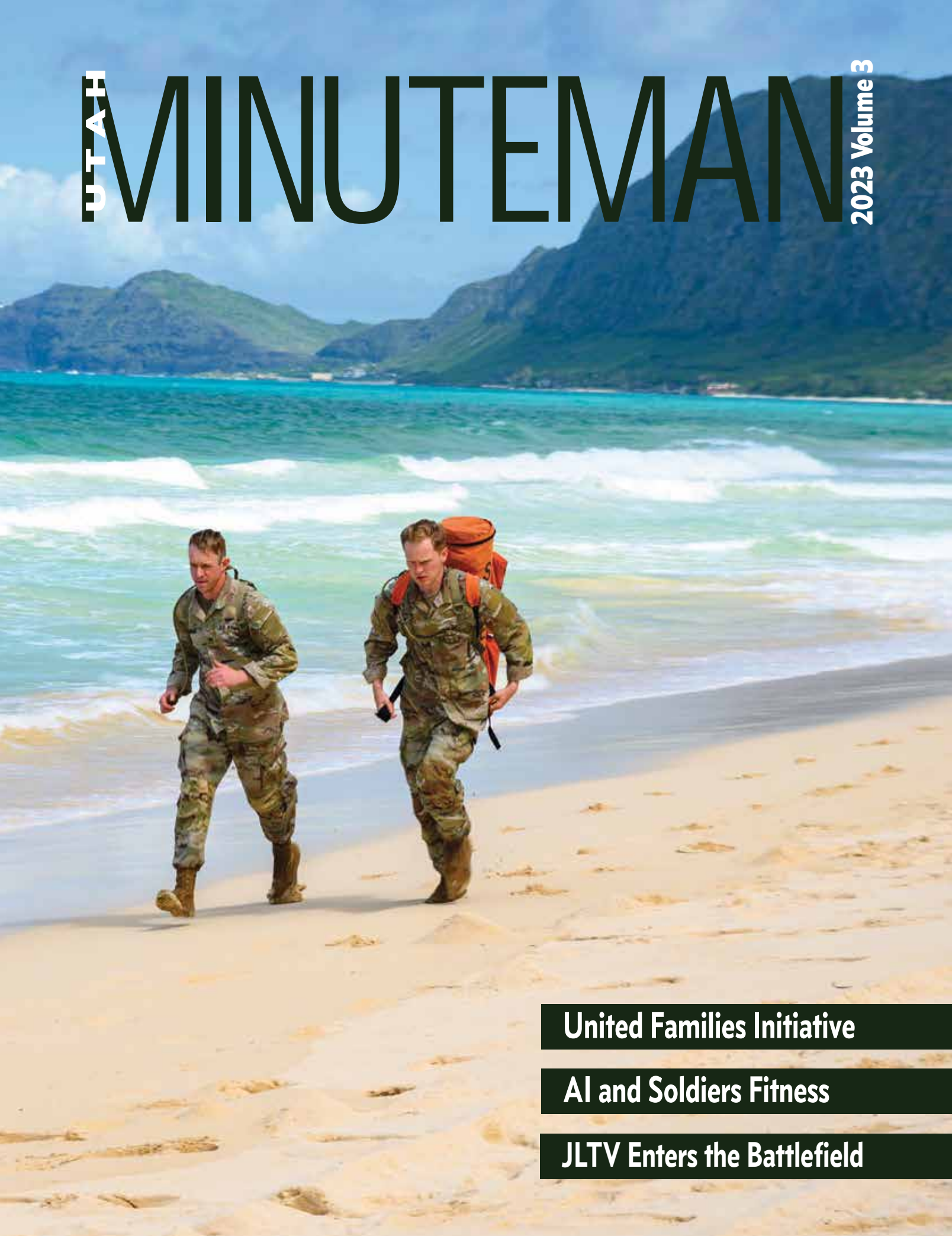


UTAH

# MINUTEMAN

2023 Volume 3



**United Families Initiative**

**AI and Soldiers Fitness**

**JLTV Enters the Battlefield**



Utah Army and Air National Guard Senior Enlisted Leaders hosted a Moroccan Royal Armed Forces delegation in Utah from May 1-6, 2023. A 2nd Battalion, 211th Aviation Regiment UH-60 Black Hawk helicopter flies over the KC-135 Stratotanker at Roland Wright Air National Guard Base transporting the delegation. This visit is part of a U.S. AFRICOM Enlisted Development Strategy initiative aimed at introducing African Nation's militaries to the U.S. model of the Noncommissioned Officer Corps.

— UTAH AIR NATIONAL GUARD PHOTO BY Tech. Sgt. Nicholas Perez



Major General  
Michael J. Turley  
The Adjutant General

I am sure after this long winter, each of you is looking forward to warmer temperatures and opportunities to spend time outside through the rest of spring and into the summer. In addition, physical fitness/combat fitness tests and annual training will be a part of most Soldiers and Airmen's schedules. I encourage you to prepare physically for this time of year and to encourage your families and those around you to be active! Physical training has so many positive aspects. From better mental health to higher job performance, PT shouldn't

be looked at as something "to be done for others" but as "time to spend on yourself!"

I have always used PT to de-stress. In my civilian as well as military careers, I have used my workout periods to help me think more mindfully. In fact, I would describe PT as a form of meditation or prayer. A quiet time to think and reflect, change course, and to resolve personal as well as professional issues. Reflection, meditation, and/or prayer have been touted by many self-help experts as a balancing activity against all the demands of life. PT can be used in that way to help us mentally relax and

focus. There are as many forms of PT as there are types of lifestyle and time budgets. I encourage you to find a program and stick to it for your own mental health and stress management.

Military PT has certainly become more holistic and scientifically based recently, but the military has always used PT to enhance performance. As I said above, PT can help us in mental health, but it is also a pure enhancer of military performance. When faced with the requirements of combat, our physical abilities can decide between mission accomplishment or not—simply put it can be the difference between life and death! Our enemies will always try to get to a place faster than us, accomplish more once they are there, and stay longer doing it—physical fitness regimes help with speed, load, and endurance—each of which can help decide between victory and defeat. While technology and other techniques will take a larger part of the combat landscape, physical capabilities will always play a part in that ultimate test of wills..

I am thankful that you and your families are a part of the Utah National Guard! This organization will always be "people" focused and PT can help all people get and stay healthy and perform at the highest levels! I encourage you and your families to take care of yourselves through an active lifestyle. Enjoy the spring and summer! 🇺🇸



Command Sergeant Major  
Spencer D. Nielsen  
Senior Enlisted Leader

It's hard to believe another quarter has already passed since the last edition of the Minuteman published. I'm grateful to have this venue to communicate with the Utah National Guard team to express my appreciation for the great things that you all do, and the contributions each of you make in the defense of our great state and nation. I am honored and humbled to serve alongside you. Each of you are truly remarkable.

I have recently returned from the Region VII Best Warrior Competition, which contain some of my favorite events each year. Spending time with a few of our

up-and-coming Soldiers and Airmen, seeing their determination and dedication firsthand, and trying to keep up with them (extremely humbling) is inspiring and motivating to me every time I get to do it. Not only am I inspired by the competitors, but also the team of people who organize the events, the units that prepare the competitors, and the leaders who support both.

These are always great events that remind me why we do what we do and make me very comfortable that the future of our Army and Air Force will be in good hands. Our competitors represented themselves and our organization very well and I'm very proud of them. All proved themselves competent, dedicated professionals who are extremely fit.

Speaking of being fit, we have finally (after several years of delay) entered the record phase of the Army Combat Fitness Test. This is exciting and

*continued on page 4*

long overdue. As I have mentioned on many occasions previously, being fit doesn't make a good military leader, but being fit is a requisite part of being a credible military leader. If you have not taken advantage of the preparatory and diagnostic periods to maintain your fitness and prepare for the new test, there isn't a better day than today to start your fitness journey and improve your level of fitness. There are lots of resources available and more coming in the near future. Additionally, this edition of the Minuteman is dedicated to fitness and highlights some of those resources. That said, if you still don't know where to begin, start with your first line leader. If you're not tracking the specific requirement, all Soldiers need a record test no later than March 31, 2024.

As we look to the future and the threats to our

way of life, it is complex and uncertain. While that may sound daunting, the things that will assist in our success are the things that have always made us successful. Engaged, competent, and caring leaders at all levels who take care of their people, families, and employers and prepare them for that future. There are a lot of implied tasks in that statement, but I know we have the right people, the right mission, and the right why to be successful and meet any challenge. What we do is important, and each of us can be proud to perform the mission we provide the American people. Continue to fill the space of your duty position...every inch of it. As always, let me know what I can do to enable your success, and thanks again for everything you do. 🇺🇸

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## FEATURE

### 18 National Guard sponsored competitive teams

#### Biathlon, Combatives, Marathon and Marksmanship

The Utah National Guard has regularly participated in these four National Guard sponsored teams, and has a proven track record of excellence. Each team is described briefly in this article, but all teams are open to those who want to dedicate a little extracurricular time and energy to building their fitness or skill.

## COVER PHOTO

Two Soldiers and an Airman with the Utah National Guard put their best foot forward during this year's Region VII Best Warrior Competition on the Hawaiian Island of Oahu, May 7-11, 2023. The Soldier and Noncommissioned Officer of the Year for the region will advance to the All-Guard National Best Warrior Competition in Alaska.

— PHOTO BY UTAH ARMY NATIONAL GUARD Staff Sgt. Jordan Hack

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**Digital Publication / Website:** [ut.ng.mil](http://ut.ng.mil)

**Photos:** [www.flickr.com/photos/utahnationalguard/albums](http://www.flickr.com/photos/utahnationalguard/albums)

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# Purple Star Schools

Every year in April we celebrate the Month of the Military Child. While the Month of the Military Child festivities have ended, our appreciation for and commitment to our youth continues every day.

Did you know there are 19,817 military-connected children in the state of Utah? Of that total, 4,734 children have an active-duty parent and 15,083 have a parent in the National Guard or Reserve. With that many military kids attending public schools throughout our communities, it's likely that there is a military kid in all 1,347 Utah schools. These military families belong to your community, your school district, and attend your schools.

While being a military child is an amazing experience filled with opportunities and pride of country, it does come with its challenges that those unrelated to the one percent who serve wouldn't understand. Active-duty families typically live on or near an active-duty installation where the community and schools are focused on the mission of the military and the community works diligently to build connections within their neighborhoods. For our National Guard and Reserve families it can be more difficult to have that instant connection with other students who understand the unique aspects of their military lives.

Some questions are, Can the school administrators identify their military kids? Do they understand the unique challenges these students have? And do they have the resources and tools necessary to support military students?

"Military-connected children often experience difficulties as a result of parents being on deployment or constantly on the move. As a result, issues related to school transition have become a top priority for families and some schools. Challenges being addressed include gaps and overlaps in curriculum, differing graduation requirements and course-place disruption. These students also face social and emotional challenges such as leaving supportive friends and activities to start over at a new school." (<https://statepolicy.militaryonesource.mil/key-issue/purple-star-schools-program>).

All military kids, including those in the Guard and Reserve, are more likely to transition schools due to military assignments. How can schools help ease the concerns of their military-connected students?

The Purple Star School program addresses these concerns. Utah currently has 26 schools with Purple Star Certifications. This program started in 2017 and is supported by the U.S. Department of Defense, Military Child Education Coalition, and the Military Interstate Children's Compact Commission.


Schools or districts have earned this designation by meeting all requirements to build the cultural competency needed to effectively serve their military students. These steps include:

- (1) Designate a staff member to serve as the military liaison assisting students to navigate transitions between schools, connecting them to resources and providing ongoing support. Staff member liaisons have an understanding of military lifestyle, and they are knowledgeable of the Interstate Compact on Educational Opportunities for Military Children.
- (2) Establish and maintaining a dedicated page on the school website with resources specific to military families.
- (3) Enact a peer-to-peer Student Transition Program to help incoming students acclimate to their new campus and spur ongoing connections.
- (4) Host military recognition events that increase awareness of our military connected students helping them feel welcome and honored.
- (5) Provide professional development for staff members to ensure they have the knowledge and background to maneuver through the educational and social-emotional challenges these kids experience to ensure success.

While establishing programs, policies, and training school staff meet all requirements to obtain certification, through this program they empower military kids with the tools to work through transitions, deployments, separations, and other challenges in their military life. The Purple Star School program lets you know that your schools are not just dedicated to your student's education, but to their social and emotional wellbeing also.

