**JULY/AUGUST 2017 ARKANSAS NATIONAL GUARD** 



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The Arkansas National Guard has three primary missions- to provide homeland support, support the warfight and develop partnerships. A large part of what makes the National Guard such a unique organization is our partnerships with local, federal and international organizations. Our State Partnership Program (SPP) with Guatemala, along with local, state and federal relationships, are great examples of productive and enduring partnerships. Other partnership examples include the Youth ChalleNGe Program and the Civilian Student Training Program (CSTP). These partnerships highlight our commitment to the community as well as expand our ability to make a difference in the lives of those here at home and abroad.

The Arkansas National Guard forges close partnerships with local, state, and federal agencies to prepare for contingencies and disasters that may strike in our communities. These partnerships provide opportunities to access a broader range of resources and expertise. They also expose Guard members to different skills and mindsets that challenge traditional methods and spur innovation.

The SPP links the Arkansas National Guard with the armed forces of Guatemala to participate in training and other activities that foster long-term enduring relationships. It has become a critical component of U.S. defense strategy and a model for security cooperation in the 21st century. The program develops committed, partnerships focused on enhancing the capabilities of ally nations as well as directly supports a Combatant Commander's security cooperation objectives. The small footprint of SPP is tailored and implemented to benefit both partners and allows each participant to share the best practices of their partner in areas of counter narcotics operations, border / port security, health, academia, cooperative training and exercises.

Our Youth ChalleNGe is a community-based program that leads, trains and mentors at-risk youth. More than 3.400 teens have graduated from the program during its 23 years of operation. These at risk youths receive the structure and educational development needed to chart a better course for their lives. The program has an 80 percent graduation rate and over 95 percent of those graduates are now employed, continuing their education or in the military.

CSTP teaches behavior management, criminal behavior deterrence, citizenship, physical fitness, academic and life skills, and community service. Since its inception in 1993, CSTP has graduated 6,718 students of which more than 800 have earned their GED certificate through the program. In addition to academic achievement, CSTP's success is measured by its 85 percent non-repeat offender rate for graduates.

These are just a few examples of how Arkansas National Guard partnerships benefit the people in our local communities as well as our partners around the globe. Through these partnership programs, other training and cooperative endeavors, the Arkansas National Guard is forging long term relationships to benefit our communities and add value and strength to Arkansas. We are focused on supporting the warfight, the homeland and developing partnerships. Your Arkansas National Guard is always ready, always there.

CONNECT WITH US! **If 9 0 3** 









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## CAMP PIKE

## CENTENNIAL FACTS by Dr. Raymond Screws



With the Minuteman Days taking place on September 15th &16th, 2017 to commemorate the centennial of Camp Pike/Robinson, here are a few facts about Camp Pike from World War I.

- On June 11th, 1917, it was reported by the War Department the construction of Camp Pike would cost around \$3.5 million.
- \$54,000 of locally raised funds were used for mosquito control during construction of Camp Pike.
- On June 26th, 1917, construction began on the first building on Camp Pike and was finished by the end of the day.
- In early September of 1917, the first troops arrived to Camp Pike.
- In one three-month period, 6,000 tons of hay was ordered along with 2,500 tons of ice and 60,000 gallons of gasoline.
- In April of 1917, an infantry replacement and training camp was established on Camp Pike.
- Camp Pike was designated as an infantry replacement and training center on August 21st, 1918.

- The infantry training facility sent 22,291 enlisted men and 197 officers overseas to fight in WWI.
- In June of 1918, 244 African American soldiers reported to the Central OTS.
- In August of 1918 it was reported that 14 million feet of lumber was needed to expand the Post to accommodate 60,000 solders, a population increase of more than 20,000 troops.
- In September of 1918, Camp Pike reached its peak at 54,463 troops.
- The last inducted men arrived at Camp Pike in November of 1918.
- On December 3rd, 1918, Camp Pike was designated at a demobilization center.
- More than 105 thousand soldiers demobilized at Camp Pike following the war.



## Road Warrior

A Road Warrior is a Guardsmen who makes extraordinary efforts to make it to drill.

## CW4 Michael D. McWilliams

1-114th S&S BN, Aviation Safety Officer and UH-72 Pilot in Command

by Zac Lehr

Chief Warrant Officer 4 Michael McWilliams travels more than 660 miles each trip from Oklahoma City to Arkansas to be a part of the Arkansas National Guard.

