



THE ARKANSAS MINUTEMAN

Arkansas Focused. Mission Ready.



FEATURED INSIDE

SUMMER FUN WITH
YOUTH CAMP & SPIRITUAL FITNESS

TIPS FOR EATING HEALTHY

EXPLORE MOUNTAIN BIKE TRAILS

THE DO'S & DON'TS OF THIS
POLITICAL SEASON

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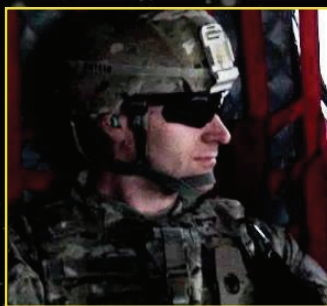
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THERE'S HOPE SUICIDE PREVENTION ON ENDOR.



I have known a lot of people who go through their life expecting it to be like the movies. They want to have money or an opportunity fall into their lap or to accidentally meet up with their dream date in a bar. Those dreams are really the stuff of movies. Real life can be a bit like the movies at times, except not in a "playful, nothing bad will happen" sort of way. Allow me to explain. In action movies there is always a moment when you don't know if the hero and is going to survive the scene. It is as if the Imperial Troops have surrounded Hans Solo on Endor, the communist paratroopers have landed in the Wolverines high school field, and the robbers have realized Kevin is home alone and they are coming for him. It is in these times of life that fear, anxiety and stress become the unholy trinity that we succumb to. What we ignore is the idea of hope. Yes, hope is found in each of these movies but the point here is that hope exists even when life's situations seem hopeless.

As I have served at Camp Robinson over the last 10 years and ministered to troops, I have witnessed the hope that you all can give to each other on a daily basis. You give hope through encouragement during loss or pain. You especially give hope when you come to meet the needs of fellow Guardsmen who have fallen on hard times. I have watched this year as many of you have given your time, efforts, and money toward supporting troops and their families.

This support has allowed the ministry at the Post Chapel to grow into a wide range of spiritual resiliency programs for Soldiers/Airmen and our families. You stepped in when it was bleak and hopeless for someone else. Thank you for providing prayers and hope for our state's military families.

Please continue with that same caring spirit throughout the month of September as we reflect and remember this as suicide prevention month. Be alert and aware of the tough time others may be going through and encourage them to speak to a chaplain or care provider. We are always here, we always care, and you matter.

CH (MAJ) JEREMY MILLER



DEPUTY COMMAND CHAPLAIN
ARKANSAS NATIONAL GUARD

A note about submitting photographs to the Minuteman:
Send photos via email to ng.ar.aranrg.mbx.daily-guard@mail.mil. Photos must be JPEG format, 300 dpi and include information about who took the photograph, who and what unit is in the picture and what is taking place in the photo. If we use the photo a photo credits will be included.

ROAD WARRIOR

GUARDSMEN WHO MAKE EXTRAORDINARY EFFORTS TO MAKE IT TO DRILL.

LTC Tony Shepherd travels from the U.S. Virgin Islands to Arkansas. That is over 1500 miles each trip.

Shepherd is the CEO of a Virgin Islands telecommunications company and has lived on St. Thomas in the U.S. Virgin Islands since 2010. This is seven years of round trips from the USVI to Camp Robinson.

Shepherd's military duties include overseeing the Officer Candidate School and IT School programs at Camp Robinson. He has been an Arkansas Guardsman for 24 years.

"My drill pay is something the same or less than my travel costs... if I have a split annual training session, or I have to return for conference, school, or a meeting, then I have to foot that additional travel expense," Shepherd said.



Shepherd said he doesn't mind the financial hardship.

"Although there are burdens financially, it is my give back because I have received equally as much in different forms."

Shepherd said tuition assistance enabled him to obtain his Bachelor's degree and Master's degree. He is now a student of the Army War College.

"I love being in the Arkansas Army National Guard," he continued. "It is my way to serve. I enjoy the comradery with the soldiers I have served with for the past two decades. They treat me like family and I am family to them. The ARNG has provided me with enough ammunition for me to grow personally and professionally in the civilian sector."

If someone from your unit is making extraordinary efforts to be a come to drill let us know. They might be our next Road Warrior.



LTC Tony Shepherd
Battalion Commander
233rd Regiment (RTI)

MINUTEMAN YOUTH CAMP



The Arkansas National Guard hosted two youth camps this summer. The Minuteman Youth Camp and Spiritual Fitness for Kids were designed to not only be fun but also give the ARNG a chance to develop the younger generation and assist military families.



STORY & PHOTOS BY SGT KATIE GRAY

Minuteman Youth Camp, a completely free overnight camp, is a week-long camp for children ages ten to eleven.

Activities for the kids varied from visiting the 4H Center, Wild River Country and Magic Springs, to exploring ARNG helicopters and C130s and activities to benefit others.

“One of the things I truly appreciate getting them into is the annual service project,” said Capt. Seana Warner, 2016 MMYC Director. “They learn about service to others and the community while having fun and continuing to work as a team towards a common goal.”

This year teams made blankets for patients at Arkansas Children’s Hospital. Erica Wand, ARNG Lead Child and Youth Program Director, says giving back to service members and the community helps military kids feel empowered. “They have very little control of deployments and their parents’ military service, but helping out in the community is one way to make them feel like they make a difference.”

Minuteman Youth Camp and many other Child and Youth Services programs help Guard kids meet others like them.

“It gives them a support group that helps with their resilience, which helps them bounce back when mom or dad deploys,” said Wand. “It makes them feel less alone.”

All the activities, projects and new relationships come down to building lasting memories.

