner

As I look over the latest issue of the *Summit*, I feel very proud of the feelings, thoughts and themes my fellow Soldiers have captured with their images and words.

When we started the *Summit* we wanted to give more to the Soldiers than just the news going on around them. We wanted to reach the news happening to them and their families and show the effect on them and their communities. Often the placement of pictures, punctuation, spaces and lines aren't perfect but the intent is. We as service members are perfect in our imperfections.

People read to feel, think, escape and to find out if there are others who have similar experiences. This *Summit* covers service to one's country, past, present and future; the behavior of Soldiers on and off duty; and the pride, joy, loss, anger and kindness of those serving and those supporting them.

Several different wars are referenced in this volume through the perspective of many generations of service members. The pattern of remembrance through community involvement, funerals, Memorial Day activities or monuments saturates throughout. Which brings to mind the questions: Are we worried we are going to forget? Are we worried we will become ungrateful? Will we lose our pride in our country?

When an old veteran walks up to you to say thank you for your service and tell you their story and you take the time to listen and you're squirming inside because you know your war "experience" was no where near as bad as theirs, when you take time to put flags on the graves of the fallen, when you take the time to be kind while in uniform or even take a moment to post a comment online in support of our troops, you are keeping history alive and making sure no one is forgotten.

As long as there are Soldiers, no one will forget. We are the guardians and makers of history.

By Staff Sgt. Shana Hutchins

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Remembering the "Forgotten War"



Cover photo: The Utah National Guard Honor Guard folds a U.S. flag during the funeral of Pfc. Cody Towse, of Elk Mountain, Utah, who died May 14, in Sanjaray, Afghanistan, of wounds caused by an improvised explosive device. Towse was an active-duty Soldier serving with 3rd Battalion, 41st Infantry Regiment, 1st Brigade Combat Team, 1st Armored Division, out of Fort Bliss, Texas. Photo by Sgt. Nicolas Cloward, 128th MPAD.

Helping Hooves



Photos from Korea



Mass. Guard Soldiers recall heroic actions at Boston Marathon

FRAMINGHAM, Mass. — News video from the Boston Marathon bombing on April 15, showed Massachusetts Army National Guard Soldiers reacting to the attack by running directly toward the scene of the first explosion to assist.

1st Lt. Steve Fiola, 1st Sgt. Bernard Madore and Staff Sgt. Mark Welch (from left to right in photo), all Massachusetts natives assigned to the 1060th Transportation Company of Framingham, had set off on the marathon course at 5:22 a.m. as part of a group of Massachusetts Army National Guard Soldiers doing the “Tough Ruck,” marching the 26.2 miles from Hopkinton to Boston, carrying approximately 35 pounds each to raise funds for families of fallen Massachusetts service members. The end of that effort had put them into position when the unthinkable demanded even more of them.

One video clearly shows Fiola and Madore rushing across Boylston Street to move the tangle of scaffolding and fencing that separated first responders from the injured on a blood-soaked sidewalk. “It was really hard,” Madore said. “It was intertwined. It was made to keep people out.”

After the barricades were removed, the Soldiers moved to the sidewalk to assist the wounded in any way they could.

Madore was astounded by how quickly medical personnel moved the injured out of the area.

“Literally, when we turned back around, the emergency workers already had all these people picked up and gone,” Madore said. “It was so fast. Those people were amazing. I couldn’t believe how fast the first responders were in there.”

When there was nothing more that they could do, the Soldiers heeded safety officials, went to the medical tent to wipe off as much blood as possible, and left the area for home.

“I’m still kind of pissed, but I’m happy we were there to help,” said Madore. “I don’t feel that we did anything that any other Soldier wouldn’t do.”

All three Soldiers plan to be at next year’s Boston Marathon with their rucks to march again. Eight states and Canada have contacted Fiola about sending Soldiers in 2014. Another six states want to do Tough Rucks at their own marathons. “There’s a bigger meaning behind it now,” Fiola said. “It’s not just about Boston. It’s not just about the Massachusetts National Guard. It’s about Soldiers, and it’s about resiliency and being strong.”



HERO 2 HIRED links employers with Soldier, veteran job seekers

WASHINGTON — Transitioning Soldiers, veterans and family members now have a place to post their resumes and look for jobs: HERO 2 HIRED at www.h2h.jobs. The site was created in November 2011 by the Office of the Secretary of Defense for Reserve Affairs to assist service members in the reserve components, though the site isn’t limited to the reserve component. Active duty service members have been flocking there as well in increasing numbers, said Col. Rob Yost, director, Transition Strategic Outreach, known as TSO.

Employers from more than 12,000 corporations, including small businesses and Fortune 500 companies, are now using the site to hire Soldiers and veterans. Nearly 109,000 Soldiers have already posted their resumes. The site is billed as a no-cost, one-stop shop that links employers with Soldiers.

The site can help Soldiers translate what they did in the military into something that civilian employers might better understand because the software running the site matches what employers are seeking with a Soldier’s skills and experience.

“In the infantry [and in other military occupational specialties], Soldiers learn the value of teamwork, know how to lead a group and value mission accomplishment,” Yost said. “These are highly sought-after skills in corporate America.”



Director: Guard accessible, capable, ready

WASHINGTON — The Army National Guard is accessible, capable, ready and a great value to America, its director told Congress last March.

“Army National Guard Soldiers have repeatedly shown that they are ready to serve,” Lt. Gen. William E. Ingram Jr. testified on Capitol Hill. “All Guard Soldiers have either enlisted or re-enlisted since 9/11, fully aware that they would likely be deployed into combat.”

Ingram testified twice in two days, briefing Congressional committees on the state of the Army National Guard. Tuesday he appeared before the House Armed Services Subcommittee on Tactical Air and Land Forces as it held a hearing on maintaining the National Guard and the Reserves in a time of fiscal austerity. The next day, Ingram testified to the House Appropriations Subcommittee on Defense about oversight of the National Guard.

