



# THE ARKANSAS MINUTEMAN



**ARKANSAS FOCUSED.  
MISSION READY.**

## FEATURED INSIDE

CELEBRATING MINUTEMAN DAYS

7 RUNNING TIPS

HARVEY RELIEF ASSISTANCE

FORT CHAFFEE ANNIVERSARY

FIRST HUSBAND & WIFE 1ST SGT

SLEEPING DO'S & DON'TS

The 189th delivered pallets of bottled water provided by the 172nd Airlift Wing in Jackson, Mississippi to Florida as part of relief efforts in support of #HurricaneIrma today. We got a bird's eye view of some of the areas affected by the devastating storm. Florida National Guard Mississippi National Guard Florida Air National Guard

click  
corner to  
turn page



# INSIDE THIS MONTH'S MINUTEMAN

**3** ARKANSAS HISTORY:  
FORT MCALISTER

**4/5** HURRICANE HARVEY RELIEF

**6** ROAD WARRIOR:  
MASTER SGT. NATHAN WATERS

**7** SCOTT FIREFIGHTER CHALLENGE

**8/9** MINUTEMAN DAYS CELEBRATION

**10/11** FIRST EVER 1ST SGT.

**12/13** 7 TIPS TO LOSE WEIGHT  
WHILE RUNNING

**14/15** FORT CHAFFEE  
20TH ANNIVERSARY

**16/17** GUARD YOUR HEALTH:  
BUDDY CHECK

**18** PROMOTIONS

## ARKANSAS NATIONAL GUARD PUBLIC AFFAIRS

MAJ W. B. Phillips II  
Capt. Jerald Hogan  
SPC Stephen Wright  
Zac Lehr  
Stephanie Benton

### CONTRIBUTORS

Command Master Sgt.  
Melvin Mcelyea

CONNECT WITH US!



Contact Information:  
501.212.5020

[ng.ar.ararng.mbx.daily-guard@mail.mil](mailto:ng.ar.ararng.mbx.daily-guard@mail.mil)

## LEADERSHIP CORNER

# RESILIENCY

by Command Master Sgt. Melvin Mcelyea  
Arkansas Air National Guard

The Arkansas National Guard, through its rapid response to domestic crises and national security needs, provides the state and America with the resilience to withstand adversity every day. To meet these missions, we promote the resilience of our National Guard members and their families with programs such as Joint Service Support, Army and Air National Guard family readiness programs, Joining Community Forces, Sexual Harassment/Assault Response and Prevention training (SHARP) and Sexual Assault Prevention and Response (SAPR). Our motto "Always Ready, Always There" embodies our resiliency and serves as a constant reminder of our duty to the state, the nation and to each other.

Since our founding in 1804 to those serving today, the Arkansas National Guard is more resilient, relevant and ready than ever before. Whether it's large-scale disasters such as Hurricane Harvey or cyber-attacks, the Guard possesses the skills and abilities to adapt and rapidly respond to mission needs. Located in nearly every county in the state, we provide overwhelming capability and capacity to the governor before and after disasters strike.

Suicide is an urgent problem facing society and the National Guard. The National Guard continues to apply a holistic, evidence-based, community approach to prevent suicide and care for its members and families. We promote suicide awareness and prevention education to improve symptom recognition, to be acquainted with the options for care and to encourage help-seeking. Ongoing education and training, combined with the availability of psychological health professionals, helps us to create a protective, resilient culture. We must continue to care for our Soldiers and Airmen now and in the future.

The National Guard enforces a zero-tolerance environment for sexual assaults by ensuring awareness and prevention through education, victim advocacy, intimidation-free reporting and investigation. No Soldier or Airmen should ever feel victimized and it is the responsibility of each of us, no matter what your rank, to ensure that we maintain an environment free of sexual assault and harassment. We must all stand united on this mission!



# Fort McAlister

by Dr. Raymond Screws

Many people are unaware the Office of the Adjutant General, or The "Hill", is called Fort McAlister. It's named after General Heber L. McAlister, who served as the Adjutant General (TAG) on three different occasions. His first term came early in his career (1922-1925), and his next two were at the end of his military career (1945-1949 and 1950-1951).



As Commander, 153rd



As President ASTC (UCA)

McAlister entered the Arkansas National Guard as a second lieutenant on June 1, 1911. He commanded Company C, First Arkansas Infantry and was then promoted to major and assigned as commander, Third Arkansas Infantry.

In 1917, he was called into federal service for World War I. The Third Arkansas was redesignated the 154th Infantry and assigned to the 39th Division. He served in France during the War and in June, 1922, was appointed colonel and given command of the 153rd Infantry Regiment

On December 1, 1922, he was appointed Adjutant General of the Arkansas National Guard. He served in the dual positions of commander of the 153rd and TAG until February 16, 1924, when he was promoted to brigadier general and relinquished command of the 153rd. He served as TAG until June 29, 1925, when he transferred to the National Guard Reserves.

In 1928, McAlister decided to return to the 153rd Infantry as commander of the 153rd Infantry at the rank of colonel. In WWII the 153rd was called into active duty and McAlister served in Alaska. When the unit was deactivated after returning from Alaska, he retired from the military.

However, in 1945 McAlister was again appointed TAG twenty years after his first stint as TAG ended. In 1949, the general retired for a second time. This retirement was short-lived, as he was again appointed TAG in 1950. He held his third time as TAG until 1951, when he retired from the military for the last time.

During the years when he served as commander of the 153rd Infantry, McAlister was the president of Arkansas State Teachers College in Conway, now the University of Central Arkansas (1930-1941) only resigning to serve in WWII.



# HELPING OUR NEIGHBORS

## Hurricane Harvey Relief Assistance in Houston, Texas

During the Hurricane Harvey relief effort The Arkansas National Guard conducted 16 separate missions with more than 1500 Soldiers and Airmen participating.