“We have a great time with these amazing kids all week. They come out of it remembering all the fun and funny things that happened,” said Warner. “Many parents tell me how much the camp meant to their child, but what they don’t always hear from the counselors and staff is how much their children impact our lives in just one week. MMYC is truly a great experience for all of us!”



SPIRITUAL FITNESS

STORY & PHOTOS BY
SGT KATIE GRAY

Spiritual Fitness for Kids is a day camp for children in kindergarten through fifth grade. The three day event is similar to a vacation bible school.

“We have a conversation about one’s faith in a structured way,” said CH (MAJ) Jeremy Miller, ARNG Full-time Support Chaplain. “That is an area that the military shies away from. This event gives kids the opportunity to freely learn and grow in that aspect.”

“Washing cars was a simple one. It was an easy way to have fun and give a blessing to people,” said Miller.

Erica Wand, ARNG Lead Child and Youth Program Director, believes it is important for children to be involved in service projects while attending ARNG youth camps.



something where we are building back into families somehow.”

This year the community also gave back to the ARNG family. Miller said the camp was covered entirely by contributions to the Combined Federal Campaign and a local congregation who provided volunteers to work with the kids.

“We would not have been able to do this without the support of the local congregation. That is another key piece to the program because we were able to build relationships with other churches outside the Guard,” Miller said. “As all of the volunteers are certified, we also get to use them to help with other programs like Yellow Ribbon and Strong Bonds.”

This is the second year Camp Robinson hosted the program which doubled in size to fifty-nine children.



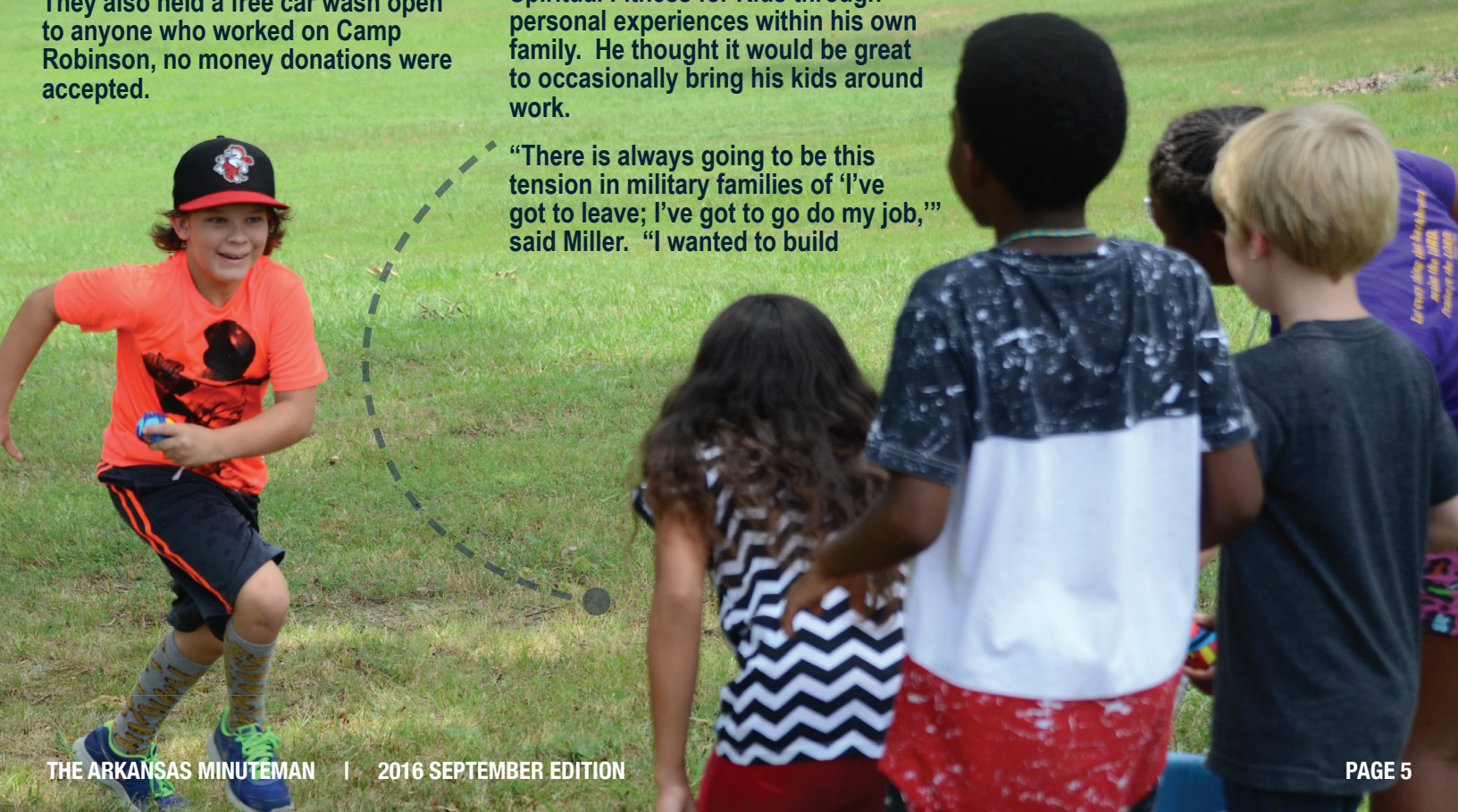
Children were also given the chance to practice what they learned through service projects. The kids put together bags of beans and rice that went to feed more than 200 veterans. They also held a free car wash open to anyone who worked on Camp Robinson, no money donations were accepted.



“A big thing that we try to emphasize is giving back to the communities while we do different things,” said Wand. “Giving back to Guard kids and service members is a big part of why they are here.”

Miller initially got the idea for a Spiritual Fitness for Kids through personal experiences within his own family. He thought it would be great to occasionally bring his kids around work.

