

UTAH

MINUTEMAN

2021 Volume 1

Operation Wind Debris

Record Wildfire Season



FROM THE TOP

Major General Michael J. Turley



The Adjutant General

Soldiers and Airmen of the Utah National Guard. 2020 has been a challenging year, and it looks that we have more work to do. You should be proud of this team and all that has been accomplished. While I am certainly proud, I foresee even more effort in the next few months.

We recently increased our level of mission support for testing and tracing, and participated in the inauguration of our new governor and are prepared to potentially help in a vaccine distribution plan, all while maintaining our readiness for global power competition. All of these tasks signify a turn from 2020—and I think a positive move in our future!

As I have mentioned before, we are framing our response to COVID-19 through three lines of effort: preserve the force, anticipate impacts of the virus, and prepare to deploy in support of civil authority. In line with these lines of effort, we continue to work with the state to determine resources to enhance capabilities in areas such as testing, tracing, and personal protective equipment distribution. These Soldiers and Airman provide a significant boost to the state's ability to test in greater numbers, track those infected people to protect others in our population, and protect our front-line health professionals—hopefully slowing the spread and deaths among our most vulnerable. It is a noble task, and one that makes me proud to be your TAG.

As we monitor the dynamic COVID-19 environment, we look forward to the new vaccine that will allow millions of people to achieve a level of immunity from the COVID-19 virus in the next few months, hopefully pushing our country and the entire world past this pandemic and back to normal. We are prepared to assist the state in distribution, handling, and potentially other tasks that will help us immunize our fellow Utahns as quickly and as safely as possible.

While we have modified training in the face of the spike in cases, we must keep an eye on global power competition. Our competitors are modernizing their forces, increasing their capabilities and force structure, and pushing the limits of military and diplomacy to achieve strategic advantages. We must always innovate our systems and our training to blunt their efforts and protect our way of life. Training must be modified, but it must continue.

As I reflect on my first year as your adjutant general, I am awed by your accomplishments, your spirit and your skill! I know the year 2020 challenged us all, but it has also showed us how much we can accomplish in the face of significant challenges. Please accept my thanks and praise, and please thank your families. Hang-in as we all look forward to a bright and shiny 2021! 

Command Sergeant Major Spencer Nielsen

Senior Enlisted Leader



The year 2020 will be remembered as a tumultuous time in our nation's history. Our Soldiers, Airmen and families have endured a period of turbulence as our country has faced natural disasters, civil unrest, unemployment and one of the most contentious elections

in recent memory. All of this has occurred during an unprecedented global pandemic that has been blemished by ambiguity and differences of opinion in how best to move forward. One of the few things of which I can be certain in regards to the past year is that it has been marked by uncertainty.

Another thing of which I am certain is that the Utah National Guard has responded in an admirable manner to the needs of our communities, state and nation. We have once again proven our value as a highly adaptive and resilient force. Service members throughout our formations have exhibited dedication, character and creativity in accomplishing the missions assigned to them, and I could not be more proud of the force. Additionally, units have figured out how to train, maintain readiness, and prepare for future missions. The effort and accomplishments over the past year are nothing short of remarkable.

We also have much to which we can look forward as we enter 2021. As I write this article, two separate pharmaceutical companies have released preliminary reports of effective COVID-19 vaccines, both with efficacy rates more than 90 percent. Additionally, the nation recently elected its first female vice president, who is also the first person of color elected to that office. During this election, the nation also elected the most diverse Congress in its history, potentially signaling that we are moving closer to a republic that values an individual's merits above characteristics such as gender, race, ethnicity and sexual orientation. Regardless of political affiliation, these are momentous occasions in our nation's history of which we can be exceptionally proud.

I am humbled and honored to serve alongside each of you, and although we have much to look forward to, we must also remain vigilant. While we have been focused on the anomalies of the past year, our problems and issues have not faded. Additionally, our threats have continued to evolve and become more complex. It is certain that our Armed Forces will be needed in the future, and our ability to maintain high levels of readiness and lethality will be critical as we put 2020 behind us. I am confident in our ability to meet the demands of the future and am both excited and optimistic about our future. 



STATE PARTNERSHIP PROGRAM

Utah National Guard's Adjutant General, Maj. Gen. Michael Turley, center, represented Africa Command as the co-chair for the annual Country Cooperation, walks with Maj. Gen. Benlouali of the Moroccan Royal Armed Forces. During this visit meetings were used to plan all bilateral engagements for the next two years between AFRICOM components, the Utah National Guard's State Partnership Program and the Moroccan FAR. This was also Turley's inaugural visit to Morocco since becoming Utah's adjutant general and served to reinforce Utah's relationship and commitment to its partnership. Turley met with the Chief of Defense, Gen. Louarak, as well as several other key leaders, including Lt. Gen. Alaoui of the Royal Moroccan Air Force and 3rd Bureau's Maj. Gen. Berrid.

PHOTO COURTESY Capt. Corey Lewis



Maj. Jaime Thomas Public Affairs Officer

This past quarter, we saw a record number of citizens participating in one of our most valued democratic processes, the election. While the participation across the nation broke historic records, I am equally amazed at the amount of misinformation and disinformation that continues to be spread by malign, foreign, or rogue actors in the information space. It is vitally important that each of us combats these efforts as the intent, although sometimes unclear, seeks to distract or divide us from the real issues. Don't be a victim of misinformation or disinformation. Make sure you verify news sources, that you understand any bias of news agencies and that, as a service member, you remember our role is to support and defend the U.S. Constitution.

This issue of the Minuteman magazine is focused on a few of our other domestic operations, particularly Operation Wind Debris and our fire-fighting efforts here and in California. The year 2020 is known as the "Year of the Guard" due to the unprecedented amount of support to domestic operations. We proudly highlight some of those efforts in this volume. In 2020, the Utah National Guard served Utah and this nation with grace and the utmost professionalism. There is no doubt, that this legacy will continue in 2021.

The Utah National Guard continues to be a premiere organization with amazing Soldiers, Airmen, and families. We are always looking to share your story. Please feel free to contact our office at any time at ng.ut.utarng.list.pao@mail.mil or (801) 432-4407. 

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Utah Guardsmen demonstrate selfless service at home during Operation Win Debris

COVER PHOTO

Airman 1st Class Tracy Coleman, Utah Air National Guard's 151st Force Support Squadron cuts up debris left behind in Rose Park communities and Liberty Park on Sept. 16, 2020, after hurricane-level winds tore through northern Utah in early September, affecting primarily Salt Lake, Davis, Weber and Cache Counties Sept. 7, 2020.

— PHOTO BY Sgt. 1st Class Stacey Olson

See additional content and download photos at: UT.NG.MIL

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Substance Abuse Program

It's no secret that 2020 was a rough year for a lot of us. Unfortunately, one place this became sadly evident was in the increase in Soldiers participating in the Utah National Guard Substance Abuse program. With recent changes to policies both within the Utah Guard and at the National Guard Bureau level, now seems an important time to make sure all our Soldiers and their families are aware of the risks and consequences involved with illicit or illegal drug and alcohol use. One change in particular could lead an unknowing Soldier into felony-level actions.

A memorandum published by National Guard Bureau in August of 2020 refers to the requirement to notify Soldiers who are affected by the Firearms and Ammunition Possession Prohibition in Title 18 of United States Code (USC) 922(g)(3). The guidance applies to any service member with a positive urinalysis result for a controlled substance that has been ruled as illegitimate use. Based on USC 922, those Soldiers will be subject to a year-long ban on buying, owning, receiving, or shipping any personally owned firearms or ammunition. Further, staff of the ARNG Substance Abuse program are now directed to provide a list of all illicit positive results for entry into the National Instant Criminal Background Check System. Any person on the NICS list found to be in possession of a personally owned firearm or ammunition is subject to felony charges.

In 2017, the Utah Supreme Court ruled that a police officer can run a background check on a driver or passenger, even if there is no evidence of a crime. This means that one of our Soldiers actively participating in the Army Substance Abuse Program could potentially be in the middle of a routine traffic stop — improper lane change, broken tail light — and be identified as a person on the NICS list. If there is a weapon or any ammunition in the vehicle, that person could be held on felony charges. This sounds like paranoia or fearmongering, but it's not an unrealistic chain of events.

The policy guidance from National Guard Bureau does include information on how a Soldier can divest themselves of firearms they are no longer allowed to possess. The main thrust of the new guidance is to make sure a Soldier knows they are subject to the Firearms and Ammunition Possession Prohibition and is aware of what that means related to any firearms they personally own. In a state like



CBD OIL
is one of the many components found in cannabis

Military members should avoid CBD oil, use is unlawful and could result in a failed drug test

Be cautious of foods and vape oils, as they might contain CBD oil

Risks associated with CBD are rashes, liver problems and breathing problems



SUBSTANCE ABUSE TREATMENT

Mandatory Treatment

Renders a Soldier non-deployable for 12 months

Soldier has Substance Use Disorder (SUD) related to illicit drug use

Soldier has SUD and a related incident (DUI, FAP)

Diagnosis of a SUD that threatens safety of Soldier or others

Soldier may not discontinue care

Voluntary Care

Does not render a Soldier non-deployable

Can receive treatment without automatic CMD notification

Early intervention prior to career impacting event

Command disclosure managed like all other medical & BH conditions

Soldier can discontinue care

This new track allows Soldiers to voluntarily receive alcohol-related behavioral healthcare. Like any other routine medical care, Soldiers enter care without automatic command notification and enrollment in mandated treatment.

By adding a new voluntary care track, the Army is encouraging Soldiers to proactively seek help. Early intervention can prevent career ending events (DUI, assault) and improves readiness by decreasing unnecessary enrollments and deployment limitations.

Utah with roughly 72,000 registered guns in personal ownership, that's an important bit of information to understand.

