



SCOPE

193RD SPECIAL OPERATIONS WING



Gazing at one of her photo albums, Lara Phillips reflects on her old hairstyle and new lifestyle while fighting cancer.

By Capt. Jay Ostrich

Don't be fooled by her sweet, welcoming smile and calm, easygoing demeanor. There's a war raging around this soldier, the enemy is at the gate and it's trying to

kill her every second of the day.

But unlike her comrades who are readying for deployment to Iraq with the 56th Stryker Brigade Combat Team, the terror-

ists are inside her. It's called rhabdomyosarcoma, a rare form of juvenile cancer, and this former Pennsylvania National

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SCOPE

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THE VOICE OF THE QUIET PROFESSIONALS

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The miracle of training

By State Command Chief Master Sgt. Ralph Braden



As many of you know my civilian employer is US Airways. Flight 1549 emergency landing in the Hudson is one of those events that will remain vivid in my memory for a long time to come. The heart-sinking feeling that I experienced when I first saw the aircraft in the water on television, Jan. 15, and the sense of joy I felt when I learned that all the crew and passenger were alive is very clear to me as I write this article.

As the story of the miracle on the Hudson was told and retold during the weeks that followed my sense of pride grew in this flight crew. Skill and luck played significant roles in this event.

When you listen to discussions concerning aircraft crashes you will likely hear the term "chain of events." Usually, the links in the chain of events combine to bring about a disaster. In this case, the links combined to become the "Miracle on the Hudson."

There was a total of three minutes

and thirty seconds from the time the birds were ingested in both engines until splash-down. Three minutes and thirty seconds is not much time. I am very thankful and proud of what this experienced US Airways flight crew was able to accomplish. A total of 155 passengers and crew surviving an aircraft water ditching is nothing short of miraculous. One link in the chain of events developing differently could have spelled disaster.

The first link in the chain of events after the birds were ingested was the crew's reaction. They reacted as they were trained. With only three minutes and thirty seconds from engines out to splash-down there was no time to gather the crew together to brief them as to how they were to handle the emergency. The crew responded as they had been repeatedly trained to respond to an emergency situation and that is all they had enough time to do.

At a US Airways management conference, I received a briefing concerning Flight 1549 a few weeks after the event. It dawned on me while I was listening to the briefing that this is what we do in the Air National Guard. We train every drill weekend so that when the time comes and we only have three minutes and thirty seconds to react we know what needs to be done instinctively.

That is why we train the way we do. Mission success depends on how we react under stress. We need to be ready to react to situations as we were trained. Additionally, the time and effort you put into your training may save your life or the lives of fellow Airmen.

Chesley "Sully" Sullenberger, captain of Flight 1549, began his flying career as an Air Force fighter pilot.



Promotions

for the month of February

Promotion to Chief Master Sergeant

Robert J. Shartle	193 CES
Barry E. Hein	193 OG

Promotion to Senior Master Sergeant

Susan A. Mindy	HQ
Bradley R. Klinger	HQ
Danny J. Wolfe	112 AOS

Promotion to Master Sergeant

Hali J. Confer	HQ
Noelani P. Uhl	193 MSG
Stephen D. Kleeman	211 EIS
James M. Mykut	211 EIS
Dennis L. Ward Jr	211 EIS
Jeffrey C. Wacker	553 Band
William P. Burns	112 AOS

Promoted to Technical Sergeant

Frank A. Manslow II	193 CES
Joyce M. Williams	193 SVF
Erick L. Rittle	193 SVF
Nathan A. Hoffer	148 ASOS

Promoted to Staff Sergeant

Andrew P. King	193 SVF
Chantiel A. Umberger	193 MDG
Dwight A. Stoutzenberger	193 LRS
Robert T. Motto	193 LRS
Ryan W. Woll	193 MXS
Ryan L. Glass	193 MXS
Jason E. Huff	201 RHS
Lance R. Hood	271 CBCS
Thomas G. Forsyth	203 WF

Promoted to Airman First Class

Courtney Lytle	211 EIS
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Congratulations!

