



THE ARKANSAS MINUTEMAN

**ARKANSAS FOCUSED.
MISSION READY.**

FEATURED INSIDE

**WINNING BIG IN THE
LEGISLATURE**

BEST WARRIOR WRAP UP

YOGA FOR RUNNERS

GET A BETTER ZERO

**HALO JUMPING WITH
THE USAF**

MLRS LIVE FIRE



**CLICK
CORNER TO
TURN PAGE**

3 ROAD WARRIOR

4/5 91ST GENERAL ASSEMBLY

6/7 YOUTH CHALLENGE
HALO JUMP

8/9 BEST WARRIOR

10 RUNNER'S YOGA

11 GUARD YOUR HEALTH

12 HOWIE'S HOW TO:
GET A RIFLE ZERO

13 188TH NEWS CHANNEL

14 ARKANSAS HISTORY: CIVILIAN
CONSERVATION CORPS

15 SAFETY AND THE GUARD
NATIONAL VOLUNTEER AWARDS

16 SOCIAL MEDIA
TAX TIME

17 PROMOTIONS

18/19 PHOTO CONTEST WINNERS

20 MLRS LIVE FIRE
NGAA/EAANG CONFERENCES
39TH IBCT 50TH ANNIVERSARY

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The 1% Perspective

By LTC Jonathan Stubbs, G3, Arkansas
Army National Guard



Soldiers and Airmen of the Arkansas National Guard, make no mistake about it, your service to this great state and nation has never been more important! The words so simply spoken by Winston Churchill below describe the debt of gratitude to the brave British pilots who defeated the German onslaught during the Battle of Britain at the outset of WWII. They remain as true and ardent today as they did 77 years ago. You belong to an elite fraternity whose oath is unlike any other. Your service requires great sacrifice from both you and your family. Your willingness to do what the vast majority of Americans are either unable or unwilling to do is an enduring testament of your courage, devotion, and love of state and country.

"Never in the field of human conflict was so much owed by so many to so few" - Sir Winston Churchill, August 1940

Think of it in these mathematical terms. Our state has approximately three million residents. Our ranks add up to just under ten thousand Arkansas Army and Air National Guardsmen. Simple division provides us with a clear and profound reality; for every 300 Arkansas' citizens, there is one (yes, ONE!) Arkansas National Guardsman ready and willing to defend, to protect, and to sacrifice oneself in the name of freedom, security, and prosperity. This 1% reality is not only applicable to Arkansas, but can also be applied when examining service nationwide. For every 300 Americans, there is but one uniformed service man or woman "standing in the gap," prepared to defend the ideals that make our country the greatest on earth. What a privilege, but what a responsibility!

This is why your service is so critical to our nation now and into the future. Regardless of whether you are a private-first-class, an airman-first-class, a staff sergeant, captain, or colonel, there are citizens counting on you, on all of us, to be ready. We have a wonderfully diverse, hopeful, and hard-working "300" standing behind each one of us. They are our family members, co-workers, children, and fellow-countrymen. They are depending on us to be trained, physically strong, resilient, and grounded in a warrior ethos that is shaped by the institutional values of our respective services.

Therefore, who will take your spot or shepherd your "300" if you are not there? I challenge all of you to reaffirm and recommit yourself to the profession of arms. Ensure you are ready to answer the call. You are an elite representative of the willing FEW and there are MANY relying on your service!

CONNECT WITH US!

Front cover: A soldier from the 39th IBCT's 1/153 Infantry BN rappels at Fort Bliss, Texas. The battalion deployed to Africa in February.



ROAD WARRIOR

LTC CHRISTY GANTT

C 39th BSB (Charlie Med)

Hometown: College Station, Texas

By LTC Joel Lynch

The drive from Southeast Texas to Hazen, Arkansas is not an easy trip, but when LTC Christy Gantt arrives in Hazen it feels like a trip to see her family.

Gantt is a 65B Physical Therapist in the 39th Infantry Brigade Combat Team's Charlie Med, a medical unit similar to the one you see in M*A*S*H reruns (minus the cross-dressing and cowboy hats).

She has made the 8 hour drive every month since August 2012 to drill with Charlie Med. "The Guard is much more like a family than in other units I have served in," said Gantt.

Gantt served in active duty units and the reserves before she joined the 39th. Her love for military medicine and Charlie Med keeps her coming back.

"I love taking care of Soldiers," Gantt explained.

She passes the time on the 430-mile from College Station trip by listening to audio books and satellite radio. "It's a long drive and a beautiful trip."

Off duty, Doctor Gantt is a Department Head and full time faculty member at Texas A&M Health Science Center's Blinn College. She loves teaching and the flexible schedule also allows her to train Medics at Fort Sam Houston.

Gantt appreciates the teamwork and family atmosphere at Charlie Med. "We all pitch in when it's time to go to work," she said. "Everybody helps set up the tents and equipment when we go to the field. Nobody is afraid to do a little work when it is needed."

Gantt has been married to her husband Bob for 30 years. They have five children and the family is very supportive of her trips each month to drill in Arkansas. "I love going to the field and being in a line unit where I am around the soldiers I am responsible for," said Gantt. "I love serving in the 39th and I really like the people I am associated with here in Arkansas. It's a great state."



ARKANSAS' 91ST GENERAL ASSEMBLY HOW THE NATIONAL GUARD FARED

THE MEDICAL MARIJUANA, EDUCATION AND TAX EXEMPTION BILLS
AND HOW THEY AFFECT YOUR NATIONAL GUARD.

By SPC Stephen Wright



Pot isn't for Guardsmen and you need to get back in college is what Arkansas legislators are conveying in two bills that target the heart of the Arkansas National Guard – readiness.

The Arkansas Medical Marijuana Act of 2016 (AMMA) was approved by voters in Nov. 2016 but what exactly does this mean for service members and Guardsmen living in the state? Considering the dual role of the National Guard, state and federal, it does not mean much.

“I can tell you that, if nothing else, this [bill] is doing a good job of informing National Guardsmen in the state of Arkansas of their limitations and their responsibilities in regards to medical marijuana,” said James Howard, President of the Enlisted Association of the Arkansas National Guard (EAANG). “Without something like this, there could be some National Guardsman out there that could potentially make an honest mistake, and assume

that being a caregiver, while possessing the substance, would be okay.”

The Arkansas National Guard discharged nearly 140 Soldiers in 2016 for drug related offenses including abuse of prescription medications. Approximately 170 Arkansas Soldiers were also discharged in 2015 for the same offenses.

This new legislation isn't the only bill on the table affecting Arkansas Guardsmen. Senate Bill 278, an act to provide tuition assistance for Soldiers and Airmen of the Arkansas National Guard, would significantly help Guardsmen trying to finish their college degree.

According to Senator Jake Files, the author of the bill, the strength and personnel of the Arkansas National Guard have been reduced to the point where its readiness to carry out missions and assignments have been



Governor Hutchinson signs Senate Bill 278 (100% Tuition for Guardsmen) into law.

100% TUITION FOR GUARDSMEN

Senate Bill 278

100% State Tuition Assistance up to 120 Semester Hours

Signed into law by Governor Hutchinson on March 13th.

