

# BEHIND THE BLUE-STAR BANNER

A Memoir from the Home Front



MICHELLES. CUTHRELL

Media Kit

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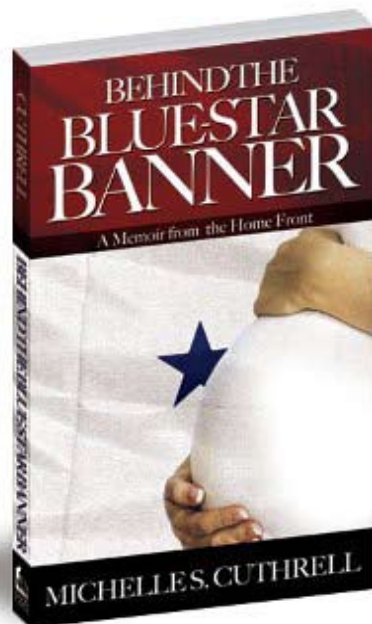
# About the Book

★ Michelle Cuthrell was 23 years old, nine months out of college and 11 weeks pregnant with her first child when her husband deployed to Iraq in August 2005.

With a baby in her belly and a husband in her heart, this newlywed embarked on a journey that led her through a year of tests and trials, heartbreak and hard times, all while living alone in the freezes and frosts of Fairbanks, Alaska. Michelle endured the pregnancy and rearing the couple's first and only child while her husband, Matt, served with the 172nd Stryker brigade in Mosul, Iraq.

When the Department of Defense extended Matt's unit four additional months just 10 days shy of his much-anticipated homecoming after a year at war, Michelle temporarily fell apart. It was in those difficult days that she learned the real value of friendship, faith and unfailing love.

*Behind the Blue-Star Banner* documents Michelle's 16-month journey to reunion and the lessons she learned about true service and sacrifice along the way.



# Why Behind the Blue-Star Banner?

The United States deploys more than 90,000 soldiers to Iraq and Afghanistan each year. Those heroes leave behind an even greater number in their families and communities. *Behind the Blue-Star Banner* is not just a helpful, but an essential, read for understanding the realities of deployment on the home front.

This book offers strength, understanding, affirmation and motivation to the thousands of service members who deploy every day — the soldiers who leave behind families they worry and wonder about, the soldiers who need encouragement that their loved ones can make it through even this trial without them.

This book offers compassion, acceptance, empathy and encouragement to those left-behind military spouses enduring the stresses of deployment. It offers the kind of anecdotes and real war-time honesty that only a fellow military wife can provide.

Most of all, this book offers perspective for the countless number of American citizens wanting to better understand the effect of war on military families. This book provides a window into the effects of deployment, especially extended deployment, on the families of those who serve.

On a larger scale, *Behind the Blue-Star Banner* discusses overcoming trials and choosing joy in the process. Anyone who has ever faced adversity can relate.



# About the Author



## Tagline Bio

Army wife Michelle Cuthrell is a motivational speaker and the author of *Behind the Blue-Star Banner*, a memoir about overcoming the challenges of military deployments on the home front.



## Mini Bio

Army wife Michelle Cuthrell is a motivational speaker and author of *Behind the Blue-Star Banner*, a memoir about overcoming the challenges of military deployments on the home front. She, her husband, Matt, and their two sons, C.J. and J.J., live in Yelm, Washington, where Michelle serves as the Editor in Chief of Good Catch Publishing and Matt serves in the United States Army at Joint Base Lewis-McChord.



Army wife Michelle Cuthrell is a writer, motivational speaker and author of *Behind the Blue-Star Banner: A Memoir from the Home Front*.

She graduated from Ithaca College in 2004 with a degree in journalism and a penchant for the personal – but until she married a military man and moved to Fort Wainwright, Alaska, she never realized just how personal.

When her husband deployed to Iraq in August 2005, Michelle began working as a cameraperson and then a features reporter at the NBC affiliate television station in Fairbanks, KTVF Channel 11, where she reported, edited and presented feature stories involving her own military community.

Between October 2005 and December 2006, Michelle composed a weekly column titled “Until They Come Home” for the *Fairbanks Daily News-Miner* and the military newspaper *The Alaska Post* about her personal experiences as a military wife dealing with deployment on the home front.

Letters to the editor of both papers called her columns “refreshing,” “honest” and “authentic.” One writer commented, “We need more Michelles during these hard times.”

Throughout the deployment, Michelle was interviewed on and appeared in such media as *CBS Radio News*, the *Army Times* and CNN’s *Anderson Cooper 360*, as well as various mothering and military Web sites.

After her husband returned from Iraq in December 2006, Michelle compiled her columns, commentaries, war-time letters and experiences into a book, *Behind the Blue-Star Banner: A Memoir from the Home Front*, and in 2008, she launched the book at the Fairbanks Barnes & Noble bookstore.

Today, four combat deployments and five duty stations later, Michelle uses her book as an opportunity to address various military and civilian audiences about confronting the challenges of deployment on the home front, and confronting them with joy. Since the release of her book, Michelle has appeared on *Fox News Live*, *Great Day SA*, *San Antonio Living*, *Army Wife Talk Radio*, *Seattle’s Spirit 105.3 FM*, and on the pages of the *Army Times*, *The Olympian* and bestselling author Ellie Kay’s most recent edition of her popular book, *Heroes at Home*. She’s been a regular contributor at *Operation Homefront Online Magazine* and *Military Spouse Magazine*, and her pieces occasionally appear in the *Army Times*. Because of her service to her Fort Knox community, in April 2011, Michelle was also featured as “Wednesday’s Woman” in the Hardin County, Kentucky, newspaper.