Now let's take a quick detour to the marijuana/hemp/CBD debates that have been going on around the country. All military branches prohibit the use of hemp derivatives such as CBD, even if they do not contain THC and even if they are purchased legally. With a recent amendment to the annual national defense bill, that restriction could change — but it hasn't yet. HR 6395, the William M. Thornberry National Defense Authorization Act for Fiscal Year 2021 has an amendment that could ensure that the Department of Defense cannot prohibit service members from the possession, use, or consumption of hemp products that meet federal, state, and local laws. The bill — including that amendment — has passed the House of Representatives, but not yet the Senate. Unless and until it does, all Soldiers are still subject to the DoD guidance on marijuana and hemp derivatives and could find themselves in non-compliance of lawful prohibitions for any violations.

The Army Substance Abuse Program is directly related to readiness. The Guard is family, and we want to be there for our sisters and brothers who struggle with substance use disorders, but we also need to be sure that we are ready to accomplish our mission when and where we are needed. The Army Substance Abuse Program is a comprehensive program that includes features aimed at deterrence, drug testing, prevention and training, and substance use disorder treatment. It's not a new program and many of our Guard families have already benefited from it, but being in violation of the program's policies can carry serious long-term consequences. ■

— ARTICLE BY Sgt. 1st Class Nichole Bonham

Service Member and Family Assistance

Service member and Family Assistance was formed by merging Military Community and Family Services and Family Assistance and Family Readiness teams Jan. 1, 2020. The SFA team is your point of contact for all things regarding family assistance and family readiness.

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

FAMILY ASSISTANCE CENTERS

SERVICE MEMBER AND FAMILY ASSISTANCE

1. Blanding	435-678-2008
2. Bluffdale	801-878-5959
3. Bluffdale	801-878-5037
4. Cedar City	435-867-6513
5. Draper	801-432-4522
6. Draper	801-432-6513
7. Logan / Ogden	801-476-3811
8. Richfield/Cedar City	435-896-6442
9. SLC (Air Base)	801-245-2524
10. Spanish Fork	801-794-6011
11. St. George/Cedar City	435-986-6705
12. Vernal	435-789-3691
Veterans/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.

Military Community and Family Service

Currently there are 13 programs within the Military Community and Family Services branch. All of these programs are geared towards providing service members and their families the necessary resources to increase overall National Guard readiness and resilience. Below is a list of current programs for both Air and Army National Guard:

- Military & Family Life Consultants
- Financial Counseling
- Family Assistance Centers
- Transition Assistance
- Suicide Prevention
- Drug & Alcohol Prevention
- Behavioral Health/Psychological Health
- Survivor Outreach Services
- Sexual Assault/Harassment Prevention
- Employer Support of the Guard and Reserve
- Employment Support Services
- Casualty Operations
- Resilience and Yellow Ribbon Reintegration Program

One can see from this comprehensive list that MCFS stretches broad and wide in its reach and scope of available services to support service members and their families. In essence, it is well-equipped to help service members perform their duties in their units and at home while balancing a military life. From deployments to redeployments, transitions from/to military and civilian life, employment and better gainful employment, and from budgeting to retirement, MCFS service providers can assist in all aspects of the service member's life. These resources also reach the surviving family when dealing with the loss of a service member's life or the life of his/her family member. MCFS functions as a team to increase levels of resiliency throughout the entire National Guard family.

While the MCFS community has many services, over the past year, and even more so with the current COVID-19 pandemic, there has been an increase of need. There has been a substantial uptick in behavioral health and financial readiness needs in particular. Issues include but are not limited to domestic violence, intimate partner violence, drug or alcohol abuse, financial hardship, employment and the general feeling of being isolated through telework.

Behavioral health and military and family life consultants have increased their visits. They are harnessing virtual technology platforms such as Vidyo and Zoom to meet the needs of our personnel who have not been able to "go to work" as normal due to COVID-19. Many service members are teleworking and unfortunately this means moms and dads are home with their kids who are not in school. This has put a cramp in everyone's lifestyle! Whether that is good, bad or indifferent depends on your perspective and personal situation. Nevertheless, we typically

only see the bad side of these situations. MCFS program managers are coaching, encouraging and counseling them to keep moving forward one step at a time.

In addition, MCFS is maintaining a consistent focus on individual and family financial readiness, resilience and retirement through its financial counseling services. Since COVID-19, MCFS's personal financial counselor has adapted and expanded financial counseling services by leveraging technology to engage service members with virtual meetings and briefings. This approach is proving effective at meeting service members' personal finance needs. Whether the recommendations suggest increasing savings or reducing debts etc., personal financial counseling helps prepare service members and their families to achieve a higher state of readiness and resilience to confront the financial challenges and take advantage of the financial opportunities in their lives.

Family Assistance Centers also remain an invaluable source for basic needs for service members. Through this past year, FACs have maintained adequate supplies of basic household necessities such as food, diapers and wipes. However, the pandemic-induced shut downs brought a bought of unemployment among our service members that

increased strain on the capacity to meet those demands in some cases. Although MCFS has strong relationships with corporate donor partners, the economic duress they have experienced has adversely affected their abilities to restock FAC food pantries for example. As the economy recovers, MCFS expects things to improve on the donation front as well.

In summary, it is hard to imagine a stranger year than 2020. Family Programs has fared well in spite of the upheaval caused by this global pandemic mainly due to the character and commitment of its people. These are consummate professionals and they always put the needs of the service members and families above everything else. They do this because they understand the importance of our military's greatest assets i.e. our personnel! They need to be ready, to be fit – not only physically but mentally and spiritually. This will provide the Utah National Guard with the ready, reliable and resilient force that our state and nation needs. ■

— ARTICLE COAUTHORED BY Mr. David Osborne, Family Program director, Military Community and Family Services and Mr. Scott Jones, Airman and Family Program manager, Utah Air National Guard

HEALTH AND FITNESS

My Top 5 Healthy Eating Habits

We all have multiple roles and even more duties in our lives that demand our time, unfortunately our eating habits end up taking a back seat to these other demands. We often don't realize this until the first time we have to use the next notch in our belts, or feel the need to pull in our stomachs as we fasten the top button of our jeans. As a student of the International Sports Sciences Association, focusing on personal training and nutrition, I wanted to share my personal top five healthy eating habits.

Social media platforms have created an avenue for a variety of diets and fads, which spread like wild fire. Having researched a lot of these programs I've found there are some pros and cons with them all, but if you are anything like me, your love for food outweighs the need or desire to deprive yourself. It is possible to develop good eating habits and still be able to achieve your health and wellness goals.

While avoiding the need to follow a specific diet, I've realized there are quite a few commonalities with regards to healthy eating habits and here are my top five:

1. Allow yourself to be on a journey – When a lot of us begin a new program we tend to feel like we have to do everything all at once and do everything all the time. Give yourself permission to slow down and learn, use this process of learning to do something new in a new way. As you focus on what you are eating, take the time to reflect on how certain foods react with your body. This journey can help to learn more about how the foods we eat fuel our bodies for many different activities. Not to mention the new recipes that you'll come across as you allow yourself to learn more, which leads nicely into habit number two.

2. Cook more often than not – As our many roles and duties demand more and more of our time, we find that the convenience of fast food and take-out become more of a reality. While I don't disagree that the convenience sure is nice, the other side of the coin forces us to take two or three steps back when we are trying to maintain healthy eating habits. Healthy eating is not the same for everyone, there is no hard fast rule, you just want to try and eat foods as close to their natural state as possible. That is another way of saying, avoid highly processed foods. By cooking and preparing our food ourselves, we are in charge of all our ingredients and this becomes much easier.

3. Focus on quality over calories - If you focus on calories you begin to focus more on creating the thought process of what you can and can't have, which then leads to the mentality of deprivation. Human nature is, when you deprive yourself of something, it tends to become the thing you crave the most. Review your favorite recipes and begin to use high-quality ingredients to assist with the healthy low processed food options. I'm not recommending that you completely ignore calories, because calorie surplus and calorie deficits are valid formulas for both gaining (muscle development) and losing (lean/fat loss) body weight, this principle could be a stand-alone article.

4. Stock your pantry and freezer - Change your environment to match your goals. This will probably be the most difficult tip for most of us. Remove the unhealthy options from your environment and replace them with healthy options. This helps to take the will power out of the equation. But don't feel like this is a complete elimination, allow yourself the opportunity for small rewards of your favorite things once in a while.

5. Follow your hunger - Many of us feel our meals should line up nicely with the hands on a clock. Consider using your internal clock and your activity levels for the next three hours to direct your food intake. A couple methods I've found helpful is, if I'm feeling hungry, I ask myself this question, "should i eat an apple?" If the answer is no, then I'm not actually hungry. Conversely, if that answer is yes, then I feel like this is a good indicator that I am truly hungry. But prior to eating, I also like to consider what activities do I have planned for the next three hours. If it's a work day and I'll be sitting behind my computer then a snack or meal of higher proteins and lower amounts of carbohydrates would be appropriate. But if I'm looking at spending the next few hours performing some manual labor, then an energy influenced meal would be my go-to. I want to share a couple of my 'back pocket recipes' for each of those high protein or high energy meals. Below are meal example recipes.

BREAKFAST

Favorite Snacks: Yogurt with granola or Carrot chips with Fiesta Ranch dip (Hidden valley) mixed with cottage cheese.

Breakfast: Vegetable Omelet + Fruits and Nuts (88kcal, 31g protein, 40g fat, 72g carbs)

Ingredients:	2 eggs 1 tsp olive oil	110gr whole-wheat bread 1 whole tomato	30 gr walnuts 1 tsp parley	2 tbsp dill 0.3 whole grapefruit
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1. Slice tomatoes. Whisk eggs with 2 tbsp water, pepper and salt. Chop dill 2. Pour the oil onto a pan or use a non-stick pan, add tomatoes, green beans and parsley 3. Pour whisked eggs. Cover with lid and cook 3-4 min. 4. Serve with bread 5. Dessert: Grapefruit with nuts.

