

GX

THE GUARD EXPERIENCE

AUGUST 2007
VOLUME FOUR ISSUE SEVEN

**DOWN IN THE DIRT AT
WARRIOR CHALLENGE**

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**DO YOU KNOW YOUR
ARMY JARGON?**

**7 WAYS TO TEST
YOUR INSURANCE IQ**

**HIGH SPEED
LOW DRAG**
Unstoppable Guard Gear

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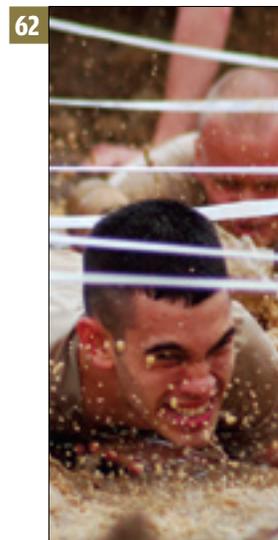
IAARNG SGT Joedy Dennis saves a civilian truck driver's life, risking his own in the process.

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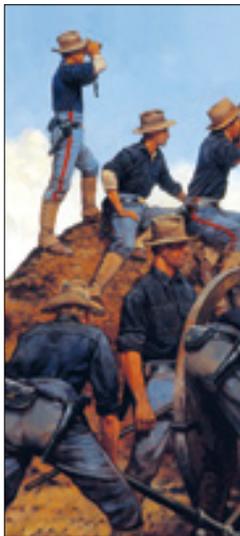
CPT Tim gets down in the dirt with the INARNG's RSP Warrior Challenge.





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LETTER FROM LEADERSHIP

MG Bruce F. Tuxill



Dear Guard members,

Maryland is a small state—one of the smallest in the nation. But our military traditions and heritage are written very, very large in the pages of history.

It was Maryland Line that, in 1776, saved the revolutionary cause at the Battle of Long Island, when they repeatedly charged a vastly superior British force, buying time for Washington's Continental Army to escape.

Maryland militiamen held the line at the Battle of North Point in 1814, preventing the British from putting the city of Baltimore to the torch.

Maryland National Guard members assigned to the 29th Division were among the troops that hit Omaha Beach on June 6, 1944, as part of the long-awaited assault on Hitler's Fortress, Europe.

And so it continues today. Since Sept. 11, 2001, Maryland has deployed more than 6,500 Soldiers and Airmen in the Global War on Terror. Our B Company of the 20th Special Forces Group has twice taken the fight to the enemy in Afghanistan. Our 135th Airlift Group maintained crews and aircraft in-theater for nearly two years. Even now, our 58th Infantry Brigade Combat Team is at the point of the spear in Iraq and our 104th Fighter Squadron is preparing to deploy.

But the National Guard has another, equally important mission: to preserve the lives and property of Americans at home, be it from natural or man-made disaster. Here, we face a challenge unique to the military components—one to which the men and women of the National Guard have risen with remarkable success.

Hurricanes Katrina and Rita were unmitigated disasters—the 9/11 of natural disasters, if you will. Maryland was neither the first to arrive on the scene, nor the last to leave, but like the other states, we contributed everything that we could.

As I previously mentioned, Maryland is not a large state, and the size of its National Guard is likewise smaller than many. The recent mobilization of our 58th Infantry Brigade Combat Team is Maryland's largest combat deployment since World War II. We remain confident in our ability to respond to a state emergency.

The reason is simple: the National Guard is a community-based force, but when it comes to a major disaster, we are national community. As the Guard's response to Katrina and 9/11 aptly demonstrated, no state stands alone, be it against terrorism or natural disaster. Although Maryland has many resources available—our 32nd Civil Support Team-Weapons of Mass Destruction is a prime example—it is our ability to draw on the resources of outside states, and their ability to draw on ours, that ensures our collective readiness.

In September 2001, and again in September 2005, the National Guard quite literally had more members volunteering to help with disaster response than it was possible to find missions for. I know this was true in states and territories across the nation.

It is that spirit of service, not just to our home communities and states, but to any community, anywhere in the nation, that makes the National Guard what it is: the guardian of liberty abroad and of security at home. Thank you all for your service and dedication to that noble cause.

Sincerely,

A handwritten signature in black ink that reads "Bruce F. Tuxill".

MG Bruce F. Tuxill
Adjutant General of Maryland

The National Guard is a community-based force, but when it comes to a major disaster, we are national community.



We want to hear from you!
Send your questions or comments to:
feedback@GXonline.com

GEORGIA ON OUR MINDS

Thank you for the write up on “Mother Natures Fury” (GX intel). I was one of the Guard members that helped in the disaster by tornado that hit Americus, GA. I live about 10 miles from Americus, and I am not in Charlie Co. that is in Americus, most of those Soldiers had to drive over an hour to get there, but they acted very quickly and as I arrived that morning to help anyway possible Soldiers were coming in from all directions. I ended up being attached to be a part of the check points, since I was familiar with the area. I am proud to call myself an GA Army National Guard Soldier. We showed Americus just how good we really are. And, I have had a lot of people I know in Americus to tell me how they really would like to thank all the Soldiers that helped keep their streets safe during this trying time. Thank you again for the write up. I also look forward to every issue of GX, it is a great tool of information that keeps me informed.

—SPC John L. Howard, Chaplains Assistant, HHC 2/121st (Albany)

SHOUT OUT

I'm the Rear Dteachment NCO for the group from Minnesota and wanted to thank you for the story on the 36th CAB. Ive seen so many stories and never get the unit mentioned so it's nice to actually have the credit they deserve. Keep up the good work

—SSG Jordan, B-2-2111th GSAB

FAMILY READING

I look forward to each edition of the magazine and read it eagerly, often at the supper table. I even read parts out it out loud to my family, even though my baby is almost 18 and everybody finds something of interest in your pages.

I have a question. In the article on Flag Etiquette, one of the rules was “The Flag should never be carried flat or horizontally, but always aloft and free.”

I'm always moved and saddened by the sight of flag-draped coffins, and wonder if there was some amendment to the rules to allow this tradition? Just trying to clarify.

Please keep up the good work and maybe we'll see some articles on our local 1/181st who are training at Ft. Bliss for a mission in Iraq at the end of the summer.

—Melanie Holley (wife of a 30+ yr. TN Army National Guard Soldier)

*Dear Mrs. Holley,
Thank you for your readership! It's quite an honor to make it to the dinner table! Here's the info on the Flag: If the Flag is used to cover a casket, it should be so placed that the union is at the head and over the left shoulder. The Flag should not be lowered into the grave or allowed to touch the ground. This info is courtesy of USHistory.org/betsy/flageti.html.*

CORRECTIONS:

There was an incorrect caption for the Recon photo, “Emergency Exit,” in GX 4.5.

Here is the correct caption:

La Calera, Nicaragua - U.S. Army Soldiers from the 153rd Engineer Battalion, South Dakota Army National Guard, transport a patient to a UH-60 Black Hawk helicopter at an emergency landing zone during a medical evacuation exercise at the school construction site in La Calera, Nicaragua, during New Horizons-Nicaragua 2007, April 6, 2007. The exercise is a \$7.25 million joint U.S. and Nicaraguan military humanitarian and training exercise, providing a new school, and medical clinic, as well as free health and veterinary care, giving aid and strengthening bonds between the two nations. The helicopter is from the Company C, 1st Battalion, 189th Aviation, deployed with the 820th Red Horse Squadron, Nellis Air Force Base, Nev. U.S. Air Force. Photo by Staff Sgt. Jason T. Bailey

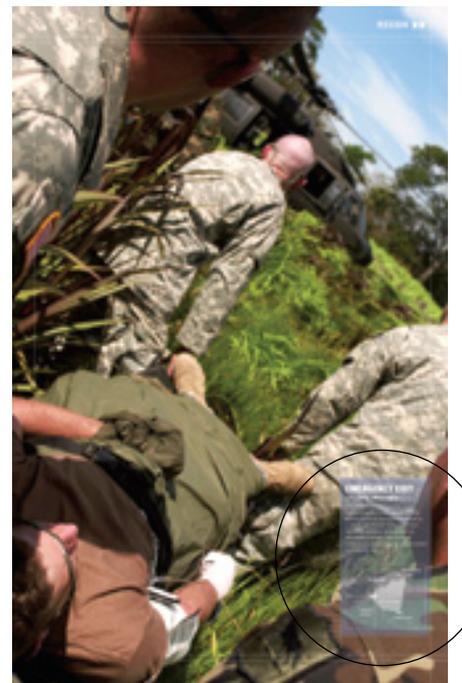
Incorrect information was provided in our timeline for the feature: The National Guard in WWII.

• 41st Division coat is incorrectly marked as WWII; it is from WWI.

• 29th Infantry Division helmet is incorrectly labeled as 39th Infantry Division.

There is question of whether or not PV1 Kaoru Moto of the 100th Infantry Battalion (Separate) was a Guard Soldier. It is our understanding that the 100th, officially created June '42, was made up of the Hawaii Army National Guard's 298th and 299th Infantries and in the summer of '44 is connected with the 442nd Regimental Combat Team—both are then attached to the 36th Division out of Texas in September of '44.

We appreciate the close eyes of readers! Please write us anytime at feedback@gxonline.com.