In order to receive this incentive:

- Guardsmen must be an Arkansas resident
- Must have completed Basic Combat Training and Advanced Individual Training
- Must not be not be flagged for any reason
- Must be accepted to and enrolled in a state supported institution of higher education
- Must be working towards a bachelor's degree
- Must exhaust all other tuition assistance, to include federal student aid
- Will go into effect with the fall 2017 semester



compromised. He said in the bill “more educated Soldiers and Airmen of the Arkansas National Guard would provide Arkansas an opportunity to attract more business and industry as a result of a more educated workforce.”

If passed, the bill would allow Arkansas Guardsmen an opportunity to attend a state-supported institution of higher education tuition free once all other educational assistance benefits are exhausted.

According to Lt. Col. Anthony Sanders, Legislative Liaison for the Arkansas National Guard, there are guidelines and oversight that come with this bill and its incentives. He said “The bill covers in-state tuition only, not fees.” “The bill is designed to cover any remaining tuition that a service member owes after all other federal aid has been applied [to the student’s credit].”

In combined effort of the NGAA, EAANG and the Arkansas Veterans Coalition, the military retirement state income tax exclusion which eliminates state income tax on military retiree’s benefits, was signed into law by Arkansas’ governor.

“This bill has been ongoing and working for about five years now,” said Maj. Gen. (retired) Kendall Penn, executive director of the National Guard Association of Arkansas (NGAA). “The end state of this bill is to provide economic development and workforce improvement for the state of Arkansas.”

Penn also stated that even though the retiree’s are going to get some individual benefit from the passing of the bill, “the true beneficiary is going to be the state of Arkansas because they gain an improved workforce that already has an income stream that doesn’t cost Arkansas anything.”

MEDICAL MARIJUANA RELATING TO MILITARY IN ARKANSAS

House Bill 1451
Medical Marijuana

Passed by the House and Senate on March 8, 2017

Regardless of state law:

- Guardsmen can’t possess marijuana, even if it is prescribed
- Guardsmen can’t use marijuana, ever, unless federal law changes
- Guardsmen can’t even be listed as the “caregiver” for an individual that is prescribed medical marijuana



MILITARY RETIREE TAX EXEMPTION

House Bill 1162

Signed into law by the governor on February 7, 2017.

- Exempts military retirement benefits, to include those retired from the National Guard of any state, from Arkansas income taxes
- Exempts survivor benefits of military retirees.
- Goes into effect January 2018



ENCOURAGING MENTORS

By SPC Stephen Wright

Everybody needs a little help and encouragement at times and right now you could have the opportunity to be that helping hand. The Arkansas National Guard's Youth ChalleNGe Program is in need of dedicated individuals that would like to be a part of the lives of our future leaders.

The Cadets who voluntarily enrolled into the Youth ChalleNGe program are given a mentor, granted that enough people sign up to become a mentor. Anybody who can pass a background check and is willing to participate can get involved and become a crucial piece of a Cadet's life.

Mentors need to be able to spend at least 14 months in consistent contact with their Cadet after the mentor completes the four hour mandatory class for mentor training. There are quite a few responsibilities that come with the pride and satisfaction of becoming a YC mentor.

If you are interested in helping a Cadet and becoming a mentor you should prepare to assist the Cadet with their Post Residential Action Plan (PRAP) development, meet the Cadet face-to-face at least twice during their post residential phase and contact their Cadet by phone, mail or in person at least four times a month.

There is still time for you to become a mentor. Youth ChalleNGe is still in need of 22 adults to help mentor these future leaders. For more information on how you can get involved, contact Mr. Jordan Contorno at 501-212-5236.

HEY!
PUSH PLAY!

HALO JUMPS FROM BLACK HAWK HELICOPTER



ENCOURAGING GROWTH

By Tech. Sgt. Jessica Condit 189th Airlift Wing Public Affairs

Standing in line, teens wait anxiously for the unknown. As they shuffle forward, their bags are inspected, males' hair is cut and they are issued basic uniforms and gear. The teenagers, with an age range of 16-18, are participating in a voluntary program called Youth Challenge. On Jan. 13, 2017, the Arkansas Army National Guard accepted 170 new cadets into the program during in-processing at the Fisher Armory in North Little Rock, Ark.

The program is an Arkansas Army National Guard program designed to help and encourage challenged teenagers from around the state and provide them opportunities to succeed in areas where they are falling behind. Teens are eligible to participate in the program based on behavioral tendencies, negative decisions that have led to trouble in school and with the local authorities as well as other issues.

"This program is designed to keep them from failing," said Hugh Leavell, the Youth Challenge public relations officer. "They'll be out of high school for a semester, but they'll still get credit for high school, they'll stay enrolled and they'll come out of the program eligible for a G.E.D, high school diploma or both!"

While the program is similar to a basic training scenario, the participants are offered a plethora of opportunities during the training and after completion of the program. Some incentives during the program include an inside look into the Arkansas National Guard's Army and Air Force components. The students visit different sections at the 189th Airlift Wing at Little Rock AFB as well as units at Camp Robinson. The goal of the visit is to showcase the opportunities the Arkansas National Guard has to offer.

"The 20 Youth Challenge Cadets would not stop talking about the visit to Little Rock Air Force Base," said Brig. Gen. Tamhara Hutchins-Frye, the Arkansas National Guard Director of Joint Staff. "The majority had never been around Airmen or on an Air Force base. Several commented that they wanted to be in the Air Force and wanted to know how to join."

Along with a tour of the 189th AW, the Airmen provided personal testimonies and success stories to the cadets. They discussed how they beat the odds and overcame hardships, opening their eyes to the Air Force career and a stronger outlook on life.

"The Airmen's personal stories about growing up in a gang-infested neighborhood without rules, making poor choices and surviving in a difficult environment provided the cadets an idea of how setting goals and working hard to achieve them will help pave the road to success," Hutchins-Frye said. "Several of the cadets will join the military after this positive exposure."

The current class will graduate in July, 2017. Although the program can be challenging for the cadets, the Arkansas National Guard set the bar high to ensure the cadets reach each step with confidence.



BEST WARRIOR COMPETITION

By Lt Col Keith Moore



The Arkansas National Guard announced the winners of the 2017 Best Warrior competition here Friday, March 3, 2017, after the close of three arduous

days of competition. The winners, Spc. Wacey Connor of Fayetteville, and Sgt. 1st Class John Bradshaw of Hot Springs, were announced at an awards dinner honoring the nine Arkansas Soldiers and their Guatemalan counterparts which was broadcast live via Facebook.



Soldiers representing each command within the Arkansas Army National Guard gathered here at the 233rd Regiment, Regional Training Institute to compete for

the coveted title of Best Warrior for 2017. The Arkansas Soldiers were joined by Cpl. Jorge Vasquez and Lt. Mario Perez from the Guatemalan Army Special Forces, as Arkansas became the first state to invite Soldiers from their State Partnership Program nation to participate.