**Task Force Arkansas was sent to aid the Texas National Guard in providing assistance to the residents of Texas in the devastating aftermath of Hurricane Harvey.**

**Hurricane Harvey initially made landfall as a category 4 hurricane and brought with it sustained wind speeds of over 130 miles per hour. At the height of the storm, the hurricane dropped roughly 52 inches of rain over a vast majority of southeast Texas and broke an all time U.S. continental rain record.**

**The Arkansas National Guard deployed nearly 1,500 Soldiers and Airmen. The Guardsmen brought with them over 400 vehicles, including C-130's and UH-60 Black Hawk's.**

**Every major command of the Arkansas National Guard was involved with the relief effort.**

**Arkansas assisted in an extremely wide variety of operations by providing support in areas such as: communications assistance, military aircraft transportation, high water rescue and recovery operations, air traffic controller support, food service and distribution, damage assessment teams, security operations, vehicle and equipment maintenance, air and water chemical assessments, intelligence, weather service support and Joint Operation Center staffing.**

**Arkansas' response to Hurricane Harvey is the second largest domestic response the Arkansas National Guard has undertaken; the Harvey response is second only to Hurricane Katrina in 2005.**





# Road Warrior

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

**Master Sgt Nathan Watters**, National Guard Marksmanship Training Center  
Forward Operations Range NCOIC and Weapons Instructor/Gunsmith,  
Security Forces Combat Arms Instructor

by Zac Lehr

Arkansas Air National Guard Master Sergeant Nathan Watters travels more than 240 miles each way from Winnsboro, Texas, to Arkansas to be a part of and drill with the Arkansas National Guard's Marksmanship Training Unit.

At home Watters has a wife, young children and works long hours in the family business.

He said, "It's hard to make the drive late at night on Friday before drill after working all day and getting home at 2100 on Sunday makes for a long week ahead, but it's worth it, and it's harder to keep up with the unit living a long distance from them"

When asked what keeps him going, Watters said, "For me the MTU is home. I have been a part of this unit in some form or other for 18 years starting out as an All Guard Shooter, then coming on board 10 years ago to teach others the skills that have been taught to me."

Watters says when he started in the Infantry 20 years ago he was taught to "Shoot, Move and Communicate".

He said, "I took that to heart and wholeheartedly believe in that and the fact that it (Shoot, Move and Communicate) is still just as important today as it was 20 years ago. At the NGMTC that is mission ONE. We teach Soldiers and Airmen to shoot there weapons at a higher level of skill than any other training in the military and it is open to everyone regardless of their job in the service. Because of that we reach a lot of people out there and have a "huge" influence on the services.

"That makes it worth the drive to know that the skills I teach and facilitate helps our people stop the enemy before they stop us! Marksmanship First!"

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.



# THE SCOTT FIREFIGHTER COMBAT CHALLENGE

by Zac Lehr



Camp Robinson Fire Department Chief Steve Kotch will compete in the 2017 Scott Firefighter Combat Challenge National finals in Tyler, TX, and then the World Finals in Lexington, KY, this October.

Kotch, who became a firefighter in 1987, has competed in about 15 of the last 20 years of the competition, which is designed to encourage firefighter fitness and demonstrate the profession's rigors to the public. During his last competition, in 2015, he set a world record for his age group with an adjusted time of 1 minute and 45 seconds.

Kotch said his wife Leah and their four sons have helped him train along the way. He said, "When the kids were young I would carry my wife to simulate one of the competition events and the kids would chase us around the house cheering me on."

During the contest, competitors race against themselves, their opponent and the clock while wearing full personal-protective equipment (also called "bunker" or "turn-out" gear) and the Scott 5.5 Air-Pak breathing apparatus. Two at a time, they race head-to-head to complete a linked series of five events simulating the physical demands of real-life firefighting including: climbing the 5-story tower, hoisting, chopping, dragging hoses and rescuing a life-sized, 175 lb. "victim".

The 26-year-old competition annually attracts hundreds of U.S. and Canadian municipal fire departments at more than 25 locations and is now expanding to countries around the world, including New Zealand, Germany, Argentina, Chile, and South Africa.