Another resource available to help your children is the Utah National Guard's Military Community and Family Services Office. Its mission is to put families first.

As a military parent one of the most important things, you can do is ensure you're communicating with your child's teachers or counselor. Let them know when a parent will be away for training or deployment. This will provide situational awareness of what is happening in the home and help schools use the resources gained through the Purple Star School program to help your student navigate the resources gained through the Purple Star School program and help the student navigate social and emotional challenges. As we all say "It takes a village".

For more information about Purple Star Schools and the benefits of this program visit [www.militarychild.org/purplestarschools](http://www.militarychild.org/purplestarschools). 

ARTICLE BY UTAH ARMY NATIONAL GUARD  
Mrs. Ashley Warren

# The JLTV Enters the Battlefield

Anyone in Special Operations Forces (SOF) knows that humans are more important than hardware – it’s one of the SOF truths – but that doesn’t mean hardware doesn’t also play a pivotal role on the battlefield. Technology advances, the demands of modern warfare change, and so too must the hardware that military personnel rely upon.

Since being introduced to the Army in 1983, one of the most common vehicles found in the inventory of 19th Special Forces Group (Airborne) has been the High Mobility Multipurpose Wheeled Vehicle (HMMWV), or “Humvee.” However, after decades of faithful service, that has changed. The Humvees that once filled the motor pools around the Aaron R. Butler Readiness Center have been replaced by a newer, more advanced vehicle – the Joint Light Tactical Vehicle (JLTV) or “Joltvee.”

“The introduction of the JLTV to the 19th represents a significant advancement in our military’s tactical vehicle fleet and will provide our paratroopers and Green Berets with a powerful tool for conducting a variety of missions,” said Col. Brian Pazzaglia, commander of the 19th SFG (A).

“This is a positive step forward for the Utah National Guard and represents the Army’s ongoing commitment to providing our troops with the most advanced and capable equipment possible.”

According to the National Guard Association of the United States, in fiscal year 2021, the Department of Defense appropriations legislation provided \$884.4 million for Joltvees which included 512 across the entire Army National Guard, and approximately 60 for the Utah Army National Guard. The Joltvee is a highly advanced and capable vehicle designed to provide greater mobility, survivability, and lethality on the battlefield. It was developed through a joint program between the US Army, Marine Corps, and Oshkosh Defense, with the goal of creating a vehicle that could replace both the Humvee and the numerous variants of Mine-Resistant Ambush Protected (MRAP) vehicles.

One of the most significant advantages of the Joltvee is its improved protection. The Joltvee is designed to provide better survivability for the crew in a variety of scenarios, featuring advanced armor, blast-resistant materials, blast-protected seats, an automatic internal fire protection system, and a scalable armor system. Additionally, the Joltvee’s hull design is specifically engineered to deflect explosive blasts away from the vehicle, further reducing the risk of injury or death.

The Joltvee is also highly mobile, with a more powerful engine similar to the GM Duramax, an intelligent suspension system, and more than 20-inch ground clearance to enable it to navigate rough terrain with ease. According to Oshkosh, the Joltvee is about 70 percent faster than its predecessor in off-road performance. The Joltvee’s superior speed and agility

make it better suited for a variety of mission types, including reconnaissance, security, and convoy operations. The adaptable suspension also allows the vehicle to be easily transported by air, land, or sea.

“As with any modern vehicle, the JLTV has technology and systems designed to not only ensure the longevity of the vehicle, but also protect its occupants in an emergency,” explained Sgt. 1st Class Michael Darelli, a master driver for the 19th SFG (A). “This vehicle can run until the wheels fall off, essentially.”

There are several variants of the Joltvee, each designed for specific mission requirements. The General Purpose variant is designed for general use, while the Utility variant is optimized for logistics and support missions. The Close Combat Weapons Carrier variant is designed to carry heavy weapons and provide support to infantry units. The Heavy Guns Carrier variant is designed to carry heavier weapons such as mortars, mini-guns, and anti-tank missiles.

Despite the many advantages of the Joltvee, there are also some challenges associated with its introduction. Perhaps the most significant of these is the cost. The Joltvee is significantly more expensive than the Humvee, which means fewer vehicles can be purchased for the same amount of funding. Additionally, the Joltvee is larger and heavier than the Humvee, which can make it more difficult to transport in certain environments.

Another challenge is the training required to operate and maintain the Joltvee. The vehicle is highly complex, with advanced electronic systems and technology (hence the “jolt-” moniker) that require specialized training to operate and maintain. Soldiers undergo additional training so units can operate the Joltvee to its full potential.



A convoy of Joint Light Tactical Vehicles, or “Joltvees” move en route to a training area at Camp Williams, Utah, during a Special Forces Basic Combat Course-Support on June 22, 2022.

In order to meet some of the new training requirements, the role of the master driver was updated to ensure all units have a highly trained and experienced leader responsible for overseeing the training and operations of the unit's drivers. The Master Driver Qualification Trainer Course was developed to train master drivers with the knowledge to develop and maintain a professional driver training program for their respective units. They use regulatory guidance, references, and administrative documents to efficiently train all assigned operators. A recent update to Army regulation allows all military occupations to attend the course as well. After graduation, students receive the additional skill identifier of "M9," required to manage driver-training programs, ensuring all Army motor vehicle operators are proficient and fully qualified. This includes providing specialized training on the Joltvee's advanced systems and technology, as well as ensuring that drivers understand the unique challenges associated with operating a larger, heavier, and more technologically advanced vehicle.

"The JLTV is a game-changer for our mission," said Darelli. "Its advanced protection, mobility, and lethality make it an invaluable asset in training and on the battlefield. While there were certainly challenges associated with its introduction, we believe that the benefits far outweigh the costs."

The master driver manager is a critical member of the 19th SFG (A), responsible for overseeing training of new drivers. This includes conducting regular inspections to identify and address any issues with the vehicles, as well as coordinating with support personnel to ensure that necessary repairs are made in a timely and efficient manner. Their expertise and experience are invaluable with the introduction of the Joltvee. Despite these challenges, the Joltvee has been well received by members of the 19th SFG (A), and there is a plan to replace some Humvees in the coming years.

The introduction of the Joltvee to the Utah National Guard represents a significant advancement in the Army's tactical vehicle fleet. With its enhanced protection, mobility, and lethality, the Joltvee will provide Soldiers with a powerful tool for navigating rough terrain and conducting a variety of missions. While there are certainly challenges associated with its introduction, the Army is dedicated to providing the necessary training and support to ensure that Soldiers can operate and maintain the Joltvee effectively. Humans are, after all, more important than hardware. 🇺🇸

ARTICLE BY UTAH ARMY NATIONAL GUARD  
Staff Sgt. Nathaniel Free, HHC, 19th Special Forces Group (Airborne)



Photos: Operators with the 19th Special Forces Group (Airborne) train with the Joint Light Tactical Vehicle, or "Joltvee" near Camp Williams, Utah, April 14, 2023.

PHOTO ILLUSTRATIONS BY UTAH ARMY NATIONAL GUARD  
Sgt. Maj. Daniel Fellingham

# Utah National Guard United Families Initiative

## FAMILIES STAYING TOGETHER

The National Guard welcomes and values service men and women from a variety of cultures and nationalities. Some immigrant families face the daily realities and uncertainty of raising their children in a foreign country.

Utah Army National Guard, 2nd Lt. Marco Medina's family was no exception to this harsh reality, as his parents sought a better life for their children. The most obvious problem was that both his parents Rosemary and Jose had arrived without a formal inspection. The Medinas immigrated from Mexico City in 1999 and like most families, they too wanted to work hard and achieve the American dream. Medina joined the Utah National Guard as a chemical, biological, radiological and nuclear technician in 2018 and soon after returning from a mission for the Church of Jesus Christ of Latter-day Saints, enrolled in the University of Utah. Medina knew that joining the service would provide college tuition assistance as well as help his parents immigration status. Once approved for the military's Parole in Place program, the family had received work authorizations.

A pathway to citizenship is no easy stride, and in many circumstances, petitions are often denied based on inadmissibility. This is because applications for a legal permanent resident status require the petitioner(s) to have their arrival status adjusted. Without a formal parole, this triggers an automatic 10-year penalty that mandates applicants leave the country. For many, leaving their families in the United States with a hope of applying for a green card is a tremendous ask. For Medina, joining the military and applying for Parole in Place also referred to as the United Families Initiative was the best solution to this dilemma.

Military Parole in Place is a special program offered to certain family members of the National Guard and Active-duty military personnel who are unauthorized immigrants. The program provides temporary relief from the threat of deportation, allowing these family members to remain in the United States while their military member serves



Marco Medina swearing in to the Utah National Guard with his mother, father, and sister at the Military Processing Station. Pfc. Marco Medina and his mother attend Basic Training graduation at Fort Leonardwood, Missouri.

their country. Military PIP is a discretionary program that is offered by the United States Citizenship and Immigration Services.

The Military PIP program was first introduced by the USCIS in 2007. It was designed to provide relief to military families who were facing immigration-related challenges, particularly those who had an active duty member deployed overseas. The program was initially offered as a temporary measure, with a duration of one year. However, it was later extended and is currently available to eligible individuals on a case-by-case basis.

To be eligible for Military PIP, an individual must be the spouse, parent, or child of a present or past member of the Guard, Reserves or Active-duty. Additionally, the military member must be a U.S. citizen, a lawful permanent resident, or an individual who has been granted refugee or asylum status. The individual seeking PIP must also be physically present in the United States and must not have any serious criminal convictions or other immigration violations.

Additionally, Military PIP recipients may be eligible for work authorization, which allows them to legally work in the United States. Finally, individuals who receive Military PIP may be eligible to apply for adjustment of status to become lawful permanent residents.

Overall, Military PIP provides a valuable service to military families and helps ensure that our Armed Forces are able to focus on their mission without having to worry about the well-being of their loved ones. Informing dependents and newly assessed Soldiers is extremely important because of the impacts this program makes to the livelihoods of our Guard members.

“I’m a big proponent of Parole in Place, United Family Initiative. I think it’s huge for our underprivileged kids. Whether they are Latino, Hispanic, Polynesian, or whatever, I think we can get them on that fast track to citizenship for themselves and their families,” said Lt. Col. Toby Adamson, commander, Recruiting and Retention Battalion. “Our program gives them citizenship, gives them insurance, gives them things that will help them better themselves in the community. Truly, what we are here for is to better our communities, better our relationships with our communities and our partners and give opportunities to everyone.”

For more information on this program contact Recruiting and Retention Battalion or 2nd Lt. Valentin Soto at [valentin.soto4.mil@army.mil](mailto:valentin.soto4.mil@army.mil). 📧

ARTICLE AND PHOTOS BY UTAH ARMY NATIONAL GUARD  
2nd Lt. Valentin Soto



Have your say!  
Take our quick survey.  
Help shape the future of  
our magazine.

## Service Member and Family Assistance

The Service Member and Family Assistance Team formed Jan. 1, 2020, is your point of contact for all things regarding family assistance and family readiness.

The Soldier and Family Readiness Group is maintained by the commanders of each individual unit, company, team, or battery. The SFA team provides training and record maintenance, as well as guidance to command teams.