In announcing the winners Maj. Gen. Mark Berry, adjutant general of the Arkansas National Guard, expressed his admiration of the will, determination and skills of the Soldiers for lasting through the competition. He added that even those who did not win the competition are shining examples for their fellow Soldiers and Airmen, as well as to the citizens of Arkansas, of the kind of incredible people that make up the Arkansas National Guard.

Maj. Gen. Berry and Command Sgt. Maj. Steven Veazey, senior enlisted leader for the Arkansas National Guard, gave special recognition to the Guatemalan Soldiers for their participation and presented them with several honors to commemorate their achievement and the ongoing partnership between Arkansas and its state partners - Guatemala.

The annual Best Warrior Competition is a grueling, three-day contest which tests the mental and physical endurance of the participants, as well as their skill in employing various infantry weapon systems and completing numerous common Soldier tasks.



Command Sgt. Maj. Steven Veazey, senior enlisted leader for the Arkansas National Guard and one of the Soldiers responsible for the annual event said, "This competition is a true test of these Soldiers' warrior spirit. It takes everything they've got just to finish it. They live the warrior ethos every day and I could not be prouder of all of our competitors."

2017 BEST WARRIOR VIDEO

THE WARRIOR ETHOS:

I WILL ALWAYS PLACE THE MISSION FIRST.

I WILL NEVER ACCEPT DEFEAT.

I WILL NEVER QUIT.

I WILL NEVER LEAVE A FALLEN COMRADE.

SCOOPING OUT YOUR PUMPKIN

RUNNER'S YOGA

By LTC Joel Lynch

Sunrise in the military is normally associated with formation runs, cadence and sweating but one group starts the day in a much lower gear with intense stretching and breathing.... lots of breathing.

Capt. Rebecca Anderson teaches a weekly Runner's Yoga to help stretch tight muscles and take a deliberate session of awareness and mindfulness. She leads the 6 a.m. class every Tuesday at the Freedom Hall Fitness Center which includes moving mindfully through a series of stretches and lots of deliberate breathing.

"The number one thing is to remember to breathe," she says. "It sounds simple but we tend to not breathe when we are at our desks. It is important to forget the stress and just breathe."

Flexibility is not a prerequisite for the hour-long session. The class is designed to help increase flexibility. "I go for the stretching aspect," says Staff Sergeant Josh Dowda, the State Ammunition Manager at DSCOPS and a class regular. "It has helped me increase my flexibility."

Many of the Camp Robinson yogis have a lot of wear and tear on their bodies. "In the military we do a lot of running and sitting behind the desk so you get tight and knotted up," she says. "Our yoga class is restorative and designed to help peel the knotty, tight layers back."

Anderson, the commander of the 39th Infantry Brigade Combat Team's Military Intelligence Company, has practiced yoga since 2002. She is a Registered Yoga Teacher and started teaching the class at Camp Robinson in 2016 at the request of the Camp Robinson Running Group. She sends weekly yoga reminders on the group's facebook page.

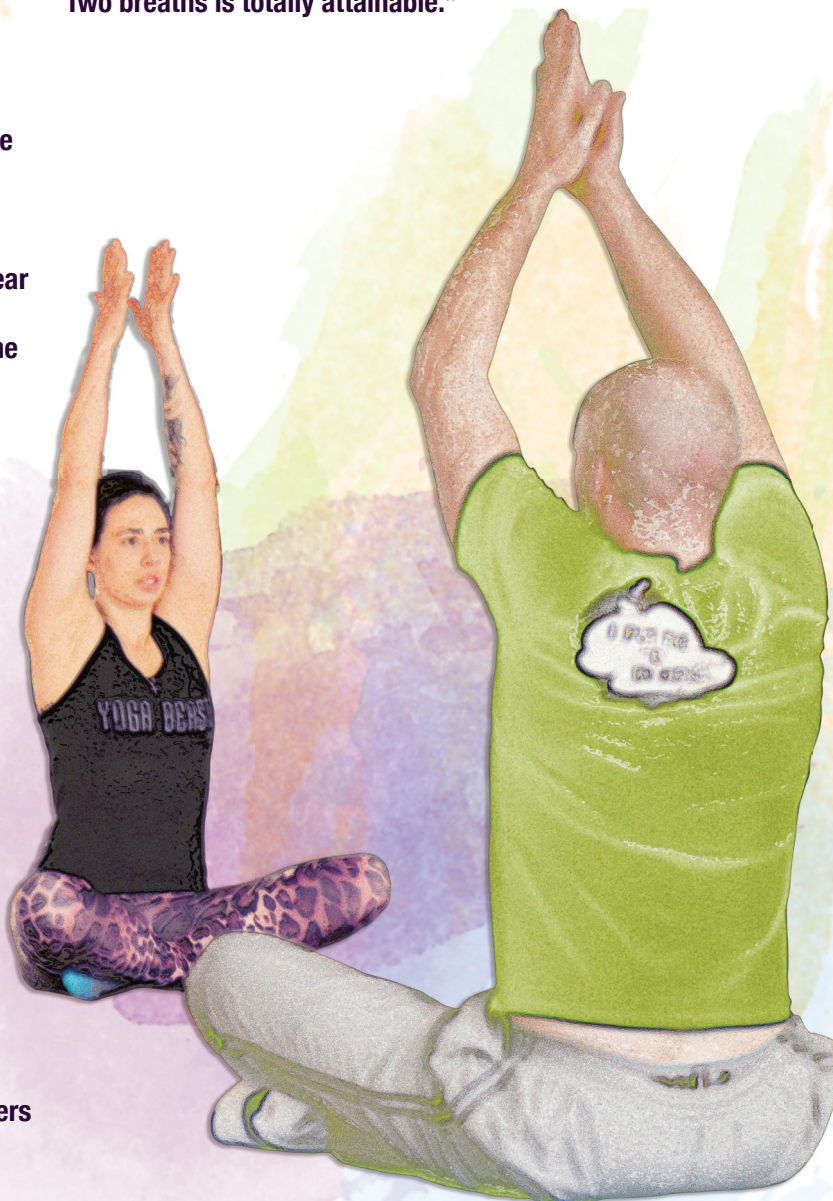
Anderson says yoga helps link your body, mind and spirit. "The issues live in the tissues," she cites a yoga adage. "By learning awareness and mindfulness you will be more in tune to your body. If you listen to your body you will know what you need."

"Sending your breath to an area is a thought and metaphor all in one," Anderson says. "When you are fully breathing and fully exhaling you think about your breath going to that cranky, tight area. "It's like scooping out the guts of a pumpkin...scooping out all the lactic acid and layers of injury and all that grime that causes the stiffness and tightness."

Anderson teaches that by concentrating on the tension in a tight area of your body and allowing something to soften, even if you just allow your face to soften, something else will follow. "It's a form of mindfulness."

Runner's Yoga suggests the class is only for runners but it is open to anyone. She says several older men come because they realize they are injured and don't want to give up what they love. They use yoga to help heal themselves.

Anderson says a good technique to maximize your running ability is to go to sensation but not to pain. "If you push yourself to pain every time you will injure yourself. When you start to feel sensations that don't feel good back out of it and breathe. You can do anything for a couple more breaths. Two breaths is totally attainable."