The Good Stuff

I'll never forget zipping through the Arizona skies, soaring in a Blackhawk helicopter, circling at a 45-degree tilt overhead of illegal aliens scurrying for cover as Border Patrol closed in. I'll never forget ripping through dirt roads in an up-armored Humvee down at Camp Shelby, as we raced through the "villages" of Shelbistan. Yeah, despite what Kenny Chesney says, that's the good stuff. That's HOOAH in a nutshell. Hard to convey in words and pictures, but that's what we're shootin' for in this issue, showcasing some of the great gear making our Soldiers an unstoppable force.

When I was thinking who could take on this monster feature (p. 30), I could only think of one man. The most HOOAH Soldier I know: SSG Toby Nunn of 2nd Platoon, B Co., 1/160th Infantry Regiment. One of his men referred to him recently as "the Soldier's Soldier." I met SSG Nunn down at Shelby. Gave him our GX coin, thanking him for letting me tag along on training. SSG Nunn replied, "I don't give out coins. I give out knives," and handed me his own battle-tested blade. With about a decade of service under his belt, SSG Nunn's used or benefited from most of what the Guard and the regular Army offers artillery-wise, and has seen it combat.

And on a lighter note, we're excited to finally publish the better-late-than-never Army jargon guide. How many times have you talked with a Soldier and said, "Huh?" As a civilian, I had to take a crash course in Army-ese when I took this job. And I'm still learning new words and acronyms every day. Hopefully our little list on p. 54 will help you out, too.

One more thing, if you have any suggestions, compliments, gripes or, hey, even great suggestions for BBQ restaurants (we're on the road quite a bit), feel free to holler at me anytime. Sound off to feedback@gxonline.com. You can send us photos, shout-outs, stories, whatever you want.

Thanks!



Keith Kawasaki
Managing Editor



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MISSION: To celebrate and support the Soldiers and families of the National Guard. To provide today's Army National Guard members with information for becoming a better Soldier and better citizen. To encourage and assist Guard Soldiers in maximizing the benefits of their military career as well as their personal and family goals.

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ON THE COVER

A UH-60 Black Hawk helicopter thunders over Baghdad, transporting Secretary of Defense Robert M. Gates to meet with senior Iraqi government officials. The Black Hawk is the Guard's primary, multi-use chopper that can do it all—from MEDEVAC to gunship—as featured on pg. 30 of this issue.

DOD PHOTO BY CHERIE A. THURLBY (RELEASED)



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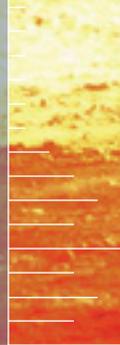
Camp Adler, Iraq

SPC Tristyn Runia of West Union, MN, fires an AT-4 anti-tank weapon at the Bardia range at Camp Adder at 22 May 2007. The High Explosive Anti-Armor warhead can defeat reinforced vehicles.

Photo by SGT Robert Bleninger, C Co. 1/194 Armor



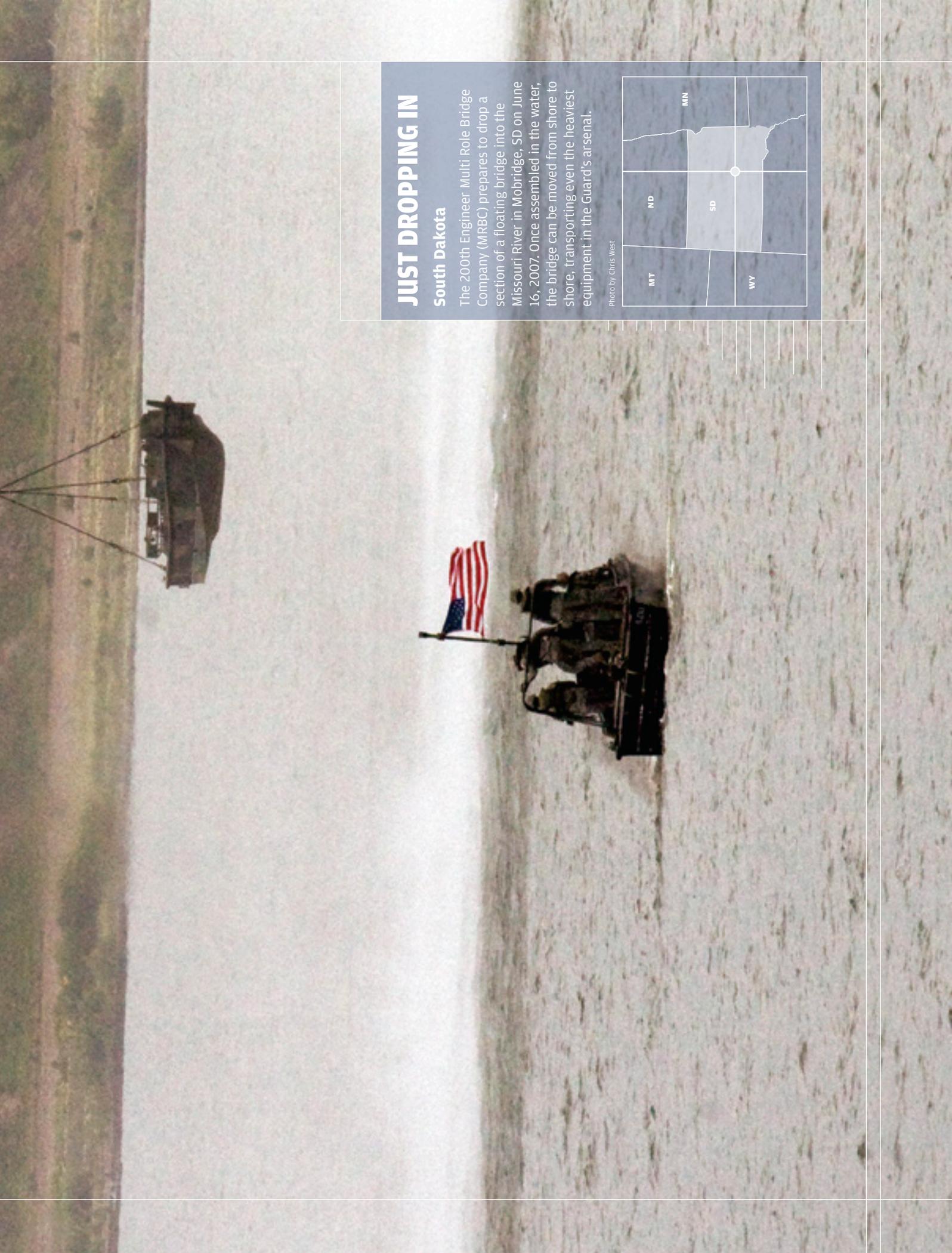
Distance from West Union, MN to Iraq: 6,432 miles







RECON >>



JUST DROPPING IN

South Dakota

The 200th Engineer Multi Role Bridge Company (MRBC) prepares to drop a section of a floating bridge into the Missouri River in Mobridge, SD on June 16, 2007. Once assembled in the water, the bridge can be moved from shore to shore, transporting even the heaviest equipment in the Guard's arsenal.

Photo by Chris West







IN THE TRENCHES

Evansville, IN

(From left) PFCs Alejandro Garcia, Jessie Uchytel and Vance Smith, RSP Warriors from Detachment 9 out of Terre Haute, IN, crawl through the “pit” during Indiana’s annual RSP Warrior Challenge. *For more on the Warrior Challenge see page 62.*

Photo by CPT Tim W. Irvin





ON THE LOOKOUT

Near Balad, Iraq

SPC Matthew Wilson, a crew chief with Company A, 1st Battalion, 131st Aviation Regiment, ALARNG watches for trouble during a Blackhawk flight from Logistical Support Area Anaconda, near Balad, Iraq.

Photo by SGT Gary Witte



Distance from Mobile, AL to Iraq: 7,035 miles



FLASH FLOODS MOBILIZE THE GUARD



SAFETY TXARNG rescues a little girl and her mother out of flooded Burnet County.

Intro by Keith Kawasaki

Once again, for the fourth issue in a row, we are kicking off our Intel section by showcasing the Guard's response to natural disaster. Why? Because outside of the War on Terror, natural disasters are the number one mission keeping our Soldiers continually busy. In fact, the stories of weather-related mobilizations are happening faster than we can publish them. As this issue went to press, the Guard was called to respond to monstrous floods in Oklahoma and Kansas. Here's two recent stories from June, detailing the Guard response.

TEXAS

By Chief Master Sgt. Gonda Moncada, TX NG PAO

Heavy thunderstorms resulting in flooding all across Texas started on June 27 and Texas Soldiers were alerted to assist local and state authorities.

Ground transportation force packages were dispatched. Each package consisting of about 30 Soldiers, 10 high-profile (2.5- or five-ton) trucks along with various support vehicles, including HMMWVs, a fuel truck, a wreck truck, "water buffalos" and generators.

Approximately 150 Soldiers and 50 pieces of equipment supported police and fire chiefs in Eastland, Sherman, Denton, Alliance Airport, Gainesville, Liberty Hill/Cedar Park, Horseshoe Bend, Marble Falls, Waco, San Antonio and Waco.

Because these personnel live and work in the communities they support, Texas Soldiers are uniquely qualified to assist authorities. They are fully trained and equipped and stand ready to assist their neighbors.

A June 28 rescue by two Blackhawk helicopters unfolded with their preparations at the Austin Army Aviation Support Facility. The crew loaded rescue hoists, conducted pre-flight checks and flew to the airport in Burnet. When the time came, they were ready.

"We have about 13,000-14,000 square miles of the state that are affected by the rain," said the Governor's Division of Emergency Management chief of staff, Jack Colley. "It was decided to bring in the aviators and Task Force One, Urban Search and Rescue Teams."