News In Brief

Age for retirement pay reduced

Air Reserve Personnel Center officials are finalizing procedures for validating the receipt of retired pay before Citizen Airmen turn 60 years old. Effective Jan. 29, 2008, Guard and Reserve Airmen can reduce the age they receive retirement pay by three months for each aggregate 90-day period(s) of qualifying active duty served in any fiscal year, but they cannot receive retired pay before age 50.

The clause is not yet retroactive to any periods of service before that date. ARPC officials are working with counterparts at the Air Force Personnel Center to add a field into the Military Personnel Data System so Citizen Airmen can see their estimated retired pay date. ARPC is tracking legislation; so far there have been several proposals but attempts to pass legislation to make it retroactive have been unsuccessful.

Airmen are encouraged to maintain copies of their active duty orders in case of discrepancy. Airmen will receive all retired pay benefits, except medical benefits, blue ID card, and premiums for the RCSBP will be deducted from retired pay as soon as the member starts drawing pay.

Until there is an automated way to track the information, ARPC technicians are reviewing personnel and finance records to see if Citizen Airmen qualify to receive their pay early. In most cases they can determine the correct information without having Airmen validate their service. It is only when the systems are inaccurate that they will need the member's help.

Individuals approaching retirement and who believe they are entitled to receive their pay early can call APRC at 1800-525-0102, option 4 for ANG Personnel, and discuss the specifics of their participation with retirement experts to validate their eligibility.

Buddies wanted for Special Olympics

Volunteers are needed for this year's Adult Special Olympics games held at Naval Support Activity, Mechanicsburg, April 25. The games run from 9 a.m. to 3 p.m. with registration beginning at 7 a.m.

Volunteers age 18 and over are eligible to be "buddies" to escort the more than 150 participating athletes for the day.

For more information, questions, or to sign up please contact Carol Decker of the event's public relations team at 717-605-7525





Salvation through values (continued from Page 1)

Guard member is waging a war against it to save her life.

Meet 18-year-old Lara Phillips of East Pikeland Township, Pa., who up until last January was looking forward to typical teenage rights of passage like graduating high school and prom. But unlike some of her peers, she also had a strong sense of patriotism and a military family background. This led her to enlist where she was excited about doing computer encryption for Stryker and helping fight the Global War on Terror.

"I just wanted to be a part of something much bigger than myself," said Phillips, who described herself as rebellious to authority and an unlikely soldier. "People told me I'd never make it in the Army and the Guard, but I knew that's what I wanted and I was going to fight for it."

During her weekend drills with the Recruit Sustainment Program, Phillips took a shine to her new-found profession by finding comfort in camaraderie and strength in her Soldier's Handbook. In it she would embrace core values like personal courage and duty. She took a particular liking to the Soldier's Creed, especially the words, "I will never accept defeat. I will never quit."

"I loved being in uniform and the sense

"They are going to tear me down to build me back up. But attitude is everything – you can still have fun with something that's awful. I know if I let the little things get to me, I'm going to lose."

-- Army National Guard Soldier
Lara Phillips

of pride and team that went along with it," said Phillips. "Rules started to all make sense and I was looking forward to boot camp and deploying with Stryker."

Little did she know her deployment to war was well at hand.

Receiving a mission

After a particularly challenging drill shortly before her eighteenth birthday, Phillips returned home to rest.



Pennsylvania Lt. Gov. Catherine Baker Knoll hosted a lunch for Lara Phillips on the Capitol's portico June 30, 2008. Also in attendance were Maj. Gen. Jessica L. Wright, the adjutant general of the Pennsylvania Department of Military and Veterans Affairs. Sadly, Lt. Gov. Knoll lost her battle with cancer Nov. 12, 2008.

"The drills were always challenging, but this one really knocked me off my feet," said Phillips. "Something just wasn't right."

In the process of recovery, she discovered a subcutaneous cyst on her pelvis that suddenly grew to the size of a softball. Alarmed by the growth and unusual sense of fatigue, Phillips went to the doctors to have tests done.

Only a short week after her birthday, the biopsy returned. It was cancer.