“There is always going to be this tension in military families of ‘I’ve got to leave; I’ve got to go do my job,’” said Miller. “I wanted to build



Child AND Youth Program

STORY BY
SGT CASSIDY TOPPS
& SGT KATIE GRAY

James Garrett
ARNG Youth Coordinator

Erica Wand
ARNG Lead Child and
Youth Coordinator



The Arkansas National Guard Child and Youth Program helps prepare and assist ARNG military kids with the rigors of their loved ones' service.

The Minute Man Youth Camp and Yellow Ribbons are examples of just two of the programs supported by the Child and Youth Program.

"We teach kids how to bounce back in the face of adversity, while providing a support system for them when they feel like they are having a hard time," said Wand.

Erica Wand, ARNG Lead Child and Youth Coordinator said, "The Child and Youth Program is important for Guard kids because we are giving them tools to walk into life as better people, friends and most importantly military kids."

Wand says the Child and Youth Program provides high quality support services for geographically dispersed Guard members and their families. Life skills workshops promote health, fitness, leadership and resilience.

Child and Youth Program Coordinators like Wand and James Garrett try to fill that gap for ARNG kids by providing various day camps, weekend retreats, annual youth symposiums, and leadership forums.

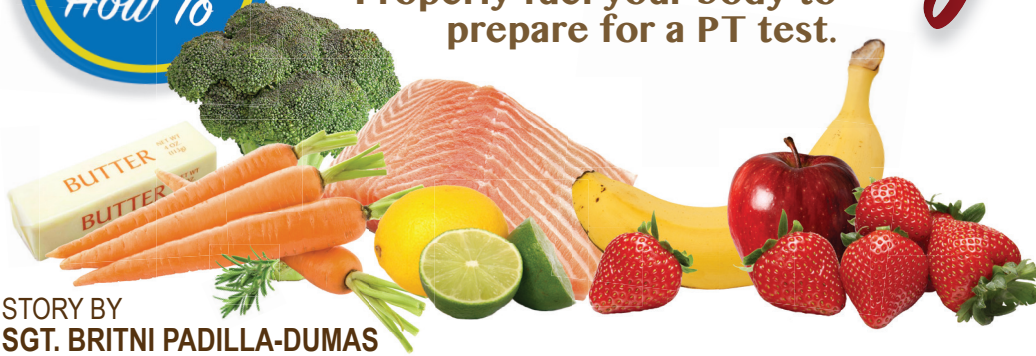


For a calendar on upcoming events or to sign your child up for a youth camp, please visit <http://www.arguard.org/family/youth.htm> or call Erica Wand at 501-212-4037.



Eat Healthy

Properly fuel your body to prepare for a PT test.



STORY BY
SGT. BRITNI PADILLA-DUMAS

Keep it Simple

Eat foods that are in their natural state. Unprocessed, unpackaged foods are key to giving your body the nutrients it needs to perform. A general rule of thumb when buying groceries is to shop the perimeter of the store and stay out of the center aisles. Real food is grown and doesn't have a lengthy shelf life. Boxed meals are full of sodium and preservatives your body doesn't need.

Incorporate

PROTEIN:

Almonds, pistachios, walnuts
Chicken, turkey, salmon, shrimp
Eggs, yogurt
Lean beef, venison

VEGETABLES

(NON-STARCHY):

Spinach, kale, cucumbers,
carrots, brussels sprouts,
sweet potatoes, olives,
cabbage, broccoli, cauliflower,
& any dark, leafy greens

FRUIT:

Apples, berries, cherries,
melons, pears & others
high in fiber

COOK WITH:

Butter, olive oil, coconut oil,
palm oil

SEASON WITH:

Rosemary, thyme, paprika,
cumin, garlic, cinnamon,
black pepper, citrus,
bell peppers, onions

Keep in Mind

The remedy for eating better isn't deprivation—it's incorporating good habits into your life. It will feel less like sacrifice if you occasionally allow yourself to have one of your favorite comfort foods. Sprinkle those opportunities throughout your healthy routine to prevent binging or falling off the wagon.

Drink plenty of water and get lots of rest. Water hydrates your cells and flushes out toxins. Getting ample sleep is a large part of your success. Your body needs sleep to renew and rebuild itself.



Avoid

Junk food
(chips, candy, soft drinks)

Fried food

Processed, pre-packed meals

Over-salting food

Sugary beverages
(including juice)

White carbohydrates
(flour, bread, pasta, potatoes)

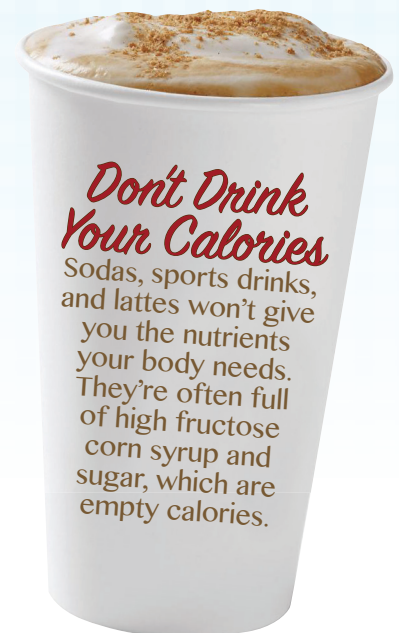
High fructose corn syrup

Energy drinks



If You're on the Go

Try not to rely on fast food. Keep healthy snacks handy. If possible, plan ahead and pack a meal. If you do choose a restaurant, eat smaller portions. Eat half and save half for another meal.



Don't Drink Your Calories

Sodas, sports drinks, and lattes won't give you the nutrients your body needs. They're often full of high fructose corn syrup and sugar, which are empty calories.

PEDDLING THE POS



STOP
SGT.