Stretch every day to relieve muscle tightness, and prevent injuries.

Target areas: neck, upper back, lower back, core, legs.

Safe stretching will prep you for drill weekends and APFT training.

5 Daily Stretches for Soldiers

Tight muscles can lead to injuries, and injuries derail your readiness—whether for drill weekend or a weekend hike with friends.

Stay loose by adopting a daily stretching routine.

Master fitness trainers and certified strength coaches endorse the following routine not only because it'll loosen you up, but also because the exercises are easy to do anywhere, in 10 minutes or less.

Added bonus: stress relief.



NECK

- Start standing straight up, arms by side
- Slowly bring right ear towards right shoulder
- Stop when you feel tension
- Slowly return to starting position
- Repeat on left side

Hold for: 5-10 seconds Repetitions: 2-4

TIP: Flex your abs to stabilize your spine

LOWER BACK / ABS

- Lie on stomach on the floor, legs straight, and arms cocked under you (like a pushup)
- Gently exhale, and press hips into the floor
- Lengthen your torso and curl your chest upwards and away from the ground
- Hold
- Gently lower upper body back to the floor

Hold for: 15-30 seconds Repetitions: 2-4

TIP: Keep your hips pressed against the ground at all times

UPPER BACK AND CHEST

- Sit tall on a Swiss ball with hands behind head
- Rotate to one side until you feel a motion barrier, then stop and hold
- Do a side bend downward and hold
- Gently return to the tall position
- Repeat 5 times on each side

Hold for: 3-5 seconds Repetitions: 5 on each side

TIP: If you don't have a Swiss ball, the third step on a staircase works

HIP FLEXORS

- Kneel at a 45-degree angle to a step
- Put one foot up on the step
- Turn your hips so they are parallel with the step, and grab your knee
- Perform a small "crunch" action to tilt your pelvis back and feel the stretch
- Switch sides

Hold for: 20 seconds Repetitions: 2-3

TIP: Stare ahead and a bit upwards, to keep your neck and spine stable

CALVES, SHINS, AND THIGHS

- Sit on floor with legs extended straight, no bend in your knees
- Sit up tall and place hands on top of your thighs
- Gently exhale as you slowly bend forward at the hips, sliding hands down your legs towards your ankles
- Keep your head angled slightly up, to keep your spine straight
- Continue to bend and reach forward to the point of tension in the stretch, then hold

Release and return to starting position

Hold for: 15-30 seconds Repetitions: 2-4

TIP: Contract your abs to stabilize your spine



HOWIE'S HOW TO GET A RIFLE ZERO

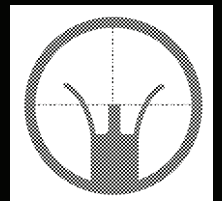
By Lt Col Keith Moore

1. STEADY POSITION: for zeroing, the prone supported position is always used. Lay on the ground facing the target line directly behind the rifle with your legs shoulder width apart and feet flat with toes facing outward. Place the rifle stock against your shoulder and let it rest on a sandbag, block or wooden support and align your sights with your target. Adjust your body position and the length of the rifle stock until you are relaxed with the exception of your head and arm which is holding the rifle.



Marksmanship for a military member is paramount to the purpose we serve – to defend ourselves, our unit, our base/post and our nation. The ability to accurately engage targets with your rifle is a fundamental skill above all others, especially those serving in combat arms positions like infantry, artillery and combat support roles. Every service member receives rifle marksmanship training, but for many Guard and Reserve members they only practice these skills one drill each year.

2. GOOD SIGHT PICTURE: this has several considerations. The sights of the weapon must be vertical to the target, aligned in your line of sight – rear sight, front sight and target image. The shooter's focus must be on the front sight when firing to ensure it is correctly placed in the view of the rear sight while maintaining position of the center mass of the target image. (See graphic).



3. BREATH CONTROL: If you are relaxed behind the rifle with a natural point of aim where the sights fall correctly on the target when you exhale then you are well positioned. Breathe normally for three breaths and hold after the third and squeeze the trigger. Then repeat the cycle for each subsequent round fired.

4. TRIGGER SQUEEZE: Of the fundamentals this is the hardest to teach. It takes practice to learn to feel the crisp break at the point where the trigger releases and fires the round. Don't try to anticipate the recoil. Relax, take up the trigger slowly using the pad of the index finger on your firing hand. Don't try to wrap the finger all the way across the trigger, this results in pulling the shot to one side because you are pulling at an angle rather than straight to the rear.

Here are some quick tips to help you achieve a good iron sight rifle zero! Army FM 3-22.9

FUNDAMENTALS:

1. STEADY POSITION (prone, supported)
2. GOOD SIGHT PICTURE (alignment and focus on front sight)
3. BREATH CONTROL (three and hold)
4. TRIGGER SQUEEZE (not sudden jerk)



X

Click the play button to watch the YouTube Channel.



Up next

Autoplay



Flying Razorback Report Feb 2017
188th Wing
391 views



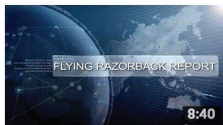
Flying Razorback Report Mar 2017
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VLOG 32 | Some new planes, a rally car, and whatever that thing is.
Discover RC
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KANE BELK BOWL WRAP
WJHL
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PUBLIC AFFAIRS SHOP INNOVATES MONTHLY UNIT NEWS



The Public Affairs office at the 188th Wing of the Arkansas Air National Guard at Fort Smith recently debuted an innovative approach to sharing the newsworthy activities of the unit with its members, families and the public at large. They created a monthly broadcast news magazine entitled – The Flying Razorback Report.

<http://www.188wg.af.mil/Portals/2/documents/The%20Flying%20Razorback%20March.pdf?ver=2017-03-03-101130-840>

The creative product combines the look of a printed newsletter with interactive video segments much like a television news magazine to add an innovative twist to how their readers and viewers receive information. The product is presented on the 188th Wing’s public web page, its’ Facebook page and on YouTube. 188th Public Affairs Superintendent, Tech. Sgt. Chauncey Reed, said the new product was a team effort among the staff.

“It developed out of a group discussion among the enlisted members here in the public affairs shop. We were discussing various assessments of how the public finds and consumes information,” said Reed. “From there we looked at the broadcast industry and how technology is being employed to carry institutional messages to the public.”

As Reed, Senior Amn. Mathew Mattlock and Senior Amn. Cody Martin honed the concept and built an initial program to present to Col. Bobbi Doorenbos, commander of the 188th, for approval they realized getting the requisite video needed each month would not be as daunting a task as originally believed. “We pretty much shoot video on every story we cover – even if it is just a print-focussed story,” Reed said. “Once we realized we were collecting video anyway, then we just had to add time to get on-camera interviews with people as part of the stories.”

Viewers of the monthly presentation would be surprised to know that of the many contributing reporters covering stories for the unit, only Tech. Sgt. Reed is a trained broadcast specialist. Matlock and Martin are school-trained print photojournalists. “We didn’t look at it as an obstacle. We have smart people with innovative approaches and a varied collection of skills, so even if it isn’t according to a textbook this team really enjoys doing this work each month,” said Reed.