Subsequent tests would reveal tumors throughout her entire body. Her doctors confirmed the diagnosis as a cancer commonly referred to as "rhabdo," which according to the National Cancer Institute is a fast-growing, highly malignant attack on the body's connective tissue. It often attaches to muscle or wraps around intestines but can prey practically anywhere in the body.

Her initial prognosis was poor, if not defeating: a five percent chance of survival. In an instant, Phillips went from battling the trials of boot camp to battling for her life.

So others can live

Defeating a foe where you are given less than a five percent chance of prevailing is daunting enough to make most people surrender. Not Phillips.

Her sadness centered only on returning her uniform to her unit, who told her to keep it throughout her battle.

"But I probably won't be this weight again," joked a grateful Phillips, who thanked her fellow soldiers before turning to greater concerns.

She jumped headlong into chemotherapy during her senior year of high school. When others urged her to quit and concentrate on health, she redoubled her academic focus and graduated with her class on time, even delivering an inspiring commencement speech to urge her colleagues to never give up on their goals and dreams.

But the war was not over. The battles raged on as the cancer kept a steady attack against her system, often leaving her weak and teetering on defeat. But like any good soldier, Phillips kept faith in herself and with what she had been taught but her instructors. She knew that to win the war you needed a good battle buddy.

Enter her mother, Amy, whose father rose to the ranks of lieutenant colonel in the Air Force and worked under the legendary hero Brig. Gen. W.W. "Bill" Spruance, who taught thousands of Airmen from personal experience how to save lives in perilous situations.

Amy knew it wouldn't be easy, but with the dogma of a drill sergeant and the love of a doting mother, she and Lara set out to kill the cancer and beat the odds.

The "Phillips Army" developed a hardcore daily regimen that would put any basic training plan to shame. Every aspect of her day, from what to eat to when to rest was mapped out and followed precisely. They even plotted on spreadsheets and charts variations in strength or when the therapy would make her weak – that way Lara never got discouraged when the pain and bad times came.

But as of late July, greater dangers lay

Continued on next page



ahead. The experimental 54-week study and treatment was about to intensify. With seven high-dose chemicals and constant radiation, this new and unproven treatment was designed to take her white blood cell count to zero, thereby killing the cancer, but leaving her vulnerable to virtually any disease present.

"I have to be disciplined with this, so it's just like boot camp," said a hopeful and smiling Phillips. "They are going to tear me down to build me back up. But attitude is everything – you can still have fun with something that's awful. I know if I let the little things get to me, I'm going to lose."

Just hours before entering into treatment at A.I. DuPont Hospital for Children in Wilmington, Del., Phillips reflected on her days in uniform, the Soldier's Creed and the strength they would give her in battle.

"I'm going to beat this and I am going to fight until I can't fight anymore," said a weakened Phillips. "Failure just isn't an option – I will not fail. I must win this fight so others can live."

To hell and back

And fight she would. Through an intense battle with pain and weakness, Phillips pressed on as six of her fellow juvenile cancer warriors would pass away beside her.

"It hit home what cancer was all about," said Phillips who knows her success in this experimental study can bring hope and life to many. "But I was determined to finish what I started."

For her mother, it was during these darker moments that she became thankful Lara had experienced the military lifestyle.

"Every time she gets down, she sits and writes the Soldier's Creed," said Amy, who admitted that she was reluctant at first for Lara to join the military. "We put it up on her hospital wall to keep her going. It's been her mantra – it's the only way to survive the battle she's in now."

For Lara, the handbook and creed will never be just words on paper or something to blindly memorize.

"I know it sounds strange, but the warrior ethos keeps me going. There are good lessons in there for everyday life," said Phillips. "They drill those into your

head when you train so you don't forget. There's no way I'll ever forget them."

Her dedication to military values and sheer determination would result in bitter-sweet news received shortly after Veterans Day. Just hours after her friend and admirer Lt. Gov. Catherine Baker Knoll lost her battle against cancer, her latest tests would reveal a tumor-free body for Lara – it was a tactical victory as planned and a road to victory.