The general cited examples of the Army National Guard’s accessibility, capability, readiness and value:

- More than 23,000 citizen-Soldiers currently mobilized worldwide, including almost 21,000 supporting Operation Enduring Freedom.
- More than 500,000 individual Soldier mobilizations since 9/11.
- More than 447,000 duty-days conducting state missions in fiscal year 2012, which Ingram called “historically, a very slow year for the Guard.”

• 50,000 citizen-Soldiers from all 54 states and territories and the District of Columbia supported Hurricane Katrina rescue and recovery efforts, while 80,000 citizen-Soldiers were simultaneously deployed overseas.

“Today’s Army National Guard is the best-manned, best-equipped, best-trained, best-led and most experienced in its 376-year history,” Ingram said. “The Army National guard is fully accessible, a proven battle-tested force. Army National Guard units have answered the call and accomplished their mission, time and again, without fail.”



624th Eng. Co. Returns Home

SALT LAKE CITY — The approximately 140 soldiers of the Utah National Guard's 624th Engineer Company, 1457th Engineer Battalion, returned to Utah from their 12-month deployment to Afghanistan April 25 at the Utah Air National Guard Base in Salt Lake City.

The 624th is based in Springville, with detachments in Price and Vernal. Its mission in Afghanistan was to perform vertical construction (structures and buildings) in the U.S. Central Command area of operations in support of Operation Enduring Freedom.

During the unit's deployment, twenty-seven babies (25 single births and two sets of twins) were born to wives of 624th Soldiers. These 25 Soldiers (15 of whom are first-time fathers) saw their infant children for the first time on Thursday.

The Soldiers arrived from overseas at Fort Hood, Texas, where they had been undergoing demobilization processing.

204th MEB Sends Soldiers to Kosovo, Afghanistan

DRAPER, Utah — Approximately 40 Soldiers from the Camp Williams-based 204th Maneuver Enhancement Brigade, Utah Army National Guard, departed on a one-year deployment to Kosovo, one group on April 7 and the other April 26.

The mission of these Soldiers, in support of NATO Kosovo Force 17, will be to provide a safe and secure environment in Kosovo as a third responder behind the Kosovo Police and the EULEX (European Rule of Law in Kosovo).

The Kosovo-bound Soldiers were preceded by an earlier group of approximately 35 Soldiers from the 204th going on a one-year deployment to Afghanistan March 27.

Their mission will be to conduct base operations and base defense for U.S. military installations in Northern Afghanistan in support of Operation Enduring Freedom.

Pfc. Cody Towse honored, laid to rest

SALEM, Utah — More than 1,000 members of the community, military, and local and national government representatives, turned out to remember Utah Soldier Pfc. Cody Towse, who died May 14 in Afghanistan from wounds he suffered when an improvised explosive device exploded during a foot patrol.

The military funeral service, which was conducted by the Utah National Guard's Honor Guard, also was broadcasted to his unit in Afghanistan.

"It's hard to define heroes," said Gov. Gary Herbert, "but Pfc. Towse was a hero, helping people by putting himself in harm's way."

"He lost his life serving his fellow man," Herbert continued. "There is a concern that sometimes we forget the sacrifice of these men and women. It is my hope we come away with an appreciation for the thankless job they do. We here today resolve not to forget, but to remember."

An emotional Rep. Jason Chaffetz said, "It is my honor on behalf of the United States Congress to say thank you, to honor your son and express condolences. I am grateful there are still men and women who will give everything for their country."

Chaffetz added, "I have gone to too many of these services. The military always makes us proud."

"Cody died running in to help. Those are the kind of people that I want my kids to look up to," Chaffetz said.

Brig. Gen. John Charlton said, "Cody Towse was an Army combat medic, a special breed of soldier. Without thinking about themselves they help their wounded brothers. They are often the heart and soul of the unit."

Charlton then described the scene in which Towse lost his life.

"The day he fell we were conducting foot patrol in one of the most dangerous areas of Afghanistan. He didn't hesitate. He knew he was exposing himself to danger." Charlton said. "I can't describe how honored I am to serve with men like Cody."

As a combat medic in the platoon, it is almost a ritual to earn the trust and loyalty of your fellow soldiers, Charlton said. Those who do earn the title "Doc." Towse not only received that honor but he was also called "the candy doctor" because he was always throwing candy out for the children in Afghanistan.

A special tribute to Towse came from Sgt. Adam Hartswick, a fellow medic who lost both his legs in the same attack and is now recuperating at Walter Reed National Military Medical Center. His uncle Mark "Bear" Bearnson, representing Hartswick, said, "Cody and Adam met last September and quickly became friends. They came from different backgrounds but shared common kindred. They felt it was a calling to go into the service. Both were EMTs before."

In a statement from Hartswick, who was listening to the funeral, he said to the Towse family, "I cannot realize your loss today."

To his friend Cody, Hartswick said, "I salute you, dear friend. May you rest peacefully for the good you have done." ■



Photo by Nicolas Cloward, 128th MPAD

Vernal, Roosevelt celebrate the return of their Soldiers

VERNAL, Utah—At mid-morning the main streets in the cities of Roosevelt and Vernal were lined with their citizens waiting to show their support and respect for their local Soldiers. Soldiers from the 1457th Engineer Battalion's, 624th Company's, 3rd platoon, who are based out of the armory in Vernal were being welcomed back by the communities on May 4 after returning home on April 25 from a yearlong deployment to Afghanistan.

"I expected a warm welcome, but not anything this great," said Sgt. Joseph Earlichens, team leader and plumber with the 624th, who was born and raised in Vernal.

Local law enforcement conducted an honorary escort for the Soldiers, which was set up by the community to show their appreciation for the Soldier's service to society. The police officers escorted them down the main streets of both cities with their sirens blaring.

"When our Soldiers come home we need to acknowledge the service and the sacrifice that they and their families have made. That's one of the great things about living in a small community is that people take notice and people care," said Duchesne County Sheriff Jeffery L. Williams, who recently retired from the 19th Special Forces Group as a master sergeant after more than 20 years in the military.

"As a retired member of the National Guard, and having been overseas, I wanted to show my honor and respect for the Soldiers returning home," said Williams.

Behind the law enforcement in the escort



roared a mass of Patriot Guard riders on their motorcycles. The leather jacket-wearing supporters rarely fail to show at an event honoring service members.