Camp Robinson boasts over 30 miles of mountain biking trails for riders of every skill level. The Camp Robinson Mountain Bike Trail Area is located on the northwest side of post.

MAJ Bryan Shipman, USPF0 Data Processing Manager, has been riding these trails for over twenty years. “One of the things that makes the trail system at Camp Robinson unique is that it’s a network. You can mix and match the trails together,” said Shipman. “They have a distinct, hand-built feel to them.”

The trails also possess creative names like Advanced Trig, Port-A-Potty, Dead Elvis, Buddha and Can O’ Corn.

While many people mountain bike just for fun, the sport offers a lot of physical benefits. Shipman says that mountain biking is his primary physical fitness plan. He and his wife, MAJ Melissa Shipman, 1-114th Aviation Battalion Administrative Officer, both bike and both have received the Army Physical Fitness Excellence Badge.

According to Shipman, “Mountain biking allows you to exercise for a sustained period of time and to do it repeatedly with less risk of overuse injuries.” He also notes it is easy to carry more water in the summer and wear more clothes during the winter, so it is a great year round sport.

The benefits of mountain biking are not strictly physical. “I think it goes beyond health. You can’t talk mountain biking without talking about the community,” said Shipman. “There is a lot of camaraderie in the mountain biking community.”

The social aspects of mountain biking are also beneficial to his relationship with his wife and even his job. He said, “It’s very efficient. My wife and I are riding together which strengthens our relationship. It’s a way to relieve stress, so you can let go of all the problems that got you worked up during the day and work it out on the mountain.”

Shipman advises those new to the sport to find a mentor who will be able to share their knowledge and expertise. “Thinking about Mountain Biking can be very intimidating or overwhelming,” said Shipman, “and unfortunately a lot of what we see on TV is like the extreme forms of mountain biking, so it’s really valuable to find someone who is currently a mountain biker.”

For anyone interested in mountain biking on Camp Robinson contact Post Headquarters at 501-212-4103 about purchasing either an annual or three-day sportman’s pass.

THE ZIKA VIRUS

PREPARATION • PREVENTION • PROTECTION
STORY BY **LT COL KEITH MOORE**

According to the U.S. Centers for Disease Control & Prevention there is currently at least one Zika case reported in each of the 48 contiguous United States and three of the U.S. held territories. Currently Florida, Puerto Rico, the U.S. Virgin Islands and American Samoa are the only states or territories with locally acquired Zika cases. However, the particular mosquito species which transmits the Zika virus has been recorded to be present in 26 states (including Arkansas) and the District of Columbia.

For service members, the Army Public Health Center advises using Preparation, Prevention and Protection. If your duty location takes you to a region where Zika is known to be present – be prepared. Read the information handouts on the local risks. Be sure to pack appropriate clothing, protective gear and repellents with DEET.

Detailed information will be at unit levels during the next Unit Training Assembly in September, or you can find more information at one of these links:
<http://phc.amedd.army.mil/topics/discond/diseases/Pages/Zika.aspx>
<http://www.cdc.gov/zika/index.html>
<http://www.cdc.gov/zika/geo/active-countries.html>



PREVENTION The best way to avoid getting Zika is to prevent mosquito bites! Wear appropriate long-sleeved shirts and long pants (or uniforms). Prevent mosquito bites by using EPA registered insect repellents on exposed skin areas. The mosquito that transmits Zika is very aggressive, and bites during daytime as well as night. When sleeping, be sure to utilize protective screens or netting around your bunk.

PROTECTION Because most healthy adults will not show symptoms of Zika, it is important that service members recognize the fact that they could be a carrier upon returning from a Zika infected region. Once you return from duty it is important to continue protecting yourself from local mosquito bites for at least three weeks, thereby reducing the likelihood of creating a local outbreak. Eliminate all standing water around your house where mosquitoes can breed. To protect one's partners, service members are encouraged to use condoms during all sexual contacts for at least eight weeks following duty in or visits to Zika infected regions.

BRIDGING FORCES

VIDEO BY **SGT. BRITNI PADILLA-DUMAS**
PHOTOS BY **SGT. CASSIDY TOPPS**

Fort Chaffee hosted a river crossing exercise in July that included many service members outside of Arkansas. Chaffee's diverse training environment includes land on both sides of the Arkansas river allowing such large scale operations to take place.





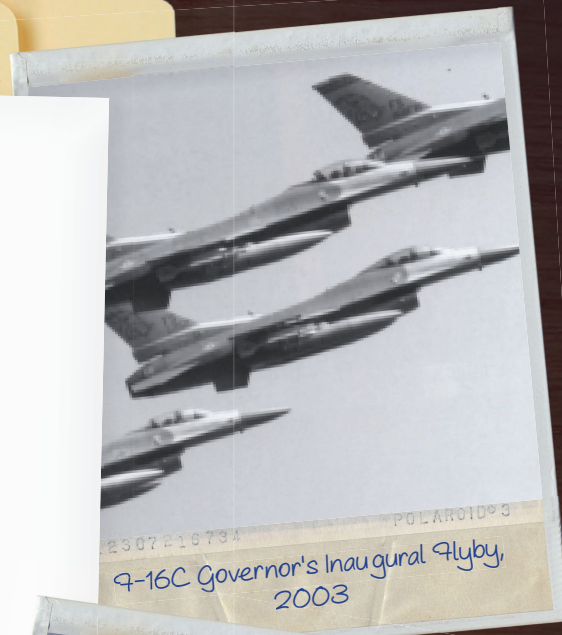
188TH FIGHTER WING, 9/11 AND OPERATION NOBLE EAGLE

Story by Raymond Screws, Ph.D.