McWilliams said, "I started with the Arkansas National Guard in 1988. In 2000 I transferred from the ARNG to Active Duty Coast Guard. At the conclusion of this tour in 2008, I wanted to return to the Arkansas Guard to finish my retirement and give back some of the aviation experience I'd accumulated over the years."

He says being so far from home and not having the routine home distractions allows for him to focus 110% on his officer and aviation duties during drill.

McWilliams said, "I have family that lives in the greater Little Rock area. That, along with many friends are an added bonus.

"Arkansas Army Aviation gave me a phenomenal opportunity so many years ago, and I feel a deep obligation to keep paying her back to the utmost of my ability."

When asked what keeps him going, McWilliams said, "(It's the) best part time job ever and hoping to make it another 15 years!"





The camp consisted of many events that encouraged team building and skill enhancement. From fishing derbies to archery practice, the youth stayed busy because of the volunteer work of the Airmen and Soldiers of the Arkansas National Guard. Coordinated by the Child and Youth Services program of the Arkansas National Guard, the volunteers and full-time staff encouraged the children to build lasting friendships with their peers and promoted an open dialogue where the campers had ample opportunity to learn skills and information they

"Getting military kids involved with other military kids around Arkansas is good because they find other kids who have or currently are going what they've gone through," said James Garrett, the Child and Youth coordinator for the Arkansas National Guard. "A lot of the times the kids who make those connections here will keep in contact throughout the years. The relationships expand over the years and they build special bonds and friendships."

could carry with them to achieve future goals.



# Kids aim high at Minuteman Youth Camp



The program also encourages a continued learning process after their initial learning experience. The Arkansas Science, Technology, Engineering and Math Coalition provides further education to the campers who are interested in pursuing goals initially taught at the Minuteman Youth Camp.

"The camp is the beginning of their future,"
Garrett said. "Helping the children achieve goals,
building rapport and maintaining open dialogue
with the kids encourages them continue the
learning process after the initial learning."

## SERGEANT

by CSM James R. Megoloff



The foundation of the Non-Commissioned Officer (NCO) Corps is the Sergeant, and it is the Sergeant that will have the greatest impact on enlisted Soldier development. Ensuring we build professional, highly disciplined Sergeants, which are technical and tactical subject matter experts (SMEs) capable of leading their units, is the most critical aspect of building cohesive teams. After more than a decade of constant demand placed on the Army to rapidly and repeatedly deliver forces the culture of the NCO Corps has changed significantly. This topic could certainly fill numbers of pages, but the purpose of this article is to enlighten readers on the present impacts of the culture as it pertains to the Sergeant and Soldiers they lead. I also want to provide a direction to reinvigorate our culture in order to develop young leaders capable of winning in a complex world against a near-peer enemy.

Since September 11, 2001 our Army has been very busy with deployments to both Iraq and Afghanistan while still maintaining rotational commitments across the globe. The requirement to maintain operational momentum with trained and ready units has shifted how we prepare Soldiers, Sergeants, and leaders. This demand signal required a different approach to training, many times exclusively with a "Roll-on Roll-off" concept and with little to no leader to lead training taking place. Over the past 16 years many of the operational requirements that were considered "Sergeants business" shifted, consumed by other methods of delivery, or were all together eliminated as part of day to day functions as we executed training. This created a gap which helped establish a culture across the force that hindered our ability to properly grow Soldiers into Sergeants.

Our focus has centered on the Institutional and Self-Development domain, especially with our Basic Leader Course (BLC). While the implementation of Select, Train, Educate and Promote (S.T.E.P.) training has helped the development of our future Sergeants, training is too late. Many times they are thrust into position prior to completing required military education and are busy with various tasks but are not getting basics right. This lack of professional military education coupled with the culture developed in our organizations over the past 16 years has created, "the perfect storm." This storm and the post 9/11 approach to training has a negative impact on the culture that was

built in the Army prior to 9/11. A culture where Sergeants were the primary trainers for individuals, crews and small-teams. Units used the eight step training module and conducted company training meetings on a regular basis. Squads and Platoons executed Situational Training Exercises (STXs), Exercise Evaluations (EXEVALs) and Emergency Deployment Readiness Exercises (EDREs), with little to no help from outside organizations, and typically did not require support outside their organic Battalion. The training exercises were also very basic and did not add complication until after a unit demonstrated proficiency of the fundamentals.