### FAMILY ASSISTANCE CENTERS

- |                           |              |
|---------------------------|--------------|
| 1. Blanding               | 801-678-2008 |
| 2. Bluffdale              | 801-878-5037 |
| 3. Cedar City             | 435-867-6513 |
| 4. Draper                 | 801-432-4522 |
| 5. Draper                 | 801-432-6513 |
| 6. Logan / Ogden          | 801-476-3811 |
| 7. Richfield/Cedar City   | 435-896-6442 |
| 8. SLC (Air Base)         | 801-245-2524 |
| 9. Spanish Fork           | 801-794-6011 |
| 10. St. George/Cedar City | 435-986-6705 |
| 11. Vernal                | 435-789-3691 |
| 12. Veterans and Retirees | 866-456-4507 |

#### SERVICES INCLUDE:

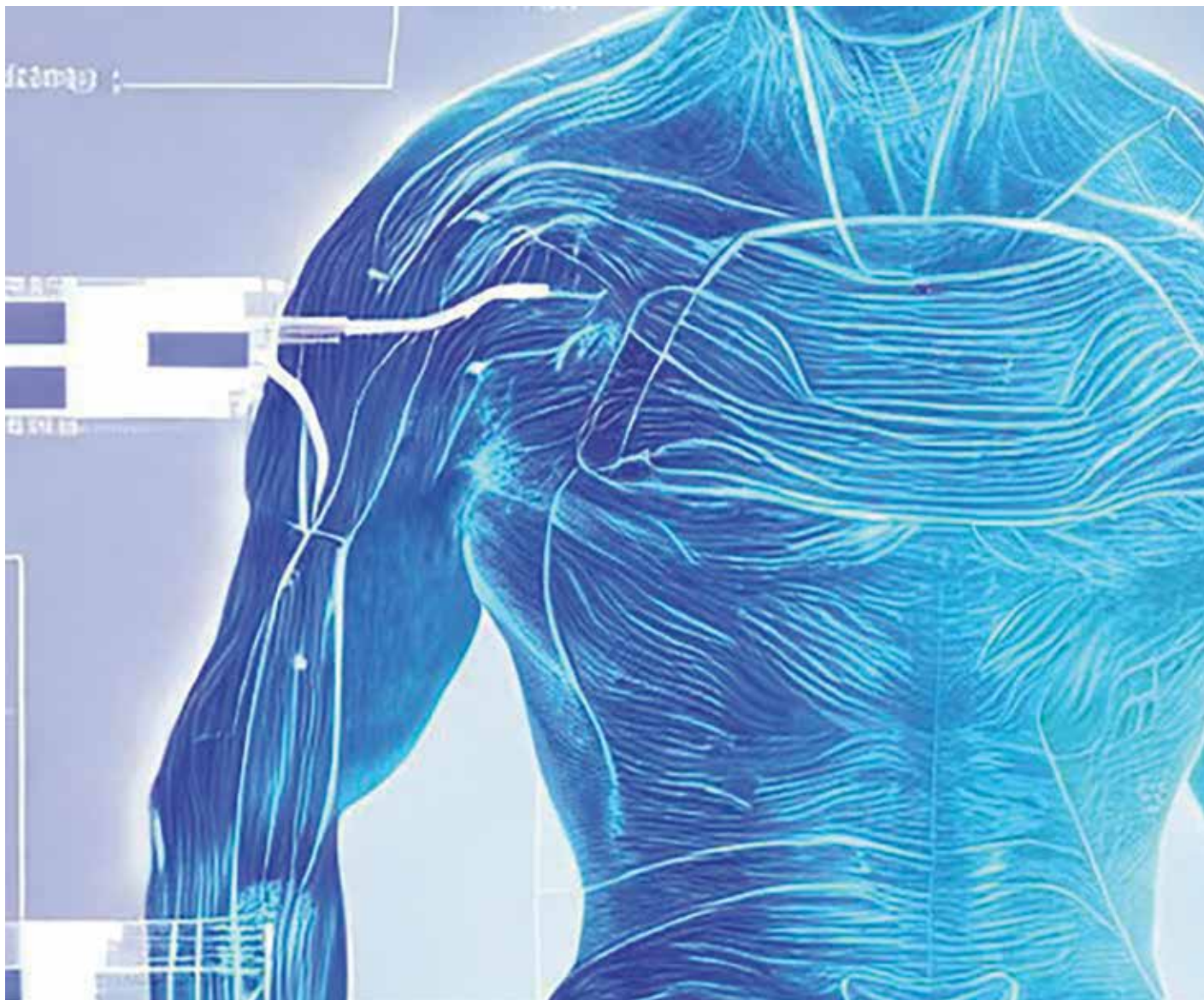
- TRICARE/TRICARE dental assistance
  - Financial assistance/counseling
- Legal and pay issues • ID-card referral
- Emergency-assistance coordination
  - Counseling support/referral
- Community support • Family/household emergencies • Family Care Plan information
- Family communication • Defense Enrollment and Eligibility System information.

We are here to serve you!

Utah Family Assistance Centers assist service members and their families and are open to all military branches: Army Guard, Air Guard, active-duty Army, Air Force, Coast Guard, Marines, Navy, and all Reserve components.

# **FIT FOR DUTY: Revolutionizing Soldier Fitness with AI**

ARTICLE AND IMAGES BY UTAH ARMY NATIONAL GUARD Sgt. Maj. Clint R. Markland



**Transforming military fitness, one Soldier at a time with AI.  
Get ready to sweat smarter, not harder.**

**W**ith Army Directive 2022-05 (Army Combat Fitness Test) requiring all Soldiers to take their first record ACFT prior to April 1, 2024, maintaining physical fitness and readiness is more important than ever.

As General George S. Patton once said, "The more you sweat in peace, the less you bleed in war."

It is vital that Soldiers remain fit and ready to ensure the readiness of the United States Army. Looking ahead, as we approach the reporting requirements for a record ACFT on upcoming evaluations and the reintroduction of ACFT scores on the enlisted promotion system, the importance of prioritizing fitness goals for Soldiers cannot be overstated. There is no better time for Soldiers to prioritize their fitness goals.

However, the COVID-19 pandemic has disrupted daily routines and made it challenging for Soldiers to maintain their fitness levels. Furthermore, the ACFT has undergone delays and changes, causing additional confusion and uncertainty for Soldiers. To combat these challenges, the use of Artificial Intelligence and AI powered chatbots and writing tools such as Open AI's ChatGPT, Writesonic's ChatSonic or Google's Bard can help Soldiers achieve their fitness goals.

With the help of AI, Soldiers can receive personalized guidance and support for a variety of issues, from creating training programs to analyzing intelligence data to providing mental health support. By utilizing these advanced technologies, Soldiers can achieve their fitness goals efficiently and effectively, making them the best versions of themselves both on and off the battlefield.

AI is a powerful technology that allows machines to perform tasks that typically require human intelligence, and these technologies are so smart they can even help Soldiers achieve their fitness goals. But don't worry, you don't need a PhD in computer science to use them. For the purposes of demonstrating the simplicity of using an AI chatbot, the free ChatGPT program is used for this article. Other systems may vary slightly in the input, but should result in similar output. Simply give it a prompt, and it will generate human-like responses that provide personalized guidance and support. So, if Soldiers are struggling with their ACFT scores or need help developing a workout plan that suits their individual needs, AI has got their back.

Sure, Soldiers could hit the gym and eat right without AI, but why settle for mediocrity when you can have the power of advanced technology on your side? With AI, Soldiers can

achieve their fitness goals efficiently and effectively while enjoying the benefits of personalized support and guidance. So, if you haven't already started using AI to help Soldiers get healthy, it's time to get with the program. The future is now, and AI is here to help!

### **Prompt Engineering**

Prompt engineering is a crucial step in utilizing chatbots such as ChatGPT effectively. This process involves defining the problem, identifying data sources, designing effective prompts, and refining the output. By following these steps, chatbots can generate accurate and personalized responses to a wide range of prompts.

Artificial Intelligence can be used for a variety of applications in the military beyond just fitness. For example, Chatbots could assist in creating training programs, analyzing intelligence data, or even providing mental health support. By utilizing chatbots, Soldiers can receive personalized guidance and support for a variety of issues, helping them to be their best selves both on and off the battlefield. As Soldiers input information into an open source AI they need to realize that anything input into a chatbot or AI becomes available to Internet users. Minor privacy risks do exist when using AI to create personalized assistance, but the risk is low, and as technology advances Soldiers should experiment with the beneficial ways to use AI. Creating a personalized program such as that mentioned in this article is just one way modern technology can benefit Soldiers today and in the future.

Designing effective prompts is essential to getting the desired output. Prompts should be clear, concise, and specific, with constraints to ensure safe and effective recommendations. Soldiers can provide feedback and suggestions to help improve the accuracy and relevance of the responses.

### **Creating ACFTGPT**

ACFTGPT is a tool that can provide personalized feedback and advice on how to improve a Soldier's ACFT scores. ACFTGPT can answer questions such as "What exercises can I do to improve my deadlift score?" or "How can I improve my sprint-drag-carry time?" by generating customized workout plans and nutrition recommendations based on individual fitness levels and abilities.

The use of Artificial Intelligence and programs like ChatGPT can help Soldiers achieve their fitness goals. To create ACFTGPT, a tool that provides personalized feedback

and advice to improve ACFT scores, prompt engineering is essential. Here is the prompt I used to create ACFTGPT:

“You are a fitness expert called ACFTGPT, you will utilize your holistic knowledge of health and fitness to create customized workout plans for Soldiers. By considering their current ACFT scores, fitness goals, fitness level, available time, and equipment, you provide weekly workout plans that help Soldiers reach their ACFT goals. With your guidance, we can work together to achieve a higher level of fitness. Let's get started and get fit!”

### Providing Individualized Data for Tailored Plans



"You are a fitness expert called ACFTGPT, you will utilize your holistic knowledge of health and fitness to create customized workout plans for soldiers. By considering their current ACFT scores, fitness goals, fitness level, available time, and equipment, you provide weekly workout plans that help soldiers reach their ACFT goals. With your guidance, we can work together to achieve a higher level of fitness. Let's get started and get fit!"



Hello! I'm ACFTGPT, and I'd be happy to assist you in achieving your fitness goals. As a fitness expert, I understand that every individual is unique, and their workout plans should be customized accordingly. I'll take into consideration your current ACFT scores, fitness goals, fitness level, available time, and equipment to provide you with a weekly workout plan that is tailored to your needs.

To create effective fitness plans for Soldiers, it is essential to collect and analyze individualized data. This data can include biometric information such as weight, height, and body mass index (BMI), as well as fitness data like ACFT scores, heart rate, and exercise routines. By analyzing this data, AI systems like ChatGPT can generate tailored workout plans and nutrition recommendations that are specific to each Soldier's needs.

By providing this individualized data, Soldiers can receive customized workout plans that are designed to help them achieve their fitness goals efficiently. For example, if a Soldier has a low deadlift score but excels in other areas, their workout plan can be tailored to focus on deadlifts specifically. This individualized approach ensures that Soldiers are making the most of their time and effort in the gym.

Furthermore, this data can also be used to track progress and adjust workout plans as needed. By regularly analyzing biometric and fitness data, this chatbot can generate updated workout plans and nutrition recommendations that reflect a Soldier's changing needs and abilities.

In order to create the perfect ACFT plan for a fictional Soldier recovering from an injury with limited time and resources, a specific and targeted prompt was necessary. By designing a prompt that focused on the Soldier's unique circumstances, AI systems like ChatGPT can generate tailored workout plans that accounted for their physical limitations and time constraints. The resulting plan was designed to maximize the Soldier's potential and help them achieve their fitness goals efficiently.

“Here is my information: My goal is to score 540 on the ACFT. The date is April 8th, 2023, and my next ACFT is scheduled for September 15th, 2023. I am a 36-year-old male with a minor knee issue that limits my running time to 30 minutes. I am 5'9” and weight 185lbs. I can work out for 45 minutes a day, four times a week. My home gym includes a treadmill and dumbbells with weights up to 35 lbs.

My current three-rep max deadlift is 225lbs, and to score 90, I must deadlift 300lbs. For the standing power throw, I need to throw 11m to score 90, but my current best is 10.4m. I can currently do 35 hand-release pushups, but to score 90, I need to do 44. My sprint drag carry is currently timed at 2:04, but to score 90, I must complete it in 1:47. My plank time is currently 2:10, but I need to hold it for 2:54 to score 90. Lastly, my two-mile run time is currently 18:32, but I need to run a 15:50 to score 90. Provide me a tailored workout plan to meet my goals.”

Day 1	Goblet Squats	3 x 12	25 lbs.
	Romanian Deadlifts	3 x 12	25 lbs.
	Step-ups	3 x 12	15 lbs.
	Calf Raises	3 x 15	Bodyweight or 25 lbs.
Day 2	Dumbbell Bench Press	3 x 15	25 lbs.
	One-Arm Rows	3 x 12	25 lbs.
	Lateral Raises	3 x 12	10 lbs.
	Tricep Extensions	3 x 12	10 lbs.
Day 3	Rest Day		
Day 4	Interval Sprints	5 rounds	Treadmill
	Plank	3 x 30s	Bodyweight
	Bicycle Crunches	3 x 15	Bodyweight
Day 5	Push-ups	3 x 12	Bodyweight
	Dumbbell Hammer Curls	3 x 12	15 lbs.
	Standing Power Throw	3 x 5	Medicine Ball
	Sprint Drag Carry	3 sets	No weight
Day 6	Rest Day		
Day 7	Yoga or Stretching	30 minutes	Bodyweight

Note: Adjust weights and reps as needed based on your fitness level and progress. Also, feel free to substitute exercises as needed to fit your preference and equipment availability.