1917 2017



# MINUTEMAN DAYS

MARKING THE CENTENNIAL OF CAMP JOSEPH T. ROBINSON



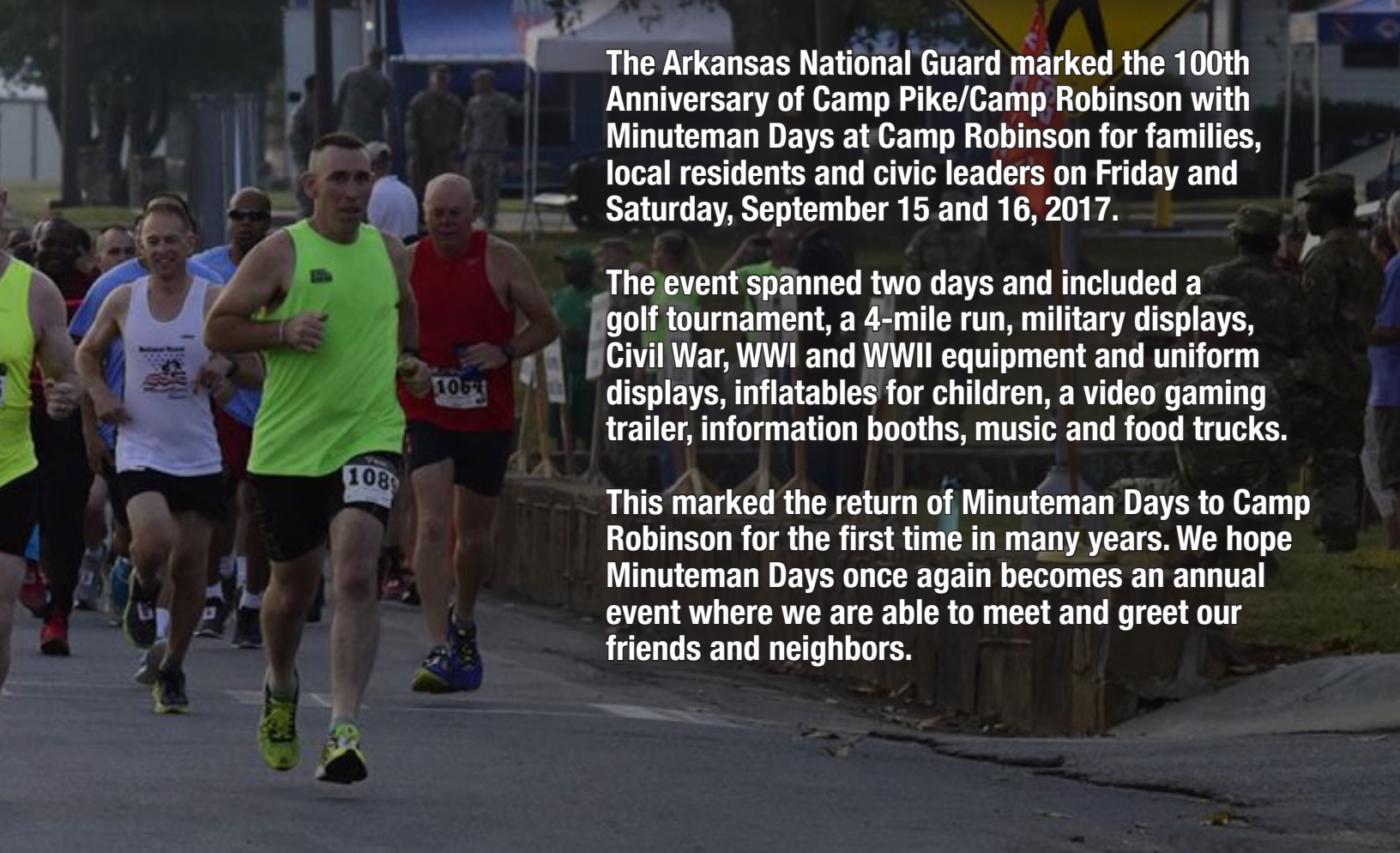




The Arkansas National Guard marked the 100th Anniversary of Camp Pike/Camp Robinson with Minuteman Days at Camp Robinson for families, local residents and civic leaders on Friday and Saturday, September 15 and 16, 2017.

The event spanned two days and included a golf tournament, a 4-mile run, military displays, Civil War, WWI and WWII equipment and uniform displays, inflatables for children, a video gaming trailer, information booths, music and food trucks.

This marked the return of Minuteman Days to Camp Robinson for the first time in many years. We hope Minuteman Days once again becomes an annual event where we are able to meet and greet our friends and neighbors.







# THE FIRST EVER...

By Capt. Jerald D. Hogan

Arkansas Air National Guard members, Hebert “Glen” and Stephanie Bates of the 189th Airlift Wing, Little Rock, AFB, Arkansas, are believed to be the first husband and wife to serve as 1st Sgts. concurrently in the 189th Airlift Wing, according to Wing historian Master Sgt. Phillip Parish. Glen Bates is the 1st Sgt. for the 189th Security Forces Squadron (SFS), and Stephanie Bates is serving as the 1st Sgt. for the 189th Civil Engineering Squadron (CES).

“Tracking 1st Sgts has not always been something the Wing tracked in regards of classifying the Air Force rank of E-7 as 1st Sgt. or Master Sgt.,” said Parish. Parish went on to say that it is safe to believe that the Bates are the first married couple to serve simultaneously as 1st Sgts. at the Wing.

Stephanie was selected for the CES’s 1st Sgt. position on Oct. 15, 2016, and Glen was selected for the SFS’s 1st Sgt. position on Dec. 8, 2016. The following year the couple attended the First Sergeants Academy at Maxwell-Gunter AFB, Alabama, where they earned their 1st Sgt. “Diamond” after completing 25 hours of facilitated distance learning (FDL) and 90 hours of resident study. Stephanie was an April 2017 graduate of the course, and Glen was a May 2017 graduate.

“We always wondered if any spouses serving together have ever been 1st Sgts. at the same time,” Glen said. “It’s not about making history, it’s about development and caring for the Airmen,” Stephanie said. With Glen having a law enforcement background and serving as the SFS 1st Sgt., and with Stephanie filling the 1st Sgt. position in the CES where Glen was a member for over ten years, the Bates enjoys the luxury of being familiar with the environment they perform in as 1st Sgts.

Glen, and Stephanie met while serving on active-duty in the U.S. Air Force at Sheppard AFB, Texas. They dated for a year before Glen proposed to her on Christmas Eve, and they got married on July 5, 2005. They are the proud parents of three boys, Chase, Conner and Cayden.

The Bates live in Morrilton, where Stephanie works as a paraprofessional for the local school district. She teaches elementary students with dyslexia how to read. She is also a full-time student at the University of Arkansas where she will graduate with a Bachelor’s of Science in Business Management in May 2018. Glen is a 5-year veteran with the Arkansas State Police.

Stephanie considers it a blessing to have her husband serving beside her in the AR ANG Guard. She said, “Glen is my listening ear, my different view perspective. We keep each other in check.”

“Being a mother of three active boys and having to put up with me, my wife is a seasoned veteran in handling conflict and correcting behavior,” Glen said.

The Bates place a high priority on family and consider the squadrons an extension of their family.

“We are our kids’ biggest supporters, and we are the same for our troops,” said Stephanie Bates.

“You get disappointed when they let you down, and you are truly proud when they do great things,” Glen said.

Glen and Stephanie are coming up on 18 years in the military and both would love to retire as 1st Sgts.

“I am truly honored and grateful to be in the best job in the Air Force and it would be awesome to be a “Shirt” for another three years,” Stephanie said.

“We will just have to see where the good Lord takes us,” Glen said.









# 7 Tips to Lose Weight While Running

By MAJ W. B. Phillips II

A lot of people take up running as a way to lose weight. You don't need much in the way of equipment, it doesn't take a huge amount of time to get a good workout in and since we live in the natural state there are plenty of beautiful places to run.