VICTORY MAP



UNITED STATES



38 00 N, 97 00 W (North America)
Capital: Washington, DC
Population: 301,139,947

ARKANSAS

MAJ Betty Anderson, 87th Troop Command, Arkansas National Guard, competed in her first bodybuilding contest earlier this month, and won. The contest was the North American Natural Bodybuilding Federation's Northwest Arkansas competition.

INDIANA

The INARNG awarded more than \$8.3 million dollars in college scholarships in June to 82 graduating seniors throughout the state. The INARNG attended graduations, awards banquets and senior nights to recognize future Soldiers with letters from the governor and the state adjutant general.

ILT JAMES CAMPBELL

“There was a group of people in an isolated area just below the dam near Marble Falls,” said Blackhawk aviator CW2 Robert Gale. “We received a call and were able to pick everybody up and drop them off at the Marble Falls Middle School.”

During the flight to Burnet, crew members and aviators were able to spot flooded areas and washed out roads that weren't apparent the day before.

“The Guard helps us tremendously in these isolated communities that are cut off by water,” said CPT Malcolm Welch of the Texas Parks and Wildlife Department. “Many times the Guard is the only way we can get a lot of people out.”

Toward the end of the day, the Guard members were dispatched to a secluded area in Burnet County where cars were stranded near a flooded road. As they landed, the crew chief exited the helicopter and directed a family of six adults, two children and a family pet into the confines of the Blackhawk. A crew member buckled the family in for safety and within a matter of minutes, everyone was high and dry above Burnet Airport.

After the evacuation, the helicopters made their way back to Austin for daily maintenance. More than likely, these same birds will be called to assist in the same county before long, but for now the crew could rest.

“The National Guard, since day one, has been able to bring many resources to help with fires, hurricanes or floods,” said CW2 Michael Phillips of the AAASE. “It's our job, it's what we do.”

NEW YORK

Story and photos by SFC David P. Benamati, 138th MPAD, NYARNG

New York Governor Eliot Spitzer mobilized Guard engineers from the 204th Engineer Battalion and the 827th Engineer Company to state active duty following devastating flash flooding in the western Catskills on June 18.

The Soldiers assisted local authorities after an unusually heavy rain overflowed the banks of the Holiday Brook in the town here, destroying several homes and causing the deaths of an estimated four residents. Several parts of Holiday Brook Road in the region between Delaware and Sullivan Counties were completely washed out by the flooding.

More than 60 Guard members rallied at the Walton Armory approximately 11 miles from Colchester and transported heavy engineer equipment to the scene to rebuild the washed-away road sections for emergency responders and attempted to return the waters of the Holiday Brook back to their original course.

Emergency management officials estimated that more than eight inches of rain caused the hills surrounding the Holiday Brook to erode and slide down, carrying hundreds of trees with the landslide. As the trees floated downstream, they clogged several small bridges that spanned the brook, forcing water to overflow the banks. The resulting flood washed away several sections of road and large sections of land.

One home was destroyed and several homes were damaged as the debris washed downstream.

Engineers worked alongside members of the New York State Department of Transportation, the New York State Department of Environmental Conservation, the Village of Colchester, and the Town of Hancock to haul fill material from local sources. Placing the fill in washed away portions of the main road helped create a bypass and eventually allowed for the restoration of culverts over the brook and the repair of the road.

Thousands of yards of dirt and gravel were needed to replace what was eventually washed down stream into the Pepacton Reservoir.

“It's going to take weeks, easy, just to get a basic trail up there to fill back in,” said SSG Thaddeus R. Bull, Detachment 1, 827th Engineer Company.

Other members of the 827th went from house to house to check on residents in the area of Holiday Brook Road and offered assistance where it was needed. Some residents were evacuated because their homes were in imminent danger of being washed away.

SSG Bull commented on how the surrounding communities of Colchester and Hancock “had come together” in support of the New York Army National Guard, and its partnership in support of the large number of local and state agencies.

After one week of recovery operations, the Guard had cleared and helped repair nearly 10 miles of the Holiday Brook Road, putting nearly 10,000 vehicle and equipment miles to work for the victims of the floods. **GX**



SURVEY OF DAMAGE A portion of the road washed away from flooding and debris.

MISSOURI

MOARNG took time off to do some acting portraying Soldiers in the filming of a movie in St. Louis. The movie, “The Return,” is about three Iraq war Veterans who take a trip across country. The movie stars Tim Robbins, Rachel McAdams and Michael Pena.

NEVADA

A Kiowa helicopter piloted by CWO Kevin Keeler, Nevada Army National Guard, helped locate one of two lost hikers in Esmeralda County on May 30. The two hikers had separated and became lost. They had been missing for more than 24 hours and didn't have any survival gear with them.

Ground crews from Esmeralda County located the other lost hiker.

SOUTH DAKOTA

After spending the past year telling the Army's story, seven Soldiers from Rapid City's 129th MPAD were honored at a welcome home ceremony on June 17.

UTAH

SGT Jill Stevens, a member of 1st Battalion, 211th Aviation, Utah National Guard, was crowned Miss Utah on June 30, at the annual pageant held in Salt Lake City. SGT Stevens is a Veteran, having served as a medic on an 18-month tour in Afghanistan in support of OEF with the 1-211th in 2004 to 2005.

PA WOMEN MAKE HISTORY



ACCOMPLISHED SOLDIER CW2 Angie Harris stands proud as the first female pilot-in-command of a CH-47 in the PA NG.

Intro by Keith Kawasaki

Pennsylvania Army National Guard made great strides in the months of May and June as two female Soldiers secured their places in the history books. CW2 Angie Harris became the first female pilot-in-command (PC) of the CH-47 Chinook helicopter in the Pennsylvania National Guard. SPC Krystal Ginter became the first female in the United States Army to graduate the Squad Designated Marksman Course.

CW2 ANGIE HARRIS

By PFC Matthew E. Jones, 109th Mobile Public Affairs Detachment

On May 17, almost exactly 75 years after Amelia Earhart's historic trans-Atlantic flight, CW2 Angie Harris earned her place as the first female pilot-in-command (PC) of the CH-47 Chinook helicopter in the Pennsylvania National Guard.

CW2 Harris has faced quite a few challenges on her journey to becoming a PC, but she made it clear that being a female was definitely not one of them.

At the age of 21, after four years in the aviation field, CW2 Harris was sent to Warrant Officer Candidate School (WOCS) with the intention of becoming a pilot. A month later, she was sent home when it was discovered that she had an astigmatism, a medical condition based on having an irregularly-shaped cornea.

"I was pretty bitter," she said with a cynical smile.

After working many 12-hour nights at what she described as a thankless job at an electronics manufacturing plant, CW2 Harris decided to make a career out of the military instead. She started working at the Eastern Army National Guard Aviation Training Site (EAATS) full time and became a non-commis-

sioned officer. But as luck would have it, her dreams of becoming a pilot were not over yet.

"I was completely content retiring as a sergeant major one day," said CW2 Harris. "Then, a year later, I came across an email seeking laser eye treatment test candidates. In three days, I was in Philadelphia having the surgery done."

Six months later, CW2 Harris was given a second chance. COL Christopher Latchford, the Pennsylvania state army aviation officer, decided to send her to flight school again.

"Kudos to Colonel Latchford for having the faith to send me back the second time," declared CW2 Harris.

"It's a great feeling when you jump in the seat," she said, discussing the joy/nerves of flying. "You strap on the seatbelt, and it feels like you're at the aircraft's mercy, but you know you're in charge of it. You make it do what you want it to."

Following WOCS, CW2 Harris immediately went to the CH-47 Aircraft Qualification Course to become a Chinook pilot like one of her idols, CW4 Jeffrey Reep, a standardization instructor pilot at EAATS.

"CW4 Reep is kind of my [idol] when it comes to the Chinook," said CW2 Harris. "It's like he just straps on the helicopter and becomes it."

As it turned out, it was CW4 Reep who signed her off as a PC after a flying a historic cross-country mission.

On the morning of May 17, CW2 Harris and her crew prepared a 60-year-old T-28 Trojan for a long ride. CW2 Harris piloted the Chinook that carried the sling-loaded plane halfway across the country to Minneapolis-St. Paul where it was put into the Minnesota Air National Guard Museum.

"It was a little overwhelming at first," she admitted. "I'm 27 and I'm in charge of this million-dollar aircraft. It's on me to make sure our passengers and cargo get where we're going safely. It's kind of a big deal."

VICTORY MAP >>>



WASHINGTON, DC

On June 27, The Pentagon honored music legend Charlie Daniels with the Office of the Secretary of Defense Medal for Exceptional Public Service for his support of military personnel. Daniels has played concerts for service members at military installations around the world.

WO1 Tammy Brooks was diagnosed with advanced stage breast cancer more than a year ago. On June 2, she ran five kilometers during the 18th annual Susan G. Komen National Race for the Cure.



IRAQ



33 00 N, 44 00 E (Middle East)
Capital: Baghdad
Population: 27,499,638

Actually, at her relatively young age, with less than three years experience flying the Chinook, it is a very big deal.

“I’ve been really lucky,” said CW2 Harris. “I’ve gotten some really great missions. When Katrina hit, I was down there for almost two months. I’ve done missions to Connecticut, Minnesota . . . there’s no better time to learn than during these missions.”

Now that CW2 Harris has reached her short-term goal of becoming a PC, she is focused on her long-term goals of becoming an instructor pilot or a maintenance test pilot. She would also like to retire as a CW5, the fifth level of warrant officer. At the age of 27, with 10 years in the service, she has plenty of time.