Breakfast: Egg White French Toast (340kcal, 39g protein, 9g fat, 25g carbs)

Ingredients:	1/2 cup egg whites 2 slices of bread	1 packet of sweetener 1 tsp cinnamon	1 tbsp vanilla extract ¼ cup low calorie syrup	cooking spray
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1. In a bowl, add egg whites, sweetener, cinnamon, and vanilla extract. Whisk until spices are mixed evenly. 2. Heat a griddle over low-medium heat, spray with cooking spray. 3. Dip bread slices into egg white mixture and when evenly coated (soaked with the egg even) place on the griddle. The low heat will take a little longer to cook but shouldn't burn but will cook evenly. 4. Optional: Spoon any of the remaining egg mixture onto both pieces of toast. If done slowly the bread will absorb the egg and the cooked product will be very fluffy. 5. Let cook on low-medium heat for 4-5 mins on each side. 6. When cooked to your liking remove and top with low calorie syrup and/or fruits/berries of your choice.

LUNCH

Lunch: Turkey Stewed in Spinach with Pasta (617kcal, 46g protein, 24g fat, 52g carbs)

Ingredients:	1.5 cup spinach 1 tsp olive oil	1 tbsp pesto sauce 100gr broccoli	175 gr turkey thigh-boiled 0.4 cup green peas	200gr whole-grain pasta- cooked
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1. Put spinach leaves into frying pan and stew them in olive oil. 2. Put the pieces of boiled turkey in the stewed spinach. 3. Stew turkey with spinach for 2-3 minutes, add chopped broccoli, peas and stew for 3-4 minutes more to al dente. 4. Boil pasta to al dente, per the instructions on the pasta packaging, add pesto sauce and top with the turkey, spinach and peas.

Lunch: Quinoa Chicken Bowl (820kcal, 58g protein, 24g fat, 91g carbs)

Ingredients:	0.8 cup quinoa pinch of salt and pepper	75 gr cucumber 75 gr carrot	75 gr bell pepper 0.5 cup pitted olive	150 gr chicken fillet 2 tbsp lemon juice
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1. Cook quinoa till ready. While quinoa is cooking, bake or grill the chicken, then dice 2. Dice the vegetables 3. In a bowl, place all the ingredients in separate heaps. Drizzle with lemon juice and add spices just before serving.

DINNER

Dinner: Green Caesar Salad with Chickpeas

(445Kcal, 21g protein, 13g fat, 58g carbs)

Ingredients:	1 tbsp olive oil	pinch of salt and pepper	1.2 cup chickpeas-cooked	50gr iceberg lettuce
	1 tbsp lemon juice	0.5 whole bell pepper	5 tbsp mustard	50gr beetroot-baked
	0.3 cup corn-cooked	30gr green cabbage		

1. Soak the chickpeas for 30 min
 2. Blend all ingredients for the dressing (olive oil, lemon juice, mustard, salt and pepper) until creamy
 3. Cut the beetroot in big slices, bake to cook for 40 min
 4. Cut the vegetables in big slices, add cooked chickpeas, beetroot, and corn.
- Top with the dressing before serving.

Dinner: Chicken Breasts with Chipotle Green Onion Gravy

(333Kcals, 28g protein, 22g fat, 4.1g carbs)

Ingredients:	150gr chicken breast	1.5 tsp olive oil	1 tbsp butter	1 tbsp green onions-minced
	pinch of salt and pepper	1.5 tsp flour	.3 cup chicken broth	¼ tsp. chipotle chile powder

1. Firmly pound chicken with the smooth side of a meat mallet to a thickness of $\frac{1}{2}$ inch. Season with salt and pepper to taste.
2. Heat olive oil in a skillet on high heat until it begins to shimmer. Reduce heat to medium; cook chicken breasts until browned and no longer pink inside, about 5 minutes per side. Transfer cooked chicken to warm plate and cover with foil (loosely).
3. Melt butter in skillet; stir in flour and cook for about 2 mins. Stir in chicken broth, scraping up any browned bits from the bottom of the pan; cook and stir until gravy begins to simmer and thicken, 1 to 2 mins.
4. Stir in green onions and chipotle chili powder.
5. Return chicken breasts to the skillet and cook until heated.

— ARTICLE BY Master Sgt. John Stroh, 151st Air Refueling Wing

HEALTHY EATING HABITS —START NOW

UNDERSTANDING THE BASICS OF YOUR NUTRITION CALORIES IN - CALORIES OUT (CICO)

What are the components of energy intake and energy expenditure?

An individual is in energy balance when energy intake is equal to energy expenditure, meaning that his or her weight will remain stable.

o **Positive energy balance** occurs when energy intake is greater than energy expenditure, leading to weight gain.

o **Negative energy balance** is when energy expenditure is greater than energy intake, this results in weight loss.

Realistic Weight/Fat Loss:

1-2lb/week, on average. The greater your starting body fat level, the greater the weekly loss you can realistically shoot for (obese status can shoot for 2lb/wk; overweight status can expect 1lb/week; normal weight/lean are lucky to get .5lb/wk).

Realistic Weight Gain:

1-2lb/month, on average. The lower your training age (or the more deconditioned you are), the more monthly muscle gain potential you have (novice & highly deconditioned can get as much as 2lb/month; intermediate trainees an average of 1lb/month; advanced athletes pushing genetic ceiling may only get .5lb per month or less).

- + **APPETITE** Influenced by hormones that regulate appetite and satiety
- + **FOOD CONSUMED** Influenced by availability, palatability, energy density, sleep quality, education, socioeconomic status, culture
- + **CALORIES ABSORBED** Influenced by macronutrient intake, food prep, age, personal microbiome, health status, energy status
- + **PSYCHOLOGICAL FACTORS** Influenced by stress levels, mindset, perceived control, self-esteem, sleep quality

- **ENERGY BURNED AT REST** Influenced by body size, hormonal status, dieting history, genetics, health status, age, sleep quality
- **ENERGY BURNED THROUGH EXERCISE** Influenced by exercise ability, intensity, duration, frequency, type, environment
- **ENERGY BURNED BY NON-EXERCISE ACTIVITY** Influenced by health status, energy status, stress levels, hormonal status, occupation, leisure activities, genetics
- **ENERGY BURNED BY METABOLIZING FOOD** Influenced by macronutrient makeup and how high the food quality is – nutrient density, processed vs unprocessed/whole-food



DO THE MATH — 1 LB OF FAT = 3,500 CALORIES

UNDERSTANDING THE BASICS OF YOUR NUTRITION CALCULATING YOUR DAILY ENERGY EXPENDITURE

STEP 1: USE THE HARRIS-BENEDICT EQUATION TO DETERMINE YOUR RESTING ENERGY EXPENDITURE

ADULT MALES: Resting energy expenditure = $66.5 + 13.7(\text{Weight in kg}) + 5.0(\text{Height in cm}) - 6.8(\text{Age})$

ADULT FEMALES: Resting energy expenditure = $655 + 9.6(\text{Weight in kg}) + 1.8(\text{Height in cm}) - 4.7(\text{Age})$

STEP 2: DETERMINE YOUR PHYSICAL ACTIVITY LEVEL

0.8-1.0 = Sleeping or lying down, relaxed

1.2 = Sedentary (little or no exercise)

1.3 = Very light activity (getting dressed, bathing, cooking, walking)

1.375-1.6 = Light activity (light exercise 1-3 days/week, gardening, cleaning, jogging)

1.55-1.8 = Moderate activity (moderate exercise 3-5 days/week or heavy manual labor)

1.9-2.2 = Active/sports competition training status (rigorous sports activities 4-6 days/week)

2.3-2.4 = All-out training/very active (hard exercise 6-7 days/wk)

2.5 = Extremely active/pro-athletes (extremely high-intensity and high-duration sports competition -triathlon, cross-country skiing, marathons; and/or physically intensive job)

STEP 3: CALCULATE YOUR TOTAL DAILY ENERGY EXPENDITURE (TDEE) TDEE = resting energy expenditure x activity factor score.

PRO-TIP: AS YOU LOSE WEIGHT, YOU MAY NEED TO RE-ASSESS AND RECALCULATE YOUR TDEE.

YOU WILL ALSO NEED TO RECALCULATE IF YOUR PHYSICAL ACTIVITY LEVELS CHANGE.

TOP 10 REASONS WHY YOUR NUTRITION IS NOT GETTING YOU CLOSER TO YOUR HEALTH AND FITNESS GOALS

- 1.** You are stuck in the dieting mindset- such as skipping meals or engaging in restrictive eating behaviors - leading to binge eating episodes
- 2.** Losing weight too fast and/or participating in unnecessary or extreme bulking strategies
- 3.** Not getting a sufficient amount of sleep each night (~6-9hrs) - leading to increased hunger/appetite hormones, decreased energy and decreased performance at the gym
- 4.** Overestimating calories burned during exercise or relying on fitness watches or calorie tracking apps to measure "calories burned" and then adding those calories back into the diet
- 5.** Not tracking progress - not stepping on the scale if attempting to lose weight or not taking progress photos if striving for body recomposition
- 6.** You're not moving enough - sedentary desk job, not getting at least 8k to 10k steps per day; neglecting moderate-heavy resistance training or steady-state cardio
- 7.** Not properly weighing, measuring, recording food intake - "eye-balling" portions, using generic measurements, not including brands of food items, not accounting for how food was prepared, misreading food labels, etc.
- 8.** Not swapping out high-calorie dense snacks (high-sugar & high-fat) with low-calorie options (soda vs. diet soda; chips vs. air popped popcorn; store bought ice cream vs. homemade protein ice cream; raisins vs. grapes; yogurt vs. 0% plain Greek yogurt)
- 9.** Abusing or relying on supplements such as stimulants (fat burners, caffeine), meal replacement products, mass gainers, skinny teas/detoxes, laxatives, etc.
- 10.** Not tracking and accounting for everything that goes into your mouth - vegetables, "calorie-free" cooking sprays, condiments, taste testing foods while cooking or baking, alcohol or beverages



Operation Debris Cleanup

Soldiers from the 204th Maneuver Enhancement Brigade, Utah National Guard, clean windstorm debris from neighborhoods Oct. 8, 2020 in Salt Lake City, Utah, after hurricane-level winds tore through northern Utah in early September, affecting primarily Salt Lake, Davis, Weber and Cache Counties.