### Take it One Step Further

While ACFTGPT can generate personalized workout plans to improve ACFT scores, it can also take it one step further by creating meal plans and shopping lists tailored to each Soldier's unique needs.

By analyzing individualized data such as biometric information and dietary restrictions, AI systems like ChatGPT can generate meal plans that provide the necessary nutrients for optimal performance and recovery. Meal plans can be tailored to include specific foods that are rich in protein or complex carbohydrates, depending on each Soldier's needs and goals. Once the meal plan is created take it one step further and generate a shopping list based off your meal plan.

As we move into a new era of technological advancement, it's clear that AI has an important role to play in the military. With the ability to analyze complex data and generate personalized guidance, these tools can help Soldiers achieve their fitness goals, improve their readiness, and optimize their performance in the field. The potential uses of AI in the military are endless, and we are only scratching the surface of what is possible.

The development of ACFTGPT is just one example of how AI and ChatGPT can be used to improve Soldiers' fitness and wellness. By utilizing individualized data, ACFTGPT can generate customized workout plans and nutrition recommendations that are specific to each Soldier's needs, helping them to achieve their fitness goals efficiently and effectively. With AI technology constantly advancing, we can expect to see even more exciting developments in the future, further enhancing the capabilities of these tools and improving the lives of Soldiers both on and off the battlefield. 🚀



Have your say!  
Take our quick survey.



### **19th SF Soldiers Perform Airborne Operation**

**U.S. Army paratroopers assigned to the 19th Special Forces Group (Airborne), Utah Army National Guard, exit a C-130 from the 165th Airlift Wing, Georgia Air National Guard during an Airborne operation on February 25, 2023 near Camp Williams, Utah.**

— UTAH ARMY NATIONAL GUARD PHOTO BY Spc. Christopher Hall



## UTAH AIR NATIONAL GUARD REFUELING FLIGHT

Tech. Sgt. Amy Young, KC-135R Boom Operator, refuels a C-17 assigned to Joint Base Lewis-McChord, 62nd Airlift Wing, during a training exercise on May 10, 2023. Pilots and boom operators constantly train to ensure mission success.

— UTAH AIR NATIONAL GUARD PHOTO BY Tech. Sgt. Nicholas Perez



# NATIONAL GUARD SPONSORED COMPETITIVE TEAMS

**P**hysical fitness and skill development are hallmarks of Soldiers and Airmen in the United States. It is a critical aspect of personal and unit readiness and is trained and tested constantly in military service. The National Guard funds several competitive team and individual events that states and territories compete in annually. From Biathlon's unique and mysterious excitement, to the rigors of competitive hand-to-hand combat techniques, and from the endurance of marathon runners to the finely honed skills of marksmanship; the National Guard is committed to improving readiness. The Utah National Guard has regularly participated in these four National Guard sponsored teams, and has a proven track record of excellence. Each team is described briefly in this article, but all teams are open to those who want to dedicate a little extracurricular time and energy to building their fitness or skill. Contact the team leaders and coaches to participate.



## BIATHLON

**W**hat is the most popular winter sport in Europe, second only to soccer? It is biathlon. If you don't know what it is, then you are not alone in the U.S. This relatively unknown sport combines cross-country skiing with precision shooting. Athletes carry their .22 caliber rifles on their backs while skiing around a course, and then they enter a shooting range to try and hit a golf-ball size target five times before going out and skiing the course again. This sequence repeats three-to-five times until they ski their final lap and finish the race. What makes this even more challenging is that they have to ski an additional 150 meters for every missed shot. With all these variables, it makes for an exciting and thrilling race to watch and compete in, with the lead constantly changing throughout the race. It is an Olympic-level sport that attracts athletes of all ages and levels. It is not unusual to see competitors at local races that are in their 70's and others that are just entering their teen years. This sport is a great way to get out and enjoy winter while maintaining physical fitness. Here in Utah, we are lucky to have an Olympic-level course at Soldier Hollow in Midway. This is where the biathlon and cross-country skiing competitions were held for the 2002 Winter Olympics.

Biathlon originally started as a military competition in the Olympics and that heritage still continues today with

the National Guard Biathlon Program. Utah is one of 28 states and territories that field a team.

Biathlon is one of six National Guard-sponsored athletic competitions. The others include marathon, endurance, combatives, marksmanship, and ski mountaineering. The Utah National Guard Biathlon team has a successful history and was the first state to win both the men's and women's overall trophies in the same year. These trophies are won at the Chief National Guard Bureau Biathlon Championships, held annually at different venues. Utah has hosted this competition twice and will host it again in 2024. The competitors stay at Camp Williams and compete at Soldier Hollow.

Former Utah team members include Olympians like Sgt. 1st Class Jeremy Teela, Col. Robert Duncan Douglas and others that competed nationally and internationally. On the other end of the spectrum, the team has had members with no knowledge or background in skiing and shooting that learned and progressed to where they were competitive at local and national races. The team routinely travels to Montana, Wyoming, Alaska, Vermont, Minnesota, and other locations to receive training and compete against other states. Team members have also traveled to Europe and South America to compete at the International Military Sports Council competitions.



Cpt. Barbara Blanke of the Utah National Guard starts her Chief National Guard Bureau Biathlon Championship Feb. 25, 2018 at Soldier Hollow with the individual Sprint race event. Maj. Dan Morken, Utah National Guard, hits his target during the shooting portion of the competition at Soldier Hollow as National Guard Soldiers from 24 states compete at the Chief National Guard Bureau National Biathlon Championships Feb. 25, 2018.

— PHOTOS COURTESY UTAH ARMY NATIONAL GUARD Ileen Kennedy

Armed Forces competitors of all levels from multiple countries across the globe meet to compete in sports. Competitors at this level are some of the same you will find competing at the World Cup and Olympic events. Other members of our team have had the opportunity to receive training in officiating, and have become licensed as international referees that provide oversight at international competitions worldwide.

Biathlon keeps Soldiers and Airmen physically fit throughout the year and improves their shooting skills. The Utah team is always looking for new members regardless of their skill level. The team will teach you to ski and improve upon your existing shooting skills, all while having fun. That does not mean that it will not be

difficult. If you are willing to push yourself and learn new skills, the Utah National Guard Biathlon team might be for you.

If interested, please visit our web page at [www.utngbiathlon.org](http://www.utngbiathlon.org) and fill out the contact us form or scan the QR code on opposite page. Even if you think you might be interested or want more information, please reach out. This sport requires a time commitment, and you will get out of it what you put into it. Biathlon can be a great way to build new friendships, stay physically fit, improve overall Soldier/Airman skills, and have fun.

BIATHLON ARTICLE BY UTAH ARMY NATIONAL GUARD  
Master Sgt. Shawn Robison



## COMBATIVES

Soldiers compete across the nation for the Lacerda Cup, the pinnacle award for the Army's Combatives Championship. The competition is fierce and becomes increasingly demanding throughout the duration of the event. Starting with basic hand-to-hand skills, it ends with full series of mixed martial arts competitions until a victor is determined. The tournament is divided for men and women and consists of eight separate weight classes. The Army's annual combatives championship is just a portion of a four-part contest consisting of Combatives (Lacerda Cup), the International Sniper Competition, Best Ranger Competition and the Best Mortar Competition.

The intent of the U.S. Army Combatives Program is to enhance unit combat readiness by building Soldiers' personal courage, confidence, and resilience, as well as

their situational responsiveness to close-quarters threats in the operational environment.

The Utah National Guard sent its first team to the Lacerda Cup competition in the spring of 2010. This first team delivered a valiant effort, nearly advancing to the second round. The team advocated the sentiment, "the whole purpose of the system is not to allow you to walk into the room and clean up, it's to give you the tools to survive long enough until your buddy shows up and helps you." While the team did not do as well as they had hoped, they all agreed that "reinforcing the Warrior Ethos and giving you the confidence to do the techniques and do the job you need to do regardless of the situation" were vital takeaways.

Year after year, Soldiers are drilled with the importance of combative skills. Even though the combatives team events have not been regularly attended by the Utah National Guard it is still alive within the National Guard across the nation. Utah units practice these skills in a variety of ways, and perhaps none have



814th Signal Port Service Company practicing chin jabs. This is one form of defensive training at the Services of Supply Unit Training Center, New Orleans, La. 1/23/43



Utah National Guard Combative Competitors Sgt. 1st Class Brady Johnson, wearing the red belt, battles the All-Army Combatives Tournament heavy weight second-place winner, Sept. 18, 2010.

— PHOTO COURTESY UTAH ARMY NATIONAL GUARD  
19th Special Forces Group (Airborne)

adopted these techniques more than the 19th Special Forces Group (Airborne). These critical proficiencies are embedded into their training scenarios, including pre-deployment training and the Basic Combat Course, which Bobby Sorensen, 19th Special Forces Group (Airborne), expressed as “some of the best training that I’ve had since I’ve been in the military.” The purpose of the course is to teach Soldiers basic special forces combat skills.

The annual Best Warrior Competition is another event that gives Soldiers an opportunity to showcase their combative talents. The Best Warrior Competition puts to the test a Soldiers military knowledge, tactical skills and physical capabilities through numerous events including hand-to-hand combat techniques. The competition promotes esprit de corps and recognizes Soldiers who demonstrate commitment to the Army Values and embody the Warrior Ethos. Winners are named the Soldier and Noncommissioned Officer of the Year and go on to represent the Utah National Guard at regional competitions. Utah regularly sends Soldiers to compete in Army Guard and Department of the Army competitions. Recently, Utah sent Senior Airman Kevin Buckner to the regional competition where he scored third place in the region while competing against Soldiers from several states.

The Utah National Guard has an exceptional track record for producing outstanding competitors in every competition entered, a record that will undoubtedly continue well into the future.

COMBATIVES ARTICLE BY UTAH ARMY NATIONAL GUARD  
Joel Bragg



As the sun rose on a crisp morning, more than 230 Airmen and Soldiers from the National Guard, representing all 50 states, three U.S. territories, and the District of Columbia, converged in Lincoln, Nebraska for the prestigious Lincoln Marathon on May 7, 2023.

The Lincoln Marathon hosted the All-Guard qualifying event where the top 51 males and top 21 females, plus three males and three females from the Master’s division (50+ years old), qualified for the elite All-Guard team. This year, two athletes from the Utah National Guard qualified for the All-Guard Marathon team. Maj. Lex Grimley, 144th Area Support Medical Company and Sgt. Bronco Hollowell, 213th Forward Support Company, had



Unstoppable determination, Sgt. Bronco Hollowell, 213th Forward Support Company, sets the pace for excellence as a member of the Utah National Guard Marathon Team competing at the Lincoln Marathon, May 7, 2023.

remarkable finishes, with finish times of 03:00:20 and 02:49:15, respectively. These two exceptional individuals embodied the spirit of the Utah National Guard, representing the principles of physical fitness, self-discipline, and esprit de corps. The All-Guard team will travel the country over the next two years to compete in marathons while representing and advertising for the National Guard.

The Lincoln Marathon stands apart as a community event where Guard members run alongside those they serve. This unique competition showcases the Guard's commitment to their communities and highlights the fact that Guard members are ordinary individuals who simultaneously fulfill their civilian and part-time military responsibilities.

The National Guard Military Competitions team now consists of the All-Guard Marathon team and the All-Guard Endurance team. Since the 1980's the All-Guard Marathon team has offered Soldiers a very unique opportunity to represent their state and the National Guard at races around the country. Recently a new branch of this team has been created to attract new and different types of athletes and to improve recruiting and retention efforts. The All-Guard Endurance team is more of a CrossFit style competition that also travels to different events throughout the country. These teams alternate qualifying events every other year and the teams are solidified for the subsequent two years. Only the top athletes from these qualifying events, both male and female, comprise the All-Guard teams which then have

the opportunity to compete and facilitate recruiting and retention activities at each competition.