CW2 Harris made it very clear that gender will in no way inhibit her from accomplishing her goals.

“There’s absolutely no gender bias (in Army aviation), but it’s almost like some females are intimidated, because they see aviation as a male-dominated field,” she said. “The only barriers I see for females are the ones created by them.”

CW2 Harris spent some time as a recruiter, and came across many females who were reluctant to join based on their gender. She clearly does not have sympathy for females who use their gender as an excuse for not meeting challenges.

“If you play the gender card, then that’s one strike against you,” she said. “New female Soldiers have to prove themselves to their superiors and earn respect, but every Soldier has to do that.”

It takes a certain kind of person to become a pilot, according to CW2 Harris, and there are no exceptions for females.

“Some of the females I run into are both nervous and excited, but they just run with it anyway,” she said. “Those are the ‘Type-A’ personalities that the Army Aviation field is looking for. It’s definitely not for the timid.”

SPC KRYSTAL GINTER

By CPT Cory Angell, PA NG PAO

SPC Krystal Ginter, of Lancaster, PA, became the first female in the U.S. Army to graduate the Squad Designated Marksman Course. She

graduated June 16 along with 18 others at Fort Indiantown Gap, PA.

“It’s an honor to be the first female Soldier in the Army to graduate the course,” said SPC Ginter, who serves as a Counter Intelligence Agent for Stryker. “The best part is just having the chance to improve my skills and take what I have learned back to my unit.”

The course was developed after lessons learned in the early part of the Global War on Terror. The idea is to train one Soldier in each squad to engage targets at twice the normal distance of qualification.

“The current conflict taught us that being able to engage beyond our 300-meter qualification can be required at times,” said MAJ James Fluck with the 56th Stryker Brigade Combat Team of the Pennsylvania National Guard.

The Soldiers are trained up to 600 meters and, at that range, wind can have an affect on the trajectory of the round as well as target elevation and light.

“They are taught at what clock direction wind can have the strongest affects and then they must judge how strong that affect will be,” said MAJ Fluck. “On a bright day a target will appear closer and on a dark day farther away.

If a target is on a higher piece of ground than the shooter, it can appear closer. If it’s located down hill, it will appear farther away.”

SPC Ginter’s natural ability and upbringing may have helped her through the challenges of the course.

“My father, SGM William Ginter, has served in the Army since 1987,” said the specialist. “He would take me to the range and we would fire pistols.”

MAJ Fluck pointed out that Stryker has more sniper slots than any other brigade in the Army and has one of the most intense shooting courses.

“The Soldiers who graduate this two-week course will put approximately 1,200 rounds down range over that time,” said MAJ Fluck. “That’s a great deal of shooting and really makes them highly skilled.”

“I feel lucky to have the opportunity to attend this course,” said SPC Ginter, “and look forward to the other challenges that are still out there.” **GX**

ON TARGET SPC Krystal Ginter participates in a Stress Shoot at Fort Indiantown Gap, PA.



JOE KETTERER, PA DEPT. OF MILITARY AND VETERANS AFFAIRS

Nebraska National Guard’s long range surveillance Soldiers excelled in missions normally handled by active duty infantry units. Company D, 134th Infantry LSRD has performed exceptionally well in the last 14 months as Anaconda’s Quick Reaction Force. The detachment completed more than 1,700 missions, responded to more

than 350 significant acts, (including small arms fire attacks, indirect fire attacks and sniper attacks), apprehended insurgents, and responded to downed aircraft.

Coalition Forces destroyed a home-made explosives factory in the Diyala

River Valley, July 1st. The factory, which was located in an unfinished brick structure outside the village of Mikbisa, northeast of Baqouba, was discovered that night by Coalition Forces, conducting routine patrols and noticed the suspicious looking structure. Destroying the factory protects countless American and Iraqi lives.

CA'S 1/160TH INFANTRY HEADS TO IRAQ

By Keith Kawasaki and SSG Toby Nunn

CAMP SHELBY, MS—After activation in March, the California Army National Guard's 1/160th Infantry Regiment deployed out of Camp Shelby, MS, mid-June. The 600-plus Soldiers in the regiment, pulling from 16 additional states, headed to Kuwait, where they then moved to Iraq for their role in Operation Iraqi Freedom.

While covering the regiment as a whole, GX is spotlighting the men of 2nd Platoon, B company, better known as "Bad Voodoo Platoon," (see GX 4.6, p. 60) with embedded coverage. SSG Toby Nunn, the platoon sergeant, will be submitting photos and stories throughout the coming year. You can view video greetings from the Bad Voodoo Soldiers online at GXonline.com. These were recorded at Camp Shelby in April and will remain posted until they return home to the states.

While at Camp Shelby, the Soldiers of Bad Voodoo were introduced to the latest techniques and practices that the Guard has to offer. The training covered many aspects of the modern battlefield. Upon arrival, the Soldiers faced a multitude of challenges. Straight off the plane, the Soldiers went into the field to live in the Forward Operating Base (FOB) for two weeks, focusing their minds on the tasks at hand.

Training started at the individual level and then culminated at the platoon level with a Battalion Army Trainin Evaluation Program. The training events ranging from individual warrior tasks like first aid, gas chamber, hand grenades and mine probing to weapons training. All Soldiers successfully completed individual weapons qualification on their M4 Carbines with iron sights and optics, M9 9mm Side Arm, M249 Squad Automatic Weapon and M203 40mm Grenade Launcher. This training included advanced shooting methods from alternate positions, also while moving. The weapons density culminated in a rigorous road march stress shoot and the "Shoot House." Soldiers also increased and improved their

hand-to-hand fighting skills by completing Modern Army Combatives Level I and Unarmed Self Defense. There was also drivers' training for the new up-armored Humvees and Armored Security Vehicle (ASV) or Guardian.

The collective squad and platoon training tasks involved squad-level movements and a platoon-level Live Fire Exercise (LFX), urban operations, mounted combat patrols and IED Defeat lanes.

SPC Eric Jones, B team leader, 3rd squad of the Bad Voodoo Platoon, stated, "The urban operations was the my favorite because we had the chance for the squad to work as an infantry squad in these conditions."

The Squad and Platoon Live Fires gave the leadership the opportunity to learn and train and have a more hand-on experience with their men, as opposed to the 1st Army trainers that dominated all the other training.

Training finished with a large bang that had the platoon running convoy missions to every corner of Mississippi, giving true effects of long missions in an attempt to recreate what the men will be facing while in Iraq.

A small going-away ceremony was held due to the majority of family members being

unable to afford flights from California to Mississippi. The event was held by Dogwood Lake on Camp Shelby, involving a few short speeches and the "Soldier's Creed." BG James Combs, 40th Infantry commander, gave words of encouragement to the formation and addressed family members with words of support and gratitude. BG Combs expressed confidence in the 1/160th's abilities based on their vast experience. For many of the Soldiers, this will be their second or third time deploying for the War on Terror and into combat theater.

"We're siked to get this started," declared SPC Jones. "We've got the talent and we're looking to put it to good use."

You can link up with the men of Bad Voodoo via their Web site, BadVoodooPlatoon.com. Several of the Soldiers are maintaining blogs of their experience. Additional postings can be found at Milblogging.com, where Bad Voodoo merchandise is available as well. Keep an eye on both places for exciting updates.

And don't forget to grab each issue of GX. We'll showcase the efforts of the 1/160th throughout the deployment with exclusive coverage of the Bad Voodoo Platoon. **GX**

THREE ON A MISSION SGT Jean-Paul Borda (Alpha Team Leader), Squad Leader Ranger Nievera and Bravo Team Leader SPC Eric Jones shortly after arrival in the sandbox.



COURTESY OF BADVOODOO PLATOON

VICTORY MAP >>>



BOSNIA-HERZEGOVINA



44 00 N, 18 00 E (Southeastern Europe)
Capital: Sarajevo
Population: 4,552,198

The U.S. Flag flew over Eagle Base for the last time on the morning of June 30. From 1992 to 1995, this Balkan nation was engulfed in war spurred by its three ethnic groups. Today, they share a political process and increasing prosperity. The MDARNG is linked to Bosnia-Herzegovina through the State Partnership Program.

JOINT GUARD-VA MEDICAL RECRUITMENT PROGRAM GOES ON THE ROAD

By Milt Szimanski
CACI Strategic Communications

ARLINGTON, VA—The Army National Guard Strength Maintenance Division (ASM), in partnership with the Department of Veterans Affairs (VA), just completed a pilot Speakers Series of educational seminars aimed at exposing civilian physicians and other healthcare personnel to medicine as practiced in the National Guard. The program, “From Battlefield to Homefront: Army National Guard Medicine in Action,” focused on the course of care for Soldiers wounded in combat,

from first response by Combat Life Savers through MEDEVAC to rehabilitation. The purpose was to engage physicians and other healthcare professionals in Guard medicine and provide a venue for them to explore joining the Guard. The series speakers have been COL Michael McIntosh, M.D., State Surgeon, West Virginia Army National Guard, who has since deployed, and BG Timothy Albertson, M.D., California Army National Guard and Chief of Pulmonary Medicine for the VA Northern California Health Care System.

The program has been part of a broader marketing effort under the direction of ASM and AMEDD to recruit doctors, dentists and chaplains. The initial presentation was held at the Audie Murphy VA Medical Center in San Antonio on 26 April. Subsequent presentations through May and June were given in

Houston, Pittsburgh, Dallas and Palo Alto. All of these training programs were facilitated and logistically supported by the Veterans Health Administration Employee Education System. The audience included the local VA staff, students and faculty from VA-affiliated medical schools, and the local medical community.