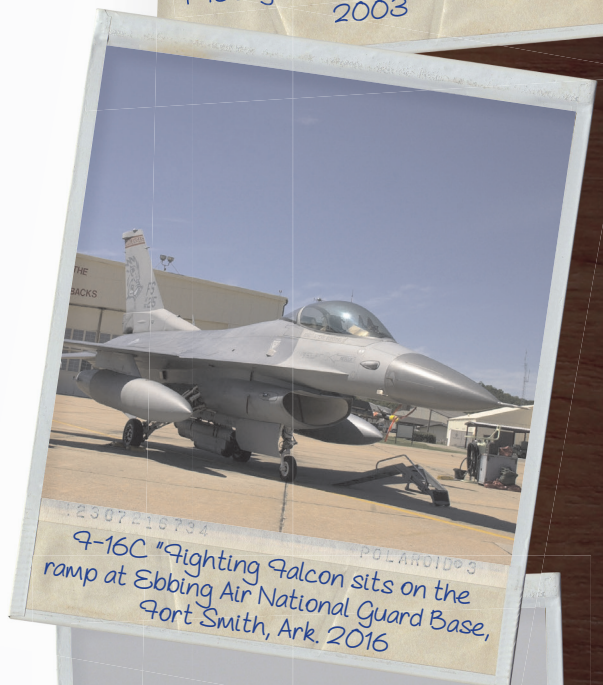
No more than a few hours after the September 11 attacks, the 188th FW of the Arkansas Air National Guard, was given an important task. The "Flying Razorbacks" loaded their F-16s with live missiles and began a mission to intercept aircraft that were unauthorized around the entire South Central area of the U.S. and it took only minutes for the crews to have the F-16s in the air after receiving the "scramble order." For several months, the "Flying Razorbacks" participated in the 24 hours a day, seven days a week mission called Operation Noble Eagle. In addition, the 188th FW participated in other missions of Operation Noble Eagle that consisted of Combat Air Patrols over President Bush's Crawford, Texas ranch and the NFL Conference Championship Game that was played in St. Louis. After 9/11 the 188th FW, which was formed in 1953, as the 184th Tactical Reconnaissance Squadron, served the country proudly. The 188th FW helped keep America safe during a time of uncertainty.



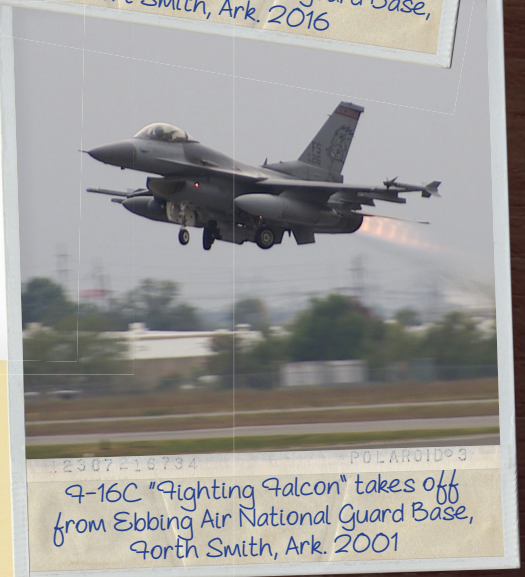
For more information:
ARNG Museum
Lloyd England Hall
Camp Robinson
arngmuseum.com
501.212.5215



2307216734 POLAROID®
F-16C Governor's Inaugural Flyby,
2003



2307216734 POLAROID®
F-16C "Fighting Falcon" sits on the
ramp at Ebbing Air National Guard Base,
Fort Smith, Ark. 2016



2307216734 POLAROID®
F-16C "Fighting Falcon" takes off
from Ebbing Air National Guard Base,
Fort Smith, Ark. 2001

ARKANSAS GUARD BACK IN DEPLOYMENT BUSINESS...

STORY BY LT COL KEITH MOORE



The Arkansas National Guard has seen a reduction in deployments since the last major combat units withdrew from Iraq in December 2011. Although Arkansas has continued to deploy some units as the Department of Defense has requested specific units for tailored missions over the past few years. The numbers have dropped from the peak of over 3,500 Soldiers and Airmen deployed during 2008, to as few as 54 Soldiers and Airmen earlier this year.

Evolving from direct combat to more of training and advisory roles, the U.S. military is now focused in helping build partner nation capacity with developing allied military forces. As such, deployments are again on the increase. Several units or segments of organizations have deployed recently, and more are slated for later this year and during 2017. At the peak of these scheduled deployment rotations the Arkansas National Guard will again have approximately 1,300 Soldiers and Airmen serving overseas.

“Some of this increase is, of course, related to the drawdown of active component force structure, thus creating the need to utilize Guard and Reserve Component organizations to fulfill missions,” said COL Scott Stanger, chief of staff for the Arkansas Army National Guard. Another aspect to consider is that we [the Arkansas Guard] are back at the top of our scheduled cycle under the multi-year Sustained Readiness Model.

Approximately 50 members of F-Company, 2nd Battalion, 238th MEDEVAC of the 77th Combat Aviation Brigade have just returned from a Kuwait/Iraq deployment. These Soldiers departed the state on October 3, 2015, for the mission.

More recently, the 77th Combat Aviation Brigade has deployed 150 and the 777th Aviation Support Battalion deployed 130 Soldiers to Kuwait, all of which left the state on May 27, 2016.

Under the deployment and training cycle model, Stanger says Arkansas units could expect to see a sustained and more predictable period of deployments for the short term.

The Arkansas Air National Guard also continues to deploy personnel to support ongoing operations in theater. At the 188th Wing there are currently 113 personnel deployed from: Security Forces Squadron, Civil Engineer Squadron, Logistics Readiness Squadron, Communications Flight, Force Support Squadron, Medical Group, Comptroller Flight, Wing Staff and Mission Support Group. These personnel are supporting operations at sites throughout the Southwest Asia theater.