The Public Affairs team says they have one guiding principle through which they filter each story they are asked to cover, “How does this contribute to a positive impact on mission, effectiveness or gain public awareness for the 188th?”

The creative news magazine, now in its’ third month of public broadcast for the 188th took over a year to mature to fruition. The airmen had to renovate and upgrade studio space, acquire new cameras, switchers, lighting and editing equipment. Then practice on shooting, editing and producing news package pieces geared for broadcast.

With lots of positive feedback and a growing following of their broadcasts Matlock and Martin say they have two objectives each month:

1. Get a quality product to the internet on the Monday before drill and
2. Let their commanders see them doing outstanding work.

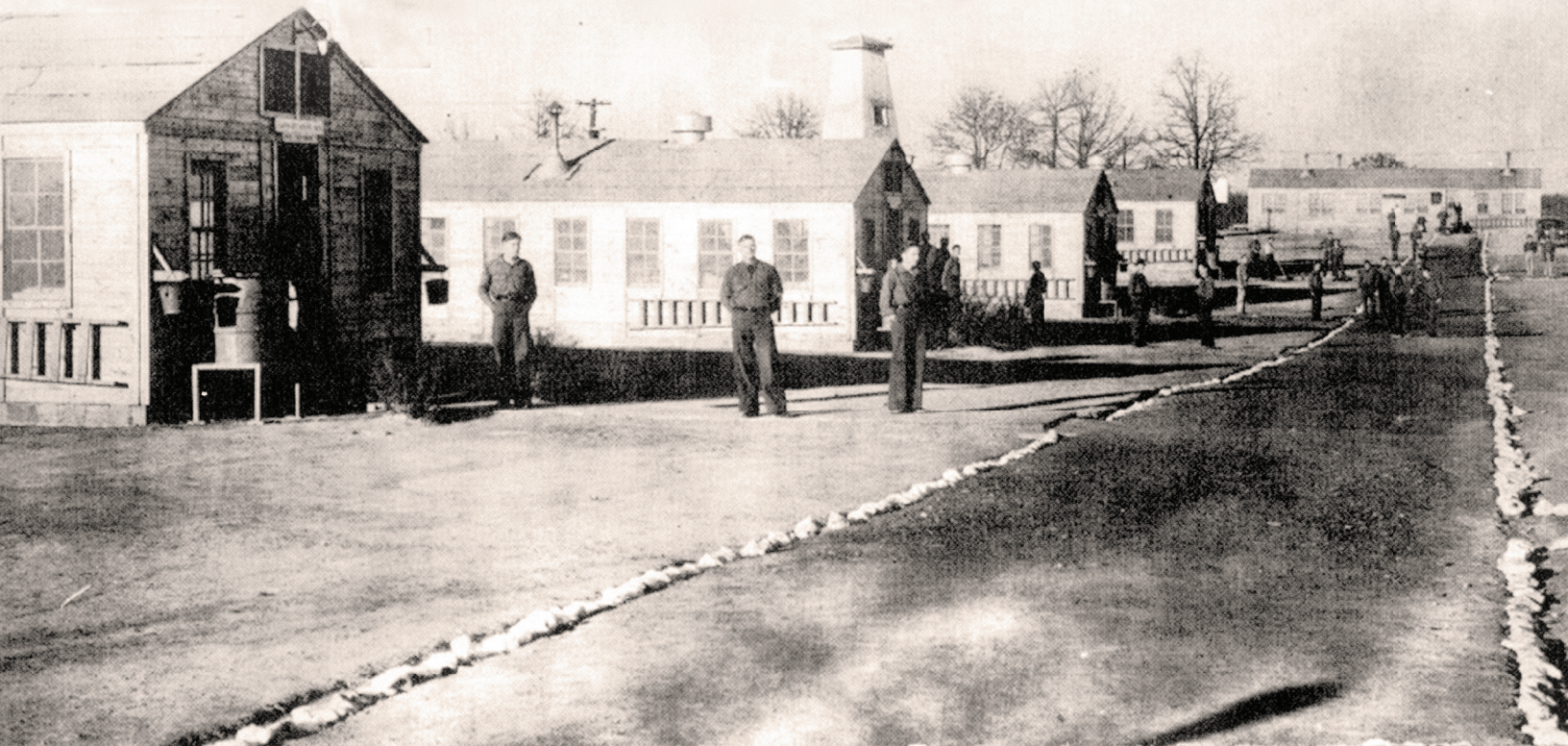
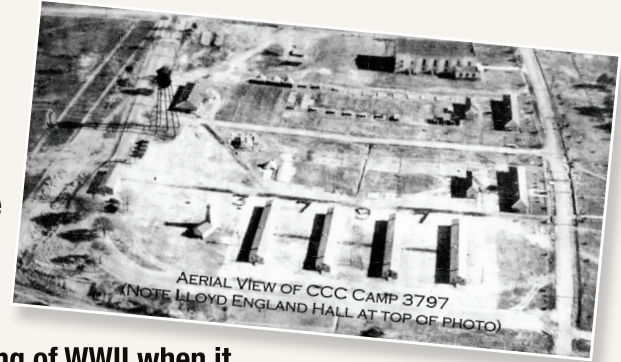
Civilian Conservation Corps at Camp Pike

By Dr. Raymond Screws

Many don't realize that Camp Pike/Robinson was the site of a Civilian Conservation Corps (CCC) camp during the Great Depression of the 1930s. In the fall of 1929, the stock market crashed, and by the early 1930s, one out of four Americans was out of work. In 1933, shortly after President Franklin Roosevelt took office, the CCC was formed as one of the first of the New Deal programs. The CCC was Roosevelt's baby, and he created the work relief program to put men to work during the worst of the Depression. The CCC was a unique government program as it combined the several agencies, including the War Department, Department of Labor, and the Department of Agriculture.

The 3797th Company of the CCC was organized on July 2, 1935 at Camp Pike, one of 39 CCC camps that would be in Arkansas. The company was organized during the time when the CCC was expanding its enrollment, and drew its original cadre from men selected from Company 746 at Lono (near Malvern), Arkansas. The CCC camp was located on the west side of Lloyd England Hall.

The CCC was never meant to be permanent and it lasted until the beginning of WWII when it was no longer needed. Congress officially dissolved the CCC in 1941. Young men were paid \$30 a month, of which \$25 was required to be sent home. During its history, the CCC employed over 1,500,000 young men in almost three thousand camps, and spent over \$750,000,000. The men of the CCC planted 3 billion trees, built 4,700 bridges, 4,000 buildings, 800 state parks, and laid 5,000 miles of water supply lines. Camp Pike's work projects consisted of construction and improvement of a system of roads on the post, clearing land, and erosion control. The camp's personnel also constructed the stone walls that line Missouri Avenue and built a stone recreation hall now used for special events (Pike House).



Company Street, showing the four sections and officer's quarters.