“This is the kind of one-to-one marketing that the Guard needs to do to reach medical professionals,” said CPT T.J. Law, Chief, AMEDD Officer Accessions for the National Guard Bureau. “These are busy professionals, with high standards and clear career goals, who don’t respond to mass advertising. We wanted to get out there and meet them, talk to them and show them what kinds of medical advances and experiences are available in the National Guard.”

The Speakers Series has been a collaborative effort between the National Guard Bureau and VA. “We immediately saw the benefits of joining forces,” said Marisa Palkuti, Director of the Healthcare Recruitment and Retention Office for the Veterans Health Administration. “VA and the Guard are very similar in their devotion to the care of the service member. The VA workplace is extremely Guard-friendly, and we have many employees who are serving in the National Guard. They know how strongly we support the service requirements of the M-Day Soldier.”

One of the most appealing aspects of joint Guard-VA employment for healthcare professionals is the ability to combine benefits to help repay education loans. Eligible personnel can use both the National Guard’s Health Professional Loan Repayment Program and the VA’s Education Debt Reduction Program for up to \$88,000 in combined benefits. **GX**

CPT T.J. Law, AMEDD, and MAJ Laura Stephens, TX NG, welcome potential medical recruits before the inaugural presentation.



For more about a medical career with the National Guard, visit:

GuardMedicine.com

For more information about employment options with VA, visit:

vacareers.va.gov

COURTESY OF CACI



AFGHANISTAN



33 00 N, 65 00 E (Southern Asia)
Capital: Kabul
Population: 31,899,923

National Guard Soldiers from California and Mississippi provided school supplies, soccer balls, teddy bears, toys, hygiene kits, sandals and shoes to an Afghan orphanage in the Mahmud Raqi District, June 27.



BG J W NUTTALL

BG James W. Nuttall is the Deputy Director of the Army National Guard and a dedicated motorcyclist himself. He currently owns three Harleys, the only motorcycle to ride according to him; a 2005 Screaming Eagle Ultra, a 2001 Heritage Springer and a 1998 Sportster 883. With 40 years of experience riding, he was the obvious choice to head up this program.

OCC CHOPPER TALK WITH BG NUTTALL

By Chris West

Recently, *GX* had the opportunity to interview the Deputy Director of the Army National Guard, BG James W. Nuttall, about the soon-to-be-built National Guard custom chopper. This project is his baby; and as a dedicated Motorcyclist you can tell that he is passionate about making it happen.

The idea of building a Guard bike has been bouncing around National Guard Headquarters for some time, but it wasn't until recently that all of the pieces fell into place. Once the Guard had selected Paul Teutul Sr. and Orange County Choppers (OCC) to build the bike, things really started moving. The OCC team are the stars of the Discovery Channel's hit TV show "American Chopper." BG Nuttall, when asked why he chose OCC, said that they were an extremely pro-military and patriotic group. They immediately understood what the Guard is trying to do and were fully on-board.

This bike, once constructed, has several missions to accomplish. First, it will serve as a recruiting tool, touring the country and bringing a greater awareness of the benefits of serving in the Guard. Secondly, it will improve overall awareness of the Guard by showing it in a new light. Finally, and perhaps most importantly, it will help improve awareness of the National Guard's motorcycle safety program.

The sport of motorcycling is growing quickly among today's Soldiers. Many of them use the money earned during overseas deployments to reward themselves with a bike when they return home. Unfortunately, as BG Nuttall was quick to point out, this is a dangerous sport and it has begun to take its toll on our Soldiers. In the last year, 16 Guard Soldiers perished in motorcycle accidents. This year, as even more Soldiers purchase bikes, that number is on track to be even higher. In response to this problem, one of the primary focuses of building this machine is to educate riders about the dangers of their sport and what measures they can take, such as wearing proper safety gear, to mitigate them.

BG Nuttall told this story about a conversation he had with Paul Teutul Sr. about motorcycle safety. "I had a discussion with Paul about one of the messages we are trying to get out there: motorcycle safety," shared BG Nuttall. "I said to him, 'We're going to ask you to do some public service announcements here' . . . He laughed a little, then he looked at me and said, 'Apparently you haven't been watching my show.' I said, 'I have been watching your show . . . let me tell you something you don't know. We lost 16 Soldiers last year (to motorcycle accidents).' That stopped him in his tracks and he said, 'I didn't know that.' I said, 'Well, now you can help us.' Without hesitation he said, 'Absolutely, I'll do whatever I have to do.' "With a can do, HOOAH attitude like that, there is no doubt that the OCC was the right choice for building this bike.

In order to create the design, serving Guard Soldiers are being asked to submit their own ideas for what the bike should look like. The designs will be judged by a panel of six Guard Soldiers of varying ranks and headed by BG Nuttall. Once they make their selection, the design will be sent to the OCC team for a few finishing touches and the actual construction. The Soldier with the winning design will get to be part of the two episodes of OCC focusing on the construction of this bike.

To submit an entry, you must be a serving member of the Guard whose rank is E1 through E8, WO1 through WO3 or O1 through O3. When asked why the competition was limited to these ranks, BG Nuttall told us, "At the end of the day, it's the Soldiers who determine what we look like. So who better to be involved . . . We want our youngest Soldiers to determine what this thing looks like. We feel they've got the best ideas anyway."

To enter your design for the Guard Bike, go to 1-800-GO-GUARD.com/arngbike or VirtualArmory.com and fill out the online form. The winner will be chosen early in August and construction and filming will start right after that. Whatever the final design looks like, you can bet that it's going to be exceptionally cool. We can't wait! **GX**

218TH GETS TO KNOW THE LOCALS

Story and photos by SFC James Downen, 218th BCT PAO

CAMP PHOENIX, AFGHANISTAN—U.S. Soldiers, accompanied by a British corporal, conducted a series of patrols, known as presence patrols, June 12 to deter anti-government elements (AGE) and reinforce positive relationships with villagers. The men were of Headquarters Company, 1st Battalion, 263rd Armor Security Force (SECFOR), medics of Headquarters Company, 1st Battalion SECFOR, 118th Infantry (of the 218th Brigade Combat Team, South Carolina Army National Guard), and British Army Cpl. Robert Pawley of Kabul Patrols Company, 23rd Pioneer Regiment.

Presence patrols are done on foot and pass through communities surrounding Camp Phoenix.

The SECFOR Soldiers conducting the patrol that day moved through villages and farms owned by the Afghan people, while keeping a lookout for signs of AGE activity. The day was hot, dusty and dry and the Soldiers were carrying up to 50 pounds of body armor, weapons, ammunition and water. Cpl. Pawley accompanied the U.S. Soldiers to evaluate U.S. methods and compare them to British Army procedures.

The presence patrol interacted with Afghans they encountered, allowing them to gather intelligence about possible AGE activity and gauge both positive and negative impact of Coalition Forces in the villages around Camp Phoenix. The information gathered is important because winning the trust of the Afghan people is the key to defeating the AGE.

After the mission, patrol leader SSG Leroy Graves of Marion, SC, elaborated on pre-deployment training, right-seat ride with the out-going unit and actual experiences with presence patrols.

SSG Graves said the majority of pre-deployment training was useful. The navigational training on DAGGER global positioning satellite, Blue Force Tracker, patrolling and quick reaction force training were the most useful subjects covered. He noted that “Soldiers should expect more human interaction with the Afghan people than you get in stateside training. Camp Shelby Military Training Center (CMTC) tended to stress the ‘bad guy’ relationship with civilians on the battlefield more than the ‘good guy’ you will encounter on patrols in Afghanistan.”

SSG Graves found the two-week right-seat ride with the outgoing 41st Brigade



SAFETY SGT Shaun Schisler, SGT Gail Richardson and SPC Robert Berry of Headquarters Co., 1st Battalion, 236 Armor SECFOR conduct a presence patrol around Camp Phoenix, Afghanistan on June 12.

Combat Team units to be useful. The right-seat ride allowed troops to hone the training received at Camp Shelby. The 41st BCT advised on what to look for while on patrol, how to evaluate population demeanor and recognize signs of potential Improvised Explosive Devices (IEDs).

The staff sergeant stressed that patrol leaders must never become lackadaisical about mission preparation. “Leaders must insure all Soldiers on a patrol mission hear the S-2 briefings even if the briefing doesn’t change because different personnel fluctuate between daily patrols; and there’s the possibility a Soldier might not have heard the latest intelligence on AGE activities,” SSG Graves said. “The best way to avoid danger on a patrol is don’t get complacent and take time on patrol so you can observe things that are out of place.”

The SECFOR Soldiers have found it is productive to talk directly to local Afghans with the help of an interpreter. Even though an interpreter always goes out with patrols, it’s prudent to try to speak the local Afghan dialect. The more you can speak to the locals, the better personal relations you will have with them.

Afghan people will offer tea to patrols and it’s good to drink with and talk to them.

When you socialize with Afghans and earn their trust, they will keep you informed of what is going on in the area. The people will tell you what their concerns are; these should be passed on to higher headquarters to be addressed.

SSG Graves said that intelligence predicted a Taliban summer offensive, however SECFOR presence patrols, behavior toward the locals, and Commanders Emergency Relief Projects have tended to mitigate those dire predictions in the Camp Phoenix area. The Soldiers are alert and aware when on patrol, which discourages the Taliban from attacking. The local Afghans have received aid from Coalition Forces and consequently are supportive of the SECFOR Soldiers.