UTAH ARMY NATIONAL GUARD PHOTO BY Sgt. 1st Class John Etheridge







PHOTOS FROM THE FIELD

Utah Soldiers train during pandemic with “Solidarity and Purpose”

Soldiers assigned to the 204th Maneuver Enhancement Brigade are hit by a simulated improvised explosive device during squad movement operations at Camp Williams, Utah, as part of their annual training Aug. 2-15, 2020. Despite the added health protocol restrictions, 204th MEB Soldiers were still able to conduct their required annual training.

UTAH ARMY NATIONAL GUARD PHOTO BY Sgt. Nathaniel Free

Record number of wildfires ignite in Utah in 2020

While Utah's 2020 wildfire season may not have been as intense compared to the infernos that have burned through California, Oregon and Washington, the state still had more than its share of scorchers.

This year the western United States had a hot dry spring, summer and fall, making prime conditions for wildfires to erupt, and erupt they did.

As of October 29, Utah has seen 1,478 fires start with approximately 312,215 acres burned. It's been a record-breaking year for human-caused fires with 1,157 started by people by the end of October. As the dry weather continued late into fall, wildfires continued to ignite into November.

Jason Curry with the Utah Department of Natural Resources said Utah had wildfires burning every day — 156 straight — from April 18 to Sept. 20, 2020. And, Utah wildfires have been increasing every year, with total fires up by about 100 per year since 2015 when 900 wildfires were reported. Nationally, 44,000 wildfires have burned this year, up from 40,000 in 2019.

This increase in fires has led to an increase in support from the Utah National Guard's 97th Aviation Troop Command; 2nd General Support Aviation Battalion, 211th Aviation Regiment and the UH-60 Black Hawk helicopters to help fight wildfires from the air.

The Guard's firefighting support started in May when a human caused fire erupted north of Midway, Utah. The Saddle Fire threatened homes in the Midway area so the 2-211th responded with three Black Hawk helicopters and 22 personnel, dropping 114 buckets with approximately 48,300 gallons of water.

"We were the first aircraft there because this fire was out of the fire season. We were doing all the direct coordination with the ground crews which makes it a little bit more challenging," said Chief Warrant Officer 3 John Hansen, one of the Black Hawk pilots fighting the Saddle Fire. "The first dip site we used was in a neighborhood so approaching and departing from the dip site was a bit of a challenge especially with a Black Hawk because of the rotor wash is a lot stronger than with most the civilian aircraft that fight fires."



Traverse Mountain Fire burning on Traverse Mountain, Lehi, Utah June 28.

PHOTO BY George Frey Photography

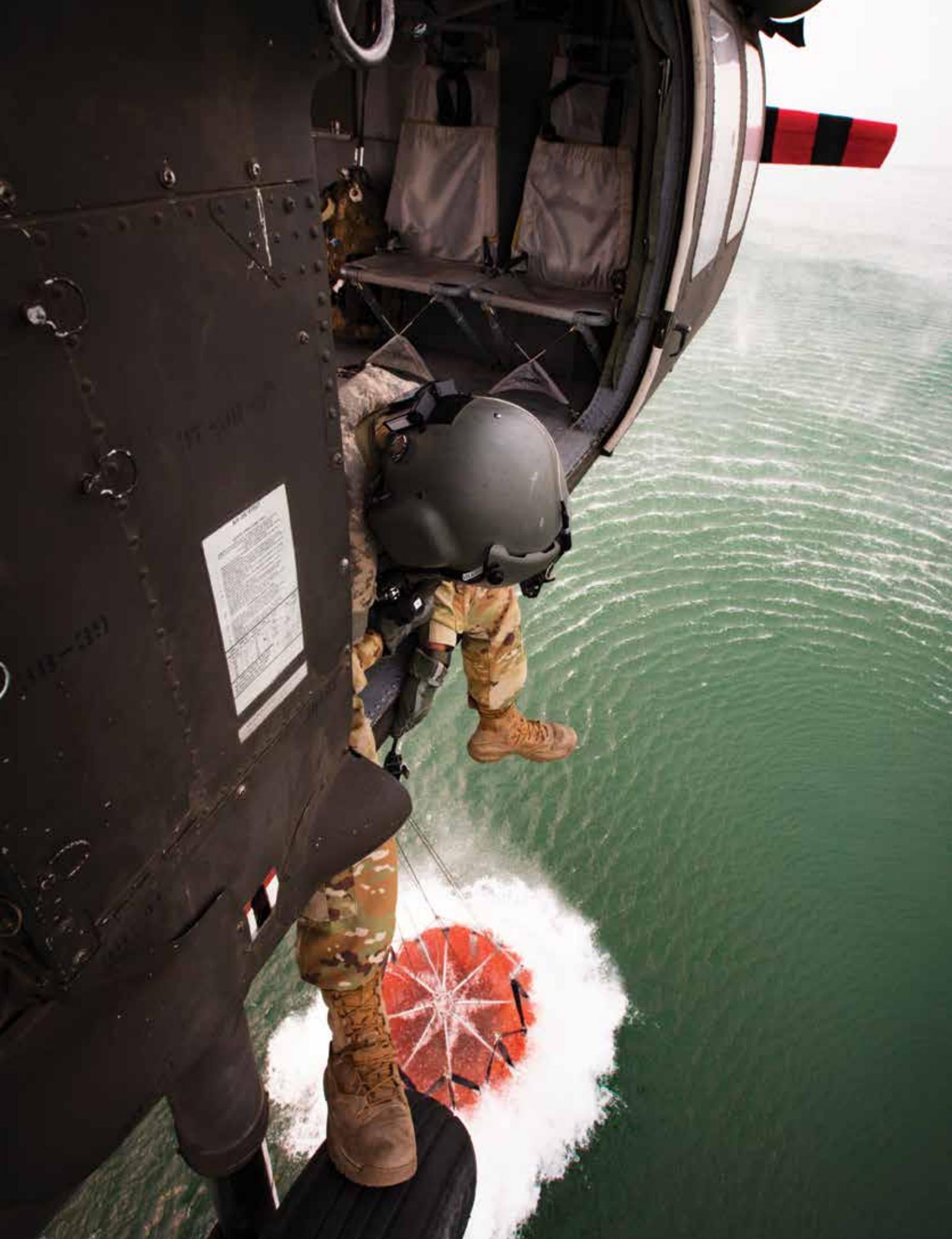
"It wasn't that large of a fire just the proximity of the fire to the houses and the way it was burning. The fire was burning down towards the houses," said Hansen. "It's always nice to be able to fight the fires where you are doing good and protecting peoples property and valuables."

The 2-211th GSAB was called out to help save neighborhoods on the edge of Traverse Mountain in Utah County, where more than 30 homes were evacuated. Strong winds in the area pushed flames from the north causing an evacuation order to also be issued for the Maple Hollow neighborhood near the Sun Crest area on the Salt Lake County side of Traverse Mountain. Fireworks ignited the fire on June 28. Black Hawk crews on two helicopters dropped 38 water buckets helping to combat the fire.

"We were dipping out of a collection reservoir on the edge of town, all the houses surrounding the reservoir, kids put up signs in there back yard saying thank you," said Staff Sgt. Mike Martin, a flight medic who was working the bucket drops from the back of the helicopter. "It was fairly close to the neighborhood. The firefighters did a pretty good job of holding the fire next to the neighborhood. A lot of people were out chilling in their yards waving at us. Law enforcement was quick to clear a path for us to get in and out of the reservoir despite the size of the crowds."

Right: Utah National Guard's 2nd General Support Battalion, 211th Aviation Regiment dips water in California in preparation to fighting massive wildfires.

PHOTO BY Spc. Jacob Jesperson





A member of 2nd General Support Battalion, 211th Aviation Regiment takes a photo from their approach to make repeated water drops, in a UH-60 Black Hawk helicopter in Northern California near Red Bluff.

Lightening caused the East Fork Fire August 21, located 13 miles north of Hanna, Utah, within the High Uintah Wilderness area. Three Black Hawks were sent with 18 personnel to combat the East Fork wildfire. Using the 600-gallon bucket, crews were able to drop 27 buckets of water with 11, 448 gallons of water on the flames.

In the middle of Utah's fires season other Western states were in desperate need of firefighting help. California Gov. Gavin Newsom announced their state had received a Presidential Major Disaster declaration, releasing federal aid to supplement firefighting and recovery efforts. California's firefighting resources have been stretched battling the second and third largest incidents in the state's history. Utah was one of a number of additional resources requested to support California from outside agencies.

Utah sent two UH-60L Black Hawk helicopters with nine Soldiers to help reduce the destruction of the deadly California wildfires Aug. 27.

"The Utah National Guard is proud to be able to assist California," said Col. Ricky Smith, commander, 97th Aviation Troop Command. "The aircrews of the 2-211th General Support Aviation Battalion are of the highest caliber and will be an invaluable asset to California in their fight against these unprecedented wildfires."