Michelle, her husband and their two energetic boys currently reside in Yelm, Washington, where Michelle serves as the Editor in Chief of Good Catch Publishing, and Matt serves as an Army Physician Assistant at Joint Base Lewis-McChord.

# Author Articles & Clips



Michelle Cuthrell has written more than 100 articles for newspapers and magazines across the country. To view some of her newspaper clips, please follow the links below:

*Sample Articles Written About Deployment and Military Life:*

A Blessing, Not a Burden

[http://www.armytimes.com/community/opinion/army\\_backtalk\\_patriotism\\_111008/](http://www.armytimes.com/community/opinion/army_backtalk_patriotism_111008/)

To view Michelle's video speaking portfolio, please go to <http://www.behindtheblue-starbanner.com/speaker.html>.

# Speaking Services

Michelle Cuthrell is an energetic and dynamic speaker whose audiences have included PWOC and FRG groups from Virginia to Alaska, Hawaii's 2011 Operation Homefront Celebration and the 2008 Worldwide JAG Conference. She addresses large and small audiences alike on such topics as:

- ★ **I'm a Military Wife – What's Your Super Power?**
  - Serving proudly from the home front of any combat deployment
  - Adding five crucial weapons to the deployment Super Spouse arsenal
  - Moving from victim to victor on the home front
  - For military audiences facing current or impending deployment
  
- ★ **The Military Marathon: Running a Winning Kind of Race**
  - Making the most of the day-to-day challenges of military life
  - Viewing the military life as a blessing, not a burden
  - Finding military opportunities in the face of military obstacles
  - For general military audiences
  
- ★ **Taking the Slingshot and Slaying the Giant: Tackling Military Life One Ogre at a Time**
  - Learning from the Bible's King David how to conquer the obstacle and slay the giant
  - Refusing to become a victim; living victoriously
  - For audiences desiring Bible-based material
  
- The Run-Leap-Hug Maneuver and Other Redeployment Fairytales**
  - ★ • Dispelling the myths and ideals of reintegration and replacing them with the real "happily ever after" moments of reunion and reintegration
  - For FRG, coffee or other military spouse groups reuniting/about to reunite after combat deployments
  
- Building a Community of Obstacle Overcomers**
  - ★ • Viewing opportunity in the midst of obstacle and setting an example of joy and optimism in times of trial and tribulation
  - Building a community of people who can overcome any trial life throws their way
  - For military personnel, spouses, pastors and civilians in leadership positions

To book Michelle for your next conference, keynote speech, motivational event, military rally, marriage seminar, FRG meeting, church event or other occasion, please call 253.209.3150 , or e-mail [behindthebluestarbanner@gmail.com](mailto:behindthebluestarbanner@gmail.com). For pricing, please visit [www.behindthebluestarbanner.com](http://www.behindthebluestarbanner.com).

# Previous Conferences & Events

Michelle Cuthrell has performed keynote speeches at conferences and events across the country. They include (but are not limited to):

- Worldwide JAG Conference (Charlottesville, VA – October 2008)
- Hawaii Yellow Ribbon Conference (Hickam AFB, HI – September 2009)
- 2/75 Ranger Women's Conference (Fort Lewis, WA – February 2010)
- Texas FRG Conference (Fort Hood, TX – October 2010)
- Operation Homefront Celebration (Salem, OR – November 2010)
- Florida Yellow Ribbon Conference (Destin, FL – January 2011)
- Ohio Yellow Ribbon Conference (Cincinnati, OH – May 2011)
- Arizona Homefront Celebration (Yuma, AZ – July 2011)
- Fort Polk Reintegration Conference (Fort Polk, LA – August 2011)
- Fort Polk Spouses' Conference (Fort Polk, LA – September 2011)
- Hawaii Homefront Celebration (Honolulu, HI – November 2011)
- Fort Knox "Get Sexy For Your Soldier" Reunion Conference (Fort Knox, KY – November 2011)

Recommendations can be obtained upon request.

Michelle has also conducted free motivational events and book signing tours at the Barnes & Noble Bookseller stores in Fairbanks, Alaska; Tacoma, Washington; San Antonio, Texas; Dayton, Ohio; and Elizabethtown, Kentucky.

Michelle serves her current military community by speaking to FRGs of deployed units on her current post for free.



# Contact & Book Ordering Info

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*Behind the Blue-Star Banner: A Memoir from the Home Front*  
[www.behindthebluestarbanner.com](http://www.behindthebluestarbanner.com)

Good Catch Publishing  
[www.goodcatchpublishing.com](http://www.goodcatchpublishing.com)

To book Michelle for a speaking event, please contact  
[Behindthebluestarbanner@gmail.com](mailto:Behindthebluestarbanner@gmail.com) or call 253.209.3150.

To order books for your retail store, please contact:

Administrator  
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[admingcp@gmail.com](mailto:admingcp@gmail.com) or call 1-877-96-REACH.

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