Getting out and running isn't just that simple. If your goal is fat loss, you have to look at nutrition as well as your exercise regimen. Here are seven tips from a recent Runners World article.



## **1 VARIETY IS KEY**

If you want to lose weight, you should avoid doing the same workouts every day. Sandra Gallagher-Mohler, CEO and run coach at iRunTons, explains that exclusively doing steady-state cardio won't build the necessary muscle mass to fire up your metabolism. "A mix of very easy runs some days, faster tempo runs other days and intervals on days in between is the way to build muscle and burn calories," she says.

## **2 DON'T OVERDO IT**

Excessive intense workouts equal burnout and injuries. Running faster doesn't mean stronger if you don't give yourself a break. "Doing five days a week of fast intervals is a sure-fire way to end up burned out and injured," says Gallagher-Mohler.

## **3 RUNNING MORE SHOULDN'T MEAN EATING MORE**

"Sometimes when people start running, they feel like they can eat more because they earned the calories from running. When the goal is weight loss, however, we want those extra calories to go toward building a deficit where the body pulls from the calorie reserves in our body (i.e. fat)," says Jason Machowsky, RD, CSCS, a board certified sports dietitian and exercise physiologist at Hospital for Special Surgery. If you find yourself naturally very hungry after running, he suggests to running just before meal time so you're not eating extra calories.

## **4 THINK AGAIN ABOUT CARB LOADING**

Lisa Dorfman, RD, author of *Legally Lean*, notes that most runners overestimate their calorie expenditure for running and over-consume calories. "Figure the average 150-pound runner requires 1,500–2,000 calories a day, 1,500–1,700 if trying to lose a few pounds, and expends between 300–600 calories a run for the average-paced, 30–60 minute session. If you have a tennis ball of cereal at breakfast, sandwich at lunch and just a mere cup of pasta at dinner, you've already consumed 750 calories more than expended on the run."

## **5 SLOW DOWN AT HAPPY HOUR**

"Each beer or glass of wine has an average of 120–150 calories, just a few can really max out calorie limits," says Dorfman, adding that "alcohol is metabolized to fat in the body. Try a glass of water between drinks or dilute the wine with a small amount of seltzer." She also recommends limiting happy hour to once a week, with a two-drink maximum.

## **6 OPT FOR HEALTHY FAT**

Our bodies need dietary fat to lose weight and function properly, but many runners are overdoing the healthy fats these days — eating nuts, whole avocados or so-called healthier oils like coconut and flax. "Each thumb full of oil is about 150 calories/15 grams fat," says Dorfman. "This can really add up when nuts are the go-to snack. Figure on a 2,000 calorie diet, about 44–66 grams fat is the maximum recommendation. Those handfuls of nuts, oils on salad, avocado slices on sandwiches or salads can really top the fat quotient."

The nutritionists recommend limiting the extra fat to 6 tablespoons or 30 grams maximum. That way, when foods are already prepared with fat, or include natural fats, you won't go over the calorie edge.

## **7 FOCUS ON FUELING YOUR LONG RUNS**

If you are performing a short run (less than 60 minutes), you don't need anything but water during your workout. However, longer runs, especially those in hot or humid weather, can benefit from added electrolytes and possibly even a bit of carbs to keep performance up. A few sips of a sports drink or an energy chew with water can go a long way. Bonus tip: you don't necessarily need to drink a whole bottle, unless you are going for a long time (more than 90 minutes).



# FORT CHAFFEE

## *Celebrates 20th Year Anniversary*

by Capt. Jerald D. Hogan



As Fort Chaffee Joint Maneuver Training Center (FCJMTC) commemorates its 20th anniversary, one can only think about the rich tradition and legacy that precedes such a historical military installation. Although

FCJMTC may only be 20 years old, it builds upon a visionary plan that spans over six decades. Since 1941, thousands upon thousands of service men and women have trained at Chaffee annually and taken advantage of the training environment it offers.

Camp Chaffee, as it was called before the Arkansas National Guard took command, sits on the outskirts of the small Arkansas town of Barling just outside of Ft. Smith. Army Maj. Gen. Adna R. Chaffee Jr. created Camp Chaffee, as it was designated by the U.S. Army due to the lack of permanent facilities.

The U.S. government purchased over 15,000 acres of land for Camp Chaffee in 1941. The price was \$1.35 million paid to farmers, land owners, schools, churches, businesses, and other government agencies for the land. The entire camp was constructed in only 16 months. The first military personnel arrived on December 7, 1941, the same day Pearl Harbor in Hawaii, was bombed by the Japanese.

Over the next several decades, Camp Chaffee (re-designated to Fort Chaffee in 1956) would be used in a multitude of ways; as a training camp and a prisoner of war (POW) camp during WWII, the home of the Fifth Armored Division from 1948 to 1957, the home of the 100th Infantry Division from 1960-61, as a camp for Southwest Asia refugees from 1975-76, a Cuban refugee camp 1980 and a Joint Readiness Training Center 1987 to 1993.

In 1995, the Base Realignment and Closure Commission (BRAC) recommended Fort Chaffee be permanently closed. The decision to close Chaffee was approved later that same year on September 28th. The closure came



with the condition that a few of the essential ranges, facilities and training areas, be maintained as a Reserve Component Training enclave and Fort Chaffee was transitioned into a substation of Fort Still, Ok. The federal government announced that 7,192 of Chaffee's 76,075 acres would be given to the state of Arkansas as surplus, while the remaining 66,000 acres were turned over to the Arkansas National Guard to be used as a training facility.