By SPC Stephen Wright

The State Safety Office of the Arkansas National Guard is pleased to

announce the University of Texas Arlington recently recognized COL Phillip A. Hogue as a Certified Safety and Health Official (CSHO) in the construction as well as general industries. The CSHO program, which is taught through UTA's OSHA Training Institute, provides industry professionals with focused training on current federal and state safety and occupational health laws. Hogue, along with his small team which consists of two other safety professionals, advises and assists commanders across the state in reducing human injury rates and equipment losses through effective safety management policies and programs, all of which center around risk management.

According to Hogue, knowledge of risk management equates to a certain measure of safe performance. This knowledge equates to the basic level of safe performance we can expect from our Soldiers and Airmen. He insists that by ensuring our Soldiers and Airmen are appropriately trained in risk management, commands are afforded a reasonable expectation of safe performance. In other words, training is the key.

"Leadership should have a reasonable expectation of safe performance. It is predictable! We know the hazards. What is lacking as leaders is holding our people accountable on the minimum requirements for risk training," Hogue said. He added the four basic requirements on which leaders must focus: the Commander's Safety Course, Accident Avoidance, Risk Management and Motorcycle Safety training. "These are the minimum standards," states COL Hogue, "Without the minimum, the command cannot have a reasonable expectation of safe performance from our Guardsmen." He emphasizes that leaders at all levels must place emphasis on meeting the minimum standard in risk management training. "The lives of our Soldiers and Airmen depend on our basic knowledge of safety standards, and to manage operations effectively and with efficiency."



Arkansans Win Family Program National Volunteer Awards

BY ZAC LEHR

The National Guard Family Program recently presented Dr. Judy Mathewson, 188th Mission Support Group, Arkansas Air National Guard and Camp Alliance, Inc. with National Guard Volunteer Awards.

Mathewson was presented the "Air Guard Extra Mile Award", which is given to one Air Guard retiree who distinguishes themselves with outstanding and exceptional service to the Family Program by continuing to serve the National Guard through their volunteer efforts.

Camp Alliance, Inc., in Rogers, was presented with the "Family Program Community Purple Award", which is presented to a community group, organization, or business that best exemplifies the true meaning of the "purple" concept within the National Guard Family Program by working with and/or supporting both Army and Air Guard activities, Service members, and/or families.

The National Guard Family Program recognizes the importance of volunteers as valuable contributors to the Family Program mission. The National Guard Volunteer Awards Program thanks and honors volunteers who inspire others to engage in volunteer service by giving freely of their time and talents, providing services, resources, or by sharing their skills to benefit Service members and their families.



SOCIAL MEDIA

BLUF (BOTTOM LINE UP FRONT) BY ZAC LEHR

You can be held accountable for what you post on social media if it is prejudice to the good order and discipline of the Armed Forces or conduct of a nature to bring discredit upon the Armed Forces.

Social media allows us to share information to a nearly unlimited amount of people and the Arkansas National Guard doesn't want to stop Soldiers and Airmen from communicating online.

There has been more than one occasion where a Soldier or Airman posted something offensive and was disciplined, and even fired from their job, because of it. Just because you are not on duty does not relieve yourself from potential legal consequences that could result because of your actions.

The ability to disseminate information quickly is a wonderful tool but it can also lead to great hazards if you do not adhere to some basic guidelines.

1. BE AWARE OF WHAT YOU ARE SAYING ON SOCIAL MEDIA.

When using electronic communication devices, Soldiers and Airmen should apply the "Think, Type, Post," method.

THINK about the message being communicated and who could potentially view it.

TYPE a communication that is consistent with Army values.

POST only those messages that demonstrate dignity and respect for self and others.

2. WHEN YOU POST ONLINE IT LASTS FOREVER.

Even after you delete your post it still exists somewhere. Maintain your professionalism on social media. Comments, rants and memes may seem funny, but they will all be linked back to you and could have negative consequences.

3. AVOID CYBER MISCONDUCT.

Soldiers and Airmen using social media must avoid cyber misconduct. The military defines cyber misconduct as "the use of electronic communication to inflict harm; examples include, but are not limited to: libel, slander, harassment, bullying, hazing, stalking, discrimination, retaliation, or any other types of misconduct that undermines dignity and respect. These violations could include publishing of photos, political views, or comments that are prejudice to the good order and discipline of the Armed Forces or of a nature to bring discredit upon the Armed Forces. Online conduct violations are subject to a wide variety of adverse actions, including but not limited to, letters of reprimand, reductions, and separations.

4. ENSURE INFORMATION YOU POST OR SHARE IS RELEASABLE.

It is imperative that you are aware of potential security violations when posting online.

It is never acceptable to post classified, For Official Use Only (FOUO) or pre-decisional information on an official or personal account. It is your responsibility to be aware of the classification and releasability of the material you post.

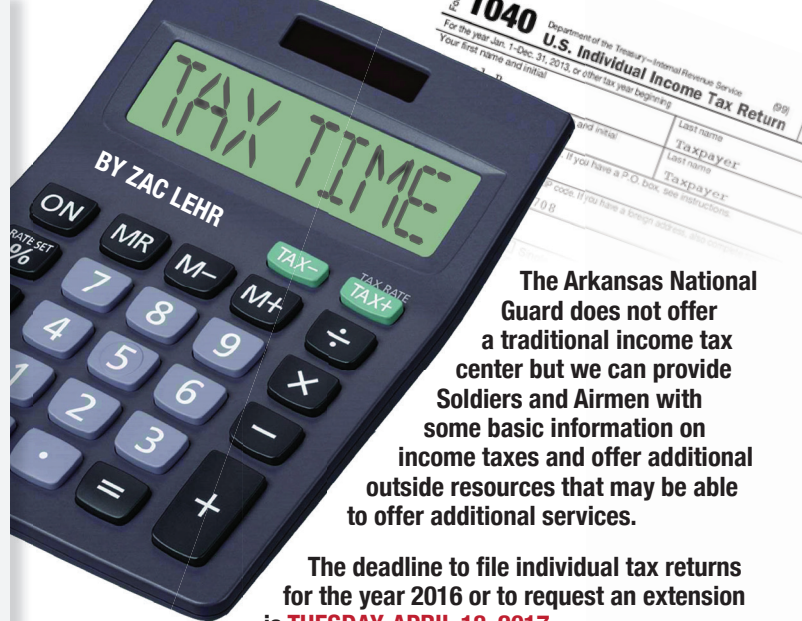
5. BE AWARE OF THE IMAGE YOU PRESENT.

Do not discredit yourself, your family, your organization or the military by using inappropriate language or content. Remember, your behavior online is reflective of the Arkansas National Guard's image.

LTC Joel Lynch, ARNG Public Affairs Officer, said, "I don't look for social media postings because the entire world does it for me." "If you post something offensive, someone will see it, send it to us and tell us why they are upset."

<http://www.arguard.org/docs/OnlineMisconductFlyer.pdf>

http://www.arguard.org/docs/ALARACT_014_2017_ONLINE_CONDUCT.pdf



The Arkansas National Guard does not offer a traditional income tax center but we can provide Soldiers and Airmen with some basic information on income taxes and offer additional outside resources that may be able to offer additional services.