SSG Graves believes efforts are succeeding, but more work is needed. “The people need more help with agriculture and cattle to increase their farm production. More infrastructure and security would attract industrial development from other countries. Progress coming in will squash the Taliban out,” he explained.

SFC Tony Johnson of Marion, SC, added his input, “Our job isn’t a bad job, and we see the purpose in it. We’ve been told SECFOR is a thankless job, but we get thanked by locals every day and that means a lot.” **GX**

\$86 MILLION ARMED FORCES RESERVE CENTER COMING TO L.I.

Courtesy of LTC Richard Goldenberg, 42nd Infantry Division PAO

FARMINGDALE, NY—Mid-June, Congressman Steve Israel (D- Huntington) joined the New York National Guard, Long Island reservists and Iraq war Veterans to announce the establishment of an \$86 million state-of-the-art Armed Forces Reserve Center in Farmingdale, New York.

The multi-use facility will be home to approximately 1,275 uniformed personnel and will serve as a central location for the mobilization of New York National Guard and Reserve forces in the event of a natural disaster or terrorist attack. It will also serve as a facility for training, equipment storage and administration functions.

Israel was joined by COL Geoffrey Slack, the Operations Officer for the 42nd Infantry Division of the Army National Guard and COL Michael Canders, the Commander of the 106th Rescue Wing on Long Island of the Air National Guard. COL Canders is also the Commander of Joint Task Force Two, which is responsible for providing support to Nassau and Suffolk counties if activated by the Governor in the event of an emergency situation.

“The Armed Forces Reserve Center will not only benefit our community in Farmingdale, but will also bolster the homeland security and emergency preparedness of Long Island as a region,” explained Israel, who has been a leading voice on the need to increase National Guard equipment and staffing levels. “It’s not a matter of if, but when, a hurricane may strike Long Island. A fully staffed and equipped National Guard is the difference between a smooth recovery and another New Orleans. The New York National Guard is critical to our homeland security and we need to ensure that they are equipped to respond to domestic terrorist attacks and natural disasters. I’m proud that much of the Guard’s important work will be carried out right in Farmingdale.”

“Thanks to the efforts of Congressman Israel, Long Island is gaining a state-of-the-art Reserve Center that will also be home to New York National Guard forces,” said Governor Elliot Spitzer. “When completed in 2010, the new facility will provide a base for National Guard units responding to emergencies in both Nassau and Suffolk counties and provide emergency shelter to hundreds of residents in the event of a snowstorm or hurricane.”

“The Farmingdale Armed Forces Reserve Center will provide a first-rate facility that will allow our Army National Guard units to provide responsive support for our Long Island communities,” said MG Joseph Taluto Jr, adjutant general for the State of New York. “This building will bring the National Guard on Long Island into the 21st Century.”

The \$86 million, four-story, state-of-the-art center will contain administrative offices, storage space for military equipment, classrooms, conference rooms and training areas for the maintenance and operation of military equipment. The center will be over 224,000-square-feet with 199,210 square feet of space in the main building and an attached 25,000-square-foot maintenance facility with 10 bays. Construction of the project is expected to be complete by July 2010, with demolition of existing facilities having occurred this past June. **GX**

BIG PLANS U.S. Rep. Steve Israel (center) with COL Geoffrey Slack, Col. Sgt. Hayes and Col. Canders announces a new facility in Farmingdale, NY.

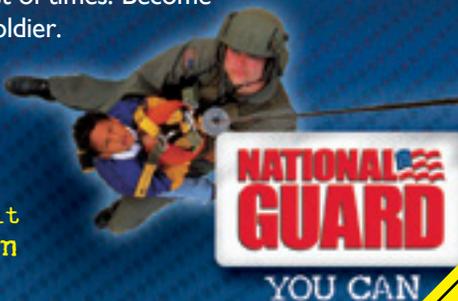




THE REASONS FOR A STRONG NATIONAL GUARD ARE GETTING MORE POWERFUL.

You don't know when, or even if, a natural disaster will strike your community. But you can be sure of the National Guard. In cities, towns and in rural communities, the Guard is trained, equipped and ready to serve whenever nature delivers a devastating punch.

A strong, successful Guard is built on dedication and courage. Have you got it? If you think so, visit us online or call us. Be one of the people your community can rely on at the worst of times. Become a Citizen-Soldier.



Learn more about the Guard. Visit
www.1-800-GO-GUARD.com

JOIN THE NATIONAL GUARD
The National Guard offers college and career training benefits. Go online to find out more.



HIGH SPEED LOW DRAG UNSTOPPABLE GUARD GEAR

By SSG Toby J. Nunn
2nd Platoon, B Co. 1/160th Infantry Regiment, CAARNG

As a professional Soldier, who, some years back, left the active component of the Army and entered the National Guard, I was very concerned about the access to cutting-edge equipment. The purpose of the Guard has always been homeland defense, so did that mean more picket pounders, shovels and sandbags versus weapons and vehicles? Well, soon enough, I was both pleasantly surprised and impressed with the weaponry the Guard holds in its inventory, from the large armored vehicles to the aircraft and weapon systems—both personal and crew-served.

Today, I am a member of a high-speed, rapidly deployable California Army National Guard platoon packing one heck of a punch. We left out of Camp Shelby, MS, in late June and are looking forward to a successful year in Iraq.

Prior though, as a reconnaissance team leader, I rode in UH-60 Black Hawks in urgent response to natural disasters, as well as in training for the mission of close combat for the War on Terror. I have worked in conjunction with armored battalions loaded with M1 Abrams Tanks and mechanized infantry units using the Bradley Fighting Vehicle. When that dominating sound and concussion of the main Abrams gun explodes, my body fills with adrenaline while sucking the air out of my lungs. Throughout my training around these vehicles, I've felt the ever-present and dominating AH-64 Apache Attack Helicopter flying over my head, providing close air support. How wicked is that? As an Army National Guard Soldier, I have all these opportunities to work with and experience the awesome firepower that separates the United States from the rest of the military world.

In addition to the major battle equipment, the everyday personal equipment also makes a huge difference. The hands-on use of pistols, carbines, rifles, bolt-action sniper weapon systems, all the way to automatic rifles with light and heavy machine guns is without comparison. There is nothing more exciting and satisfying than the sensation of the recoil from these weapons being employed and utilized in training and combat.

There can be no doubt in the minds of the American people and those we face that the Citizen-Soldier is not only highly trained, but also extremely well-equipped. >>>



UH-60 BLACK HAWK

The unmistakable thump of a Black Hawk's rotors is a sweet sound to the ears of many. This multi-use helicopter is a troop transport, angel of mercy (MEDEVAC), supply vehicle and mean gunship. It is one of the fastest helicopters in the world and allows the speedy delivery of aid and supplies to the ground. Utilized to drop paratroopers from the sky, sling load humanitarian supplies to isolated areas, and provide precision fires with 2.75 rocket pods and machine guns that are mounted to the sides of some variations. The lifting power of this helicopter can move major artillery pieces, in addition to two Hummer's at the same time. With any pilot and appropriate terrain, the Soldiers in the back can be treated to the most exciting ride, making even the biggest rollercoaster buffs jealous.



AT A GLANCE:

EMPTY WEIGHT: 6 tons

MAX TAKE-OFF WEIGHT: 11 tons

CRUISE SPEED: 150 knots (kts) / 172 mph

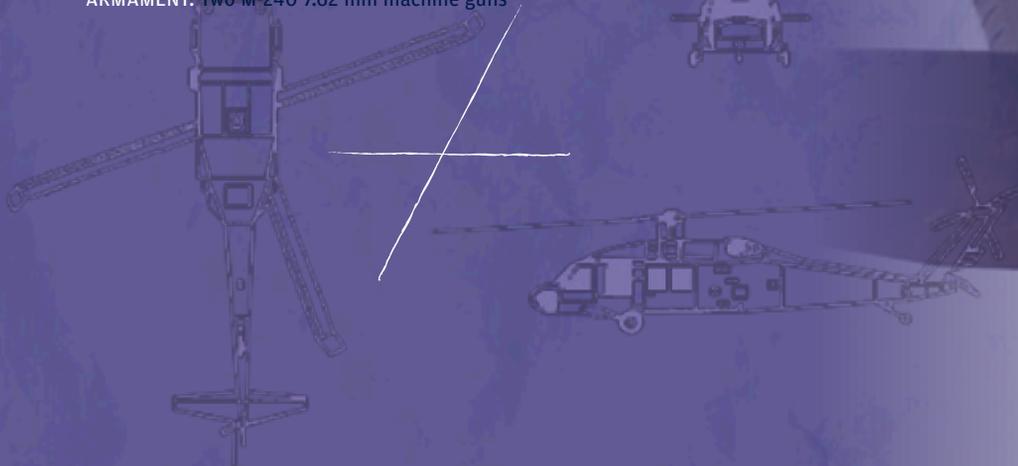
MAX RANGE: 320 nautical miles (nm) / 1,105 miles

POWERTRAIN: 2 x 1,560 hp, GE T700 free-turbine turboshafts

CREW: Min. 2 (Pilot and Co-pilot) [+11 combat-ready Soldiers]

ARMAMENT: Two M-240 7.62 mm machine guns

UH-60 BLACK HAWK





(INSETS, TOP TO BOTTOM) COURTESY OF DOD / COURTESY OF SIKORSKY

HUMVEE

Probably the most well-known SUV in America right now is the Hummer. It is the civilian model of the highly utilized and often under-estimated modern-day Jeep of the military, the HUMVEE. Protected with many different forms of armor, the HUMVEE allows the passengers within the vehicle to travel in the same style, minus a few creature comforts, like anybody else on the freeways. What guy or gal would not want than to have their own super SUV? This vehicle not only can move a small team safely around, it can also deliver a strong punch. With the ability to mount an M-2 .50 cal machine gun (possibly the most reliable large caliber machine gun in military history), this truck is an offensive force.