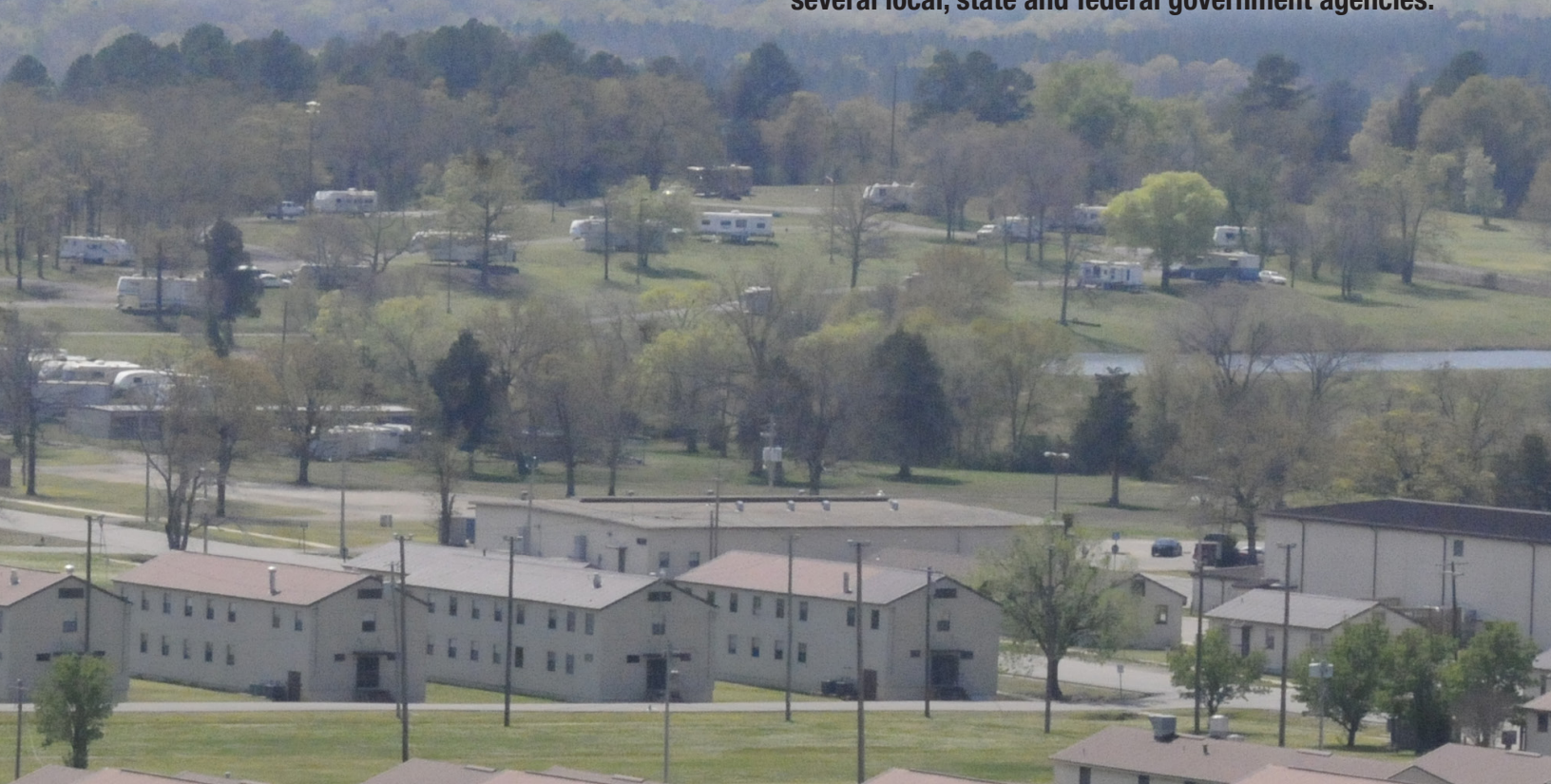
Command of Fort Chaffee was transferred during a change-of-command ceremony on September 27, 1997, when the U.S. Army relinquished control of the installation to the Arkansas Army National Guard. Fort Chaffee was deactivated and renamed the Fort Chaffee Joint Maneuver Training Center. Arkansas Governor Mike Huckabee, said in a 1997 interview with a local newspaper, "Today we celebrate the writing of a new chapter in Fort Chaffee's history as we begin the operation of the nation's first Army National Guard Maneuver Training Center."

FCJMTC is one of nine Regional Collective Training Capability (RCTC) installations in the U.S. and is one of six Mission Command Training Support Center (MCTSP) in the entire National Guard. With increased reliance on the National Guard as an operational force, deploying continuously and with more demanding training requirements, units from around the country are using FCJMTC more than ever before.

Lt. Col. Dwight Ikenberry, FCMTC, Training Site Manager, said he cannot express enough the relevancy of FCJMTC on a regional and national level. "Chaffee has a lot to offer military units in terms of training areas and ranges, and there aren't many places where the Department of the Army or the National Guard could build the type of training resources like this. The billeting spaces, training areas and ranges are all good returns on investments to the National Guard and the Department of Army," Ikenberry said.

Several infrastructure projects are ongoing at FCJMTC. 64 of the 100 barracks at the facility have been renovated and modernized. New training spaces are being constructed. A \$2.5 million Live Fire Shoot House (LFSH) and a \$22 million Combined Arms Collective Training Facility (CACTF) were completed in fiscal year 2011. The \$3.5 million Convoy Live Fire Range (CLF) was completed in fiscal year 2012. The construction of a state of the art 650 meter wide and 2,000 meter long Infantry Platoon Battle Course with Scout Recce (IPBC) has been underway since fiscal year 2014.

FCJMTC employs about 400 military and civilian personnel. Approximately 700 hundred personnel train on the installations daily. The average man day usage at Chaffee exceeds 240,000 days annually. Most of the man days utilize the ranges and training area which include: active duty, reserves, National Guard, Navy, Coast Guard, several local, state and federal government agencies.





## IN THIS ARTICLE

Know the risk factors and warning signs of suicide.

Knowing your buddy and fellow Soldiers could save their lives.

Don't be afraid to act, provide buddy care, or escort to help

## WANT MORE?

[Suicide Prevention, United States Army Public Health Command](#)

[Suicide In America, National Institute of Mental Health](#)

[National Guard Psychological Health Program](#)

# Buddy Check

## Is Someone You Know At Risk For Suicide?



You and your battle buddies have been through a lot together.