The 189th Airlift Wing will soon deploy, approximately 95 personnel.



Other units of the Arkansas Army and Air National Guard poised for deployments later this year and early in 2017 are:

39th Infantry Brigade Combat Team (IBCT)
1st Battalion, 153rd Infantry Regiment,
39th IBCT - to Djibouti, Africa
- 690 Soldiers (Fall 2016).

Headquarters Company, 39th Brigade
- to Kosovo - 130 Soldiers (Spring 2017).

119th Mobile Public Affairs Detachment
- to Guantanamo, Cuba - 20 Soldiers
(Fall 2016)





77TH COMBAT AVIATION BRIGADE

STORY BY CPT SEAN BURGER

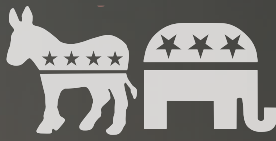
Since departing Arkansas on May 27, 2016, Soldiers from the 77th Combat Aviation Brigade have conducted rigorous and realistic pre-mobilization training at Fort Hood, Texas, to prepare for their deployment to the Middle East.

For this deployment, the 77th CAB is made up of more than 1,200 Soldiers from 11 states and territories including: Arkansas, Florida, Georgia, Hawaii, Massachusetts, Mississippi, Oklahoma, Puerto Rico, South Carolina, Virginia and Wyoming. These various units came together as a cohesive fighting force training Soldiers in career fields such as: aircrews, aircraft maintainers, airfield operations, aircraft refueling, air traffic control and unit staff. This training equipped the Soldiers to handle the most complex aviation tasks safely and professionally.

During their two month stay at Fort Hood, Soldiers conducted special task training in aerial gunnery, night fire exercises, personnel recovery, shallow water egress exercises, first aid medical simulations and flight operations exercises meeting all the required training standards to further enhance Soldier readiness.

With boots on the ground, the 77th CAB formally took over operations in Kuwait with a transfer of responsibility ceremony on August 23, 2016, at Camp Buehring. COL Ryan Pace and the 77th staff are relieving the 40th CAB in several locations throughout the Middle East theater.





AVOIDING POLITICAL PROBLEMS

This Election Year

This year is a big election year and Soldiers and Airmen should know the do's and don'ts of political activity to keep out of political trouble.

Political activities involving military personnel, equipment and facilities are restricted. The political process is a civilian activity. The Military is impartial and our participation is very limited. In no case can involvement by a Soldier or Airman give the impression that our military supports any issue, politician or campaign.

Did you know it is a violation of Department of Defense policy to wear your military uniform at a political gathering or to participate in partisan political activities? While service members may express their personal opinions on political candidates and issues, they may not appear to imply DoD sponsorship, approval, or endorsement of a political candidate. Depending on the situation, wearing your uniform at a public event may imply that kind of endorsement.

Are you authorized to vote? Of course it is. It is highly encouraged. Even voting in uniform is okay but campaigning for someone while in uniform or while on duty is not. Know the rules and ask the boss if you are not sure.

Units and Service members should seek the guidance and approval from their commands before any participation in any political event. Not all political activities are off limits, but many of them are. You have to ask to be safe.

Get registered, get informed then get out and vote on November 8th.

The relevant regulations are:

"Political Activities by Members of the Armed Forces," DoD Directive on Political Activities (DoDD 1344.10)

"The Hatch Act; Political Activity of Government Employees at the Federal, State and Local levels"

ARARNG 210-1 Armory Rentals - 30 Aug 2012, and Arkansas Code Ann. 12-63-302 and 304

DON'T...

- ★ do anything that implies military endorsement of anything political.
- ★ wear your uniform at political events.
- ★ use military equipment to promote a campaign.
- ★ use your military email to send political information.

DO...

- ★ ask your chain of command if you aren't sure.



ARKANSAS MILITARY EXPO

17 SEPTEMBER 10AM-3PM

**Vandenberg Gate open to the public at 9AM
No admittance after 2PM**



PROMOTIONS

39TH

PV2 AHRENS COREY DAVID
PV2 ALOI ANTHONY COLE
PFC ARMSTRONG KALEB GAGE
PV2 BASEHAR BRADLEY AARON
PV1 BROOKS CARLOS ANDRE JR
PV1 BROWN GEORGE ANTHONY JR
PV1 CAGE CHARLES DEWAYNE JR
SPC CARROLL LEA SIMONE
SPC CHANDLER MAGAN ANNETTE
SPC COBB MATTHEW EDWARD
PV1 COX MONDI JARREONESHIA
PFC DAWSON DOMINIQUE TYSHUN
PV1 DOKES ALYCIA JENAE
PV1 DOMINGUEZNEGRO JOSE EDUARDO
SPC DOWNEN ZACHARY RYAN
PV1 EIDE KAMERON JAMES
PV1 FARMER BRIAN JAMES
PV2 FLESNER KRUIZ NATHANIEL
PV1 FLOYD BENJAMIN LUKE
PV1 FLOYD JOSHUA ALEXANDER
PV1 FRANQUI GABRIELLE DIANA
PV2 GANN WILLIAM CONNOR
PV2 GARNER GARET JAYDON
SGT GIBSON RONALD JOSEPH
2LT GRADY TAMIA SHAVAUGHN
PV1 GRAVES DOUGLAS ANDREW JR
SGT GREEN NATHAN CHRISTOPHER
PV1 GRIFFITH KYLER ALEXANDER
PV1 GULLEY TIERE MARQUIS
SPC HARGETT AMANDA RENEE
PFC HARLAN CAITLIN RAYCHELLE
PV1 HARRIS ZACHARY DATHAN
PV1 HEBERT TRAVIS DERONTA
PV1 HICKS CHRISTOPHER MICHAEL J
SPC HOLLOWAY MANFORD DALE JR
PV2 HUGGINS ZACHARY THOMAS
SPC INGRAM KYLE JAMES
PV2 JOHNSON JAVANTE AHMAD
PV1 JOHNSON KEYSHAWN KENTRELL
PV1 KENNEDY CHARLES GLEN
PV1 LINDSEY JALESIYA KASHAE
PFC LOWE SABRINA SHACORIA
PFC MALLIS JONATHAN DANIEL
PV1 MARTORELL DENNIS JACKSON
PFC MARTZ ANDREW ROBERT
PV2 MCGOWAN NATHAN ELLIOT
PV1 MCKNIGHT DAKOTA LINN
PV1 MILLS JAKARA DAYUNNA
PV2 MITCHELL KELVIN LAWAYNE JR
PV1 MOORE CAMERON TRASHUN
PV1 MULLEN DEVIN CLAY
PV2 PATTERSON ELIJAH EUGENEINMA
PFC PLATT DALLAS WADE