"We ride today to honor the troops and say thank you for what they have done," said Ruth Anderson, a Roosevelt resident and member of the Patriot Guard. "They put their lives on the line for all of us and our freedoms."

"I didn't get the chance to serve, so this is just one way that I can honor them and support the troops," said another Roosevelt resident and rider, Jeff Henderson.

The American Legion was also at the event and member Richard Brough, who was a Marine who fought in the Vietnam War, thought it was important for our citizens to support the troops to help boost their moral.

"When we got back we didn't get this kind of stuff and it is important for them to have it," said Brough.

The honorary escort ended at the Vernal Armory where they were met by some of the community and given tokens of appreciation such as Girl Scout cookies and letters written by local school children.

As a team leader, Earlichens knows the importance for things such as this for his soldiers.

We had good times and bad times while we were over there, and after seeing this, my Soldiers can really know that the deployment is over and that they are really home, said Earlichens. ■



Healed By a Hoof



Five people arrived at a home where the directions to it read like lines in a country story: “Take a right on main street until the road narrows, go through the stop sign and take the second road on the left, keep going until you get to...”

Their backgrounds were varied, but their reasons were the same. They weren’t visiting the owner; they were visiting her horses. Traditional methods for dealing with severe trauma had not been enough. These animals were bringing them peace.

Every person in this group was a veteran. Every one of them experienced some form of trauma while serving that has made life more difficult to deal with. Every one of them claims that without these horses, and the program they belong to, they would not be where they are today.

Dr. Laurie Sullivan-Sakaeda is a licensed psychologist who has been practicing for over 20 years. She started a program in 2002 called A Helping Hoof.

According to her website, “...was started to serve

the need of veterans who are struggling with the symptoms of PTSD, whether they be debilitating or annoying.”

She says A Helping Hoof uses the herd mentality and sensitive emotional perceptions of horses to help the veterans get in contact with their own emotional states. It is called equine facilitated psychotherapy and this program has partnered with the Veterans Administration as an accepted form of therapy.

While the Department of Defense does not necessarily endorse any one established program, Ken Francis, the Military life consultant with the Utah National Guard, would like to see equine-facilitated psychotherapy brought more prominently out as an option.

“If you’re not interested in traditional therapy, you can consider equine therapy. It is more of an inadvertent way to address their problems. It can be very therapeutic in a different way than sitting in a room with a couch,” he said.

As of 2010, the Utah National Guard had deployed over 5,000 service men and women to either Iraq or Afghanistan. These numbers were compiled by the Citizen Soldier Support Program at the University of North Carolina at Chapel Hill using information from the Defense Manpower Center and the Department of Veteran’s Affairs.

It is now 2013, Operation Iraqi Freedom is complete and Operation Enduring Freedom is winding down in Afghanistan.

For the 5,000 that served from 2003 to 2010 and the Soldiers and Airmen that deployed afterwards it was not always easy returning home. Nightmares plagued dreams, robbing people of sleep. Tempers and frustrations flared without the ability to explain what was actually bothering the Soldier or Airmen. This did not happen to all returning Service members, but for some, enough happened “over there” that they came home with something no one wanted: PTSD.

The Mayo Clinic defines Post-Traumatic Stress Disorder (PTSD) as a mental health condition that’s triggered by a terrifying event.

Symptoms may include flashbacks, nightmares

and severe anxiety, as well as uncontrollable thoughts about the event. The condition is common enough that Merriam-Webster has a near-identical definition in the dictionary.

For one of the people in this group, their diagnosis of PTSD was brought on by reliving moments in an emergency trauma care center; for another, the stress of dealing with scars from a sexual predator had brought about her case.

Dr. Sullivan-Sakaeda, or “Dr. Laurie” as many of the members of the group call her, says that the horses in her program can sense the emotional energy of the veterans and if a group member has a lot of anxiety or suppressed emotions, the animals will act almost as a barometer of what that person is really feeling.

“Especially with our mustangs, if you are not in charge of your energy they will sense it.”

One group member, who asked not to be named, cordoned off a corral into a smaller section to work with one of the more sensitive horses.

“I wanted to get a halter and lead on him,” he said in a quiet voice after he came out from exercising one of the animals. The intent was to show the veteran was in charge because this mustang sometimes likes to play “wild horse” when he is in a smaller pen.

“You’ve got to have total confidence. I slowed down when I approached him so he would stop running and instead of getting all twitchy when I touch him. Once (during this exercise) he let me touch him on his rump and along his sides.”

Dr. Laurie says this horse is newer to her group and doesn’t like to be touched. So much so, that he still has some of his winter coat along his withers and spine. That this veteran was able to project enough confidence to approach the horse to pull out a clump of his winter hair was a big deal.

Richard Luke served in Germany during Operation Desert Storm as part of a medical trauma unit and is still dealing with memories of people he treated during that operation and the rest of his time in the military. There were 18-20 year old kids, as he calls them, crushed by vehicles from just driving on the streets of

Germany, burn victims and one Soldier he vividly remembers that was injured in the Khobar Towers attack of Saudi Arabia in 1996.

"I was not really able to talk about this stuff before the horses," the former medic said, the timbre of his voice wavering as he describes some of the nightmares he has had and his reactions to normal everyday sounds and smells that bring him back to the trauma room in Landstuhl's medical center.

"It would come out of my voice, but never my eyes," he said.

The horses, he said, made him actually deal with his past, not just bring it out in discussions like one would talk about the weather.

After taking a moment to collect his thoughts, Richard confidently continued.

"What people have seen of me is a mask. This has allowed me to not always have that mask present. I can honestly tell you that this program has done more to help me than all my other therapies combined."

Dr. Laurie emphasized that Helping Hoof isn't de-

signed as a riding therapy and the sessions with horses include exercises that give the veterans something constructive to do, a goal to accomplish, and forces them to look at their emotional projections.

An example she gave is telling a new member of the group to put a halter on a horse with no further directions. A lot of people don't even know how to put a halter on a horse, much less gain their trust to put it on them.