The Soldier's Creed

I am an American Soldier.
 I am a Warrior and a member of a team.
 I serve the people of the United States,
 and live the Army Values
 I will always place the mission first.
 I will never accept defeat.
 I will never quit.
 I will never leave a fallen comrade.
 I am disciplined, physically
 and mentally tough,
 trained and proficient
 in my warrior tasks and drills.
 I always maintain my arms,
 my equipment and myself.
 I am an expert, and I am a professional.
 I stand ready to deploy, engage, and destroy the
 enemies of the United States of America
 in close combat.
 I am a guardian of freedom
 and the American way of life.
 I am an American Soldier.

Along with Knoll, Maj. Gen. Jessica L. Wright, Pennsylvania adjutant general, met Lara at the state Capitol this past summer and was moved by her grit and perseverance. The news could not have come at a better time.

"I marvel at the bravery and courage shown by the Soldiers and Airmen of the Pennsylvania National Guard, and Lara has shown these same attributes in this very intense battle with this life-threatening cancer," said General Wright. "Her indomitable spirit and determination are truly inspirational to me."

Leaving a legacy

Phillips can't tell you many details about her particular cancer – to her they aren't important. She just concentrates every day on what she needs to do to survive and return home permanently, free of the terror trying to take her life.

At only 18, Phillips, now as thin, hairless and tired as a basic training recruit, cannot tell you the meaning of life, but ask her a question about survival or reaching goals and she is quick to reveal the meaning in life.

"People will tell you, you can't do it," said Phillips. "Heck, people told me I wouldn't make it in the Guard. They told me I wouldn't beat cancer. You just need to fight with what you want in life, never take it for granted and never give up."

Like many returning warriors, Phillips wants desperately to leave behind a legacy knowing that the pain and sacrifices she made were not made in vain. Reminded by continuing therapy and her loving mother that she isn't home free yet, she permits herself moments to think beyond the cancer battlefield.

Her dreams include returning to the Guard and earning a bachelor's degree in office management or accounting – hopefully somewhere down south where it is warmer, Phillips muses.

But if you really want to see the twinkle in her bright blue eyes, ask her about her fellow Soldiers in the Pennsylvania National Guard or the young children who share her war on cancer.

"If there's anything I do with my life it is going to be helping others who suffer from this," said Phillips. "I want to use what happened to me to bring child cancer awareness and motivate others along the way."

Ask anyone who has come in contact with her and not surprisingly you find Phillips is well on the way to reaching her goals.

"I look forward to the day when she can return to the Guard and share the tremendous gifts she has to offer," said Gen. Wright. "She is a Soldier we can all learn from and a person we can all admire."

But for today, Phillips simply reaches into her beloved Army Combat Uniform and pulls out the now tattered Soldier's Handbook, thumbing through the well-annotated and worn pages for another nugget of inspiration. Like any warrior, she is now ready to turn the page, come back from her war and start writing a new chapter in life.

To follow Lara's progress visit
<http://www.caringbridge.org/visit/laraphillips>



193rd Airmen taking 'fit to fight' to heart

By Kevin Cramsey

Members of the 193rd Special Operations Wing are taking the slogan "Fit to Fight" to heart and running as if their lives depended on it. In doing so, Tech. Sgt. Lisa A. Olszewski and Tech. Sgt. Culeen Shaffer are bringing recognition to the Keystone Guard and enhancing their ability to serve through their conditioning.

Olszewski began her second stint in the Pennsylvania National Guard four years ago and was assigned to the 193rd. Her return to military service after a lengthy layoff proved the catalyst for a new dedication to fitness for the 42-year-old mother of three.

"I liked running, but I never went very far," Olszewski said. "I'd just do one or two miles."

Once she decided to get serious about running, it wasn't long before she was routinely running seven or eight miles. Last year, Olszewski set her sights on her first marathon and ramped up her training regimen, doing an 18-mile run in preparation for the Air Force Marathon in Dayton, Ohio, in September.

With her 12-year-old daughter in tow, she drove to Dayton and competed in the 26.2-mile race. At the 18-mile mark, Olszewski began to experience leg pain, but shook it off and completed the race.