M-240B

The modern-day light machine gun is the M-240B, a.k.a the "Pig," a carried weapon system that can also be mounted on vehicles such as the HUMVEE. It allows the Soldier to employ it in a variety of ways with the capability to fire several hundred rounds a minute with extreme accuracy. The versatility of mounts and firing platforms bring this machine gun into almost every combat event, providing even the smallest force with an intense level of lethality. Its signature sound rattles across the ground, giving strength and courage to its friends, while instilling fear in its foe. Firing the same size ammunition as many high-powered hunting rifles here in the States, the M-240B allows Soldiers of all types and sizes to feel comfortable firing it without fear that the weapon might be more than they can handle. It gives the phrase "walk softly, but carry a big stick" new meaning to the many Soldiers using this weapon.



GRENADE LAUNCHERS

When under fire and trying to conceal movement or obscure the view from those trying to bring harm, the up-armored HUMVEE provides grenade launchers mounted to the roof. These cylinders can shoot a grenade round at close distance to cover the area with smoke or to disable and harm those that are in extreme close proximity. It provides a virtual force field of obscurity to the crew of the HUMVEE, allowing them precious time and space to evacuate casualties or distract the opposing force from the activities of other friendly forces. Coming in a variety of colors and types, these little magical projectiles are just another small asset that putting the Guard one more step ahead, and the HUMVEE into a league of its own.



STRYKER



There is no better term or vehicle that describes the delivery of manpower and violence than Stryker. The ability to bring nine highly trained and motivated warriors to the doorstep of evil, fighting all the way is an incredible concept. Soldiers inside enjoy the views of the outside combat on flat screens, while in a shroud of armored protection. The gunner or vehicle commander, also watching a screen, is able to identify targets with the Remote Weapon System. This, in layman terms, is the sickest video console that has a real crew-served weapon system to engage the targets. What average American male has not fantasized about serving his country in a heroic battle while playing a video game? The Stryker brings this dream to reality.

A wheeled vehicle with an angled hull, the Stryker can take the most intense impact and still keep on rollin'. The survivability of this vehicle can be compared to its lethal ability. Barreling down the road at speeds like an average SUV, the Stryker keeps the soldier reacting with a familiarity unknown with other combat vehicles.

Two Primary Stryker Variants: Infantry Carrier Vehicle (ICV) and the Mobile Gun System (MGS).

The ICV has eight additional configurations:

- Reconnaissance Vehicle (RV)
- Mortar Carrier (MC)
- Commanders Vehicle (CV)
- Fire Support Vehicle (FSV)
- Engineer Squad Vehicle (ESV)
- Medical Evacuation Vehicle (MEV)
- Anti-tank Guided Missile Vehicle (ATGM)
- NBC Reconnaissance Vehicle (NBCRV)

AT A GLANCE:

WEIGHT: 19 tons

MAX SPEED: 62 mph

MAX RANGE: 300 miles on 53 gallons of fuel

POWERTRAIN: 350 hp, Caterpillar 3126 diesel

CREW: 2 (+9 Soldiers in transport)

PRIMARY ARMAMENT: M68A1E4 105-mm gun (MGS), M-2 .50 caliber machine gun or M-K19 40 mm grenade launcher

SECONDARY ARMAMENT: .50-cal M-2 MG and M240 7.62-mm MG (MGS)

STRYKER



M-249 SAW

For those who want to have the luxury of a machine gun, but not the extra weight there is the M-249 SAW, or Squad Automatic Weapon. This fully automatic rifle is found in almost every arms room across the Guard. This little pearl of violence can vanquish soft skin vehicles to a large number of troops while requiring only one operator. It utilizes 5.56 mm ammunition, just like an M-16 or M-4, and turns the team-sized element into a well-rounded unit of firepower. With the ability to unleash almost a hundred rounds in the blink of an eye, it is by far the most lethal personal weapon in the arsenal. One can fire this weapon so rapidly that after a minute or so, the barrel can be removed and replaced while your battle buddy lights a cigarette off the heated one. This weapon is often seen in movies due to its amazingly light receiver, maneuverability . . . and intimidation.



M-2 .50 CAL

The M-2 .50 cal is an oldie but a goodie and variations of this weapon have been used since the WWII. It can be fired in both semi-automatic and fully automatic modes, allowing the gunner to unleash hornets from hell. This weapon has the power to loosen a poorly emplaced piece of dental work, while knocking a person down just from the air pressure of a closely passing round. The firm grip the gunner takes while firing this weapon allows the gunner to gain the sensation of raw power. Like a mechanic working the throttle of a hot rod by hand, one becomes part of this tool of destruction. There are several types of ammunition available for this machine gun, allowing the gunner to pierce into the armor of a vehicle or destroy those without. Modern technology has brought forth tactical scopes, night vision scopes and infrared scopes to increase the versatility of the M-2, making it truly a well-rounded weapon.

MULTI-LAUNCH ROCKET SYSTEM (MLRS)

Have you ever wanted to destroy a large enemy population from the map? In the National Guard and the Army, there is such a weapon system. The MLRS has the actual ability to decimate an entire grid square or one square kilometer with the push of a button. If your not sure how big that is, imagine 10 football fields by 10 football fields. The MLRS looks like a Snow Cat on steroids, but instead of plowing snow, it launches missiles in such a tight pattern that it changes the face of the earth. I'm not the brightest bulb on the Christmas tree, but it is kind of hard to run away from a rainstorm of missiles covering such a large area. This awesome destructive power allows us to stop large forces in a single strike and from a great distance. It also allows us to safely cover the movement and operations of our friendly forces. Heaven help those that think they can hide from this fire-breathing monster.



AT-4

While riding in the gunner position of a HUMVEE, one might come across a vehicle or threat requiring a little extra firepower. To level this playing field, the Guard employs the shoulder-fired missile known as the AT-4. It is an anti-tank missile that launches a 88mm High Explosive Anti Tank (HEAT) round. This personal rocket can change the world of those on the receiving end. Known for its ability to strike into the hearts of large armored vehicles, this rocket leaves your shoulder with quite a punch. Better brace yourself well and make sure no one is behind you because its awesome power leaving the tube will rock your world, as well as everyone behind you. Being small and easily carried allows this “combat accessory” to be the perfect addition to the arsenal.

BRADLEY FIGHTING VEHICLE

The Bradley, named after former General of the Army Omar Bradley, is a common sight at almost any National Guard Training site. This Mechanized Infantry Carrier is a well-known iron and bone crusher with remarkable weaponry. The turret is outfitted with a 25 mm Bushmaster chain gun, 7.62 mm machine guns, and a two TOW missile launcher. What more can you ask for? This vehicle is known for its tank-killing ability, as well as its devastating effects on enemy troops, trucks and even aircraft.

The Bradley also holds the beast in its belly: that's right, an infantry squad ready to dismount from the rear and find the enemy. It is a relatively self-supporting vehicle capable of taking 72 hours of combat or traveling 300 miles before requiring support. The crew is an expert team, which hones their skills at an annual gunnery exercise. See, the Bradley allows the rapid fire of REALLY big bullets (25 mm) that can both explode and penetrate the toughest of armor. The TOW missiles can be accurately fired over three kilometers, giving the crew and troops plenty of standoff room from the enemy. All in all, good times.

AT A GLANCE:

WEIGHT: 25 tons

MAX SPEED: 41 mph

MAX RANGE: 300 miles

POWERTRAIN: 660 hp, diesel

CREW: 3 (+6 Soldiers in transport)

PRIMARY ARMAMENT: 25 mm M-242 Bushmaster Cannon and TOW II Missile System

SECONDARY ARMAMENT: 7.62 mm M-240C machine gun



BRADLEY



(INSET) COURTESY OF #2ND ID PAO

M-1117 ARMORED ASSAULT VEHICLE (ASV)

Finding the happy medium between a tracked armored vehicle and a light-wheeled vehicle is a tough thing to do, but within the Guard arsenal, there is such a beast. The ASV is the perfect marriage of these concepts—large enough to dominate the road, yet small enough to be quick and nimble.

The scariest part of this agile little warrior is the twin weapon systems that poke out of her turret: side-by-side crew-served weapons that can drill you into the next millennium. The gunner conducting this orchestra of violence is surrounded by an armored security blanket that can withstand the fiercest of blasts.

The ASV is utilized by the many faces of the Guard, from infantry to military police. This vehicle allows the crew inside to ride in a comfort unknown to most of the military world with luxuries of advance technology. It's the perfect vehicle to deliver a small strike force or to ride along with a softer element, providing that lethal touch only King Midas can compete with.



BUFFALO

If you are lucky enough to drive across the Great Plains of the United States, you might get to see the mighty North American Bison or Buffalo. These are not pretty, cute or even cuddly creatures, so there is no better name for the vehicle known as the Buffalo. This engineer vehicle is the ugly duckling in the motor pool, but for those that ride in it's belly, they understand beauty is in the eye of the beholder. With an oddly shaped hull, the vehicle can deflect and absorb a multitude of blast types. With its unique design, the vehicle is unparalleled in its ability to locate and remove Improvised Explosive Devices regardless of whether or not they have detonated. With a long-reaching robotic arm, it can dig, grab and move these dangerous items, protecting the civilian and military populations alike.