The deadline to file individual tax returns for the year 2016 or to request an extension is **TUESDAY, APRIL 18, 2017.**

DID YOU KNOW...? The State of ARKANSAS MILITARY PAY EXEMPTION (ACT 1408 OF 2013) created a 100% EXEMPTION from State income tax for service pay or allowance received by an active duty member of the armed forces for tax years beginning on or after January 1, 2014. Active duty includes all members of the armed forces, including the National Guard and Reserve Units.

THE MILITARY SPOUSES RESIDENCY RELIEF ACT exempts a military spouse's income from Arkansas tax if the service member's home of record is not Arkansas and the spouse's domicile is the same as the Service member's home of record.

Provisions of **THE MILITARY FAMILY TAX RELIEF ACT OF 2003 (ACT 372 OF 2009)** include exclusion of gain on sale of principal residence, deduction of overnight travel expenses for National Guard and Reserve members, and exclusion from income of "qualified military benefits".

Soldiers and Airmen are able to seek FREE or REDUCED FEE income tax services and advice from multiple sources.

Free Arkansas state income tax preparation sites in Pulaski County: <http://littlerock.org/documents/Free%20Tax%20Preparation%20Sites.pdf>

UALR Low Income Taxpayer Clinic: The clinic at UALR does not offer Arkansas state tax return preparation and filing services, however, it does offer free representation for resolution of tax liability issues, for those who qualify by income.

You can contact this office at 501-324-9441 or <http://ualr.edu/law/clinical-programs/tax-clinic/>.

Military OneSource: Military OneSource offers free income tax preparation and filing for Active Duty service members, including National Guardsmen. <http://www.militaryonesource.mil>

TurboTax: TurboTax offers a military discount to enlisted Active Duty service members. Visit their website for more information: <https://turbotax.intuit.com/personal-taxes/online/military-edition.jsp>

TaxSlayer: TaxSlayer offers a military discount to enlisted Active Duty service members. Visit their website for more information: <https://www.taxslayer.com/Products/discount-military-tax-filing>

PROMOTIONS

39TH IBCT

PV1 BELL ROBERT TYLER
PV1 BROWN KIONA ALIS
PV1 BROWN RUSSELL BRYAN
PV1 BROWN SHINDAIWA MONIQUEJANA
SPC BURKE DANIEL RICHARD
PV1 CAMACHO ALAN HUAPEO
SSG CAMERON PHANARAT
PFC CAMPBELL RASIA SYMONE
PFC CARR KYRIN JQUAN
PV1 CHANEY DAVID LUKE
PV1 CHEZEM WADE MATTHEW
PFC CHILDRESS MADISON TAYLOR
PV1 CLARE STEPHEN TYLER
PFC COLLINS COREY BATTISTA
PFC CRANFORD JAMES JEREL
PV2 CRISCO JESSE ALLISTER
PV2 DOMINGUEZNEGRO JOSE EDUARDO
PV1 DUHON ROGER DALEJOHN III
SPC ENGLISH JYMOND DERELL
PFC FLESNER KRUZ NATHANIEL
PFC FLORES EMMANUEL ISAAC
PV2 GANN WILLIAM CONNOR
PFC GARLAND JACOB TYLER
PV1 GILL WILLIAM SCOTT
PV1 GRAYHAM RYAN WESLEY
SFC HART PATRICK CHRISTOPHER
PFC HENRIQUES MATTHEW THORNTON C
PV1 HENRY WILLIAM LEE
PV2 HICKS CHRISTOPHER MICHAEL J
PV1 HILL BOBBY RAY III
PFC HILLIKER JOSEPH WAYNE
PV2 HOLLOWAY LATREY MARQUISE
SFC HOUSE PAUL BRANDON
PV1 HOUSE RACINE LAMONT
SPC HUGGINS JASMINE ALAYTRION
PV1 JENKINS KOLTON LEE
PV1 KIM SEUNG JOON
CPT MADILL LUCAS BRYAN
SPC MADISON BRANDON JAMES
PFC MCCLUSKEY ZACHARY TYLER
PV1 MCHARGUE NATHANIAL ALEXANDE
PV1 MCNEELY JAKAAL TYRONE
SPC MILLER QUENTIN LARAY
PV1 MINTER ERICA JADEN
PV2 MISENHEIMER DILLON CHASE
PFC MITCHELL KELVIN LAWAYNE JR
SPC OWENS MALCOLM TASHON

PV1 PATTERSON AUSTIN CRAIG
PV1 PINA CHRISTOPHER RYAN
SPC PRIEST RYAN ALLEN
SPC PULLIAM THEODIS WILLIAM JR
SGT PUNZO CHRISTOPHER CAESAR
PV1 RICHARDSON LANDYN SHANE
PV2 ROBERTS TRISTIAN HOLDEN
PV2 ROBINSON JAMES WILLIAM
PFC RODGERS NEKAYA MONTIERRA
PV1 ROGERS IAN CHRISTOPHER
PV1 SPARKMON JAYLON DEASHUN
SPC STEPHENS WILLIAM CODY
SSG STEVENSON TREVOR MATTHEW
PV1 STORMES JUSTIN SCOTT
SPC THOMAS KYRAN LARAY
PV1 TOWLES SIERRA NICHELLE
PV2 TUBBS GARRETT RYAN
1SG WARD RONALD LEE
PV1 WATKINS WILL FRANKLIN
PFC WEBB ALBERT ALONZO JR
CW4 WEBB DARIN MICHAEL
PFC WEBB SHATIA TASHAE
PV1 WILKINSON KYLEN LEVI
PFC WILLIAMS DETERRIONE KENDELL
PV1 WILLIAMS VICTORIA ALEXANDRI
PV1 WILLIFORD STEPHEN MATTHEW
PFC WOODARD CHRISTIAN ANDREW
PFC WORNICK DELANEY BRENT
PV1 WYRICK JOVAUGHN OCTAVIUSDWI

77TH CAB

PFC ALLISON MICAH SINCLAIR
PV2 BANUELOS HAROLD JAYNORIEGA
WO1 BAUM MATTHEW JAMES
PFC BERGMANN JOSHUA PATRICK
SGT COPE MATTHEW JOHNATHAN
PV2 GILBERT MORGAN PATRICIA
PV2 GUARDADO MARTIN DAVID
PFC JOHNSON KAITLYN NICOLE
PV1 LANCASTER ANDREW DEWAYNE
PV1 LINGO NICHOLAS RAY
PV2 MANNS JERMERIAUS JASHUAN
SPC MCKEEVER DESHONDE TERRELL I
PV1 MOLAND LAMAR LEWIS
PFC PETERSEN JOSEPH STEVEN
SGT POWELL DUSTIN RICHARD
CW3 RHYNARD JASON ALLEN
CW3 SMITH DON EDWARD JR
PV1 SMITH LANDYN SYMONE

