



NC AIR GUARD, AAG Kelly, Stacey, Melonie & Hunter conducting brief interview!

## Cover the Assignment™

# a BACK★PACK™ Journalist

“I feel that it is definitely a close-knit organization, because it really is community based.” Other than the discussion of the community based organization, perhaps the most valuable piece information gleaned when asked “What advice would give the children at this event as they’re getting ready to see their service member deployed?” “Let your feelings show.” He replies quickly. “Don’t be quiet about how you feel and make sure you stay close with your friends and your family and really talk about it. That’s the best thing you can do.” And this seems to be a sentiment expressed among many of the people experienced in deployment at the event.

When asked the same question, Monique Watson from MFLC replied much the same – “Be open about your feelings.” Was her quick reply. “...I always emphasize journaling. It is so good to just write and it helps you talk to yourself and work out what you’re feeling.” She goes on to explain the value of saying “I love you” to a family member, stating “You always think you have tomorrow” Ms. Watson explained to BPJ valuable MFLC (Cont’d)

TIPS from Networking Session:  
Those experienced in deployment share with first time deployers:  
SM SGT Michael Stanley  
145th AW, facilitator (1st Sgt)

First time deployers:

Have a family emergency: Call Red Cross to send the notification. Take one set of civilian clothes with you.

Best way to communicate: try Skype and use of Internet.

From Bob Barker and Mrs. Bob Barker (American Legion and VFW) : Be sure and send cards and letter also!

To the spouse back home: need help with mowing the grass (or other household?) - call your local American Legion or VFW !

New TFA—Temporary Financial Assistance via local chapters

### Holiday time overseas!

Americans are generous! They send lots of food and candy—plus politicians, cheerleaders, celebrities!

## Deploying?

Do you have a will or Power of Attorney?

Both are

Important!

Check out

Hunter’s interview

JAG Goodenow

Online!

## Only daughter is joined by parents as she prepares for FIRST Deployment

### Michelle Cabana

ANG Electrical Engineer  
Q: Do you feel frightened or nervous about deploying?  
A: I am a little nervous, mostly just excited. It’s exciting to get out of US to learn more about the job and to serve my country.  
Q: Why did you join the Air Guard?  
A: I took JROTC in high

school, and my older brother did too. He went into the Army and encouraged me to serve. I joined the US Air Force so I could stay close to home, in addition to the help with school.  
Q: Have you had any friends who have been really freaking out at the prospect of you going to

Afghanistan?  
A: No, they’ve all been really supportive of my decision. My best friend actually joined and is being deployed with me.  
Q: How do you think your parents feel about you being in the forces? Do you think they feel comfortable? **Read remainder online.**



The Cabana’s & Michelle

VISIT: [www.abackpackjournalist.com](http://www.abackpackjournalist.com)

ON THE ROAD: Cover the Assignment for a complete news report

Editors: Linda Dennis & Stacey Sharpe,

A Backpack Journalist military youth

## “Service before Self” Interview with Brig Gen McMillan, 145th by: David and Matthew

A Backpack Journalist reporters.

While we were at the NC Air National Guard Yellow Ribbon Pre-deployment event, we had a chance to talk with BG Tony McMillan, Commander of 145th Air Lift Wing. After thanking us for what our parents do in serving our country, we were able to have Q and A.

Q: What is the mission of the 145th?

A: We organize, train, and equip our service men to meet worldwide tasking by the USAF.

Q: What got you to start serving?

A: After college, I joined the air force and I liked the program because I could help my country, my home state, and my community.

Q: What are some examples of the things the National Guard does to serve its country?

A: Well, state-wise, we served NC by sending service men to the coast to help clean up and support the people with supplies after Hurricane Irene. Country-wise, we have sent servicemen to Texas to help stop the forest fires out there and in terms of even just the community, a lot of people are nurses, firefighters and stuff like that and they are there to help their neighbors when they need it. **SERVICE BEFORE SELF!**



David, BG McMillan & Matthew

## The Brock Family: 8 Deployments—soon to be 9!

Reported by Hunter & Melonie

Q: What do you try to do before your deployment to make you feel better about leaving?

A: Try to make sure my family is ok and that they're ready for me to be gone. I have four kids and a wife, so that's very important.

(Article cont'd "on the road with backpack" )

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Hunter & Melonie w The Brocks

## Reported by youth (12-16), parents are members serving NC Air National Guard

**David: David—Norwood, NC**

Fav School Subj:

Math, PE & Civics

Fav Pastime: Football, music, Building stuff and hanging out with friends.

Like to meet: two good friends who recently died in "car crash" - Why did you not have on seat belt?"

I want to be: PE Teacher/Sports

**Matthew—Charlotte, NC**

Fav school subject: Algebra

Fav Pastime: Paint-ball, off road riding

Like to meet: my Great-great Uncle who was responsible for adding—"In God we trust" to the pledge of allegiance.

I want to be: A Marine



David, Matthew, Melonie and Hunter

**Melonie—Concord, NC**

Fav School Subj:

History

Fav Pastime: Hanging out with friends, sports, cheerleading.

I would like to meet: one of the first explorers of US

I want to be: USAF pilot or nurse/ and teacher—1st grade!

**Hunter—Union, SC**

Fav School Subj: N/A

Fav Pastime: Hunting, fishing, riding horses

I would like to meet: Robert E. Lee

I want to be: USAF, just like my family!