The two helicopters with pilots, crew and support personnel departed from the Army Aviation Support Facility in West Jordan to assist firefighters battling the massive blazes. Once on location in Mather, California, the crews underwent a mandatory two-day training before being placed into firefighting duty.

The two helicopters with crews and support personnel supported firefighting efforts for the Tehama fire near Red Bluff, California from Aug. 30 through Sept. 2, 2020. The aviation support effort returned to Utah after they were no longer needed to support their assigned wildfire.

"The fire I fought was up in Red Bluff, which is Northern California, it was probably one of the biggest fires I've ever fought. It's almost like dropping a thimble of water on something, its just so much fire you don't know how effective you are being with a fire that size," said Hansen. "With the size of the fire, the winds were very important because if the winds shifted that would pretty much shut us down because you couldn't see anything, so we had to have the favorable winds."

"While we were there, two firefighters got trapped in a car traveling through that fire and ended up being killed by the fire because they got trapped on dirt road," said Hansen. "It's hard to get the scale of a fire like that when you know that people can get trapped in a car on a road and still die, it kind of lets you know the extent of how massive that fire was."

Aircrues flew over thousands of burned acreage as they flew from the airport to the fire they would be fighting giving them a birds eye view of the destruction the fire left behind of burned vehicles and cabins across the land.

"When we first got there, a cabin was being threatened by the fire. The fire was probably about 20 yards from the cabin and the flames were 20 to 30 feet high as we tried to save the cabin," said Hansen. "The cabin was still standing when we came off the fire. We were dropping water on the cabin for about an hour until ground crews showed up and took over the scene."



2-211th Aviation Regiment UH-60 Black Hawk helicopter crews conduct training flights, dropping water from 600-gallon buckets over Folsom Lake, California, 14 September 2020. Before flight crews can provide air support in California they must first perform a practice flight with a Cal Fire helicopter manager.

PHOTO BY Spc. Jacob Jesperson

Since returning home to Utah, wildfires continued to worsen in California due to high-wind conditions and newly started wildfires. To prevent further destruction, California requested additional support from multiple agencies, including the Utah National Guard.

Utah again sent two helicopters with pilots, crew and support personnel to California on Sept. 11, 2020.

"We are grateful to be able to help out the citizens of California," said Chief Warrant Officer 3 Brian Johnson, instructor pilot, 2-211th GSAB. "We train extensively to be prepared for situations just like this and hope that we can make an impact of the wildland firefighting efforts."

On Sept. 6 target shooters sparked the Williams Fire two miles south of Santaquin, Utah and the Guard had 10 support personnel, aircrew and one Black Hawk fighting the Williams Fire.

Back-to-back fires erupted Sept. 21 and 22. The Three Creeks Fire near Richfield, Utah and the Neffs Fire near the Neffs Canyon trail head east of Olympus Cove respectively. Crews flew to Richfield for one day on the Three Creeks Fire and the next day worked on fighting the Neffs Canyon that was ignited by lightning.

"We were not used to fighting a fire so small, at the time of getting launched it was only about 60 to 70 acres," said Staff Sgt. Mike Martin, a flight medic working the water bucket. "They were just so worried about if it climbed out of the canyon and spreading eventually hitting Big Cottonwood and Little Cottonwood or hitting the Uintahs."

The densely populated area around Neff Canyon made it a high priority to stop the spread of the fire as quickly as possible.

"It was also interesting every time we would go pick up a bucket of water we were flying over multi-million dollar houses, Parleys Canyon and traffic. It is a challenge when we fight a fire in a busy area compared to the isolated areas where we usually fight fires."

Neff Canyon is along the Wasatch Front and was easily viewed by residents the Salt Lake valley.

"It's an area where we are really accustomed to, we fly through Parleys and through that canyon all the time so we are familiar with it, but it is a very steep canyon which is why they didn't put firefighters on the ground, it was too steep. It was all just air assets," continued Martin.

"This is the reason I like my job and continue to do it year after year because I love my work and love being able to have such an impact on domestic operations. Utah is actually pretty lucky to have a Utah National Guard that makes such an impact on its civilian population. In 2020 alone, we have been called on three search and rescues, six fires and two huge fires in California. Its very rewarding that we can help out when they need us." ■

— ARTICLE BY Ileen Kennedy

PHOTOS COURTESY OF 2nd Battalion, 211th Aviation Regiment



The Neff Canyon Fire burned in the pines and was fought from the air because of the steep terrain of the Wasatch Mountains Sept. 22.

Community First: Utah Guardsmen demonstrate selfless service at home during Operation Wind Debris

When Caiden Taylor enlisted in the Utah National Guard in 2014, he raised his right hand and swore an oath. He promised to defend the Constitution and obey the orders of the president of the United States and of the officers appointed over him.

It's an oath very similar to what active duty Soldiers affirm, except that it includes a promise to also defend the constitution of the state of Utah and obey the orders of the governor.

In early September, Gov. Gary Herbert issued an activation order to the Utah National Guard.

When Taylor, a sergeant in the 118th Transportation Company, learned about the activation, he made good on his oath.

Massive windstorms pounded Salt Lake and Davis counties Sept. 7-8, 2020 causing damage that surpassed a similar storm nine years earlier.

In December 2011, in Davis County, 100-mph wind knocked over thousands of trees and power lines, "cutting paths of devastation along city streets and damaging emergency communication systems," according to the Deseret News.

In 2020, when a hurricane-force windstorm hit Northern Utah communities massive trees were uprooted damaging homes, cars, and lifting up sidewalks.

Taylor wasn't alone to respond. Nearly 300 members of the Utah National Guard assembled with their units to answer the call. Utah National Guard Soldiers—primarily from the 1457th Engineer Battalion and the 118th Transportation Company—were ready to serve.

READY FOR SERVICE

Utah National Guardsmen have made the commitment to respond when called. The Thursday immediately following the windstorms, Herbert issued the order to the Utah National Guard to mobilize.

Units were in action the next day. For Taylor it wasn't easy.

"These types of things come when you least expect," he said. "But we feel like we have the support of [our military] leadership and state officials, so we are happy to help."

State military leaders know that sudden activations can be challenging for Soldiers and their families. But the challenge is measured against duty to serve.

"Part of our 'minutemen' legacy includes a mandate to get boots on the ground swiftly and begin rendering aid to those in need immediately," said Army Maj. Blake Bingham, commander of the 1457th Engineer Battalion.

Task Force Pioneer was organized, and the 1457th was given operational control. Bingham assumed command of the task force. Other units assigned to the task force included the 118th Transportation Company, the Utah Training Center, and the 151st Air Refueling Wing.

The 116th Horizontal Construction Company, subordinate to the 1457th, was the main unit in the field. The 118th Transportation Company, part of the 489th Brigade Support Battalion, gave the task force much needed hauling capabilities. The Utah Training Center, responsible for range operations and training at Camp Williams also pitched in. Its department of public works boasts Soldiers who are skilled at debris removal and brought chainsaws and other hand-held equipment. Airmen from the 151st Refueling Wing also helped with debris removal.

A Soldier with the Utah National Guard 116th Engineer Company walks away as an Utah National Guard excavator moves debris in a Rose Park community on Sept. 16, 2020 after hurricane-level winds cause severe damage.

— PHOTO BY Sgt. 1st Class Stacey Olson





Soldiers of the Utah National Guard 116th Engineer Company work with Utah Department of Transportation to clean up Rose Park communities and Liberty Park on Sept. 16, 2020 after severe windstorm damage.

— PHOTOS BY Sgt. 1st Class Stacey Olson

"It's a challenge to mobilize in a quick and decisive manner," said Bingham. "We have Soldiers who have civilian jobs. They have to lay those down."

Staff Sgt. Thomas McKenna was one of the Soldiers from the 1457th to leave a civilian job.

"The order came at a tough time for me," said McKenna, a horizontal construction engineer assigned to the 116th Engineer Company, part of the 1457th.

McKenna is one of four technicians at a trucking support company. One of McKenna's teammates was out the same week. For McKenna, leaving his civilian position put a strain on the firm. Still, he was grateful for the opportunity to help.

"I am thankful for the opportunity to serve the community and the time spent with my Soldiers," he said. "I always have a good time with my Army family. We do our job right and have fun as well."

McKenna and his fellow engineers deployed to various sites in Davis County for the first critical days of the operation, when municipalities were overwhelmed with the task of clean up.

"We had things to do and the Guard got right to it," said Randy Randall, director of public works for Centerville City.

"We were ahead of most cities because we knew what we needed. And the Guard brought in those resources quickly. We were mostly cleaned up by the following Wednesday," he said.

EXPERTS IN THE FIELD

Civilian and military leaders in Utah have made their own commitment to individuals serving in the Utah National Guard by giving them the training and trust to perform important missions.

"The great thing about putting engineers to work doing an engineer mission like this, is that they are already prepared to do what Utah needs them to do in this type of emergency," said Maj. Jeremy Wells, the executive officer of the 1457th.

Wells also served as executive officer of Task Force Pioneer.

"We have engineers that are not only trained by the Army to be equipment operators, carpenters, surveyors or truck drivers—they are equipment operators, technical and professional engineers in their civilian jobs as well," said Wells.

For example, the Soldiers of the 118th Transportation Company were the perfect fit to the puzzle that local officials in Davis and Salt Lake County were trying to solve in the aftermath of the storm.

Farmington city officials set up a temporary dump site at Glover's Lane. But they had a problem getting the material from the temporary site to the landfill.

Taylor and his fellow 118th Soldiers hauled away hundreds of loads of green waste from the Farmington site.

In Centerville there were several sites collecting debris. Soldiers of the 116th helped manage those sites and worked directly with Randall.