Next year the All-Guard Endurance team will be holding their qualifying event in Austin Texas. Both programs also offer classes and training in multiple different aspects of healthy living during competition event weekends which are all in line with the Holistic Health and Fitness (H2F) implementation.

Marathons and military service have a rich history intertwined with discipline, endurance, and camaraderie. Dating back to ancient Greece, the marathon distance itself pays homage to the legendary Greek messenger Pheidippides, who ran from the battlefield of Marathon to Athens to deliver a momentous victory message. Inspired by this historic feat, marathons have become emblematic of perseverance and the human spirit, qualities deeply valued within the military.

Under the purview of the National Guard Military Competitions Program, both the marathon team and endurance team aim to promote physical fitness, self-discipline, and esprit de corps while supporting recruitment and retention efforts within the communities they compete in. Sgt. 1st Class Douglas Stephens, the Nebraska Army National Guard's Military Competitions coordinator, highlighted the role of the Lincoln Marathon as the qualifying ground for the national team, emphasizing the dedication and commitment demonstrated by all participants as they train to complete such a difficult event.



Perseverance in every stride, Maj. Lex Grimley, 144th Area Support Medical Company, Utah National Guard, embodies the Spirit of the Utah National Guard Marathon Team as he qualifies for the All-Guard Team at the Lincoln Marathon, May 7, 2023.

The Utah National Guard Marathon Team is a formidable group of individuals who share a passion for military service and running. While most of their training was conducted individually, the team came together periodically to strengthen their bonds and participate in races as a united force. The team's participation in the Lincoln Marathon not only enhances their physical fitness but also builds enduring partnerships and strengthens community bonds.

This year's marathon boasts a record number of female participants, 63 women registered for the race. This remarkable achievement underscores the inclusive and diverse nature of the National Guard. These competitions forge bonds of unity and exhibit the strength and dedication that define the Guard's ethos and inspire others to embrace challenges and strive for greatness. The Lincoln National Guard Marathon becomes a testament to the enduring spirit and indomitable will of the National Guard, leaving a lasting impact on participants and spectators alike.

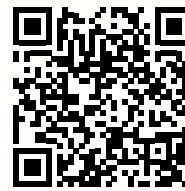
The military competitions teams are always looking for interested and dedicated Soldiers who have a passion for running to represent the Utah National Guard.

MARATHON ARTICLE AND PHOTOS BY UTAH ARMY  
NATIONAL GUARD Maj. Keith Garner  
contributing to the article Maj. Lex Grimley



Sgt. Bronco Hollowell (left) and Maj. Lex Grimley at the Lincoln Marathon, May 7, 2023.

## MARKSMANSHIP



**M**arksmanship is an important competency for Soldiers and Airmen alike. It is a fundamental war-fighting skill and critical to the readiness of individuals and units. The Army changed the way it qualifies Soldiers on individual weapons in 2019, moving away from a once a year 40-target qualification to a more robust phased approach consisting of preliminary weapons knowledge, simulation training, drills, practice, and qualification. The Army's new approach trains Soldiers to demonstrate proficiency in assigned weapons and make fast decisions while effectively engaging targets. What used to take a unit half a day now takes multiple days of training.

The Utah National Guard realized the need for improvements in the way weapons training was conducted, and revitalized its marksmanship program to improve training opportunities for individuals and units. The program is managed by highly skilled shooters who provide instruction and training to individuals and units almost monthly throughout the year. This training can be tailored to the needs of the unit, and in many cases to the individual.

To highlight what the program can do for you and your unit, let me point out some of the accomplishments of Utah marksmen. Just this year, Utah National Guard shooters competed in regional and national shooting matches, and won a variety of awards and trophies.

1st. Lt. Zachary Reed, a platoon leader and fire direction officer in the 1st Battalion, 145th Field Artillery Regiment, was named the 2023 Novice Champion at the All-Army competition held at Fort Benning, Georgia in March, taking home several other awards. He also competed with a team of Utah Soldiers including Sgt. 1st Class Kayle Buchanan, Sgt. Kade Jackovich, and Sgt. Max Nickerson who won the All-Army Team Championship title after winning first place in the team multi-gun competition, and second place in both the pistol and rifle team events.


In April, Team 31 from the Utah National Guard placed second in the International Sniper Competition which included 34 teams from every branch of service in the United States Military, and teams from nine other countries. Team 31 joined three other National Guard teams to win the top four spots in the competition.

Marksmanship competitions give participants an opportunity to earn excellence in competition points towards distinguished award levels. The noncommissioned officer in charge of the Utah program, Master Sgt. Jacob Gregson, has been competing for many years. He competed in his first match in 2017 and recently earned distinguished status in both pistol and rifle in 2022. The Distinguished Rifleman and Distinguished Pistol Badges are recognized as the highest achievement that most military and civilian shooters can aspire to earn. EIC points are awarded for placing in the top 10 percent of the competition and the military has awarded distinguished shooter badges to relatively few since the awards beginning in 1884. In 1963 the EIC points system was incorporated into major sporting events like the World Championship and the Olympics, and this increased the number of distinguished shooters. However, becoming a distinguished shooter is an achievement earned by only a few professional shooters who dedicate their time and energy to perfecting their craft.

“At its core, the competition is about performance on demand. No warmup, just pure demonstrated capability of the task at hand. To do it well a shooter or Soldier must have devoted time to his craft,” said Gregson, marksmanship coordinator and coach for the Utah National Guard. “Competition provides the venue for Soldiers to do this on a scale far greater than our annual qualification ever will. If you are not seeking opportunities to get on the firing line or ways to get your Soldiers on the firing line to refine their craft, you should be.”

The marksmanship program offers a variety of competitive events each year. Each state sponsors an annual TAG match, and each region has a multi-state marksmanship competition where competitors are taken from the best shooters in each state. Regional events qualify teams for national competitions, and Utah National Guard Soldiers and Airmen have a long-standing drive for excellence.

The Utah National Guard Marksmanship Program has changed over the years, but a casual walk down the hall of many armories in the state will likely reveal a trophy or plaque signifying the shooting excellence of an individual or a team.

For more information about the marksmanship program, or about how to participate in team events contact Master Sgt. Jacob Gregson by scanning the QR code above. 

MARKSMANSHIP ARTICLE BY UTAH ARMY NATIONAL GUARD Lt. Col. Chris Kroeber



The Utah National Guard hosted the Marksmanship Advisory Council 7 (MAC7) marksmanship competition for Region 7 at Camp Williams, Utah, July 9-12, 2020. Soldiers from Utah, California, Montana, Oregon, Hawaii, Colorado, New Mexico, and Arizona were eligible to compete.

UTAH ARMY NATIONAL GUARD PHOTO BY Ileen Kennedy

# The Floods of 1983

Some 40 years ago, Utah saw record breaking precipitation from late 1982 into the spring of 1983. An abnormally deep snow pack, coupled with above average spring temperatures, created the perfect setup for some of the worst flooding in Utah recorded history. Many can still easily recall the rivers running down the streets of Salt Lake City, or the town of Thistle suffering from catastrophic landslides. The 1983 floods brought communities together in truly amazing ways and showcased the Utah National Guard's professionalism, capabilities, and willingness to serve.

That Spring, temperatures leaped to an alarming start. As waterways across the state were overwhelmed by runoff, Governor Scott Matheson called on the Utah National Guard for aid. By the end of fiscal year 1983, the state spent more than \$188,400 on Guard support for emergency services performed. In its state mission, the Guard used approximately 3,700 man-days and 200 flight hours for disaster relief.

Maj. Gen. John Matthews, the adjutant general for Utah in 1983, said, "when called up, both Guard members and members of the community mutually benefit. Guard personnel receive valuable training, and the community receives necessary assistance. There is a special feeling that comes when a Guard member is doing something that really counts."

Soldiers and Airmen from the 1457th Engineer Battalion, 151st Civil Engineer Flight, 145th, 222nd and 140th Field Artillery Battalions, 625th Military Police Company, 163rd Armored Cavalry Regiment and 19th Special Forces Group (Airborne) performed numerous duties in 13 counties across the state.

These duties included dike construction and repair, spillway, levee and bridge repair, channel, road and debris clearing, ice-jam removal, reconnaissance, surveillance and traffic control. Guard members fought to keep mudslides at bay, city fire protection effective and responsive, and clean water supplied to the most heavily distressed areas.

Floods were not the only issue that Spring. During a severe snowstorm in Sanpete County, large herds of sheep and elk were left stranded, along with some hunters in the area. The Guard was called to clear more than 200 miles of roadways to help the herds. They were also called to airdrop hay to feed the herds that had been without food for several days. Despite adverse weather conditions, more than 300 bales of hay were dropped to feed the desperate animals.

One of the more notable stories was the Guard's task of clearing frozen waterways. These frozen waterways caused natural stream flow to leave its normal channels. Many homes, hundreds of acres of farmland and bridges were threatened by the water flows caused by these ice dams.

The Strawberry River at the entrance to Starvation Reservoir had one of the largest blockages. The ice was drilled, and small charges were placed throughout 3,500 lineal feet of stream channel effected by the blockage. The explosives were shot progressively from the downstream block to a point 4,000 feet upstream. After the detonations, the ice broke up and the river began to flow normally.

Many correlations can be made from the spring of 1983 to our current conditions. Unlike the years leading up to 1983, the state has invested heavily over the past few decades in mitigation



Utah National Guard Soldiers from Company A, 1457th Engineer Battalion, use more than 850 pounds of explosives to clear an ice jam on the Strawberry River, enabling the river to flow once again.

and preparation efforts. The snow pack this year exceeds the totals of 1983, however there are key differences. In 1983, Utah was not in a drought. The Great Salt Lake and many reservoirs were near capacity. Farmington Bay and Jordanelle Reservoirs were not built as they are today. According to the Utah Division of Water Resources, there is ample room for excess runoff to move into these bodies of water. Additionally, the soil saturation is not at the levels it was in the past, offering options for the melting snow pack. There is hope on the horizon, but the UTNG is more than prepared to assist this year as it has in the past.

Throughout the state in 1983, damages from flooding totaled more than \$621 million. This number could have been much higher if not for the valiant efforts of the Utah National Guard and the many volunteers throughout the state. 🇺🇸

ARTICLE BY UTAH ARMY NATIONAL GUARD HISTORIAN

Joel Bragg

Sources:

“Looking back at the 1983 Flood”, KSL News

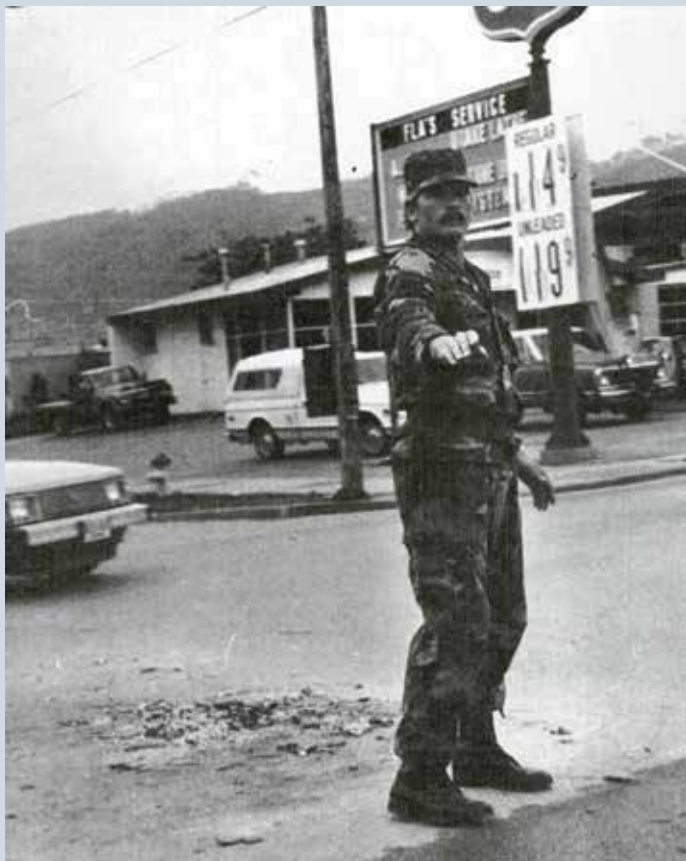
UTNG 1983 History Report

USGS Report, 1983

National Integrated Drought Information System



Members of the 1457th Engineer Battalion, 19th Special Forces Group (Airborne), 163rd Armored Cavalry Regiment, and 140th Field Artillery assisted in channel clearing, water supply protection, roadway repair and dike construction in Utah County.