"Success comes at different levels," she continued. Were you able to approach the horse? Did you recognize that your frustration at not being able to approach the horse was then making it skittish? "There is success in the steps as well as the goal."

Sometimes it is as simple as currying a horse's coat. "There is something very relaxing about brushing a horse, but not everything is as simple or easy as that."

Sometimes the subject matter will get very intense (during a session) out on the field and within five minutes the person will be surrounded by horses offering support and comfort."



The pamphlets promoting A Helping Hoof state that the program's mission is "To Bring Veterans Home from War, Trauma and Fear." Dr. Laurie says that you can contact her about the program through her website, www.ahelpinghoof.org, or receive a referral through Mike Scott who works with Therapeutic Recreation PTSD at the VA. He is also listed on A Helping Hoof.

Some travel pay is reimbursable through the administration if you come to the program through that agency.

Dr. Laurie says that you have to earn a horse's trust before you can really work with them.

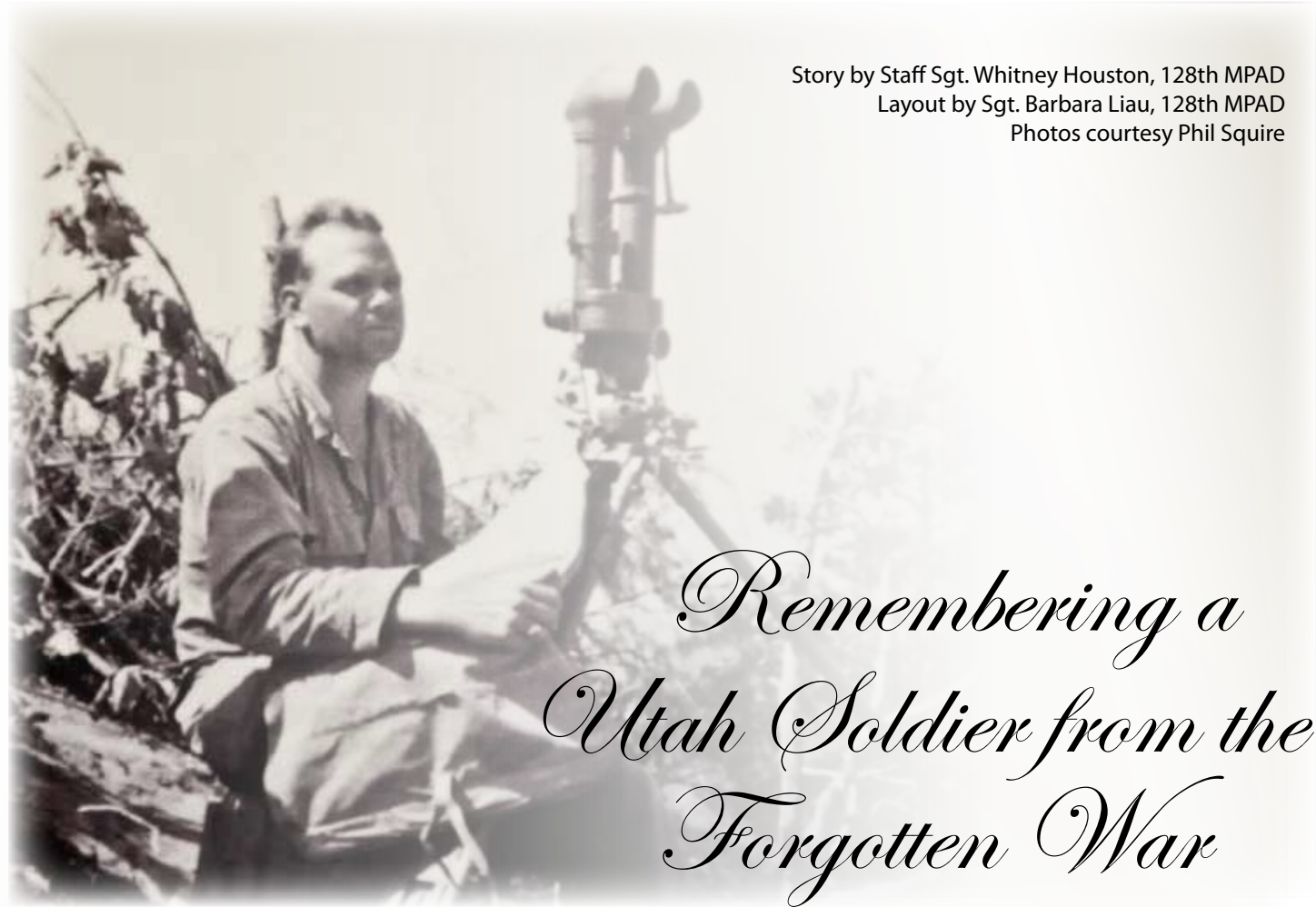
"For those with PTSD, trust does not come easily," she says, pointing to herself. "With this program, there are no expectations. Some people feel more calm with, and around, horses. Or you can just come and sit, breathe in the air and openness." She shrugged her shoulders, "If you don't feel safe, you don't feel trust." ❏

Left: Tim tries to persuade Marguerite to walk into a horse trailer during an exercise. Tim is a Navy veteran. Below: Dr. Laurie Sullivan-Sakaeda and two veterans, Tim and Richard, look at Akai, a mustang and lead stallion for the program's "herd," during a session with one of three current veterans groups.



Tim, a Navy veteran who has been with Helping Hoof for about two years, prepares Marguerite for a trailer familiarity exercise.





Story by Staff Sgt. Whitney Houston, 128th MPAD
Layout by Sgt. Barbara Liau, 128th MPAD
Photos courtesy Phil Squire

Remembering a Utah Soldier from the Forgotten War

ST. GEORGE, Utah — July 27th will mark 60 years since an armistice was signed between North and South Korea, ending the Korean Conflict. The Korean War has come to be known as “The Forgotten War.” To a certain Utah veteran it is far from forgotten.

Phil Squire, a well-groomed battle tested veteran from La Verkin, Utah, who served with the 213th Field Artillery Battalion, Utah National Guard, during both WWII and the Korean War, described his experience on the Korean Peninsula from his home in St. George, Utah, using a common rhetorical phrase of his time, “it was the Cold War turned hot.”