During the six days of major operations, the task force deployed more than 50 pieces of heavy equipment to haul away over 6,200 cubic yards of green waste in hundreds of truck loads.

"We needed eight to ten trucks every day. They gave it to us," said Randall. "The Soldiers also ran backhoes that we supplied and cleaned up a bunch of parks."

Randall has been on the job for 39 years and has worked with the Guard twice before. He said the Guard is getting better and faster at supporting civil operations.

"With the Guard contacts at the emergency operations center, we could put our requests in and they'd send guys out right away to meet the requests," he said.

"They were flexible. Working for local governments is different from fighting in Iraq," Randall said. "The [Soldiers of] Utah National Guard did a good job at looking at our local needs and responding appropriately."

Bingham saw a similar challenge.

"Working with civilian authorities and working in a military

setting is different, though we have some overlap in how we conduct operations," Bingham said.

"We placed liaison officers in the emergency operations centers to help us integrate with the civil authorities and provide them with the level of care they need[ed]."

"The Soldiers and officers of the 1457th Engineer Battalion applied the training they received as engineers to help Utah communities in need, and that is a great source of pride for the battalion," said Wells.

BUILDING COMMUNITY THROUGH SERVICE

Ultimately the commitment that Soldiers make is to the people of the country and state.

In the space of ten years, National Guard troops were activated twice to respond to heavy wind damage.

"The biggest takeaway from a big community event like this is how great it is to be a member of the National Guard," said Bingham. "It's a unique function we have to be able to participate as Soldiers, but in the community. To give back some of what we've earned growing up in some of these communities."

In Farmington, one resident saw the Soldiers in action and wanted to say thanks.

"Our neighborhood uses the same major road the National Guard used to travel to and from the Farmington debris site and we were able to witness close hand the hard work and dedication of the National Guard," said Alison Dunn.



Soldiers of the Utah National Guard 116th Engineer Company work with Utah Department of Transportation to clean up Rose Park communities and Liberty Park on Sept. 16, 2020 after severe windstorm damage.

— PHOTOS BY Sgt. 1st Class Stacey Olson

She texted her neighbor: "Makes my heart so happy when I keep seeing the Guard out cleaning from the storm."

That led to a group discussion about a way to say thanks.

The women created a banner in hopes that the Soldiers would see it as they drove to the landfill hauling more green waste from Glover's Lane .

"Seeing the trucks and Guardsman lined up each morning, truck after truck, brought tears to my eyes," said Dunn. "The power of community in easing the burdens of each other and working together... showed our children and reminded us of the power of people united together and the good that can be accomplished when working together."

Dunn thinks it would have taken the residents months to clean up without Guard assistance.

Another Farmington resident, Clint Chamberlain, is president of his homeowners association and an Army veteran.

"Our neighborhood got rocked by the wind," said Chamberlain. "There were a lot of trees, 100-year-old trees, that got knocked down. It was really sad."

Chamberlain served as an Army pilot for 17 years including one tour in Afghanistan.

"It makes me feel doggone proud to see the Guardsmen in our community. They are living the Warrior Ethos and the Army Values."

"For so much of our history, especially in the recent past, we've seen service members demonstrating selfless service abroad," said Chamberlain. "But the beauty of the Guard is

that we see those values in our communities. Not the active component, not the reserve. The Guard's service to our state has been understated."

Randall thinks that members of his city saw the same thing.

"There was a lot of appreciation from the residents in our community," said Randall. "The [Soldiers] were top-notch guys. They were very friendly and personable. That's important when you're helping other human beings."

Randall credits a close relationship between his community and the Utah National Guard for a successful operation.

"We had a three-way effort: Our residents all pitched in. Then we had the city coordinating efforts. Finally, the Guard cam in and supplemented our resources. It was a good partnership."

Taylor, who is the first in his immediate family to serve in the military, said he joined the National Guard with an eye to serving his community. He recalls a family friend who served in the National Guard was part of the force that responded to Hurricane Katrina in 2005.

"I feel a responsibility to help take care of my neighbors," he said.

The Soldiers of the 1457th Engineer Battalion demonstrated how relevant they are to Utah's domestic emergency needs," said Wells.

They helped clean up areas identified by civil authorities across 27 different sites among various municipalities. They conducted major operations in Kaysville, Farmington,



Soldiers from the 204th Maneuver Enhancement Brigade, Utah National Guard, clean windstorm debris from neighborhoods Oct. 8, 2020 in Salt Lake City, Utah, after hurricane-level winds tore through northern Utah in early September, affecting primarily Salt Lake, Davis, Weber and Cache Counties.

— PHOTOS BY Sgt. 1st Class John Etheridge

Centerville, Bountiful, Rose Park, and Salt Lake City.

"The legacy that the Utah National Guard builds is that they are there to help Utah communities in times of emergency or need. It is also an attitude and culture of neighbors helping neighbors," Wells said.

Bingham, who grew up in Centerville, recalls being scared of these windstorms when he was a kid. "It's neat to come full circle and give back to the community that meant so much to me growing up."

Operation Wind Debris was opportunity for the Utah National Guard to give back.

"Even with all that is going on in our state and country (COVID-19, civil unrest, unemployment) we are all in this together and we need to help each other," said Wells.

"I think I'm always ready," said McKenna. "It's who I am and why I joined—to serve people. Whether it's responding to wildfires or windstorms, I think I'll always mentally ready to do whatever it takes."

For Taylor, the motivation to serve is clear.

"Our Soldiers come from all over the state. We live in these communities, so we've got to give back to where we live." ■

— ARTICLE BY Sgt. 1st Class Rich Stowell



Soldiers and Airmen assigned to Joint Task Force Pioneer cut branches and clean up debris scattered by a strong windstorm at the Kaysville City Cemetery and neighborhoods during Operation Wind Debris, Sept. 11, 2020. Members of the Utah Training Center, 204th Maneuver Enhancement Brigade, 118th Transportation Company from the Utah National Guard, participated in the operation after Governor Gary Herbert activated the task force to respond to damage caused by windstorms earlier in the week.

2nd Lt. Matthew May, a platoon leader assigned to Det. 1, 116th Engineer Company, confirms mission requirements with Randy Randall, director of public works for Centerville City, at city offices during Operation Wind Debris, Sept. 11, 2020.

— PHOTOS BY Sgt. 1st Class Rich Stowell,
Sgt. 1st Class John Etheridge and Sgt. Nathaniel Free

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Make 2021 The Year Of Hope

This past year has dealt us one blow after another. One obstacle after another. The nation, our community and our families are dealing with the ongoing events like a pandemic, social and political change, disruptions in our institutions like schools, and missing friends and family.

Hope is an essential human need. A sense of hope is basic to our quality of life. I propose we make 2021 the year of hope. Enter the New Year with a new resolve: with the idea that you will embrace recovery.

Are you ready to be Recovery-Oriented? When we struggle, that struggle can have meaning when we figure out how to climb out of the hole we are in and see things in a new way. That climb, that growth, is recovery. Sometimes we recover to our baseline, to where we started. Sometimes we recover in ways we never imagined and develop new qualities and an outlook that gives our lives more meaning. We learn from our struggles when we recover from them. This is where growth happens.

A catalyst essentially changes the things it is exposed to. How have the hardships of the past year changed your recovery process for good? Here is how you can foster a recovery-mindset in yourselves and families:

- Hardships are part of human life and we DO have a choice in how we let them change us. We miss a critical opportunity to grow when we think of them as ALL BAD.
- Your worth as a human being is unchanged by the hard things you've encountered in life. You are still worthy of a good life.
- Recovery doesn't mean struggles are over. We can continually embrace recovery as an attitude and value.
- Ask yourself: how has my past prepared me to recover from this now? Give yourself more credit for things you've overcome in the past. They may not look like this current struggle, but those lessons and experiences of recovery prove you are capable of surviving and growing from this.
- Engage with people and things that can help you reframe your struggle. We all feel better when we talk about it with wise and helpful human beings. A very wise four-year-old boy reminded me that mistakes are part of learning. Widen your view with messages and support that encourage you to keep recovering. Share your own message of recovery with someone in need. Connecting with the right people accelerates recovery.

We are capable of recovering from hard things. That gives us hope! Recovery fosters hope. Hope motivates recovery. Let's embrace both and thrive together in 2021.

Sometimes I don't feel ready to think of right now as a recovery period. Hard things are still happening to me! Sometimes we just have to survive what happens to us. Sometimes survival is not enough. My generalized anxiety of waiting for the NEXT thing in 2020 preoccupied more brain space than I want to admit. But at some point, I had to focus time and energy on how much I had grown this year; we all have grown this year. We've all worked hard to survive. As I grow with my struggles I am reminded: I am capable of recovering from hard things. That gives me hope! Recovery fosters hope. Hope motivates recovery. Let's embrace both and thrive together in 2021. Life Encouraged.

— ARTICLE BY Annika K. Hunt, License Clinical Social Worker,
151st Air Refueling Wing director of Psychological Health

Utah Military Family Life Consultants provides no-cost counseling services to Utah National Guard service members and their families. Contact a MFLC for more information:

Andrea Phillips, Program Manager: 801-432-4622 Draper
Bruce Jenkins: 801-878-5480 Camp Williams

Jake Vickrey: 801-716-9228 Draper and Camp Williams
CJ Gibbs: 435-867-6518 Cedar City and St. George



Joint Task Force Pioneer helps Utahns clean up wind debris

CAMP WILLIAMS, UTAH — Gov. Gary Herbert speaks to Soldiers assigned to Joint Task Force Pioneer at a green waste collection site during Operation Wind Debris, Sept. 12, 2020. Members of the 1457th Engineer Battalion, Utah National Guard, participated in the operation after the governor activated the task force to respond to damage caused by windstorms earlier in the week. (Photo by Sgt. 1st Class Rich Stowell)

— ARTICLE AND PHOTOS BY Sgt. 1st Class Rich Stowell



From one battalion to another: the 489th cases its colors, while the 625th unveils

CAMP WILLIAMS, UTAH — Lt. Col. Budd Vogrinec (left), commander of the 625th Military Police Battalion passes the unit guidon to Capt. Markus O. Martin, commander of the battalion headquarters detachment, during a ceremony at the Springville Readiness Center in Springville, Utah, Sept. 13, 2020. Vogrinec was a non-commissioned officer in the 625th Military Police Company before it was deactivated in 1997. Members of the Utah National Guard who were part of the 489th Brigade Support Battalion became part of the 625th Military Police Battalion during a ceremony at the Springville Readiness Center, Sept. 13, 2020.