A Soldier from the 625th Military Police Company directs traffic around a flooded street in Salt Lake City. Many counties across the state relied on the aid of the Guard to protect citizens and minimize damage caused by the flooding.



Utah National Guard Soldiers from Company A, 1457th Engineer Battalion, use more than 850 pounds of explosives to clear an ice jam on the Strawberry River, enabling the river to flow once again.



### Utah Air National Guard hosts NGB Production Assessment Team / ROLAND R.

WRIGHT AIR BASE, Utah — The 151st Air Refueling Wing hosted the Air National Guard Production Assessment Team, who came to assist with improving processes and increasing aircraft availability for an entire week, Mar. 13-16, 2023, at Roland R. Wright Air Base, Utah. This collaboration between the PAT and the 151st ARW and 151st Maintenance Group is a part of the National Guard Bureau's initiative to enhance the operational readiness of Air National Guard units across the country. 📖

— ARTICLE BY UTAH AIR NATIONAL GUARD Tech. Sgt. Nicholas Perez



### Utah National Guard hosts world's largest Polyglot Games at the MI Language Conference / DRAPER, Utah

Utah National Guard's 300th Military Intelligence Brigade held its 34th annual Military Intelligence Language Conference on Feb. 11, 2023. As part of the conference more than 140 competitors from 25 different organizations participate in the Polyglot Games. The competition is conducted in seven different languages and follows every step of the intelligence cycle, from the operations order to a final commander's brief as they translate battlefield recordings and news reports, exploit documents to identify and destroy enemy equipment, and assess possible enemy courses of action. 📖

— ARTICLE BY UTAH ARMY NATIONAL GUARD Master Sgt. Samantha Xanthos

PHOTO BY UTAH ARMY NATIONAL GUARD Ileen Kennedy



### Utah educators fly on Black Hawk helicopters over Salt Lake and Utah counties /

CAMP WILLIAMS, Utah — Educators from high schools in Salt Lake and Utah Counties were given the chance to fly high with members of the Utah National Guard as part of a centers of influence event at Camp Williams, Utah, March 16, 2023. Lt. Col. Toby Adamson, commander, Recruiting and Retention Battalion, was one of the guest speakers at the COI event that helped educators become familiar with opportunities and resources the Utah National Guard has to offer their students with programs like Freedom Academy, Minuteman Scholarship, United Families and Armed Services Vocational Aptitude Battery. 📖

— ARTICLE AND PHOTO BY UTAH NATIONAL GUARD Ileen Kennedy



### Utah paratroopers fill sandbags in preparation for flooding / CAMP WILLIAMS, Utah

Paratroopers from Alpha Company, Group Support Battalion, 19th Special Forces Group (Airborne) conducted training Sunday, April 23, 2023, to pick up cullet (environmentally friendly sand created from recycled glass) from Momentum Recycling in Salt Lake City. The cullet was donated to the State Military Department in preparation for flood mitigation. A Company picked up and hauled 20 super-sacks of cullet totaling almost 35K pounds. 📖

— ARTICLE AND PHOTO BY UTAH NATIONAL GUARD Command Sgt. Maj. Kyle Harrison



### Region VII Best Warrior Competition on the Hawaiian Island of Oahu / OAHU, Hawaii

— Staff Sgt. Nathan Woods (right), an Army unit supply specialist with the 144th Area Support Medical Company, and Spc. Wesley Young, a petroleum supply specialist with the 19th Special Forces Group (Airborne), Utah National Guard, team-up for the beach party event during the Region VII Best Warrior Competition on the Hawaiian Island of Oahu, May 7-11, 2023. The Best Warrior Competition is an annual Army-sponsored event designed to measure the Soldier's physical fitness, mental acuity, and demonstrated skill in warrior tasks and battle drills. The Soldier and Noncommissioned Officer of the Year for the region will advance to the All Guard National Best Warrior Competition in Alaska. 📖

— ARTICLE BY UTAH ARMY NATIONAL GUARD Staff Sgt. Jordan Hack



**Celebrating remarkable women leaders of the Utah Air National Guard /** ROLAND R. WRIGHT AIR BASE, Utah — U.S. Air Force Col. (Ret.) Kristin Streukens (center), Col. (Ret.) Julie Anderson (left) and Chief Master Sgt. (Ret.) Denise Rager (right) were the keynote speakers for the first High Tea event on Mar. 4, at Roland R. Wright Air Base. The High Tea event celebrated the lives of three remarkable leaders who paved the way for women in the Utah National Guard. 📷

— ARTICLE AND PHOTO BY UTAH AIR NATIONAL GUARD 1st Lt. Jaycee Baker



**Utah Guard member among top cooks in the country /** CAMP WILLIAMS, Utah — Soldiers assigned to and supporting the 1457th Forward Support Company, 1457th Engineer Battalion, Utah National Guard, participate in the “Final Four” of the Philip A. Connelly Competition at Camp Williams, Utah, February 25, 2023. The Philip A. Connelly Award is given to the best food services organization in the Army. 📷

— ARTICLE AND PHOTO BY UTAH AIR NATIONAL GUARD Sgt. 1st Class Rich Stowell



**Live-fire Aerial Gunnery Training /** BURRO, Utah — Members with 1st Attack Battalion, 211th Aviation Regiment load a rocket onto the AH-64 Apache helicopter during a live-fire aerial gunnery training exercise at the Utah Test and Training Range by Barro, Utah, Mar. 14, 2023. Brigadier General Charlene Dalto, land component commander, and members of the command team observed the gunnery training. 📷

— ARTICLE BY UTAH ARMY NATIONAL GUARD Staff Sgt. Cambrin Bassett



**Utah Guard members run at the Lincoln Marathon /** LINCOLN, Nebraska — Maj. Lex Grimley, 144th Area Support Medical Company and Sgt. Bronco Hollowell, 213th Forward Support Company, Utah National Guard, set the pace for excellence as members of the Utah National Guard Marathon Team as they qualify for the Army All-Guard Team at the Lincoln Marathon, May 15, 2023. 📷

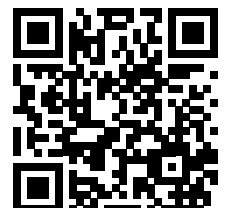
— ARTICLE AND PHOTO BY UTAH NATIONAL GUARD Keith Garner



**UTNG Black Hawk helicopters drop water on the Red Bridge Fire /** WEST JORDAN, Utah — Two Black Hawk helicopters with firefighting water buckets and a three-member crew on each assist in containing the Red Bridge Fire in Fort Duchesne, Utah. We stand ready to support firefighting efforts across the state. Proud to report that our two Black Hawk helicopters have spent approximately 14.1 hours of flight time and completed 108 successful bucket drops containing approximately 40,068 gallons of water in support of the Red Bridge Fire. 📷

— ARTICLE BY UTAH NATIONAL GUARD Ileen Kennedy  
PHOTO COURTESY 2nd Battalion, 211th Aviation Regiment

**Have your say!  
Take our quick survey.**



## AIR PROMOTIONS

### LIEUTENANT COLONEL

Ridgeway Jamie Dean  
Snider Richard Deverl

### MAJOR

Jonkman Christina Nicolole

### CAPTAIN

Brunt Rosalina Marie Taus  
Call Jesse Charles  
Staten William Eliot

### CHIEF MASTER SERGEANT

Castleton Jon Claude  
Hudson Charles David Jr  
McDonald Andrew Michael  
Roach Cory Scott

### SENIOR MASTER SERGEANT

Dandurand Julia Ann  
Harward Quinton Kade  
Mayfield Tyson Lyn  
McWhorter Spencer Alexander  
Moses Brandon Robinson  
Ruiz Kiele Lynn  
Shaffer James Ned

Stong Seth Michael  
Taylor Gregory Ross  
Tittarelli Rachael

### MASTER SERGEANT

Bowers Katie Ann  
Cantu Vlanca Michelle  
Escalante Wesley Richard  
Garff Ryan Herschal  
Hammond Katherine Lee  
Hansen Kyle Alan  
Hardman Matthew Wayne  
Henderson Daniel Joe  
Kastanek Colton Ross  
Kiem Tharvy  
Lister Randall Cole  
Mcclanahan Bradin Scott  
Mellott Sheldon Edward  
Molder Brandon Matthew  
Saldivar Daniel Ammon  
Salmond Bradley Lowell Jr  
Simpkins Lacey Rae  
Webb Brooklyn Donna  
Wells Juanita Martina

### TECHNICAL SERGEANT

Barbon Steve Joseph III  
Cazimero Adam Mikaele

Cole Jacob Nicholas  
Conger Brian Nathan  
Hamer Cameron Tieg  
Hamilton Colton Bruce  
Hymas Taylor Price  
Idle Kevin Russell  
Larsen Cody Keith  
Love Christian Corey  
Moss Cody Morgan  
Romero Jason David  
Shirk Sarah Dorothy  
Shivel Natalie Elizabeth  
Smith Rachel Danielle  
Snyder Elizabeth Susanna  
Sparks Phillip Glenn  
Young Stephanie Maria

### STAFF SERGEANT

Applegate Darrin Boyd  
Bailey Tyson L  
Boren Jacob Aaron  
Christensen Conor Brad  
Cordova Monique Aundrea  
Davidson Ian Wade  
Hagen Preston Gregory  
Hansen Alex Nicole  
Kelly Makea Lei  
Martinez Jensen Craig

Meads Connor Edward  
Mills Kiera Leigh  
Osborn Charles Kendrick  
Parke Tyler Dean  
Pectol Payton Maree  
Talbot Shelby Madson  
Van Leeuwen Nicole Marie  
Walker James Royal  
Warren Trevor Mark  
Willie Ty Colby

### SENIOR AIRMAN

Alder Truman Michael Mc  
Bertelli Daniel  
Bishop Caleb Michael  
Buckner Kevin Chris  
Chapman Alexander Francis  
Clegg Robert Don  
Cobb William Brian  
Hall Makenna Catherine  
Kankamp Brandon Mark  
Lobaído Lorenzo Antonio  
Pineda Kimberly Deon  
Salazar Nathalia Nicole  
Walton Jared Keith  
Ward Anna Elizabeth  
Waters Tyler Alan  
Wiscombe Michael Erolid

### AIRMAN 1ST CLASS

Brock Jace Michael  
Buck Abigail Lynn  
Callister Logan J  
Carson Thomas Jeffrey  
Dean Megan Christoffe  
Dominguez Darrin Edward  
Hand Logan Niles  
Jensen Cameron James  
Krause Ethan Jaeger  
Leavitt Haden Maxwell  
Menjivarmcgrath Michael Thoma  
Niu Benjamin Havi  
Padilla Dylan Estevan  
Patchett Lucien Brian  
Plott Sidney Riann  
Quinn Carson Leigh  
Rau Jacob Michael  
Schroepel Madeline Joyce  
Twietsmeyer Jered Robert  
Vidal Samuel Thomas  
Winget Caden Grant

### AIRMAN

Hales Nathan Gregory  
Richters Michael John  
Rodriguez Fatima

## ARMY PROMOTIONS

### COLONEL

East Peter Braxton  
Wolff Vincent Patrick

### LIEUTENANT COLONEL

Christiansen Shane Newman

### MAJOR

Adams Bennett Kinyon  
Blackwell David Maurice  
Christensen Jed Charles  
Felder Joseph Samuel  
Hodgson Kyle Wayne  
McPhee Matthew Wade  
Murray Patrick Conn  
Nessen Michael Lynn  
Shields Gabriel Cole  
Sorensen Brian Tommas  
West Benjamin James

### CAPTAIN

Best Arick Wayne  
Caceres Cesar Andres  
Chlarson Jacob Andrew  
Cooper Dalton Allen

Freebairn Conayn Emrys  
Greene Jackson David  
Hart Kenneth Katsuyama  
Lewis Kevin Leon  
Nelson Casey Joe  
Oviedo Stewart Shauna Le  
Price Erik Andreas  
Scherf Alexander  
Slade Micah Shaun  
Snyder Todd Michael  
Tate Keyanu Xavier  
Thompson Stuart Alexander  
Turner Michael Scott

