

Spc. Shawn Sowers

Headquarters and Headquarters Battery, 1-134th Field Artillery Regiment ~ Delaware,



An auto technician and mechanic in his civilian job, Sowers joined the Ohio National Guard to help him pay for college and serve his community. He is serving on state active duty in support food bank operations at the Mid-Ohio Foodbank in Grove City, Ohio. "It feels good knowing that you are helping lots of people." Sowers said, "Hearing the numbers of pounds that we are moving every day really helps to know the impact that we are having."

Spc. Shawn Sowers is on state active duty supporting food packaging and distribution operations at the Mid-Ohio Foodbank in Grove City, helping Ohioans in need during the COVID-19 pandemic.

Ohioans serving Ohioans

Ohio National Guard Soldiers and Airmen are members of your community. They are local students, teachers, law enforcement, retail workers, business owners, your co-workers, family, friends and neighbors. When the Ohio National Guard responds to an emergency or natural disaster, it's Ohioans serving Ohioans right in their own communities. In this series, meet some of the front-line heroes serving during the current COVID-19 relief efforts, as well as a few of our members who've supported past humanitarian missions.