PV2 SUTTON JOSEPH KEITH
PV1 WARDWELL ROBERT SEAN
PV2 WILLIAMS ANDREW HARVEY

87TH TC

PV2 ANDREWS AMBER LYNN
PFC ARREGUIN JANETH ANAY
SPC BOGLE DYLAN SCOTT
PV2 BROWN DEVON KASHAUN
PV1 COHEN ANNA MARGUERITE
PV1 DICKSON MICHAEL LUCUS
SSG EGNEW BENJAMIN LEE
PV1 FORTE CANDICE SHABREA
PV2 GILBERT TRISTAN ALLEN
PFC HERRMANN CHRISTOPHER ALAN
SPC LAWSON SHAQUONA LASHAWN
SPC LOTT BAILEY RENEE
PV1 MARTIN GAIGE PATRIC
PFC MCMILLEN JUSTIN GARRETT
PV1 MCMILLEN LOGAN ALEXANDER
SGT MOORE STEPHEN CRAIG
PV1 PATE THOMAS EUGENE JR
PFC PEARSON PRINCESS TIYANAMONE
PV2 PETERS JUSTIN MICHAEL
PV1 PRATT ZACHARY AUSTIN
PV1 REICHMAN JOSEPH CONRAD II
PFC ROBISON KENNETH ALEXANDER
PV1 SCHLAFKE ASHLIN ABIGALE
SGT THOMPSON HENRY VON DELL
PV1 TODD SAMUEL ZANE
PV2 TURNER LOGAN EVERETT
PV2 WADE TRAVIOUS KEBRENDONL
PV1 WILLHITE HOPE NICKOLE
SPC WORD JEFFREY LONDON

142ND FAB

SPC ASHBY MARK ALLAN
SGT BRYANT COLBY LEE
PV1 CHRISTENBERRY DALTON SCOTT
PV1 CLARK COLLIN MICHAEL
PV1 EDWARDS CKYLLAR RENEE
PV1 FARINE ZANE AUSTIN
PFC GERRARD JACOB RAY
SPC GOWENS JOSEPH WILLIAM
PV1 GRUBBS TREY ALLEN
SSG HENDERSON DEVIN RAY
PV1 KING MARISHA DAWN
PV1 KING PHILLIP AUSTIN
CW3 LARIMER DONNIE LYNN
PFC MCBEE SHAWN THOMAS

PV2 MCCLENDON TILMAN BRENT II
PV1 MONK ERIC NEIL
PV1 REED SEAN LEEPATRIC
PV1 ROAM AUSTIN JAMES
CW3 SEMICHE BRENT MICHAEL
PV1 STARKEY DYLAN JACK
SGT STEVENS AARON SCOTT
PV1 VAUGHAN BAILEY CLAIRE
PV1 WOOD KOLBEY MICHAELRAY

233RD RTI

MSG BURRUS MARK ANTHONY
FORT CHAFFEE JMTC
WO1 RICHARDSON GIB THOMAS
PV2 RODRIGUEZFLORES EBELY
PFC WYLIE JAMES DANIEL

JFHQ

CW3 GREUEL JERALD WAYNE

MEDCOM

CPT MCCONNELL RICHARD BOWEN II
PV1 MILLER JOHN CADEN

ROBINSON MTC

PFC DREW ANDREW NATHAN
SPC DUHON JUSTIN TYLER
SSG MCGHEE ROBIN ELICE

188TH WING

NO PROMOTIONS TO REPORT

189TH AW

NO PROMOTIONS TO REPORT

THE WINNERS OF THE PHOTO CONTEST



FIRST PLACE *Blake and Kurt*
2LT Blake Mattison receives a good bye hug from his father, Kurt Mattison (USAF Retired) at the 777th send off in May 2016. Photo taken by stepmother, Amy Mattison.



SECOND PLACE *Mortar Live Fire*
SFC Justin Fisher, Photographer: Unknown, 1129 3 July 2014
Instructors at 233 REGT RTI preparing to fire a 120mm Mortar at CJTR

HONORABLE MENTIONS



Captain Scott Lang, 189 OSS
I took the attached photo while presenting the American Flag with fellow members of the Arkansas Air & Army National Guard and Youth Challenge Cadets to honor military veterans on October 1st during the Arkansas Razorbacks football game where they beat Alcorn State 52-10 at War Memorial Stadium.



SFC Justin Fisher, 1129
Early Morning Moon
iPhone 7, 1129
This was taken at 233rd RTI by SFC Justin Fisher, 4601. I was in for my monthly PT session and snapped a picture of the moon on

**THANK YOU FOR YOUR SUBMISSION
TO THE 2016 ARKANSAS NATIONAL
GUARD PHOTO CONTEST**

The rules were: The contest is open to all members and employees of the Arkansas National Guard and their families. Multiple entries may be submitted by an individual but winners are limited to one per family.

Entries must include: A description of what is happening in the photo, who or what is in the photo, including name, rank and unit(s), date the photo was taken and name of the photographer and contact information.

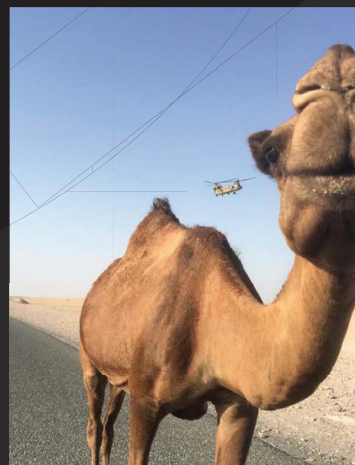


THIRD PLACE *Black Hawks Landing at Fort Campbell*
SPC Bryan Cerrato, 5 UH-60 Black Hawks from B. Co 2-28th at landing at an LZ in Fort Campbell
June 2017 Supporting the 142nd on sling loading 105mm howitzer.

Fisher
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2 Jan 2017
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ver the flag.



CSM Steven C. Veazey
Presenting a Flag to Family member of a Metal of honor Recipient.
CSM Steven C. Veazey
Command Senior Enlisted Leader
Arkansas National Guard



1LT Aaron M. Tomaszewski
On a trip between Camp Buehring and Camp Arifjan in Kuwait, a camel blocked the road and then came up to the window as if to demand food for safe passage. Above, members of the 77th CAB perform test flights in the area.



The 64th General Conference and Exhibition of the National Guard Association of Arkansas

Held **APRIL 21-22, 2017** at the Doubletree Hotel (479-845-7770) and Sheraton Four Points in Bentonville, Arkansas (479-715-6388).

Make your reservations by **APRIL 1, 2017**, for the \$94 room rate.

Register online at NGAA.org and click on the Conference Registration Form below the Eagle.



The 2017 State Conference of the Enlisted Association of the Arkansas National Guard

Held **APRIL 7-9, 2017** at the Marriot River Market in Little Rock (501-906-4000).

Make your reservations now to ensure availability.

Register online at:
<https://eaang.net/2017-state-conference/>

SAVE THE DATE

50th Anniversary
**39TH INFANTRY BRIGADE
COMBAT TEAM**



SATURDAY, MAY 6TH

1PM - 4PM

**KORDSMEIER HALL
ON CAMP ROBINSON**

DETAILS AND UPDATES ON
'39TH BRIGADE 50TH ANNIVERSARY'
FACEBOOK EVENT PAGE. SEND IN YOUR
PHOTOS FROM THE PAST 50 YEARS