### FIRST LIEUTENANT

Hastings Paul Stephen

### SECOND LIEUTENANT

Anderson Tyler Daniel  
Chapman London Dean  
Chica Andrea Carolina  
Lowry Treven Jess  
Verhoef Ryan Eric  
White Zachary Benjamin  
Wixom Lyndon Chandler

### CHIEF WARRANT 4

Creager Jon Paul  
Garrand Matthew Leonard  
Landies Cameron David  
Vandrimmelen Joseph Pk  
Wayment Brant Matthew

### CHIEF WARRANT 3

Bradford Christopher Craig  
Creamer Nicholas Lamar  
Doll Brook James  
Gardner Christopher  
Marler David Jay  
Paynter Garrick Ian  
Varner Richard Andrew  
Williams Brent Terry

### WARRANTOFFICER 1

Archibald Jordan Keith  
Hunt Zachry Donald  
Vargas Abel Francisco

### SERGEANT MAJOR

Peck Shalee L  
Reid Matthew B

### MASTER SERGEANT

Bowman William Robert  
Crocker Thomas Richard  
King Samuel Forrest  
Shepherd Justin Don  
Williamson Jeremy Dale

### FIRST SERGEANT

Lamb Thomas Daniel

### SERGEANT FIRST CLASS

Bell Hans Peter  
Bell Keith Brandon  
Cazares Laman Joseluis  
Clement Jeffery Matthew  
Condie Ron Rex  
Cox Jeffrey Thomas  
Dalton Ashleigh Bambi  
Davis Alex Jeffrey  
Decker Alexander Jonathan  
Elison Ammon Aaron  
Esplin Steven Cassidydale  
Green Iii James Montel  
Gressmen Donald Jaidon  
Henrie Patrick Smith

Howell Craig Donald  
Hutchinson Reuben Thomas  
Johnson David Ryan  
Jolley Samuel Christian  
Kester Joshua Aaron  
Loosle Kohnor Randy  
Matkin Christopher Ryan  
Mazyck Mario Martinez  
McCabe Natasha Leah  
McLeish Jacob William  
Moreno Juan Maricioortez  
Nichols Eric Spencer  
Nicholson Cedric Sean  
Peterson Kristopher Cortney  
Rosenberger Daniel Caleb  
Sais Andrew Will  
Sams Travis Jay  
Steed Dustin Ryan  
Stephens Dustin Winn  
Sullivan Sean Douglas  
Thornley Nicholas B  
Valentine Aaron Gregory  
Wheatley Steven Wayne  
White Tyler John  
Wood Trevor James

**STAFF SERGEANT**

Abdulateef Ihab  
 Anderson Nicholas Jon  
 Anderson Ryan Roy  
 Arena Brandon Michael  
 Armstrong Nicholas Alexander  
 Ascione Justin Patrick  
 Aston Joseph Edward  
 Baird Andrew Peter  
 Bedard Megan Lavon  
 Black Parker Jens  
 Bricker Nicholas Lee  
 Brown Jeremy Don  
 Brown Katherine Michelle  
 Browne Jason Wayne  
 Chapman Daniel Scott  
 Chipman Christopher Joe  
 Dickson Matthew Keith  
 Eastman Cooper Mack  
 Felts Nathan Scott  
 Flores Marc Anthony  
 Gantt Jared Michael  
 Gillies Winston Shea  
 Gleason Collin Anthony  
 Goldhardt Nathan Taylor  
 Gonzalez Davian  
 Gordon Trevor  
 Granados Elly  
 Hall Jesse Legrande  
 Harris Ii Kirby Leroy  
 Hicken Quinn Alan  
 Hinton Molly Kathleen  
 Hunsaker Jordan Alan  
 Jackson Garrett Adam  
 Jarnagin Zachary John  
 Jefferson Parker Jay  
 Keele Joshua Edward  
 Larson Anders Scott  
 Marquez Salvador  
  
 Murray Steven Andrew  
 Nope Charles Christopher  
 Oliva Tyler Wayne  
 Olmos Felicia Marie  
 Opdahl Jerod Jerome  
 Orr Brandon Michael  
 Poindexter William Aaron  
 Reeder John Scott  
 Richards Kendra  
 Richards Kieran Vance  
 Rodriguez Alina Ramos  
 Rogers Benjamin Todd  
 Rondas Robert Jeffery  
 Rotering Christopher Joseph  
 Rowley Nicholas Paul  
 Russell Taylor Ray  
 Sellers Arden Emil  
 Smith Trevor C  
 Smith Zachery John  
 Strader Aaron Christov  
 Summers Nicholas B  
 Tan Guangyu  
 Turk Timothy David  
 Walker Eric Kent

Wells Mitchell Eugene  
 Westover Jacob Taylor  
 Whiting Michael John  
 Williams Michael Gregory  
 Wolf Brandon Ray  
 Wygant Nicholas Lee

**SERGEANT**

Adams David Benjamin  
 Adams Shelton Hayes  
 Aguinaga Andre Abel  
 Almeida Caleb Scott  
 Anderson Hyrum Riley  
 Ashworth Landon Dean  
 Bass Andrew David  
 Baumgartner Emerson Tarris  
 Beazer Mitchell J  
 Berk Samuel Joseph  
 Berry Joseph K  
 Biggs Austin David  
 Blanchard Aaron Michael  
 Bluth Bryton Daniel  
 Booth Hayden Douglas  
 Bowen Joseph Paul  
 Braiden Haylee Shae  
 Brizuela Jonathan Hosea  
 Brown Dawson Jacob  
 Burgoyne Dacoda Christian  
 Cabero Iii Jose Enrique  
 Carroll Michael Alan  
 Carter Dexton Shane  
 Christiansen Stuart John  
 Cluff Kyle Junior  
 Copeland Preston Scott  
 Coraci Gianni Alexander  
 Costa Samantha Marie  
 Crook Kaytee Jean  
 Crosby Chad Brian  
 Cruse Thomas Christian  
 Curtis Bretton Neil  
 Davey Gavin Zachary  
 Davis Gabriel Michael  
 Dunn Jonathan Andrew  
 Ellsworth Angelo Christian  
 Emfield Jeffrey Steven  
 Emfield Jenet Lori  
 Englis Joshua Ryan  
 Epling Roy James  
 Faoasau Tamati J  
 Figueroa Barbosa Stephanie  
 Floor Steven Phillip  
 Garcia Diego Israel  
 Glach Andrew Luke  
 Godfrey Preston Lee  
 Gunnerson Kacey W  
 Hall Skyler Wilson  
 Harris Austin Matthew  
 Hartig William Thomas  
 Hodson Jacob Richard  
 Holmes Tanner William Henry  
 Jackson Matthew Daniel  
 Jensen Rebecca Ann  
 Johnson Elizabeth Erin  
 Johnson Garrett Tolman

Judy Matthew David  
 Julian Taylor Creed  
 King Evan Cade  
 Kizerian Keith Michael  
 Knight Dallas Ray  
 Krashowetz Michael Kailen  
 Latham Jonathan Richard  
 Leon Kaden Humberto  
 Lizarragachavez Michelle D  
 Maae Miracle JI  
 Mafoa Filivalea  
 Mattes Samuel Scott  
 Mayett Daniele  
 McCord Alexander Ivins  
 McEwan Zachary Ryan  
 Meyer Stockton David  
 Mickelsen Kyle Clifford  
 Monson Joshua David  
 Morford Taran Quentin  
 Morley Tanner Koyle  
 Morsey Gabriel Marshall  
 Moser Patrick Walker  
 Nelson Andrew Clair  
 Oreilly Ryan August  
 Owen Martin Nathaniel  
 Pai Mailelalui Kanehe  
 Patchen Nathan Everett  
 Perry James Michael  
 Pettit Kimberly  
 Phippen Levi Matthew  
 Pierce Hannah Jolynn  
 Pitcher John Paul  
 Pullan Daniel Derek  
 Pulli Alexandria Claire  
 Richman Dawson Bart  
 Roden Jayden Hunter  
 Rodriguezruiz Erica Ibet  
 Russell Jaden Cole  
 Sanders Devon Micheal  
 Scanlan Malia Kalani  
 Schick Bailey Don  
 Schulthies Bethany Aileen  
 Schultz Noah Brett  
 Sedgwick Nathan James  
 Shepherd Jacob Ray  
 Stephenson Michael Brett  
 Stewart Julia O  
 Stewart Natasha Grace  
 Stilson Corey Brent  
 Stockdale Candan Dee  
 Tohtsonie Tristan Dine  
 Torok Victoria Ashley  
 Tustian Tucker Goldwin  
 Tuuhetaufa Alfeleti Sione  
 Valdiviezobalderrama Jesus  
 Vance David Alex  
 Vogl Nathaniel Thomas  
 Wadman Amber Latey  
 Walker Skyler Dan  
 Watkins Jacob Michael  
 Webber Justin Chase  
 White Ethan Jarett  
 Wilcox Lauren McCall  
 Wilde Ryan Joe

Willes Jordon Dean  
 Wilson Kade Hunter  
 Winn Austin Luke  
 Wiseman Colby Guy  
 Woodard Daniel Wyatt  
 Zimmerman Katie Heather

**SPECIALIST**

Aadams Gabriel Hugh  
 Aiono Eli Lucas  
 Allen Zachary Taylor  
 Allsup Shadd Arcel  
 Anderson Michael Ryan  
 Anderton Tristan Justin  
 Apgar Madison Rachel  
 Arguello Katie Ashley  
 Arroyo Sinjin Sergio  
 Arteaga Levi Sebastian  
 Aupperle Clayton James  
 Auten Ethan James  
 Baker Brian David  
 Ballou Aidan Gregory  
 Barker Brandon Laduc  
 Bastian Riley Jason  
 Baxter Brenner Bryan  
 Betts Collin Rae  
 Bond Logan Michael  
 Bowman Jacob Morgan  
 Brown Colton Matthew  
 Brown Conner Preston  
 Bustosmurcias Nestor Imanol  
 Bybee Zachary Lars  
 Calderaortiz Hugo Aaron  
 Camachocervantes Enrique  
 Carlson Samuel Richard  
 Castanedajimenez Donovan M  
 Chavez Mario Manuel  
 Child Tanner Roger  
 Clark Haleigh Elizabeth  
 Cloninger Austin Dennison  
 Colunga Valerie  
 Cornett Jordan Matthew  
 Crouch Zachary Gilbert  
 Dalley Nicholas Samuel  
 Dejong Logan Eric  
 Denev Kalin Denizov  
 Dos Santos Jonas Azer Lott  
 English Michael Anthony  
 Evans Dylan Robert  
 Ferre Bridger Hawkins  
 Filice Iii Anthony Ernest  
 Fonsecanogales Alfonso  
 Ford Joshua Kim  
 Freeze Sydney Lauren  
 Fullerton Shaiden Russell  
 Gajda Krzysztof Jacek  
 Goldtooth Ruben Garrett  
 Gonzalez Emmanuel D  
 Greymountain Darrius C  
 Guymon Addison Erika  
 Hales Kobe Thomas  
 Hampton Austin Taylor  
 Hanshew Hunter Colby  
 Hargrave Jonathan Michael

Harms Jacob Paul  
 Hatch Harrison Aaron  
 Haynie Braedon Gerald  
 Higgins Beau Michael  
 Hoferitza Megan Alice  
 Holland Dareian Jamison  
 Holt Levi William  
 James Julius John  
 Jelk Karl Andersdaniel  
 Jensen Andrew Reid  
 Jensen Jeffery Austin  
 Jensen Jacob Alan  
 Johnson Cameron Shayne  
 Johnson Salome Cedillo  
 Kaulia Jonah Kuwalu  
 Kerns Jaiden J  
 Kligmann Isaiah Daniel  
 Kligmann Kaiden Noah  
 Koeman Aiden Adamabraham  
 Koeman Lucas Adam Edgar  
 Kolley Abdoulie  
 Kraus Jonathan Gabriel  
 Kutchback Jacob Samuel  
 Lamb Tyler Steven  
 Later Eli Taylor  
 Le Brian Nguyen  
 Le Darren H  
 Lecker Hayden Christopher  
 Lefau Saitaua Christopher  
 Lewis Chance Robert  
 Lewis Paxton Ty  
 Lindsay Tyler Lane  
 Low Gregory Richard  
 Lundberg Russell Jacob  
 Mangum Dawson Brett  
 Marchant Matthew Ryan  
 Marchesani Giavanna E  
 Martinez Bryan Christian  
 Martinezarcadio Julia  
 Mathews Samuel Benjamin  
 Mauchley Brayden Paul  
 Maxfield Kayden Isaac  
 McDonald Cheyann Brooke  
 McKean Stewart Daniel  
 Mele Aaron Keith  
 Merkley Bradley Jeremiah  
 Meyer Isaac Steven  
 Miller Hayden Michael  
 Miller Kail Thomas  
 Molinayepsen Alexander C  
 Munford Migueal Joseph  
 Nazimi Hameed  
 Nelson Tatum Robert  
 Nino Adame Joshua  
 Ogden Racyn Jason  
 Oleson Campbell Scott  
 Olsen Trevor David  
 Oreilly Justin Curtis  
 Ostermiller Caden Dennis  
 Owen Jazmin Francis  
 Paul Scott Jacob  
 Perez Daniel Ramon  
 Petersen Reid Benjamin  
 Peterson Ryan Richard