This "perfect storm" has resulted in a generation of young leaders who in many cases need all three pillars of development in order to help them successfully coach, train, and lead our Soldiers. This is more complex as we focus on education (structure self-development and BLC) as the de facto method for promotion. The future Sergeant has to meet all the requirements from an operational perspective prior to assuming the duties and responsibilities that come with leading our organizations and caring for our Soldiers. The culture developed over our recent past must be reinvigorated to help foster an expectation and environment where our future Sergeants are measured against the critical operational requirements of their profession. The operational domain is an instrumental pathway for turning Soldiers into Sergeants within our organizations. It is critical that the culture established in our units helps build highly trained professionals who are disciplined, motivated, and confident and that much of that training and development come by, with, and through their Sergeant. The culture in each organization is a very important piece to getting the Sergeant right and it establishes a cornerstone for units to grow future Non-Commissioned leaders who our Soldiers aspire to follow and become as they continue to grow and develop. Second and third order effects of growing Sergeants properly becomes a force multiplier and produces NCOs that help young Officers lead, are value added to Commanders, and provide Senior NCOs a deeper and more competitive bench.

Properly trained and educated Sergeants is where we begin to establish a culture that does not and will not tolerate negative behaviors or ethical problems; a culture that stands firm as the standard bearers for the Army Values. This new culture produces a Sergeant who truly understands their importance, embraces the task and purpose, exercises mission command at echelon, and never hesitates to make the on the spot correction. The Sergeant this new culture turns out sets high standards and will lead by example to help each Soldier reach their highest potential in every aspect of their career. Our Sergeants will have the trust and confidence of their Soldiers, peer, and leaders alike. This new culture will generate readiness, greatly help with recruiting and retention and establish heathy competition for promotion and education. Sergeants will know their Soldiers and recognize signs of potential challenges or changes in behavior which will stimulate confidence in their Soldiers to reach out and ask for help or assistance as required. Ultimately, this culture will develop Sergeants that will prepare themselves to lead, care for, train, and develop the next generation of Soldiers. Professionals, and Warriors. A generation who when called upon to fight our nations' enemies, wins!

## RUNNING MYTHS DEBUNKED

There are a lot of people, especially long time runners, who have an idea of what makes a runner good. You have to have a certain body type, train a certain way and eat certain foods. If you don't have a "runners build," slender with low body fat, you were never going to be an elite runner. With the help of the writers at MapMyRun.com I am here to debunk eight of these myths to show you that ANYONE can be a runner.

ARMY

## MYTH 1 | CAN'T RUN

This myth is so pervasive that most coaches immediately cite it as the number 1 lie they hear new runners utter. It's also one that most runners hear from friends and family who don't want to join a morning jog. But everyone can run, say Andy Jones-Wilkins of CTS and Ted Ramos of Well-Fit. These two coaches are seasoned run-coaching veterans.

You might need to start with a walk-run program, or just walking, but you'll get there. The mistake most people make is going too hard or too far too quickly, says Ramos — and that can lead to injury or discomfort that makes it seem like you're just not cut out for the sport. A slow-and-steady build into running means you absolutely can run (and so can your best friend, partner or coworker).

## MYTH 2 RUNNERS SHOULDN'T STRENGTH TRAIN

Core strength is where you can make major gains if you plateau otherwise, yet for some reason, runners often think strength training doesn't apply. Ramos is a huge proponent of getting in the gym or working with bodyweight to improve core strength for better balance on the run.

It can make a runner less prone to injury, as well. A 2013 review found, "despite a few outlying studies, consistently favorable estimates were obtained for all injury prevention measures except stretching. Strength training reduced sports injuries to less than 1/3 and overuse injuries could be almost halved." With that in mind, how hard is it to add a few minutes of core work and a weight set each week?

## MYTH 3 I DON'T HAVE A RUNNER'S BODY

Every body is a runner's body, say Ramos and Jones-Wilkins. Millions of people finish marathons, 10Ks and 5Ks annually — and not all of them are tall, thin and speedy. Even at the elite level, body types vary: sprinters are more muscular, while distance runners have that long, lean build we typically think of when we picture runners. This myth drives both coaches crazy because it's always possible to become a runner. But you have to actually get out and try running. So if you — or your friend or partner — ever use the excuse "I'm not built to run," rethink that: You might have to start small, but success is certainly possible.

## **MYTH 4** RUNNING IS BAD FOR YOUR KNEES

Thankfully, it's not just coaches who strenuously disagree with this oft-cited myth. Recent science kills it as well. A study in the European Journal of Applied Physiology showed

that runners are no more or less likely to have knee problems than non-runners. The study's lead author, Robert Hyldahl, professor of exercise science at Brigham Young University, said smart running is not likely to harm healthy knees.