You've sweated out drill weekends and responded to national disasters. Many of you have deployed together overseas.

You've seen how your buddies react during times of intense stress.

Remembering their "normal" reaction to stressors can help you recognize when your friend's behavior just doesn't seem right.

Consider the following tips to help you identify serious changes in behavior and know when and how to reach out for help—whether your friend is next to you, on the phone or online.

### SUICIDE RISK FACTORS

Be on the lookout for any significant changes in a Soldier's family, personal or job life. While the following risk factors do not mean someone is suicidal, they do increase the chances that someone may need help. Risk factors to look for may include:

Relationship problems (loss of relationship, divorce)

Significant loss (death, job, home)

Legal trouble (current or pending actions)

Serious health issues

Social isolation, living alone

Not being able to form or sustain meaningful relationships

*Listen and be aware if your buddy mentions that they feel helpless, hopelessness, guilt or that he or she just doesn't see a way out.*



## SUICIDE WARNING SIGNS

Not all people at risk of suicide exhibit warning signs. But there are some signs that may indicate someone may be thinking about or planning a suicide. Seek professional help if your buddy is:

- Thinking about hurting or killing him/herself
- Sleeping too much or too little
- Increasing his/her alcohol or drug use
- Withdrawing from family or friends
- Having unusual mood swings or acting out
- Engaging in risky behavior such as reckless driving or inappropriate sexual behaviors

### *Seek immediate help if a Soldier:*

- Formulates a plan
- Talks about suicide
- Has an obsession with death
- Gives away possessions or appears to be finalizing affairs

## ACE—HOW YOU CAN HELP

**ASK.** You may have to flat-out ask a friend if he or she is thinking about suicide. Asking shows you care and opens a door for him or her to vent. You may have to do this over the phone, if being there in person isn't an option. Use social media to get your friend on the phone if you see an alarming post.

When discussing such intense feelings, truly listen and avoid giving advice or arguing.

**CARE.** Try to get your friend to seek immediate help from his/her doctor, mental health professional, chaplain or nearest emergency room. If your friend is more comfortable speaking with someone on the phone, they can call 911 or call the National Suicide Prevention Lifeline at 800-273-TALK (8255) and press 1 for the Military Crisis Line.

The Lifeline is staffed 24/7 by people who understand what Soldiers have been through and the daily challenges your friend and you face. It's a confidential and free service.

**ESCORT.** If you think a friend is a suicide risk, you don't have to handle the situation alone. Many services and professionals stand ready to assist:

The National Guard Bureau's Psychological Health Program provides support to help you through challenging issues, like how to talk with a friend about suicide. A Director of Psychological Health is someone you can talk to confidentially about your problems—big or small—in a safe, confidential environment. [Search the drop down list on Guard Your Health.com to find a director in your state or territory.](#)

Unit Commanders

Unit Chaplains

## IF YOU NEED TO ACT FAST

Additional resources that can help when you fear a friend may hurt himself or herself:

**CALL THE** [National Suicide Prevention Lifeline](#) at 800-273-TALK (8255). Counselors are available 24 hours a day, 7 days a week. The service is available to anyone and all calls are confidential.

**CONTACT VETS4WARRIORS** for [free peer support](#). The support line (855-VET-TALK) is available 24/7 for National Guard Soldiers.

**REACH TO** [Military OneSource](#) for free non-medical counseling through their website or by calling 800-342-9647.



# Service Members and Their

# Sleep

by Spc. Stephen M. Wright

Just how important is sleep to the modern warfighter? Evidently sleep is so important that the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury sponsored research about this very topic. Their final results? You may have guessed, service members do not get adequate sleep.

A study conducted by the American College of Chest Physicians, at the Madigan Army Medical Center, concluded that, *“mission requirements foster maladaptive sleep practices such as excessive caffeine intake and the use of sedative hypnotics”*.

According to the study, researchers learned sleep disorders are among the most common symptoms of service members returning from the war fight.

Sleep disorders were reported by nearly 33% of warfighters - which, by numbers, accounts for roughly 600,000 service members and veterans being diagnosed with a sleep disorder.

*“Sleep is a symptom”* said Maj. Mandy McCorkindale, clinical psychologist and State Behavioral Health Officer for the Arkansas National Guard, *“Sleep problems can be the result of adjustment to life stressors, depression, PTSD, anxiety, or even as simple as the result of normal aging.”*

Service members with PTSD, depression or chronic pain are twice as likely to have insomnia.

*“Sleep problems occur in the context of a lot of disorders or a lot of different diagnoses. It*

*is difficult to say we are just going to treat your sleep because a lot of times there is something else going on that is causing sleep problems,”* said McCorkindale.

**How exactly do you improve sleep?** Easy, understand and put to practice good sleep hygiene.

According to McCorkindale, *“sleep hygiene is behavior and things that you do in your day-to-day life that either contributes to good sleep or can contribute to sleep disruption.”*

**What are those behaviors and actions? What are the symptoms attributed to insomnia?**

**The Mayo clinic identifies symptoms of insomnia as:**

- difficulty falling asleep at night
- waking up in the middle of the night
- waking up too early
- not feeling well rested after sleeping
- daytime tiredness or sleepiness
- irritability, depression and anxiety
- difficulty paying attention, focusing on tasks or remembering things
- an increase in errors or accidents
- worrying about sleep



**Sleep, something most of us in the military could certainly use more of. Not just the five minutes here and there on long missions, but good quality sleep where upon awakening we feel rejuvenated, refreshed, alert and alive.**

*“The first thing I would do is an assessment of a patient’s sleep. I’d ask questions about their sleep patterns, the things they’re doing before sleep, what they do when they wake up in the middle of the night, what their day is like because that gives me the bigger picture,” said McCorkindale. “When you have the bigger picture you can then make recommendations about what to change.”*