Petterson Elayne Hope  
Popa Li Michael Christopher  
Pritchard Wade Dalton  
Pugmire Jeremy John  
Ramirezhernandez Stephania  
Randall Cooper Scott  
Rangel Anthony Junior  
Rasmussen Gabriel D  
Rasmussen Tanner Rick  
Renda Nathanael McKay  
Rettie Samuel Atticus  
Richardson Anson Call  
Roberts Brooke Noel  
Roberts Christian David  
Roberts Ryan Steven  
Rogers Mitchell Brian  
Rogers Nathaniel Brett  
Rogers Timothy Burleigh  
Rowe Michael Benjamin  
Sagen Shawn Garrett  
Sanchez Lesly Goretty  
Sanders Noah Patrick  
Sandness Crystal Ruby  
Schulz Iv Charles Ralph  
Scola Jesus Alberto  
Sellers Evan Blake  
Service Nathan Patrick  
Sewell Coleton Brandon  
Sharp Shaun Alexander  
Sleight Devin Matthew  
Smith Cooper David  
Smith Tyler Bryant  
Sobel Mekhi Alan  
Sorensen Jonah Pacu  
Stapley Trenton Judd  
Stewart Zarnab  
Stockwell Charles Morris  
Strickland James Steven  
Thomas Matthew Tristram  
Thompson William Blake  
Thurman Caleb Andrew  
Vanaman Jayden Wade  
Vincent Walker Mark  
Vukovic Savo  
Wahmanespejo Mark Edward  
Walker Jason Scott  
Ward Charles Boylen  
Waters Mitchell Jacob  
Watson Hunter Mark  
Weeks Kayden Dean  
Wheeler Kenji James  
Whitney Lawrence David  
Wilcox Kassie Lee  
Williams Emma Suzanne  
Williams Joseph Aaron  
Wittmaak Robert Thomas  
Womack Analise Lynei  
Woods Trevor  
Wright Chandler Lucas

#### PRIVATE FIRST CLASS

Abplanalp Tawson Stout  
Adams Tomlin Vov  
Aird Aleksandr James

Allen Gabriel Christopher  
Ames Carl James  
Anderson Holden Vance  
Barney Joshua Jay  
Bedingfield Aspyn Larue  
Benson Morgan Jace  
Bettinson Parker Thomas  
Blair Keaton Joshua  
Blanck Richard Calvin  
Bloomer Cade Harry  
Brady Genesis Eve  
Cardon Jason Louis  
Carlson Kaylee Ann  
Carrilloayala Dayana E  
Chapple Andrew Moroni  
Chase Allenmarcel Makalani  
Clements Esther Elizabeth  
Cook Jarrod Ritchie  
Daley Cody Elwaine  
Deacon Isabella Margaret  
Despain Melissa Jean  
Dutson Cory Matthew  
Edwards Connor Ralph  
Evans John Omar  
Ferre Broderick Adam  
Fetzer Henry Kimball  
Fidler Jason Richard  
Fonville Braxton Chris  
Gardner Chase Matthew  
Garfias Joseph Manuel  
Goncalves Nicolas Ezequiel  
Gortat Kael Martin  
Gray Pierce Darian  
Griffin James Reuben  
Gull Porter Alan  
Gutierrezfrias Engels A  
Hanks Andrew Knowlton  
Harris IZIAH Richard  
Haskan Ednarose Carrasco  
Hatch Brandon Ray  
Hatch Brandon Ray  
Hatch Gunner Grant  
Hatch Johnathan Robert  
Hodges Blake James  
Howser Shakespeare A  
Hughes Jr Jimmie David  
Hyland Eric Lee  
Hymas Felicity Jackie  
Jacobsen Sean Glen  
Johnson Aaron Mathew  
Johnson Quinsi Tatem  
Judd Austin Walker  
Judson Braxton Dakota  
Kelly Jonathan Michael  
Kevern Gunnar Dane  
Koszakowszky Melissa Hope  
Lalliss Conner Ray  
Lang Colten John  
Lavender Anthony Michael  
Linseljanoian Jared Dikran  
Lister Austin Scott  
Logan Hunter James  
Maddox Sammi  
Madsen Kasen John

Mangum Christian Chandler  
Marichal Elijah Malachi  
Marty Dante Daniel  
Mason Reagan Jay  
Medina Anthony Joseph  
Meer Anna Soren  
Miller Ian Austin  
Mitchell Edlena Merie  
Moreno Catano Anderson  
Morley Jeremy Sexton  
Musey Nicholas Paul  
Navarretenoriega Angel Omar  
Osguthorpe Gunner Leatham  
Oursler Soren Michael  
Palis Danieljohn Quimzon  
Palomaressalazar Alexandro  
Pickering Brendan William  
Pierce Andrew Jacob  
Putnam Tyger Elliot  
Rasmussen Andrianna  
Reed Taitlee Sacorrias  
Ringword Shawn Robert  
Ripplinger Joshua Greg  
Rodriguez Carlos Alfonso  
Rollins Ethan Joseph  
Ruiz Hando  
Sadler London Gigi Marie  
Say Lwel  
Scott Rebekah Ann  
Seamons Samuel Scott  
Shields Robert James  
Shimanovich Daniel Zhan  
Shumway Colton Lee  
Smith Donovan Robert  
Spackman Benjamin Call  
Steiner Waylon Jason  
Stephens Kade Samuel  
Stilson Garret Noah  
Torres Rylie Isaiah  
Udall Chesley Rhett  
Vaivai Jr Fitu Mafulua  
Vowles Ethan Mark  
Wadley Aaron James  
Warner Lindsey Kae  
Wickel Abbielynn Patricia  
Williams Reace Glenn  
Winn Joshua Nicholas  
Wright Spencer Christian  
Yazzie Nikolas Tony

#### PRIVATE (PV2)

Adams Hunter Michael  
Ahumadavelazquez Jonathan L  
Amavisaortiz Jesus A  
Armenta Jr Ivan  
Ball Elijah Nelson  
Begay Kyle  
Bluemel Nolyn Boyd  
Booth Kolter Edward  
Brinkerhoff Tyson Cloyd  
Burnette Connor James  
Butler Sawyer Ray  
Cerdea Diego Alberto  
Cotro Manes Alexander Nicholas

Davis Robert Colby  
Eames Ryan Anakin  
Ellingson Rhett Richard  
Ellsworth Bryant Paulsen  
Fowler Ezra Grant  
Garcibravo Chris Anthony  
Gil Alexandro  
Hagenlocher Alexis Leigh  
Hansen Deegan Jay  
Herrera Holguin Alicia  
Houghton Maxwell Roger  
James Jesse Clayton  
Jennings Dylan Thomas  
Jorgensen Lucy Mack  
Jorgensen Sawyer Wayne  
Kneeland Jacob Randy  
Knight Caleb Paul  
Kohler Dawson Hunter  
Landis Cale Denim  
Lavelle Jessica Ann  
Leigh Ryder McKaye  
Leonard Caden Terrydurand  
Lopezgonzalez Orlando  
Mangham Jonette Danielle  
McSweeney Sarah Nicole  
Modugno Shaun Joseph  
Moosman Kyle Don  
Nola Ryelee Vincent  
Ortega Luis  
Park Matthew Milton  
Perschon Jaxson Ryan  
Peterson Logan Hyde  
Poulsen Kayden Greg  
Quevedo Ariana  
Radu Alexander John  
Ransom Michael Timothy  
Rehema Furaha Fundialam  
Rember Michaela Nicole  
Rodriguezarate Erika  
Sadler Jack Benjamin  
Schultz Jakob Dean  
Smith Asher William  
Smith Dustin Bradford  
Stoffers Tyler Douglas  
Tamayobarzaga Lazaro  
Tindell Jacob Alan  
Veloz Nathan Jay  
Webster Felipe Ignacio  
Williams Jordan Robert  
Williams Joshua Lyman  
Willis Tj Taylor  
Wilson Braxton Michael  
Young James Riley

#### PRIVATE (PV1)

Allen Gundersen Mark  
Alqaderi Mustafa Mohammedamer  
Baron Zachary Ryan  
Beckstrand Jared Devin  
Braithwaite Brandon Jay  
Brimhall Anna Marie  
Briones Michelle Florencia  
Bryan Milo Deke  
Castorenasolis Christopher G

Castritamorales Ryan Steve  
Cortesavila David  
Cossey Cameron Jeffrey  
Crawshaw Dalton Cole  
Crosby Kelsen Byron  
Dearden Spencer Craig  
Elieff Coby Austin  
Ericksen Tristen Ted  
Erickson Evan Riley  
Everniel Gerek William  
Fleuter Caleb James  
French Kyle Joseph  
Gardner Jack Arthur  
Hatch Raesen Lee  
Henrie Bryson Marc  
Hildebrandt Darius Rushton  
Hoffman Joshua James  
Hollinshead Maxwell Treat  
Htoo Eh Lweh  
Ivie Paige Hannah  
John Kolbie Scott  
Julander Gage Steven  
Long Dakota Clayton  
Loveland Jenneth Elise  
Mack Aydney Elizabeth  
Mack Justin David  
Maurer Mason Louis  
Maxwell Jonas Ford  
Nelson Connor Jayde  
Nelson Elijah Daniel  
Nolazco Jose Izarraras  
Ong Eliseo Matthew Beltran  
Orellana Andrew Tsao  
Ortegaperez Martina  
Orton Bridger Ryan  
Ostler Brodie Chad  
Palmerrandolph Donze Reon  
Parkinson Wyatt H  
Penberthy Gavin James  
Perez Maritza Solorio  
Rangellara John Kevin  
Rivera Joseph Eduardo  
Sedanquispe Harold Bitner  
Seupuleteutupe Wally Sopi  
Soto Jacob Isaiah  
Stam Apolonio Christian  
Surovikcastro Christopher J  
Taggart Trevor Charlie  
Taylor Jacob A  
Volcy Jimmy Hattlazarre  
Watkins Cody Blaine  
Wilson Garrett Wade  
Yamashiro Kobi Gabe  
Yazzie Jacqeis Wanballe

Utah National Guard  
12953 S. Minuteman Drive  
Draper, Utah 84020

## FLASHBACK PHOTO



### High Standards: Physical Readiness

President Theodore Roosevelt brought his commitment of physical fitness and combat leadership experiences to the White House. He believed that “every officer and man should be kept to the highest standard of physical and moral fitness. The unfit should be ruthlessly weeded out.”

Around the turn of the century, the Army began implementing lessons learned from the Spanish American War with rigorous and realistic physical training. General Order No. 44 established the first systematic program of physical training and specified requirements for both unit and individual. Programs included gymnastics, outdoor athletics, bayonet and kindred exercise, hygiene care of the person, swimming and generally all needful instruction. Troops were required to conduct weekly marches of 12 miles for the infantry and 18 miles for the horse-mounted artillery and cavalry.

IMAGE: Real photo postcard, U.S. Army, 1910. Track Meet. Fort Douglas, Salt Lake City Utah. Location is the lower parade ground downhill from the original parade ground where currently Mario Capecchi Drive runs along the east side of University of Utah.

— PHOTO COURTESY OF FORT DOUGLAS MILITARY MUSEUM COLLECTION

Fort Douglas Military Museum | 32 Potter Street, SLC, UT 84113 | 801-581-1251 | 12 to 5 pm, Tues.-Sat.

