

# Jersey's own takes Region 1 Best Warrior

By Staff Sgt. Wayne Woolley, New Jersey National Guard Public Affairs

Ask New Jersey Army National Guard Spc. Joseph Garback what he likes best about being a Soldier and he answers without hesitation.

"I just love getting dirty," Garback said.

The 22-year-old field artilleryman had plenty of opportunities for that last week at the National Guard Region 1 Best Warrior Competition, as torrential rains turned Connecticut's Camp Niantic Army National Guard Training Center into a giant mud puddle.

That apparently put Garback in his comfort zone because he won the competition and secured a chance to represent New Jersey next month at the National Guard-wide Best Warrior competition in Massachusetts. It was New Jersey's first win at a regional Best Warrior competition in recent memory.

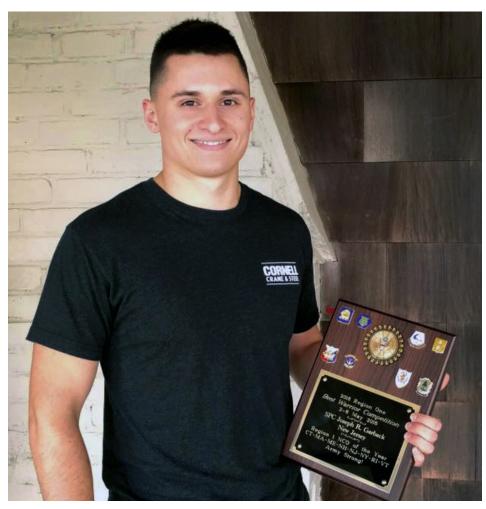
The three-day event is designed to test Soldier skills in a way that pushes competitors to their physical and mental limits. The physical portion includes a PT test, a stress shooting event, an urban assault course, and a 12-mile road march. The cerebral part of the event includes day and night land navigation, a board before command sergeant majors, and a role playing exercise where competitors were evaluated on their ability to help a fellow Soldier contemplating suicide.

Even though Garback usually works out twice a day, he conceded the road march over hilly terrain was a challenge. He got his motivation to keep pushing from Spc. Shaquille Phillips-Breedlove, a fellow trooper from Alpha Company of the 3-112th Field Artillery.

"He was shoving bananas and Cliff Bars at me the whole time," Garback said with a laugh.

Garback, who grew up in Sewell and graduated from Washington Township High School, didn't take much time to celebrate after the competition. He returned to New Jersey just in time for final exams at Rutgers University, where he's majoring in criminal justice and Spanish.

His plan over the next few weeks is to keep up with his normal training regimen, which includes training in the martial art of Muay Thai, as well as some long walks with his ruck sack in preparation for the next phase of Best Warrior.



Spc. Joseph Garback of the New Jersey Army National Guard was named the National Guard 2016 Region I Soldier of the Year at Camp Niantic, Conn., May 5, 2016. Garback earned the title after competing in the Region I Best Warrior Competition May 2-5, 2016. Garback along with the 2016 Region I NCO of the year will go on to represent the region at the National Best Warrior Competition in Massachusetts in June. (U.S. Army National Guard photo by Sgt. Alicia Brocuglio/Released)

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He's not putting too much pressure on himself for the next stage either.

"I just want to have fun with it," he said. "You can't take yourself too seriously. Usually, when you're doing what you like and having fun, good things happen."

## **Cover: Keeping pace**

Spc. Shaquille Phillips-Breedlove, right, paces Spc. Joseph Garback during the 12-mile road march, part of the National Guard Region 1 Best Warrior Competition held at Connecticut's Camp Niantic Army National Guard Training Center May 4, 2016. Garback was chosen as the National Guard 2016 Region I Soldier of the Year. Both Soldiers are with the 3-112th Field Artillery. (U.S. Army National Guard photo by Staff Sgt. Jerry Boffen/Released)

# Serving State and Nation

### IBCT trains at Shelby

New Jersey National Guard Soldiers from Detachment 1, Company, 104th Brigade Engineer Battalion, 50th Infantry Brigade Combat Team, flew 7Bv2 Shadow unmanned aircraft Camp Shelby, Miss. (Courtesy photo)





# TAGs meet at JT2DC

Gen. Robert B. Abrams, center, Commander, U.S. Army Forces Command, meets with Brig. Gen. Michael L. Cunniff, right, The Adjutant General of New Jersey, and the adjutants' generals and their representatives from Connecticut, Maine. Massachusetts, Hampshire, New York, Puerto Rico, Rhode Island, Vermont, and the Virgin Islands, at the New Jersey National Guard's Joint Training and Training Development Center, at Joint Base McGuire-Dix-Lakehurst, N.J., May 5, 2016. The meeting is a part of a forum between the FORSCOM commander and adjutants general for information-sharing and dialogue, with the goal of overcoming challenges faced by the TAGs. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/ Released)

# NJ Veterans honored

## Veterans honored at ceremony

Raymond Zawacki, right, the Deputy Commissioner Veterans Affairs, Hightstown presents resident Gerard Gentilella. left. the certificate for the New Jersey Distinguished Medal during Service annual New Jersey Vietnam Veterans Remembrance Day ceremony at the New Jersey Vietnam Veterans Memorial in Holmdel, N.J., May 7, 2016. Gentilella served as a private during World War II. The medals were presented by Lt. Gov. Kim Guadagno, Brig. Gen. Michael Cunniff, The Adjutant General of New Jersey, and Zawacki to 43 veterans for combat service in the Vietnam War and World War II. (U.S. Army National Guard photo by Staff Sgt. Wayne Woolley/Released)



## Hangin' with the Phanatic

Gus Papahanges, left, a resident of the New Jersey Veterans Memorial Home Vineland, gives a time check to the Philly Phanatic during the mascot's visit to the facility May 9, 2016. (Courtesy photo)

# Veterans Outreach Campaign

"SPIRIT OF THE JERSEYS" May 14, 11 a.m. – 5 p.m. **State History Fair Monmouth Battlefield State Park** 16 Business Route #33, Manalapan, N.J. 07726

**HUDSON COUNTY HEALTH** & HUMAN SERVICES RESOURCE

May 21, 10 a.m. – 2 p.m. **Hudson County Schools of Technology** 525 Montgomery Street Jersey City, 07302 **VETERANS OUTREACH CAMPAIGN** & MEDAL CEREMONY May 24-26, 10 a.m. – 8 p.m. (Daily) DMAVA medal ceremony May 24 at 11 a.m. at Center Court **Paramus Park Mall** 700 Paramus Park

Paramus, NJ 07652

JUNE CONVENTION OUTREACH

**ELKS CONVENTION** June 2-3, 8 a.m. - 3 p.m., daily **AMERICAN LEGION STATE** CONVENTION June 8-10, 8 a.m. - 2 p.m., daily **VETERANS OF FOREIGN WARS** STATE CONVENTION June 15-17, 8 a.m. - 3 p.m., daily **Wildwood Convention Center** 4501 Boardwalk Wildwood, N.J. 08260

> FOR VETERANS" June 23, 5 - 8 p.m. **Chatterbox Restaurant** 1 State Route 15 Augusta, NJ 07822

SUSSEX COUNTY "BIKE NIGHT

63RD ANNIVERSARY OF THE SIGNING OF THE KOREAN WAR ARMISTICE

July 27, 11 a.m.

**New Jersey Korean War Memorial Brighton Park Amphitheatre and** 

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