**Train to the standard. Train to fight. Fight to win. A fundamental piece of the warfighter’s survivability is sleep. Severe complications can be brought on by insomnia and those complications could result in serious injury or death. When you are sleep deprived you are more prone to making mistakes, poor or hasty decisions and significantly decreased motor skills and reaction time.**

### **Do’s**

- get up at same time every day
- decide that sleep is an essential part of your day
- establish a relaxing bedtime routine
- calm your mind with relaxation techniques
- create the perfect bedroom for sleep
- stay hydrated (*drink water*)
- exercise regularly
- quit using nicotine (*a stimulant drug*)

### **Don’ts**

- stay in bed if you do not fall asleep within 30 minutes
- troll Facebook for countless hours while in bed
- look at screens up to an hour before you lay down
- consume caffeine (*a stimulant drug*)
- consume alcohol (*a sleep disruptor*)
- conduct hard workouts before bed
- engage in emotionally upsetting conversations or activities before bed

**Individuals have various methods for dealing with insomnia. Discover and learn what works best for you. Some methods to help you sleep better at night may include guided sleep meditations, progressive muscle relaxation techniques and/or deep breathing exercises.**

*“Medication is not the answer to everything,” said McCorkindale. “Making behavioral or lifestyle changes can be just as effective and promote getting the most restorative sleep without the reliance on a pill.”*

**Practicing good sleep hygiene is critical to ensure good sleep quality at night and full alertness during the day. McCorkindale added, “if you are not sure if you are getting the right kind of treatment or the kind of treatment that is approved by the Army, that fits Army regulation, then ask us. We can help you figure out what the appropriate level of treatment is for you.”**

**Regardless of your status, being a traditional guardsman or on active duty, the Arkansas National Guard’s Medical Command (MEDCOM) can and will help you. According to McCorkindale, “We care about our troops and want to support the behavioral health readiness for all of our Soldiers.”**

### **Resources for the Arkansas National Guard**

**Medical Command: (501) 212-5446**

**Troop Medical Clinic: (501) 212-5262**

**Chaplain: (501) 212-5621**

**[mirecc.va.gov/cih-visn2/clinical\\_resources.asp](http://mirecc.va.gov/cih-visn2/clinical_resources.asp)**





# PROMOTIONS

## 39TH IBCT

SPC AHRENS COREY DAVID  
PV2 ANDREWS MATHEW AUSTIN  
SPC BAIN RACHEL ROSETTA  
SFC BERECIN CHASE ORYAN  
PV2 BOHLMANN KALEAH FAITH  
PV2 BOND ETHAN COLE  
CPT BOWEN PAUL LEE  
PV1 BRADSHAW CHRISTOPHER CHARLE  
PFC BRIGHT GARRETT EDWARD  
PV2 BROWN DYLAN JAMES  
PV1 BRUNER DOMINIC DEVONTE  
PFC BRYANT JERIMIAH ALAN  
PV1 CALDWELL NICKOLAS HANSON  
PV2 CATES SETH AVERY  
PV1 CLARK PAUL WAYNE  
PV1 CLEMONS MARLON DERRELL JR  
PV2 COFFMAN SPENCER DON  
PV1 COLLINS KARA LEEANN  
PV2 COOK THOMAS KADE  
PV1 COPE JUSTIN MICHAEL  
SPC CURRENCE HUNTER BRYAN  
PV1 DIXON TRACE TROY  
PFC EDDINGS AMBER MICHELLE  
PV2 ENGLISH JUSTIN JAMES  
PV1 FLYNN DERRICK ANTHONY JR  
SGT FRAZEE LUCAS CHASE  
PV1 GARCIA KATHERINE ANDREA  
SPC GERMAN WILLIAM ADAM JR  
PV1 GOSSETT HUNTER ONEAL  
CPT HANEY CORNELIUS APOLLO  
PV2 HARRIS BRIAUUNNA NYCOLE  
PFC HARRIS WILLIAM CODY  
PV1 HATHCOCK LAUREN NICOLE  
PV1 HEATHSCOTT JOSEPH KYLE  
CPT HENRY JOHN AUSTIN  
PV1 HICKS CHRISTOPHER MICHAEL J  
PFC HUNTSMAN ALEX STEVEN  
PV1 ARRETT KEYVON TAHLIL  
PV1 JARRETT TAEVION XZAVIER  
PFC JOHNSTON SEAN PATRICK  
PV2 JONES HANNAH DIANNE  
PFC JONES SETH MICHAEL  
PV2 LAINE CAMERON JAMAHL  
PV2 LEWIS JADELYN RACHELLE  
PV2 LONG ALLEN STEFAUN  
MAJ MARABLE HAROLD GORDON III  
PFC MAY JAMIYA MICHELE  
SGT MCFADDEN TIMOTHY ELTON II  
PFC MCPHERSON GARRETT ALAN  
PV1 MILBURN DALTON DOUGLAS

PV1 MILLER TAYLOR ALLENPRICE  
SGT NELSON JACOB BRENT  
PV1 OWENS MICHAEL CHRISTOPHER  
SPC PRESLEY BRANDON JUSTIN  
PV2 RAMSEY TIFFANY LEELEN  
PV1 REED EVAN BLAKE  
PFC ROBINSON JAMIE MARSHELLE  
PFC SCOTT LACIE DIANE  
PV2 SMITH CALEB STEPHEN  
SPC SMITH DALLAS LEE  
PV1 STAGGS MERCEDES LYNETTE  
PV2 STARR TRYAN DAWSON  
PV1 THOMPSON DESTINY OMMUNIQUE  
PV1 TIPTON JORDAN AUSTIN  
PV1 UPSON JEB HARRISON  
PV1 VARTY AUSTIN LANE  
SPC VESTER DEIRDRA JEAN  
PFC WALLACE CAMORON LAMOUNT  
PV2 WALTMAN JOHN MARCUSANDREW  
PV1 WEAVER DARRIN BLAINE  
PV1 WHITFIELD WYATT GENE