## MYTH 5 I DON'T NEED A COACH

A coach can analyze your stride and gait and offer minor suggestions and tweaks — not to completely change your running, just to improve it. Running for exercise and fitness, maybe with a weight loss side-effect, is something you can handle on your own, but Ramos explains that most people are convinced there's no way a run coach can help. Getting outside help can dial up your training so you're actually working toward your goals in a smart way with a thoughtful training plan — it can also help you get technically better on the trails or road, if, say, you want to run a 5K in less than 20 minutes.

## **MYTH 6** EVERY RUN NEEDS INTERVALS

Definitely not true, says Ramos. Most of our running adaptations come during those rest days and easy runs so you can make the most of those intervals. New runners often get attached to the endorphin rush, or that need for speed, that makes you feel like a badass. Soon, every run is harder than the last — until you hit the wall and find yourself nursing minor injuries, getting burned out or actually getting slower.

## MYTH 7 I JUST NEED TO RUN TO GET BETTER

The counter-myth to the one about needing speedwork every workout is the myth that we just need to put in tons of miles to get faster. That'll work for a while, says Ramos, but real gains in strength and speed require intervals and harder efforts — just not all the time. A structured training plan should blend both easy and hard runs so you can push yourself and then recover and adapt.

## **MYTH 8** THERE ARE SET FUEL AND HYDRATION RULES

There are certain truths about hydration and eating during your runs. You need to drink on long runs, you should supplement with electrolytes if you're going long or hard and you'll need to eat eventually. But there are no hard or fast rules of running nutrition, says Jones-Wilkins. Anyone who tells you that there's an exact amount of liquid, calories or electrolytes every runner needs on every run is making it up.

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## IN THIS ARTICLE

New permethrin-treated Army Combat Uniforms (ACU-Ps) safely and effectively repel insects.

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Each ACU-P will effectively deter bugs for the duration of its worklife, or about six months.

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## NEW UNIFORMS REPEL INSECTS AND SUPPORT MEDICAL READINESS

Whether you're at drill weekend or on active duty, insect bites are probably the last things on your mind. But while they're usually nothing more than a minor annoyance, bites can carry a whole host of diseases from malaria to West Nile virus.

To protect Soldiers from insect bites and the diseases they can transmit, Army-developed permethrintreated Army Combat Uniforms (ACU-Ps) replaced standard ACUs in May 2013. The ACU-P was specially designed to guard Soldiers from a host of annoying insects, like disease carrying mosquitoes, ticks, chiggers, midges, ants, and flies—all of which can inflict painful bites.

When worn properly (loosely with sleeves rolled down, pants tucked into boots, undershirt tucked into pants, and any openings closed), ACU-Ps offer a 99-100 percent bite protection rate. To achieve maximum protection, Soldiers should wear their ACU-Ps and apply the remaining components of the DoD Insect Repellent System.

## WHAT'S PERMETHRIN? IS IT SAFE?

Permethrin has a long track record of success. The Army has been using it to keep bugs at bay for many years by temporarily treating uniforms with permethrin spray. Permethrin-treated products and permethrin spray are also widely available in the civilian market.

Several studies have shown permethrin to be non-toxic to adults, children, infants, and house pets; however, a small minority may be allergic to permethrin and experience allergic symptoms. Although ACU-Ps are deemed safe, Soldiers with certain medical conditions or female Soldiers who are pregnant or may become pregnant may request to wear a non-permethrin-treated uniform.

## **HOW ACU-PS FIGHT INSECTS**

During the manufacturing process, ACU-P fabric is carefully treated with a regulated amount of permethrin. The treatment isn't permanent but is designed to last through the life of the uniform, which is 50 launderings, or around six months.

When insects crawl onto or land on the ACU-P, the permethrin starts to poison them immediately. Bugs are instantly repelled from the uniform, either dying or flying away before they can attempt to bite through the fabric.

## **HOW TO CARE FOR YOUR ACU-PS**

ACU-Ps are low maintenance—just machine wash with laundry detergent and run them through the dryer. Do not dry clean ACU-Ps or use starch, bleach or bleach alternative, or fabric softener when laundering them.

Remember, the permethrin treatment isn't permanent. After 50 washes, the ACU-Ps will no longer be 99-100 percent effective at warding off bugs.