— ARTICLE AND PHOTOS BY Sgt. 1st Class Rich Stowell



Utah National Guard's 10th senior enlisted leader retires

CAMP WILLIAMS, UTAH — Sergeants major from the Utah National Guard stand in solidarity with Command Sgt. Maj. Eric Anderson during Anderson's retirement ceremony, Sept. 3, 2020, honoring his 31-year career in the Utah National Guard. Anderson served as the senior enlisted leader for the Utah National Guard before announcing his retirement.

— ARTICLE BY Staff Sgt. Timothy Beery



Guardsman receives Utah Medal of Valor for heroism during mass shooting in Las Vegas

SALT LAKE CITY, UTAH — Sgt. Chasen Brown, a service member of the Utah National Guard, was presented the Utah Medal of Valor by Gov. Gary R. Herbert, Sept 1, 2020 in the Gold Room at the Utah State Capitol. Brown, a gunner for Charlie Battery, 2nd Battalion, 222nd Field Artillery, was attending the Route 91 Harvest Festival in Las Vegas, Nevada on Oct. 1, 2017. Shortly after the concert started, a man started shooting indiscriminately at the massive crowd. Without hesitation or regard to personal safety, Brown immediately started to render aid to the wounded personnel while under constant gunfire. His actions on that tragic day, also known as one of the deadliest mass shootings in the United States, saved the lives of half a dozen fellow concertgoers.

— ARTICLE AND PHOTOS BY Ileen Kennedy

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Utah Guard claims top honors at Tactical Games

SALT LAKE CITY, UTAH — Lt. Col. Brandon Holmer, Utah National Guard, fires at paper targets with a pistol during the Tactical Games in Price, Utah, Aug. 29, 2020. Holmer placed first in Master class, and placed first overall.

All Guard Marksmanship Team claimed top honors at the Tactical Games, hosted at the North Springs Shooting Range in Price, Utah, Aug. 29-30, 2020. The Tactical Games is an open competition where shooter-athletes must accomplish physically demanding, combat-related tasks within certain time constraints. ☀

— ARTICLE AND PHOTOS BY Sgt. Nathaniel Free



Utah Soldiers train during pandemic with "Solidarity and Purpose"

CAMP WILLIAMS, UTAH — Col. Woodrow Miner, commander, 204th Maneuver Enhancement Brigade, reviews plans on a sand table in the tactical operations center during annual training at Camp Williams, Utah, Aug. 2-15, 2020. The 204th is preparing for a warfighter exercise in the later part of the year designed to test the communication networks, warfighting capability and readiness of every unit involved. ☀

— ARTICLE AND PHOTOS BY Sgt. Nathaniel Free



10 unexpected benefits of serving in the Utah National Guard

DRAPER, UTAH — The Utah Army National Guard is a reserve component of the United States Army that falls under the direction of Utah state leadership. Our commander-in-chief is the governor of Utah. We have been called on to help with local, national, and international humanitarian relief. Not only do we fulfill our state mission of civil security, but we also deploy to protect the nation. If you're thinking about joining the Utah Army National Guard, here are 10 unexpected benefits you need to know about. ☀

— ARTICLE AND PHOTOS BY Sgt. Nathaniel Free



Placing flags so fallen service members will never be forgotten

CAMP WILLIAMS, UTAH — This year on Veterans Day we honor our fallen and stand with those in uniform. The 640th Regiment, Regional Training Institute spent time to help the Utah Veterans Cemetery and Memorial Park place flags on every one of the approximate 8,000 headstones on Nov. 9, 2020. For more than 10 years curators have repeatedly set up and removed the flag display for both Memorial Day and Veterans Day observances. The 640th RTI, along with many other Utah Soldiers, wanted to volunteer time and give back to those that came before in service to Utah and the United States. ☀

— ARTICLE AND PHOTOS COURTESY OF
Chief Warrant Officer 4 Greg Koyle

—VIEW ADDITIONAL PHOTOS ON FLICKR @UTAH NATIONAL GUARD—

AIR PROMOTIONS

LIEUTENANT COLONEL	SENIOR MASTER SERGEANT	Hall, Bryan J	Jordan, Harley A	Leavitt Haslauer, Paul A
Craythorne, Tyson R	Ford, Ronald E	Hansen, Anastasia C	Jorgensen, Isaac B	Meads, Benjamin G
Hipple, Isaac J	Mcdonald, Andrew M	Heckel, Dean W	Jorgensen, Noah L	Montgomery, Nathan R
Torbensen, Dustin C	Nielson, Lalani Nelson	Hymer, Floyd V	Kenney, Benjamin D	Nielson, Donovan C
CAPTAIN	Paetsch, Will M	Kelsey, Nathan P	Montenegro, Fernando Antonio	Reeves, Michael J
Anderson, Jacob D	Wahlin, Kevin C	Mcconnell, Michael B	Mravetz, Matthew J	Ryskamp, Rebecca M
Eicher, Daniel Evan		Moss, Garrett S	Noble, Garrett W	Steneck, Brayden W
Lamb, Tayva J		Reeves, Aaron W	Ockey, Jordan C	Van Leeuwen, Kyle J
Olsen, Tyler K		Rice, Daniel Ethan II	Petersen, Joshua S	Voss, Grant D
Robinson, Sydney Brooks		Selin, Dustin Steven	Walker, Henson B	Walker, Megan I
Sotto, Heather M		Simpkins, Lacey Rae	Zuniga, Peter Steven	
Whetstone, Fenton B		Skinrood, Jason W		
1ST LIEUTENANT		Tocong, Andelson B	SENIOR AIRMAN	AIRMAN 1st CLASS
Cragun, Nathaniel P		Trujillo, Dakota C	Baggs, Ryan C	Chenworth, Dalton A
Daulton, Jake T		Webb, Brooklyn D	Billings, Joziah L	Hansen, Alex N
Hollingsworth, Luke J			Bowthorpe, Shane P	Martinez, Jensen C
2ND LIEUTENANT		STAFF SERGEANT	Brower, Colton J	Warren, Trevor M
Bender, Megan Alaina		Amussen, Cameron L	Collins, Connor P	
Wood, Rance D		Anderson, Hiram Eric	Denison, Shayden R	
CHIEF MASTER SERGEANT		Baker, Zachary L	Doty, Clayton T	
Jensen, Lisa M		Christensen, Austin C	Doxey, Grant F	
		Cole, Jacob N	Ehiede, Julius Emi	
		Conger, Brian N	Fallentine, Benjamin T	
		Evans, James T	Grow, Anna E	
		Griffeth, Jacob M	Holm, Kevin A	