Squire solemnly explained some important historical facts: that Korea historically was an invasion route for both China and Japan, that after World War II Russia oversaw Korea North of the 38th parallel and the U.S. advocated South of the 38th parallel, and when the U.N. mandated free elections, a stage was provided for the Cold War to play out.

“It was called a ‘Police Action’ by President Truman and became known as the ‘Forgotten War.’ Whatever it may be, what happened from June 25th 1950 to July 27, 1953 can only be described as a bloody Korean

War,” Squire said.

Squire offered his own personal reasoning as to why, perhaps, the Korean Conflict became known as the Forgotten War.

“Few of us wanted to die for Korea, and nobody did a good job of making us understand why we were ordered to defend it. We came back with no great sense of accomplishment or pride. Part of that was because of the attitude of the nation,” he said. “Our nation never understood this war. Partly, it was because we did not ‘win’ as in other wars. We were confused as to why we served or what we won. Now, it is more clear. The sacrifices made by Americans in Korea during 1950 to 1953 did much to make that region a better place.”

Squire expounded on the selection process of the 213th Field Artillery Battalion as one of the first guard units activated in the U.S. to go to Korea. They were alerted on August 19th of 1950, and the battalion consisted of about 295 men from the communities of

Above: Phil Squire, a Korean War veteran, utilizes a ballistic compensating device during an artillery mission in the 1950s on the Korean peninsula.

St. George, Cedar City, Beaver, Fillmore and Richfield, among others.

In a discourse that Squire gave to his local community on Veteran’s Day back in 2000, he quoted Capt. Blaine Johnson, of the 213th’s Headquarters Battery, which gives a little more clarity on the matter of selection. “They choose guard units on the basis of Army test results. Every National Guard unit has to have periodical tests as to battle preparation for use in the field. Our unit tested, and we came out as the highest rated in the United States, so we were called,” Johnson said.

There was a lot of pride in being one of the first guard units to be called to the front, Squire said. “That pride was carried all the way through Korea by the way each man performed his part,” he said with confidence.

There are many indelible memories that were wrought in Squire’s mind that made the Korean War unforgettable.

He recounted one such memory.

“I had some hairy experiences in Korea that made me happy to come home,” he said. “I was reconnaissance and survey officer, and I was on the OP [observation post] as a forward observer with the infantry most of the time calling in fire missions for the artillery.”

“My crew was very efficient at measuring both our own, and the enemies positions. We could move rapidly and commence firing rapidly, and because of this, they used us a lot.”

“As I recall, we pulled into a certain area one evening, the guys made their measurements and were putting thumb tacks on the map indicating our position. The head sergeant of the infantry outfit we were with, requested that I recheck my crew’s figures.”

At this point in the conversation, Phil’s eyes widen and his tone changes as to put emphasis on what he’s about to say.

“Now, that was the only time I was asked to re-check our measurements. We were so efficient, that we were never asked to re-check. I moved around the table to do just that, and as I moved from that spot, a hole was ripped through the ceiling of our tent and we heard a loud thud. I looked back to where my two feet had been, and there was a hole in the ground and steam coming out of it. I finished rechecking the measurements, and then got a shovel and dug down about eight to ten inches, and there was a piece of shrapnel about three to four inches long that had sunk into the ground right where I was standing. Again, that was the only time I was asked to re-check any type of measurement.”

This is one of many memories of close calls that Squire had during his 13 months in Korea. He attributes his safety to divine intervention. He spoke with emotion and gratitude as he described the heaven’s hand in his safety.

“I think that the Lord worked through that sergeant, so as to move me out of the way of that piece of shrapnel that undoubtedly would have hit me,” he said, “The Lord brought us all home.”

Whatever the case may be, the Korean War was an Unforgettable War in the eyes of this veteran, and many others who served in the conflict. Although the Soldier’s “victory” was elusive at the time of the armistice, it is readily seen in the success of modern day South Korea. ■



Squire in the field, 1950s.



Left: Squire inspecting artillery equipment. Center: Squire posing for a picture with a Korean officer. Right: Ruck marching in the Korean mountains.

A touching sculpture depicting a true story of two brothers embracing on the battlefield symbolically embodies the Korean Conflict. A Republic of Korea officer on the left embraces his brother, an enlisted Soldier in the North Korean Army on the right, signifying love, forgiveness and a desire for reconciliation and reunification. The crack down the center of the dome is symbolic of the great divide between the two countries. The granite on the dome was collected from all around South Korea representing a collective effort and sacrifice of South Korean heroes. Photo by Staff Sgt. Whitney Houston, 128th MPAD.



The DMZ, or the demilitarized zone is a 160 mile long "buffer zone" between North and South Korea, which runs along the 38th Parallel north. The buffer zone is approximately 2.5 miles wide which was the distance that troops were ordered to withdraw in the Armistice Agreement in 1953. The DMZ is heavily militarized and monitored with mine fields, electric fences, observation posts and other security means. Images of the DMZ are seen below, including the North Korean propaganda city of Kijong-dong. Left, is a depiction of North Korean workers blasting and excavating in one of four tunnels that were made to infiltrate South Korea. Photos by Staff Sgt. Whitney Houston 128th MPAD.





Images from the Korean War Memorial in Seoul Korea. Corridors honoring the fallen, and a wide spectrum of art depicting the Korean people during that time period provide a window into the past. The memorial gives a keen sense of honor and respect for a multi-national sacrifice for freedom. Photos by Staff Sgt. Whitney Houston, 128th MPAD.



Keeping It Cool: Summer Hydration

Drink Water.

It's what Soldiers hear all the time when they are on a range, on a road march, and before, during, and after physical training. If they complain they have a headache, a backache, or generally feel a bit under the weather, a Soldier is sure to hear some non-commissioned officer, somewhere, tell them to drink water.

So what happens when the Soldier goes home?

During the summer months Soldiers spend more time outdoors, enjoying the sun, activities and sports that are associated with warmer weather. Things like golf, swimming, fishing, camping and hiking are all outdoor activities, and at first glance most people probably wouldn't think about hydration being an issue with them.