## **WANT MORE?**

For more information on ACU-Ps and permethrin, visit the United States Army Public Health Command page on Permethrin Factory-Treated Army Combat Uniforms.



by Tech. Sgt. Jessica Condit

Brig. Gen. Timo Hernandez Duarte, along with several other key leaders of the Guatemalan Air Force, spend the entire week visiting facilities between the 189th Airlift Wing and Camp Joseph T. Robinson, gaining and sharing knowledge with other maintainers and logistics personnel.

"This was an excellent opportunity for our Arkansas Air National Guardsmen to demonstrate the high level of quality maintenance we maintain to provide insight to our state partners," said Lt. Col. Cliff Franklin, 189th Maintenance Group vice commander. "We hope to continue to build upon our established relationship with our state partners and look forward to future exchanges."

The international visitors were introduced to storage and filing methods, shown the training process for the C-130H maintainer and provided a breakdown of the logistical support, among several other key processes, to the 189th AW. The information, purposefully designed to support the combat airlift mission at Little Rock AFB, provided a foundation for the Guatemalan Air Force visitors to take back and implement within their forces.







## ARKANSAS NATIONAL GUARD LEGAL TEAM RECEIVES AWARD FOR EXCELLENCE TWO YEARS IN A ROW

by SPC Stephen Wright

The Arkansas National Guard Office of Legal Assistance recently received the fiscal year 2016 Army Chief of Staff Award for Excellence in Legal Assistance. This makes the second year in a row the legal team has received this award.

According to Maj. Natalie Brown, Staff Judge Advocate, Arkansas National Guard, this recognition is a direct reflection of the hard work and commitment to helping Soldiers, Airmen, retirees and their families by providing legal advice and assistance at no cost.

Brown stated that any service member from any branch, active or reserve component, can seek legal aid and advice from the Arkansas National Guard's legal office and their services are not restricted solely to members of the Arkansas National Guard.

"Every single one of our Judge Advocates and paralegals worked tirelessly to provide high quality pre-mobilization and post mobilization counsel, preventive law care, informative legal assistance publications, and innovative legal assistance services to over 4,066 Soldiers and Airmen", said Lt. Col. Jeffrey Wood, State Judge Advocate, Arkansas National Guard. "This award highlights and recognizes the truly outstanding accomplishments of these individuals."

The office provides basic advice and services on personal legal matters including but not limited to: notary services, estate issues such as wills, living wills, advance medical directives, powers of attorney, guardianships; family matters such as adoption, paternity, divorce, custody, support and visitation; consumer issues such as contracts, auto repairs, warranties and bankruptcy; landlord-tenant issues; real property law such as home purchase or sale; service members' Civil Relief Act issues; veterans' reemployment rights; and referral to civilian attorneys for complex legal matters.

This award, in particular, is awarded based on "superior achievement in providing professional legal advice and assistance to Soldiers and their Families on their personal legal affairs and needs", according to the citation.

## PROMOTIONS

### 39TH IBCT

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- MAJ GRAHAM A. HARRINGTON
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## **JFHQ**

- LTC BIALY M. IAN
- COL BUSSELL M. ANDREW
- LTC HAWKINS L. PATRICK JR
- HUGHES C. LEILANI
- MAJ KEES D. ADKINS
- MSG MYERS A. WILLIAM
- MSG PHILLIPS S. LAVONNE
- MSG ROSSON D. VERN JR
- LTC SCHULTZ J. KYLE LTC SHIPMAN B. ANTHONY COL WOLFORD T. DANIEL

## MEDCOM

- CPT APPLER A. CHARLES
- PFC DANIELS D. GAGE MAJ JOHNSON C. JEROME
- PV2 MASSEY L. LATRICE
- PV2 RANSBURG A.N
- PV2 SPIVEY TONY JR PFC WATSON J. ANNMARIE
- ROBINSON MTC
- MAJ ALLEN L. PATRICK PV2 CROOKHAM A. DREW
- SPC DOUGLAS D. TYLER
- HENDERSON D. LYNETTE SSG HUSKEY T. WILLIAM
- SGM KING P. ANN
- MAJ MORRIS M. ELIZABETH REC & RET CMD

## PV1 MARTINEZ A. SHANIECE SSG SCRIVNER K. BENTON

188<sup>™</sup> WING & 189<sup>™</sup> AW

LT COL WOLTER CHRISTOPHER

SSGT WOOTEN LINDSEY D.