PFC PORTER JACKSON LAMONT
SPC PRINE BLISSANNE
PV1 QUINN BRITTANY LEA
PV2 RICHARDSON ATRAYVEON PIERRE
PV2 ROBERTS BRITTANI KEAUNA
PV2 RODGERS NEKAYA MONTIERRA
SPC RUSSELL NICOLAS OHAROLD
PFC SCHEIDERER JONATHAN SCOTT
PV2 SHELTON CHRISTIAN ASHLEY
PFC SIKES KURT AUSTIN
PV1 STIVERS RICHARD PAUL JR
SPC STORY FLOYD ERIC
1LT TERRELL ROBERT WINFRED
PV2 VELENTI NICHOLAS MIKALALBER
PV1 VINES HARRISON THOMAS
PV1 WIGGINS KRAYLIN LAMAR
PV1 WILCOX WILLIAM CASH
PV2 WILKERSON CALEB ISAIAH
PFC WILLIAMS JUSTIN BLAKE
PFC WYATT TAQUALLEN OSHA
PV2 YORK JET AIRIN

77TH

PV1 BARNES DOMINIQUE TUBYSE
PV2 BROWN ZAKE JHANE
PV1 GUARDADO MARTIN DAVID
PV1 HUGHES ZACHARY CURTIS
PV1 HUNTER ZACHARIAH DALEMACKEN
PV2 INGRAM ZARATTA LEEKAVIA
PV1 JAMISON DEONTE MARQUATE
SPC KARRAS HOLLY NICOLE
PV1 MARBURY MELISSA AVERY
WO1 MCCALLISTER JEREMY CLIFF
PV1 MCGUIRE MIKALAH RAELYN
PV2 MILLS MATTHEW THOMAS

87TH

PV1 BARNES KENDRA ANN
PV1 BRASHERS THOMAS JOE
PV1 BROWN DEVON KASHAUN
PFC BURNS ROY LEONARD
PV1 CHERIMOND MARC DOMINICMOTO
PFC COLBURN JONATHAN WAYNE
PV2 DELGADO JESSICA WHITNEY
PFC HARRIS GERONIESHA LAWADE
PV2 HILE BAILEY MONROE
PV2 HOLCOMB JEFFREY DYWANE
PV1 KING AURORA DANIELLE
PV1 MCNEARYMOORE DAMARI QUINTON
PV2 MENDENHALL ADRIANA ROSELYN
PFC MILLER QUANAH PAUL
PV1 NORTH CUTT SHAWN MARIE
PFC SELLERS AARON MATTHEW
PFC SHELTON LISA MARIE
PV1 SMITH BRANDON LEE
PV2 THRASHER BRIANNA MARIE

PV1 TURNER LOGAN EVERETT
PV1 WATTS SHAWN KEITH

142ND

PV1 ARAUJOARAUJO CARLOS ANTONIO
PV2 BLANSETT OTIS JOHNATHON
PV1 CALANDRO JONATHAN MICHAEL
PV2 COWDEN FLETCHER MCGEE
PFC DAVIS TYLER GLENN
PV1 DUTTON MELVIN LEE
PV2 GATEWOOD JAMAR RAVON
PV2 GERRARD JACOB RAY
SGT GOSSAGE ASHLEY NICOLE
CPL HILL DILLIN RAY
PV1 HOLT DEVIN JAMES
SSG KEELE LESTER ELLIS JR
PV1 KEISLER JOHNATHON ALLEN
PFC KELSEY HAYDEN JAMES
SGT KING ALEXANDER IAN
PV2 MCBEE SHAWN THOMAS
PFC MCCARVER CLINTON LEWIS
PFC MCCONNELL MATTHEW DEWAYNE
SPC PETERSEN LOGAN PHILLIP
PV2 PHILLIP NICKSON
SPC PHILLIPS MICHAELA STORM
PV1 ROOT JACOB CHARLES
PV1 SANDECKI CHRISTOPHER ALEX
PV2 SAYARATH VINCE DUKKE
PV1 SCHWELLINGER TRENT JACOB
SPC SILVA TERRY WAYNE JR
PFC TONUJ FRANKLINE KIPTOO
SPC WILLIAMS MICHAEL

233RD

SSG WAHL WILLIAM OTTO

CHAFFEE MTC

PV1 BROWN CHRISTOPHER RYAN
PV1 MUNDAY KORY ALEX

JFHQ

SSG BOSTIC JONATHAN CLAYTON
MSG PALMER SHAY MARSON
2LT PARHAM KARLOS PREER

MEDCOM

CPT CARRAWAY MATTHEW DANIEL
CPT STRINGFELLOW LOREN BENJY

REC & RET CMD

PFCC LEWIS NICKOLAS KANE
PV1C SUMLER SHUNTIANNA TRAMONE

ROBINSON MTC

SPC BRITT MARQUEIS TYRELL
PFC DAILY CHRISTIAN DEMARIA
SGT MANN TRAVIS DWAYNE



Mrs. Debbie Smith

KEY SPOUSE AWARD WINNER

Story by Senior Airman Cody Martin

Debbie Smith, 188th Wing key spouse volunteer, won the 2015 Air National Guard Key Spouse of the Year award August 6, 2016.