"So many people say, 'I could never do that, but you can – you can do it,'" she said. "You just have to train up to it."

Olszewski enjoys running at Fort Indiantown Gap and utilizing the Blue Mountain gymnasium facilities. In November, she placed first in her classification in the 3-mile Gopher Run held at Memorial Park.

Like others who have gone on to become avid runners, Shaffer did not take a natural shine to the sport.

"I used to hate running," recalled Shaffer, a 31-year-old who began her military career in the New York National Guard and also served in the Virginia Guard before joining Pennsylvania in 2002.

A public affairs specialist with the Wing and a full-timer with the Counterdrug operation at the Gap, Shaffer said running was an albatross for her in basic training. She said she might not have made it through without the encouragement of a fellow recruit.

Some years later, she had an epiphany and actually started to enjoy running.

"One day I was on a track," recalled Shaffer, "and, like Forest Gump, I just kept on running."

When she stopped, she had done seven miles.

Greater distances were soon to come.

At the urging of a fellow runner, she agreed to tag along to Florida for the Disney World Marathon. At that point, she made the leap from three to five mile runs and got into Marathon-running shape.

Whether running is an activity of enjoyment or a burden, the



Air Guard Tech. Sgt. Lisa Olszewski runs in the Fort Indiantown Gap 3-mile "Gopher Run," along with Air Guard Tech Sgt. Jeffrey Zeigler.

Air Force requires its Airmen to be fit to fight. In August of 2007 the physical fitness test standards eliminated the marginal category, leaving the test pass or fail.

"While working to improve fitness levels, it's important to realize that passing the annual fitness test is not the Air Force fitness goal," Chief Master Sgt. of the Air Force Rodney J. McKinley wrote in an Enlisted Perspective. "To successfully boost fitness levels, we must all make regular exercise and a healthy lifestyle a part of our daily regimen."

Implementing a regular exercise plan can not only promote a healthy lifestyle, but it allows Airmen to be physically capable of meeting the demands of Air Force missions.

Have a story to tell? Contact your Public Affairs Office and share the good news!
Job vacancy? SCOPE advertising works for YOU to get the word out!



Sounding Off

What you need to know to keep you flying...

GRAP meetings scheduled

Your local recruiting team would like to invite all current Guard Recruiting Assistants and members of the 193rd who would like to become Recruiting Assistants to our quarterly GRAP meetings. The recruiting team would like to share some of the most up-to-date recruiting information to all current and potential GRAPers. Information covered will include current unit vacancies, current incentives and some lessons learned in the past two years of GRAP.

There will be two separate meeting times and locations:

At the 193rd SOW

When: Saturday, April 4 at 3:30

Where: The Atrium in the 193rd Dining Facility

At Fort Indiantown Gap

When: Sunday, April 5 at 3:30

Where: 201st Pavillion

Children's Easter party Sunday

The children's Easter party, for children 12 and under, will be Sunday from 1 p.m. to 3 p.m. in the fire hall on base.

Refreshments will be provided along with games and entertainment. The Easter Bunny may even be able to attend!

If you have not registered your child, please contact Sandy Scott in the Family Support office at x3155 or sandy.scott@paharr.ang.af.mil

5th annual Bunny Run scheduled

The 193rd Special Operations Wing's Motorcycle Club presents the 5th Annual Bunny Run on April 11.

Donate new Easter related stuffed animals. The animals must be bought specifically for this event for the health of the children who will receive them.

All proceeds will be donated to children in local area hospitals, including the Ronald McDonald House in Hershey.

Riders will meet at the 193rd's Consolidate Club at 9 a.m.

All riders are welcome and are reminded that helmets are required on base.

Any questions, please contact: Rich Fanning (717) 645-8147 or Timothy Greiner (717) 371-4560.

Annual golf tournament scheduled

Who: The 193rd Regional Support Group

What: 5th Annual Golf Tournament

Where: Blue Mountain Golf Course in Fredericksburg, Pa.