Golf is a relaxing sport, as is fishing. Sure you need some water when camping and hiking, but do you really need all that much? And swimming, you're in the water. Why would you get dehydrated while swimming?

The problem is, the water requirements for all of these activities are more than you would think. And in all honesty, how many of us actually think about drinking water?

For many of us, we drink when we are thirsty and for the most part that is okay. But if you are outdoors, in the sun, you need

to drink more, regardless of the activity.

Dehydration is actually a combination of factors; your water intake is a big one and the one you have the most control over. Your body sweats as a way to regulate your core temperature. Continuously keeping your body topped off with fluids allows your body to maintain that desired temperature.

Drinking usually replaces up to 90% of your necessary fluid intake, with the other 10% being provided by balanced meals.

Your food intake will generally resupply your body with the necessary vitamins and minerals it needs, so water really is the best replenishing fluid for general outdoor activi-

ties. For extended exercise or sports, a sports drink can replace the electrolytes, vitamins and minerals a body will use.

Staying hydrated is the focal point that a lot of your leaders hit on when you are in uniform, but dehydration accounts for only 19% of the heat injuries treated in a ten-year study. The vast majority (73%) of the almost 55,000 heat injuries dealt with at emergency care centers during the study were for heat exhaustion.

Luckily enough, many of the precautions people take to stay hydrated are things they do to prevent heat exhaustion.

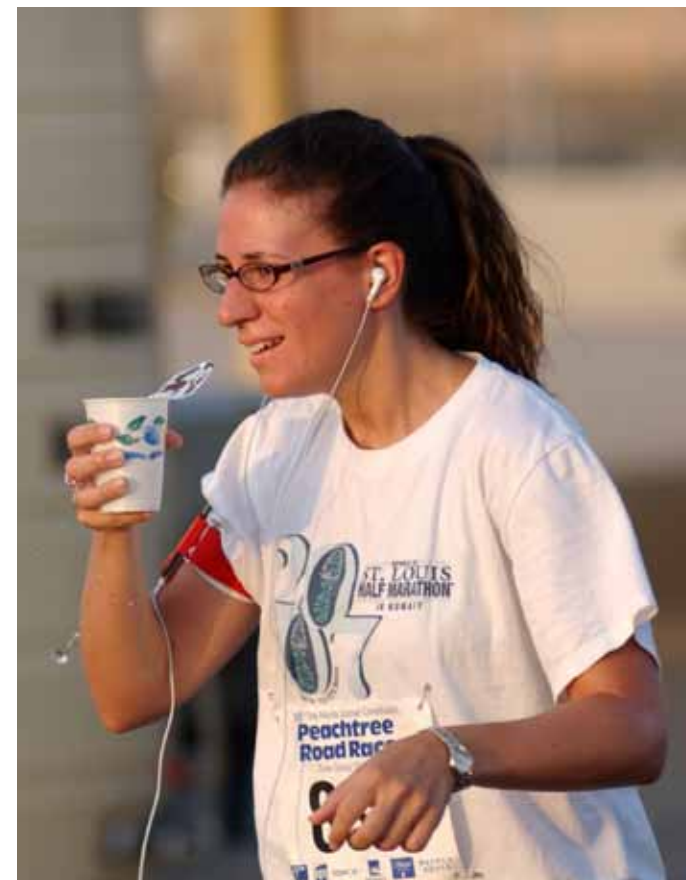
The Centers for Disease Control recommends keeping your skin minimally exposed by wearing loose fitting clothing made out of a "breathable" material. This helps put a cooling layer between your skin and direct exposure to the sun. Your sweat turns the air in that layer, and you, just a little bit cooler.

What you can't cover with loose clothing you can cover with sunscreen and a hat that covers your face and the back of your neck. Getting sunburned raises your body's temperature, making it work that much harder to cool you down.

These are all things Soldiers have heard their NCOs tell them time and again. They all know how to take care of themselves while in uniform, now they need to take that knowledge and use it at home. It's just common sense: the most basic thing you can do to take care of yourself during hotter weather is to think ahead. ■

Heat tips and statistical information were obtained from the CDC, the Department of Utah Health and the study on "Exertional heat-related injuries treated in emergency departments in the U.S., 1997-2006":
<http://www.bt.cdc.gov/disasters/extremeheat/heattips.asp>
<http://health.utah.gov/travelsafety/spring/dehydration.htm>
<http://www.ncbi.nlm.nih.gov/pubmed/21146768>

Photo above right by Spc. Christopher Grammer, 50th Public Affairs Detachment



The most recent study on heat-related injuries dealing with exercise or physical activity covered a period of 10 years (1997-2006) and the estimated 54,983 emergency room treated cases in the United States during that time frame.

Researchers at the Center for Injury Research and Policy of the Research Institute at Nationwide Children's Hospital focused on injuries occurring during warmer or hot weather. During the 10-year study period, the number of exertional heat-related injuries increased 133 percent going from 3,192 injuries in 1997 to 7,452 injuries in 2006.

Overall, heat exhaustion (73 percent) was the most common diagnosis followed by dehydration (19 percent).

Are You Hydrated? Take the Urine Color Test

Urine Color Chart

HYDRATED

OPTIMAL
WELL HYDRATED

DEHYDRATED

DEHYDRATED:
You need to drink more water.

SEEK MEDICAL AD:
May indicate blood in urine or kidney disease.

*This color chart is not for official use.