The award was bestowed to Smith for her contributions to the 188th Airman and Family Readiness Office's Key Volunteer Program and the assistance provided while working with her husband, Col. Thomas Smith.

"I like to see people happy," said Smith. "If there is an Airman that is feeling down and I can lift their spirits or help make their situation better as a key volunteer, then that's what I'll do."

The award adds to her already long list of accomplishments, including winning the 2013 and 2015 Wing Volunteer of the Year award and the 2015 Region Six Volunteer of the Year award.

"Smith is an invaluable member of the 188th Airman and Family Readiness Office's Key Volunteer Program and a proven leader," said Col. Bobbi Doorenbos, 188th Wing commander. "Her efforts have made the 188th's morale soar. Her leadership and volunteer work ethic are shining examples for our Airmen's families throughout the wing."

Smith has shown her work ethic in a multitude of settings. She provides lunch and spiritual support for over 1,040 members through the Brown Bag for Lunch Bunch Bible Study; inspired family members in need during 64 hospital visits, seven weddings and 72 funeral services with the wing chaplain; volunteered over 340 hours for Airmen and their family's support on and off base; helped plan and organize the Strong Bonds marriage retreat for 24 wing couples; and has donated her time and efforts in many other ways.

"It's an awesome feeling to help Airmen and their families," Smith stated. "They can feel down, but when their face lights up after you are there for them, it gives you peace and joy."



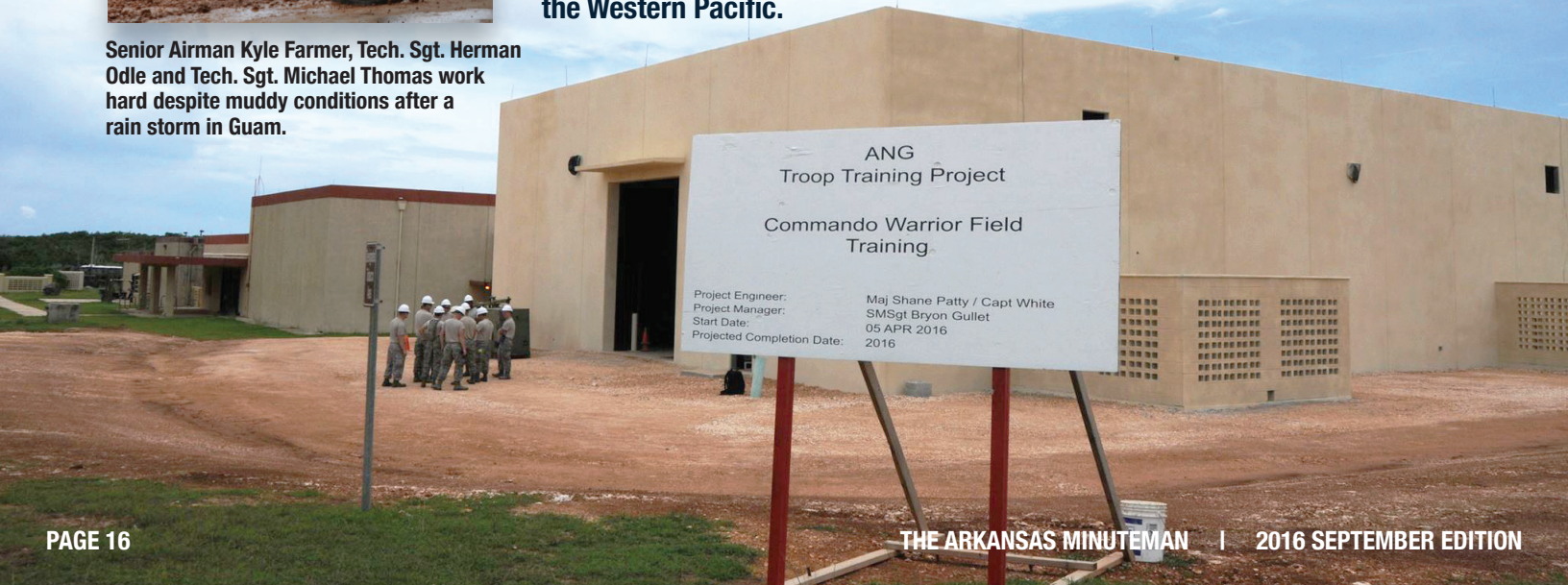
Senior Airman Kyle Farmer, Tech. Sgt. Herman Odle and Tech. Sgt. Michael Thomas work hard despite muddy conditions after a rain storm in Guam.

AIR GUARD WORK HARD IN ENGINEERS GUAM HEAT

STORY & PHOTOS BY TECH. SGT. JAMES COLLINS

Approximately 42 members of 189th Airlift Wing's 189th Civil Engineering Squadron, and one photographer/videographer, spent 18 days in the Guam heat in July and August.

The Arkansas Air National Guard team of engineering pros put the finishing touches on a 7,500 square foot Commando Warrior Field Training Exercise Simulator and warehouse. Guam is a U.S. island territory in Micronesia, in the Western Pacific.



ANG
Troop Training Project

Commando Warrior Field
Training

Project Engineer:	Maj Shane Patty / Capt White
Project Manager:	SMSgt Bryon Gullet
Start Date:	05 APR 2016
Projected Completion Date:	2016