ARMY PROMOTIONS

COLONEL	Nance, Curtis Oswald, Braeden Salvesen, Steven Turner, Scott Varney, James	Lee Chance Evan Pope Robert Russell Prince Clinton Scott Sorenson Jace Robert Sykes Richard Alan Vielbaum John Robert	Bukuru Marcel Bundy Derek Bret Carlton Michael John Case Daniel James Castillo Sebastian Jose Cones Garrett Jay Connell Cody Douglas Curtis David Grandeson Dally Reyna Lucero Decker Charles Harrison Distance Sean Cole Farr Brandon James Ferron Brian Ernesto Flores Marc Anthony Fraughton Dallan Curtis Fuell Austin Wayne George Derek K Jr Haws Heber Chester Hoggan Taylor James Holloway Aaron Paul Huff Dylan Wayne	Okeda Carmen Garcia Petersen Adam Roy Piccolottimoye Alexander J Renault Lucien P Roberts John Yashko Russell Taylor Ray Sandoval Macarena Ayelen Savage Dallin Michael Shephard Cole Silberman Kyler Sherman Snow Weston Perry Sombath Alex Soria Javier David Steed Ashtyn Leigh Tinge Chandler Brett Wilkinson Alexandra Taylor
LIEUTENANT COLONEL	Douglas, Colton Oshitoye, Emmanuel	STAFF SERGEANT	Anderson Leah Rose Beardshall David Scott Burton Zachary Kael Covington David Brent Davidson Alyssa Louise Fallentine Nathan Michael 	Okeda Carmen Garcia Petersen Adam Roy Piccolottimoye Alexander J Renault Lucien P Roberts John Yashko Russell Taylor Ray Sandoval Macarena Ayelen Savage Dallin Michael Shephard Cole Silberman Kyler Sherman Snow Weston Perry Sombath Alex Soria Javier David Steed Ashtyn Leigh Tinge Chandler Brett Wilkinson Alexandra Taylor Wright Austin Brooks Zaugg Adam Jeffrey
MAJOR	Cox, Garrett Johnson, Jeremy Tomlinson, Gregory	MASTER SERGEANT	Brown Matthew Richard Fisher Jeffrey Alan Heath Brett Curtis Judkins Jeffrey Scott Markland Clint Ray Morrill Cory Cline Olivares Rodolfo Tirso Jr	Okeda Carmen Garcia Petersen Adam Roy Piccolottimoye Alexander J Renault Lucien P Roberts John Yashko Russell Taylor Ray Sandoval Macarena Ayelen Savage Dallin Michael Shephard Cole Silberman Kyler Sherman Snow Weston Perry Sombath Alex Soria Javier David Steed Ashtyn Leigh Tinge Chandler Brett Wilkinson Alexandra Taylor Wright Austin Brooks Zaugg Adam Jeffrey
CAPTAIN	Harding, Jared	SERGEANT FIRST CLASS	Baer Karl Dean Barbour Hobart Brent Bradford Jakob Lee Call Lucas Will Compton Jacob Michael Cox Chafin Ward Cutler Jessica Ann Evans Nathan Michael Fox Tara Denee Huseby Jeffery Allen	Okeda Carmen Garcia Petersen Adam Roy Piccolottimoye Alexander J Renault Lucien P Roberts John Yashko Russell Taylor Ray Sandoval Macarena Ayelen Savage Dallin Michael Shephard Cole Silberman Kyler Sherman Snow Weston Perry Sombath Alex Soria Javier David Steed Ashtyn Leigh Tinge Chandler Brett Wilkinson Alexandra Taylor Wright Austin Brooks Zaugg Adam Jeffrey
CHIEF WARRANT 5	Gummersall, Willard Jones, Jared	SERGEANT	Baires Ismael Enrique Bell Brianna Rene Bell Zachary Andrew Brittain Cody Douglas	Okeda Carmen Garcia Petersen Adam Roy Piccolottimoye Alexander J Renault Lucien P Roberts John Yashko Russell Taylor Ray Sandoval Macarena Ayelen Savage Dallin Michael Shephard Cole Silberman Kyler Sherman Snow Weston Perry Sombath Alex Soria Javier David Steed Ashtyn Leigh Tinge Chandler Brett Wilkinson Alexandra Taylor Wright Austin Brooks Zaugg Adam Jeffrey
CHIEF WARRANT 4	Cloward, Brady Dean, Preston Hobbs, Tyler Payne, Joshua	SPECIALIST	Aguilar Bernardo Allan Tate Anderson Cole Thomas Anderson Daxton James Apgar Madison Rachel Atkinson Ashton Scott Attwooll Maran Reyn Baker Zenith Erick Bassett Spencer Shalaco Beraja Alexander Julian Bigelow Wyatt William Blair Matthew John 	
CHIEF WARRANT 3	Beekman, Daniel Bell, James Carter, Darren Kruse, Nathan Larson, Adam			

Campbell Aaron Alexander
 Carhuacira Riveros Bryant
 Choi Brandon
 Christensen Kelton James
 Christensen Zachary Steffen
 Combe Bryce Todd
 Cordova Marcelino Maurice
 Cornia Jordan David
 Cox Adam Christopher
 Cox Casey Edward
 Crane Jaden Lance
 Daldo Blake Joseph
 Decato Chase Anthony
 Drake Alexander Joseph
 Eckhart Audrey Nicole
 Emfield Jenet Lori
 Farmer Nicolas Bjorn
 Fenn Kyle George
 Ferrer Robert Eliseo
 Fletcher Garrett Martin
 Forbush Nathaniel Hart
 Fuller Garrett Steven
 Garbett John Erikeugene
 Grant Sariah Christine
 Grigg Taylor Golden
 Hadfield Justice Michael
 Hale Alexander Daniel
 Hale Drake Joseph
 Hansen Gage Edward
 Hanson Jefferey Michael
 Hess Amber Latey
 Hollinger Joseph Ty
 Holman Emily Michelle
 Hunter Daimon Marcus
 Iverson Marcus David
 Josephson Natasha Lyn
 Kelley Parker Barnes
 Kent Chandler Michael
 Lacy Kaitlyn Xenia
 Lewis Colton Cade
 Liau Gordon Jamescaw
 Lierd Weston Jamesluttmer
 Lopez Juwan Joseph
 Manning Cristopher Erwin
 Manns Maurice Mondrae II
 Marsh Mickele
 McCulley Corbin L
 Medsker Justin Michael
 Meier McKay Craig
 Meyer Stockton David
 Mockbee Richard McKay
 Norton Tyler Richard
 Olupomar Rufina Fidela
 Pareja Kevin
 Pearman Garrett James
 Pentz Summer Breeze
 Pierro Randall Williamj
 Russell Jaden Cole
 Safobediako Abraham Kwasi
 Saunders West Christopher
 Schick Talon Washington
 Sedgwick Nathan James
 Shiner Cade Eugene
 Smedley William Hunter

Sorensen Kenneth Marc
 Sorensen Nathan Kendall
 Staheli Skyler Campbell
 Steren Joseph Elias
 Swamer Cameron Francis
 Swapp Jonathan Ryan
 Taylor Bradley William
 Taylor Gabriel F
 Taylor Jesse Scott
 Taylor Noah John
 Thomas Kelsey Marie
 Vaughan Jesse Hunter
 Vermillion Caden John
 Williams Joshua Michael
 Wilson Ryan Randy

PRIVATE FIRST CLASS

Acord Cayden Dustin
 Arencibia Antonio Tesai
 Bangerter Austin Lee
 Bentley Keaton Terry
 Best Austin Charleswesley
 Bingham Jayden Andrew
 Braithwaite Kaleb Rhys
 Breyer Ethan Robert
 Brian Parker Larsen
 Burnside McKay Allen
 Burton Joshua Dallen
 Butler Westin Ryan
 Callahan Mercedes Louise
 Campbell Zachery Trevin
 Carter Brody Brant
 Chavezmarquez Cynthia Yulia
 Checkets Everton Allen
 Cluff Thomas Leroy
 Crispin Hernandez Luismanu
 Cuatepotzo David Geovanny
 Dodson Kellan Bradford
 Epling Roy James
 Estes Cody Joe
 Evans Degan Justindean
 Green Garrison William
 Haes Sophia Michele
 Hall Skyler Wilson
 Hall Tanner Rockwell
 Hardan Duane Michael
 Hernandez Ismael Jr
 Herrera Eduardo III
 Jeppson Taylor Lynn
 Johnstone Jordan Michael
 Joosten Trevor Anthony
 Jorgensen Jared Parker
 Lefevre Liam Stephen
 Lloyd Hayden John
 Lopez Alina
 Marquezruiz Vanessa
 Marsh Brayden Ray
 Martinezacuna Fabrizio
 Mauchley Jared Gregory
 Maughan Jacob Weston
 Merchant James Carsyn
 Merck Ethan Conner
 Mickelsen Kyle Clifford
 Miner Joseph Leesalazar

Mockbee Garrett Michael
 Ohmert Benjamin Tammany
 Ortega-Padilla Ivani
 Ortizgomez Omar
 Pena Jessica Rose
 Perry James Michael
 Pierce Hannah Jolynn
 Porter Dallas Michael
 Pugmire Marshall Jack
 Repp Casey Austin
 Ressa David Albert
 Ringgold Ariyana Kaiera
 Robles Brian Eliud
 Romero Krystian Alexander
 Rounds Tyson James
 Sanchez Brandon
 Sheeran Isaiah Daniel
 Singleton McKade Parker
 Spier Cipriano Angel
 Tweddell Dallen Christopher
 Vazquez Jessica Josefina
 Waldron Aaron Michael
 Webster Felipe Ignacio
 Weihsing Jordan Charles
 Wilson Joshua Michael

PRIVATE (PV2)

Agla Brayden Timothy
 Andersen Garrett Willis
 Avila Bralyn Amia
 Baker Raiden Dicaro
 Berk Samuel Joseph
 Blackburn Jaden Eugene
 Bowers Carson Scott
 Brooks Bret Willard
 Chatterley Treydon William
 Checketts Payden Wayne
 Darden Caitlyn Anne
 Drollinger Justin Layne
 Erickson Zackory Allan
 Gottlieb Noah Carter
 Hicks Levi Mitchell
 Jeide Shawn Michael
 Johnson Joshua Isaac
 Jones Shelly Anncoone
 Kitchen Owen Tanner
 Kurban Elizabeth Ann
 Malepeai Phoenix Kaiva
 McArthur Kolby Daniel
 McCuen Joseph Alan Jr
 McDonald Micheal Thomas

Moralesbautista Stephanie L
 Olds Jaden Travis
 Olsen Kaydon Chris
 Oyer Manuel Eduardo Jr
 Perez Abel
 Pickering Ashlynn Nicole
 Ramsay Dylan Michael
 Randall Cooper Scott
 Rettie Samuel Atticus
 Russo Ethan Ryley
 Salomone Daniel Julian
 Savage Connor Nathan
 Schardine Carter John
 Shields Logan Cal
 Smart Zachary Brian
 Stennetperales Joe Ignacio
 Taylor Cade Lee
 Thompson Anthony Josiah
 Wahlen Zakariah Keaton
 Weidmer Sean Archer
 Wilkes-Hamlin Elenora M
 Wirthlin Quin E
 Woodard Brendon Guy
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FLASHBACK PHOTO



Operation Haylift

Planes from the Utah National Guard joined the U.S. Army Airforce in "Operation Haylift." One hundred tons of hay were dropped in a day, in an effort to save 210,000 head of livestock trapped in the snow. This image was, taken on Jan. 26, 1949 from a hay-laden National Guard C-47 plane. It shows a stranded herd of sheep near the town of Delta, Utah. The lone sheep herder, on horseback can be seen at the left of the photograph. In the foreground is the shadow of the relief plane.

Despite major loses, federal and state government and communities cooperated through these economic and humanitarian efforts to help weather the storm. Hundreds of tons of hay, tens of thousands of flight miles, and day after day of service, thousands of animals and ranchers' livelihoods were saved.

(Image: International News Photo, Fort Douglas Military Museum Collection.)