When: May 8 at 8:00

Deadline for entry: May 5, first come first serve basis

Cost: \$240 per foursome

POC: Master Sgt. Robert J. Stock, 717-861-1195

193rd Chief's Council food drive

The Chief's Council is proud to sponsor the first "Operation 193rd Cares" food drive. It will be held from May 14-17.

The types of items needed include: Canned tuna, canned meats and stews, soup, peanut butter, canned fruit, canned vegetables, pasta, rice, baby food, baby cereal, formula, canned and dried beans.

Collection barrels will be placed at various locations around the base. Please give generously to help those in need.

What's on the Menu

Saturday

Main Line:

- Lasagna
- with meat or sea food
- Tri-color Pasta with meat
- Mashed Potatoes
- with garlic
- Steamed Broccoli
- Steamed Cauliflower
- Garlic Bread

Snack Line:

- Hamburgers with Cheese
- Hard shell tacos
- Fresh Fried Tortillas

Salad bar, soup du jour and desserts

Sunday

Main Line:

- BBQ Baked Chicken
- Italian Sausage
- with peppers & onions
- Steamed Rice
- Cheese filled Mashed
- Potatoes with Gravy
- Glazed Carrots
- Mexican Corn

Snack Line:

- Hamburgers with Cheese
- Cheese Fries

~Constellation Cafe~

Hours of operation: 11:30-1:00



April 17
UTA PAYDAY



A letter from the 193rd recruiting team

With the recent assignments and changes in locations the 193rd Special Operations Wing, recruiters would like you to get to know them.

Your local recruiting team includes Master Sgt. Howie Schappell, Tech. Sgt. Zach Guers, Tech. Sgt. Martina Crouse, Tech. Sgt. Jason Prough, and Staff Sgt. Megan Chalk.

For the past year and a half, Master Sgt. Schappell has led the recruiting team. Prior to taking over these responsibilities, he spent nine years diligently working as a production recruiter assigned to the 201st RED HORSE Squadron. He is currently located at the 193d Special Operations Wing.

Our newest recruiter, Staff Sgt. Megan Chalk has been successfully recruiting many new faces since the spring of 2008. She cross-trained from personnel into recruiting. She is also located here at the Wing.

Tech. Sgt. Martina Crouse is coming up on her three-year mark for recruiting. Her location is at the Colonial Park Mall storefront located on Jonestown Road in Harrisburg.

Her office partner at the store front is Tech. Sgt. Jason Prough, who is coming up on his two-year anniversary in recruiting.

At Fort Indiantown Gap is our senior recruiter, Tech. Sgt. Zach Guers, who has been recruiting for five years.

In the fall of 2008, the recruiting team broke previous

accession records by gaining 217 new people into the 193rd, thus raising the overall Wing strength in September to more than 100 percent.

The recruiting team, along with the retention team and our chain of command, are focused like never before to maintain this great accomplishment. We want to continue to meet the needs of all squadrons and provide you with quality Airmen. While our commitment to all of you is strong, our manning is always increasing. We are challenging all of you to take an opportunity to spread the news of the Air National Guard to friends, family, neighbors and co-workers. Every prospect you bring to one of us is a possibility to earn \$2,000.

For more information, please visit www.guardrecruitingassistant.com or feel free to call on a recruiter.

There is a new generation of recruiters rising at the Pennsylvania Air National Guard – a generation without limits. We believe with your support and participation, 2009 will be our best year yet.

Best Wishes,
Your Hometown Recruiting Team

See "GRAP meetings scheduled" ad in *Sounding off* on Page 5 to learn how YOU can assist the recruiting team!

Rubbing elbows



U.S. Army photo by Maj. Pam Ellison

Lt. Col. Roger Turk, 193rd communications squadron commander, is pictured here sitting next to Gen. Craig R. McKinley, Chief of the National Guard Bureau at the Senior Guard Leader's Dinner in Kuwait, March 1. Gen. McKinley made stops in Iraq, Kuwait and Afghanistan to visit Soldiers and Airmen serving in the Middle East.

To read more about this story visit NGB's Web site at www.ngb.army.mil