Water Consumption Table

Heat Category	HEAT index °F	Easy Work Water Intake (Quart/Hour)	Moderate Work Water Intake (Quart/Hour)	Hard Work Water Intake (Quart/Hour)
1	70° - 81.9°	1/2	1	1 1/2
2	82° - 89.9°	3/4	1 1/2	2
3	90° - 94.9°	1	2	2 1/2
4	95° - 101.9°	1 1/2	2 1/2	3
5	102° - 109.9°	2	3	3 1/2
6	110° - 119.9°	2 1/2	3 1/2	4
7	120° - 129.9°	3	4	4 1/2
8	130° - 139.9°	3 1/2	4 1/2	5
9	140° - 149.9°	4	5	5 1/2
10	150° - 159.9°	4 1/2	5 1/2	6
11	160° - 169.9°	5	6	6 1/2
12	170° - 179.9°	5 1/2	6 1/2	7
13	180° - 189.9°	6	7	7 1/2
14	190° - 199.9°	6 1/2	7 1/2	8
15	200° - 209.9°	7	8	8 1/2
16	210° - 219.9°	7 1/2	8 1/2	9
17	220° - 229.9°	8	9	9 1/2
18	230° - 239.9°	8 1/2	9 1/2	10
19	240° - 249.9°	9	10	10 1/2
20	250° - 259.9°	9 1/2	10 1/2	11
21	260° - 269.9°	10	11	11 1/2
22	270° - 279.9°	10 1/2	11 1/2	12
23	280° - 289.9°	11	12	12 1/2
24	290° - 299.9°	11 1/2	12 1/2	13
25	300° - 309.9°	12	13	13 1/2

U.S. Army Public Health Command (Provisional)
<http://dhs.usa.gov>
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Purpose

- With normal kidney function, your level of hydration is indicated by the color of your urine. Some vitamins and supplements may cause a darkening of the urine unrelated to dehydration.
- Since heat-related illness often follows dehydration, this simple test will help protect your health.
- Dehydration also increases your risk for kidney stones.

How does it work?

- Match your urine color to closest color in the chart and read the hydration level on the chart.
- Watch the urine stream not the toilet water, as the water in the toilet will dilute your urine color.
- In response to dehydration, the kidneys conserve water and excrete more concentrated urine; the more concentrated the urine the darker the color.

Prevent Dehydration

- No amount of training or acclimatization can reduce the body's requirement for water.
- Follow the water consumption guidelines in the water consumption table.

Soldiers Must be the Examples That Americans Expect of their Military

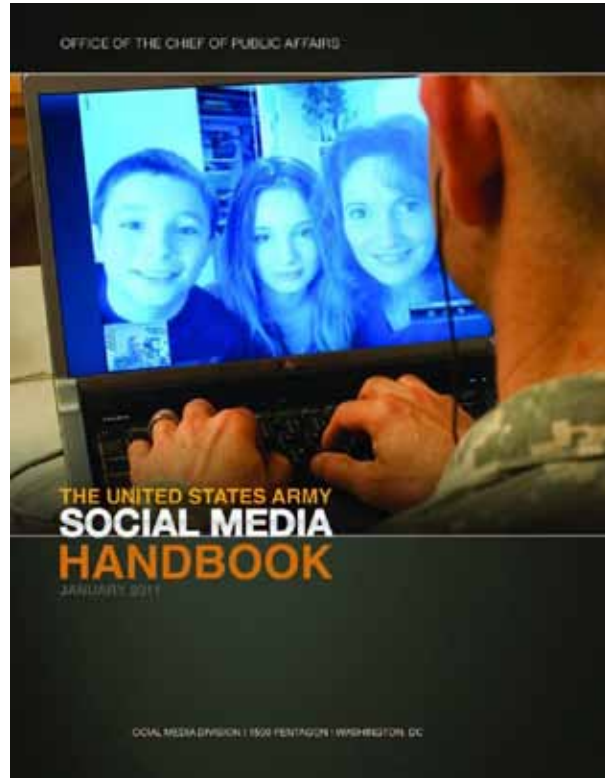
From the moment we swear an oath to defend our neighbors and our nation, we military members are held to a higher standard. We're supposed to groom well, dress sharp and walk with authority. When we speak, civilians listen.

No one is perfect, but we should strive to do our best. Friends of mine have come to me complaining about the conduct of military personnel they've encountered, both online and in person. They're angry about their conduct, but they're frustrated that it seems like every Soldier, Marine or Airman they face is foul-mouthed and undisciplined.

One place that gets lots of us in trouble is Facebook. Not long ago a friend came to me about an active-duty Soldier who was causing grief and trouble to one of their friends. The Soldier's profile picture was his dress blues, and the posts he was writing were so appalling, we decided to contact his command.

Facebook is a great tool to keep in touch with friends and family all over the nation and even the world, but it's easy to forget there are people, many people, on the other end watching what we say.

Part of our identity as service members is how we conduct ourselves. We all know how to show respect. It's instilled in us in basic



training. When a civilian sees a service member acting inappropriately, they question our standards. The creeds and the values of our services are hollow words to them if they don't see it with our actions.

Not every mistake requires a heavy hand to correct, most just take a buddy watching your back. We need to pay attention to our friends and our fellow service members and let them know when they're going too far or when they need to shape up.

As leaders, it helps to follow your subordinates' social media. They're part of your team and it lets you know what's going on with your Soldier's lives. Don't be the Internet police, but be a friend to

remind your Soldier what's appropriate and what their military values are.

We as Guardsmen may only put the uniform on once a month but we're always Soldiers and Airmen. We must watch out for our fellow service members and keep them from forgetting their responsibility.

As a specialist I have my leaders on my Facebook page; they see whatever I post and they can send me a private message when I start to get out of line. Life happens and we've all got our problems, but my leaders are there to support me, boost my discipline with their presence, and keep me from embarrassing

the uniform and myself. Once the heat of the moment passes, I'm genuinely grateful I had someone watching my back.

We need to be the best our nation has to offer. We are the .5 percent of the population who wrote the nation a blank check and chose to live by a higher standard. When we speak, others pay attention.

As a public affairs specialist, it's my job to tell the service members' story and promote the military values. No one civilian will believe me, without you. It is up to you, the Soldier, the Sailor, the Marine, the Airman, to show what the U.S. military is made of. ■

Forgotten Wars

A couple months ago I had the opportunity to travel to Seoul, South Korea, for my National Guard unit's annual training. Our mission was to train with the South Korean military during the annual exercise Key Resolve.

Before arriving there, I didn't know much about the country except for the fact that there are several thousand U.S. service members stationed there to aid in protecting the country from its northern neighbor. Also, I didn't know much about the Korean War or the world situation that led to it.