## 77TH CAB

PV2 ALLEN ALEXANDER WAYNE  
SGT BALDWIN BENJAMIN DANIEL  
PV1 CANALES RYAN PATRICKERIC  
PV2 CASE MIRANDA GRACE  
PV2 DAVIS BRENT THOMAS  
PV1 FULLER SHANERIAL TENISE  
PV2 GOLLIGLEE CHASE MATTHEW  
PFC HAY DAKOVI JABBAR  
SPC HERRARTE JOCELYN  
SPC HIBBS BRIAN STEPHEN JR  
PV1 HICKEY CHASE MICHAEL  
PV1 JACKSON JASMINE ASHLEY  
PV1 KENNEDY ANTHONY CHARLES  
PV1 MCINDOE ANDRES CAMILO  
PV1 MORRIS HARLEY JOE  
SPC OLIVER ANGEL CHANELKAYLA  
PV1 PARNELLSIMS TABITHA CHERRE  
SGT PIPPEN RASHAD LEMORE  
SPC ROOT ANGELINA ELISA  
PV2 SIMMONS LORENZA III  
SGT SMITH DANTE LORENZO  
PV2 STIDMAN LONDON PRESTON  
PV2 TEAGUE COLEMAN AVERY  
SGT WITHERSPOON JOSHUA DYLAN  
PV2 WOFFORDLIBBETT JOHNNIQUA AY

## 87TH TC

PFC BADGER CHRISTOPHER JAMES  
PV1 BEATY GUNTER SIJAN  
CPT BOYKIN LEE RAY

PV1 BRAWLEY JORDAN WAYNE  
PFC DAILEY LEE MADISON  
PV2 FERNANDEZ BRIANNA NICOLE  
PV1 FITZGERALD DEVON RAY  
PV2 GARVIN AUSTIN LEE  
PV1 GRUNEWALD DONAVAN EUGENE  
PFC HAMPTON BRANDON SCHYLER  
PV2 HENSHAW MCKENLY GRACE  
PV1 HOUPPT LUCAS MORRISON  
SGT KOTAREK JAMES MICHAEL  
SGT LAYMON ANTHONY LOUIS  
SGT LEE DAKORY JAVEN  
PFC MORGAN TYLER CRAIG  
2LT PALUMBO TRISTEN AVERY  
PFC PLUNK KENAN ANTHONY  
PV1 ROBBINS JOSEPH ALLEN JR  
SPC ROLLINGS TIMOTHY LEE  
PFC SCHILLING ZACHARY THOMAS  
SPC SHREVE CODY PHILLIP  
SFC SMITHWILSON CHRISTIE JEVONN  
SGT STRICKLIN BRANDON HEATH  
SGT SUR EDOUARD  
PV2 VICKERS MARK TIMOTHY JR

## 142ND FAB

CPT ALEXANDER JOHN ROBERT  
SGT ANWOJUE ADEOLU OMOKAYODE  
PV2 BENNETT FERRIS JAMES  
SPC BIRTH DUSTIN MAVERICK  
PFC BOYER JENNIFER RENEA  
PV1 BROADHEAD PRESTON HUNTER  
PV2 BURRELL JORDAN TAYLOR  
PFC CALANDRO JONATHAN MICHAEL  
PV1 CASSICK AVEREE ROSE  
SPC COWDEN FLETCHER MCGEE  
PFC CROSE KEVIN MICHAEL  
PFC CUNNINGHAM SAMANTHA JEAN  
CPT CURTIS JAMES GORDON  
SSG DROST CHRISTOPHER THORNE  
PFC EVERLY DAVID LEE  
PV2 FARINE ZANE AUSTIN  
PV1 FORSLUND BRAYDEN GARRETT  
PV2 GAMMILL TIMOTHY PENSE  
PV2 HARRISON JOSHUA PATRICK  
SGT HAYES HALSTON ISAIAH  
SGT NEFF JONATHAN ALLEN  
CPT PANG ANDREW ROBERT  
PFC PEARSON MATAYO VENTRIZE  
PFC PHILLIPS REBECCA CHEYENNE  
PV2 REED ALYSSA MAE  
SPC RUDOLPH MICHAEL JOSEPH  
PFC SANDECKI CHRISTOPHER ALEX

PV1 SCRIVNER PAITON ALEXUS  
PV2 SEMICHE COREY JAMES  
CPT SILZELL HOYT ADAM  
CPT THOMAS JUSTIN RENEE  
PFC TRIBBLE LUKE PERRY  
PV1 VINCENT HALEY ROSE  
PV2 WRIGHT KRISTEN STACEY

## 233RD RTI

SSG IVES ZACHERY MICHAEL  
**FORT CHAFFEE JMTC**  
SFC FREYALDENHOVEN DAVID  
PFC POWELL ERIK ROBERT

## JFHQ

MSG BREWER BRENT DWAYNE  
MAJ GRAHAM MITCHELL HEATH  
MAJ RAMSEY ZACHARY THOMAS

## NG MTC

SFC ANDERSON CHASITY ANN  
SSG HOLLEY ISAAC BENJAMIN  
MSG LINDSEY KEVIN DARRELL  
MSG SCHNELL RANDY SCOTT

## REC & RET CMD

SFC GOSSETT JEREMIAH CHARLES  
SFC HOLLEY DOUGLAS ADAM  
WO1 LEE BRANDON MILES

## ROBINSON MTC

SSG HUDSON BRANDON KEITH  
SSG MOORE TEVON TYRESE  
SSG SWAIM JUSTIN PAUL

## 188TH WING

SSGT ADKINS RONALD  
TSGT BIRCH CHRISTOPHER  
LT COL ORTEGA MARIO  
SRA PHELPS TYLER  
SSGT PRICE TYLER  
SRA REID MARY  
LT COL RUMLEY RUSSELL W.

## 189TH AW

BG JOSEPH B. WILSON  
LT COL HOWARD CLAUDE E.  
A1C LOVELACE TAYLER D.  
SRA WOOTEN LINDSEY D.  
TSGT TAYLOR NAOMI N. PEREZ