After spending a few days being subjected to Power Point briefings about the exercise, our group had some free time and we were all eager to leave the base and explore Seoul. It was suggested by one of the service members stationed there that we check out the War Memorial of Korea that was across the street from our post.

That evening we visited the memorial. It was huge, more like a museum than a memorial. The building had four floors filled with exhibits mostly concerning the Korean War and the sacrifices that were made both by Korean and American service members.

There were several galleries and displays that traced the conflict from its beginning to the Armistice that ended the war. By the time we left the museum I was in awe by sacrifice made by the Soldiers that fought it. I also felt that I had just received a good education on the Korean War and understood it much better than I had before.

Over the next couple of months, I thought about my trip to the War memorial often. I found it very strange that a war that cost so many American lives would eventually be known as the "Forgotten War." To my embarrassment I realized that I had also forgot-

ten this war through my ignorance of it. It started me thinking: what set of circumstances would make a war not be remembered?

It's very easy to see why World War II is remembered. It was a smashing victory for America. Our service men fought the evil powers of Europe and the Pacific and came home with unconditional surrenders from our enemies.

But what about the Vietnam War? There was no clear victory there but it's far from forgotten. On television there are hundreds of shows documenting the ups and downs of the conflict, but almost nothing on the war that preceded it. Is Vietnam recognized today only because of the divide that it caused in our country and the fact that we came home without a definite win?

It seems to me that if a war finds itself in the middle grounds between a decisive win or loss, its veterans may find themselves forgotten by their country. It makes me wonder about our most recent wars, Iraq and Afghanistan. Will they, too, run the course of the Korean War? With the end of

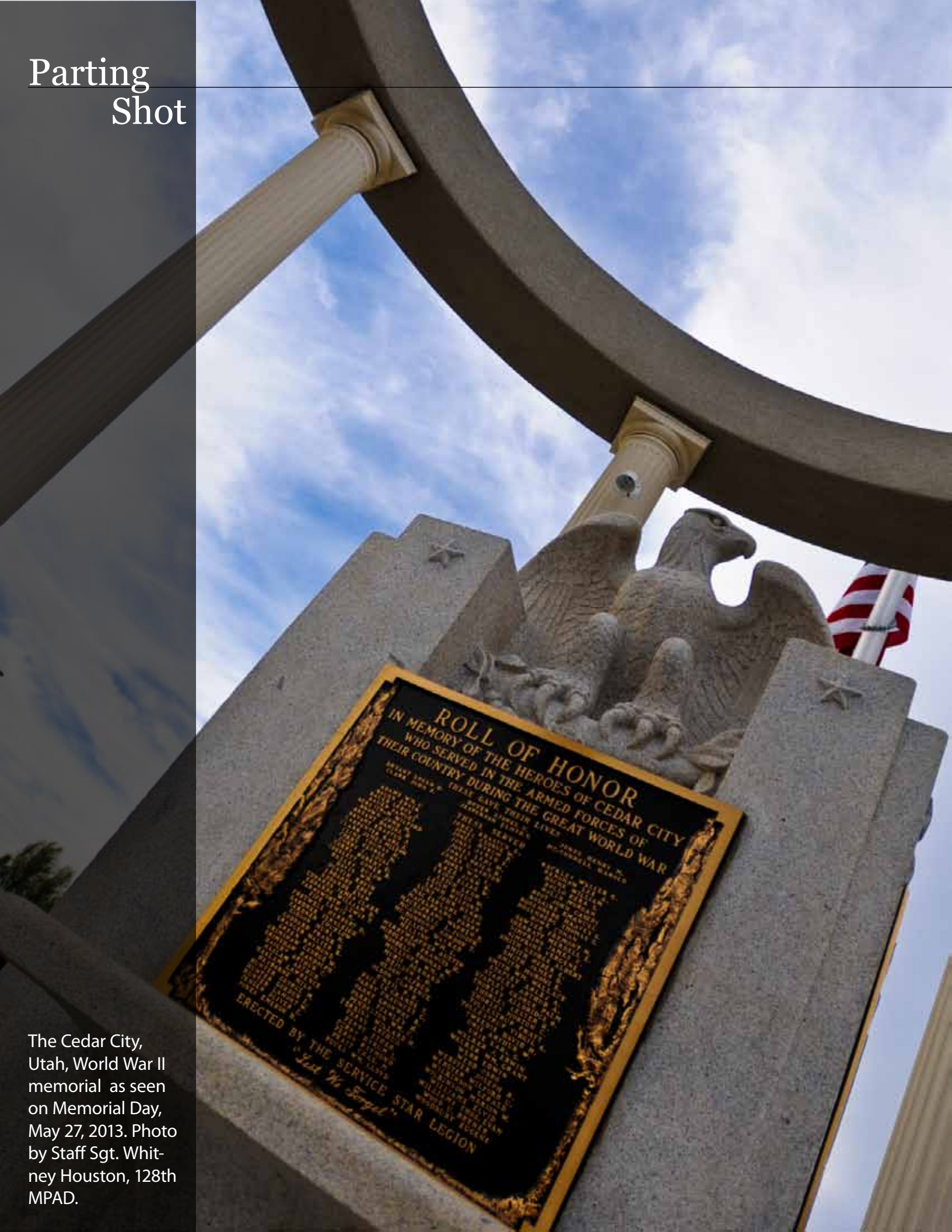
war in Iraq, I still have yet to hear the words victory or defeat to be used in describing it. I've seen many welcome home celebrations for Iraq veterans but no victory parades. Will this land it in the middle ground also?

Hopefully not. Whatever the political outcome, the Soldiers who served in Iraq and Afghanistan deserve to be treated like winners. They volunteered to serve their countries and completed the task that they were assigned, as did the Korean War Veterans.

As I learned from my trip to Korea, it may take many years to know whether a war can be considered a win or not, but those who fought and sacrificed should never be forgotten and should always be treated like the victorious heroes that they are. ■



Parting Shot



The Cedar City, Utah, World War II memorial as seen on Memorial Day, May 27, 2013. Photo by Staff Sgt. Whitney Houston, 128th MPAD.