The massive wheeled chassis also allows for relatively smooth and quick movement. This vehicle's cumbersome appearance really is a maneuverable asset since it can be deployed quickly and safely to respond to the most dangerous of threats. These are true and critical lifesavers.



M1 ABRAMS MAIN BATTLE TANK

The Abrams is the most dominating armored vehicle in military existence. It's speed and accuracy are without comparison. The development in comfort for the crew creates an environment of luxury and excitement. The driver rides in a relaxed and reclined position with awesome speed and maneuverability at their fingertips. Driving a tracked vehicle, at any speed, facilitates the realization of every young Soldier's desire to drive an indestructible vehicle capable of laying waste to everything in its path, without even the need for weapons. For all of you who grew up taking that Sunday trip with Dad to the Monster Truck rally, driving the Abrams is a dream come true.

The gunner, on the other hand, has the ability to shoot the largest direct-fire projectile in the Guard arsenal. There is power in knowing that when the trigger is pulled, the damage to the enemy will be catastrophic. The rush of power received from unloading a single round down range that rocks the entire surrounding world is hard to describe.

The Abrams includes a team-oriented crew, each dependant on the other and responsible for overall welfare of the fighting team. Anytime you get to be part of such an intricate, small element, one develops a heightened sense of situational awareness that permanently effects your life, creating a better person.



COURTESY OF DOD / (INSET) SPC RICARDO BRANCH, 1ST BCT 1, 3RD ID PAO





AH-64 APACHE

Like the Native American tribe it was named after, the Apache is a proud warrior with great history. The extremely maneuverable and wickedly armed helicopter secures the air and ground with pure intimidation. The fierce blocked appearance of the helicopter alone deters any fool from leaving their hiding place for only a second; they know the impact of the 30-mm chain gun will blast them into the Stone Age.

Armed with a nose chain gun and missiles, the Apache is prepared to engage any vehicle or force on the battlefield. The Apache is a sleek bird of prey controlled by Soldiers and Aviators with awe-inspiring skill and precision.

Rest easy, young warriors, when you hear and feel the soft rhythmic thumping of the Apache rotor blades overhead. And if you get the pleasure of feeling the rotor wash of this bird during combat, be comforted by the fact that your day has been placed in the hands of both a savior and a predator.

AT A GLANCE:

EMPTY WEIGHT: 5.7 tons

MAX TAKE-OFF WEIGHT: 9 tons

CRUISE SPEED: 150 knots (kts) / 172 mph

MAX RANGE: 341 nm / 1,180 miles

POWER PLANT: 2 x 1,890 hp, GE T700 free-turbine turboshafts

CREW: 2 (Pilot and Co-pilot/Gunner)

ARMAMENT: M230 30 mm cannon, Hydra 70 FFA rockets and any combination of AGM-114 Hellfire, AIM-92 Stinger or AIM-9 Sidewinder missiles

APACHE



**A STRENGTH MAINTENANCE FEATURE:
BECAUSE EVERY SOLDIER IS RESPONSIBLE
FOR THE STRENGTH OF THE GUARD**

Updates on the Guard's Recruiting and Retention Initiatives

Courtesy of NGB-ASM



COLLEGE FIRST ENLISTMENT OPTION

This existing enlistment option provides Non-Prior Service applicants the opportunity to serve in the Army National Guard (ARNG) and complete up to two years of full-time schooling without being subject to deployment. To be considered eligible for this option all applicants must:

- 1** Be Non-Prior Service HSSR, HSDG, HSDG Equivalent (includes GED holders) or a currently enrolled college student.
- 2** Score a 50 or higher on the ASVAB (CAT I-III).
- 3** Agree to complete IADT through-ticket (the split training option is not authorized for CF enlistments).
- 4** Be accepted at a college or university that is accred-

ited by the U.S. Department of Education and remain a full-time student in good standing for the duration of his or her stabilized period.

5 Meet all other applicable criteria as stated in the current ARNG ECM.

An update recently submitted to policy for this program affords each state the opportunity to increase the stabilization period, but not to restrict this enlistment option to less than 24 months. The update also assigns the responsibility of tracking these Soldiers to the states. A SMOM has been submitted to give guidance to the Recruiting and Retention Force until the changes to the ECM are made.

POC: 1LT Tomianne Banister, (703) 607-5799,
Tomianne.banister@us.army.mil

BATTALION CAREER COUNSELOR (BCC)

The BCC program was launched to assist all Commands and Commanders by providing continuous attrition management and retention focus within each ARNG battalion. BCCs counsel Soldiers on re-enlistment options, monitor and report trends through operational surveys, assist Soldiers and their families during the mobilization and de-mobilization process, and provides alternatives to Soldiers discharging or separating from the ARNG. The BCC program was fielded and funded for states during FY 2005. Since incorporating the BCC program, the national

retention rate has risen 11 percent and continues to increase, assisting the ARNG to exceed its end strength. Currently, there are 411 BCCs assigned nationally. Forthcoming and in response to non-compliance for previous request for information, a second SMOM is being created for immediate distribution in order to obtain critical information concerning continuing the BCC program with a suspense of July 30, 2007. Future resources will be directly linked to the state's ability to validate manning as assigned to UIC and location. POC: MSG Booher, (703) 607-1334



EXTEND TO DEFEND

Extend to Defend is a retention program designed to help units do a better job at recognizing their Soldiers that extend their enlistment in the ARNG. Soldiers are presented with a certificate in an appropriate holder with an embedded coin. There is a version for married and unmarried Soldiers. There are three levels of award; Bronze, Silver and Gold. The levels are based on the number of

years of service the Soldier has served. 1 to 9 years is Bronze, 10 to 14 is Silver and 15 to 20-plus is Gold. The Extend to Defend Virtual Armory site is used as the ordering database. After action reviews from ARNG leadership has determined this tool to be vital in assisting with the recognition process. POC: MSG Booher, (703) 607-1334



COURTESY OF ARNG



U.S. ARMY GOLDEN KNIGHTS PARACHUTE TEAM (USAPT)

NGB-ASM has welcomed SFC Peter White to the team. SFC White is a member of the Golden Knights and NGB-ASM (Enlisted Strength Maintenance). SFC White assists in coordinating recruiting opportunities with the local RRNCOs of those states. As he travels the nation, SFC White serves as a Golden Knight while talking to prospects about the

ARNG. These appearances by the Golden Knights will also provide better access for the ARNG at highly marketed and publicized events. To locate the show closest to you, go to the following Web site and load the 2007 schedule: www.usarec.army.mil/hq/goldenknights/Webpage2005_content.html. POC: SFC Michael Ferris, (703) 601-2999, michael.ferris1@us.army.mil



THE GUARD EXPERIENCE

The Guard Experience is an enhancement activity that is designed to entice young men and women to learn more about the ARNG in a classroom setting. The program will be administered by Docupak, Inc. The Guard Experience will provide incentives to Potential Soldiers (PS) who come spend an evening listening to recruiters and Recruiting Assistants (RAs) talk about the ARNG; the evening experience will include a presentation about the history, experience, and benefits of the ARNG. The experience will conclude with a pizza dinner for the PS and an assortment of gifts for the PS that rewards them for their

time. The gifts include: an ACU backpack filled with ARNG merchandise, a Subway gift card, a BP gas card, and a Best Buy gift card. At the end of the evening, all PS will be afforded the opportunity to take the ASVAB at a local MET site. If the PS takes the ASVAB within two weeks of the experience an additional incentive will be issued to the PS. This pilot program was launched on July 17, 2007 in Boston, MA. POC: CPT Daniel E. Gilbert, (703) 607-5844, daniel.elias.gilbert@us.army.mil

NATIONAL DEFENSE AUTHORIZATION ACT (NDAA) ARMED SERVICES VOCATIONAL APTITUDE BATTERY (ASVAB) PREPARATION STUDY

Section 546 of the Fiscal year 2007 NDAA directs the Office of the Secretary of Defense to test the utility of test preparation guides and education programs in enhancing recruit candidate performance on the ASVAB and Armed Forces Qualification Test (AFQT). The ARNG will be participating in this study. A team of NGB personnel has met with the Office of the Secretary of Defense twice and

obtained approval for their specific research design. This study will test 20,000 ARNG applicants. Of the testing pool, 10,000 applicants will receive an ASVAB preparation guide and 10,000 applicants will not. The ARNG will submit all data collected concerning test scores of these applicants to the Office of the Secretary of Defense for analysis and further program implementation. POC: 1LT Tomianne Banister, (703) 607-5799, Tomianne.banister@us.army.mil



ARNG CHOPPER DESIGN CONTEST

NGB-ASM, in conjunction with Orange County Choppers (OCC) and Docupak, has launched the ARNG Chopper Design Contest. The goal of this contest is to get ideas for the theme and design of a motorcycle to be built by OCC for the ARNG. The design contest is from July 1-31, 2007, throughout all of the 54 states and territories. This program provides the ARNG with new avenues to reach a target market that is currently untapped. This competition was open to all current members of the ARNG (in country or deployed) who met the criteria found at: www.1-800-GO-GUARD.com/ARNGbike. POC: SFC Lisa Merrill, (703) 607-3520

PATH TO HONOR

Path to Honor is a Web-based application that will bring new efficiencies to the recruiting and retention force (RRF). Path to Honor will allow applicants to input enlistment data, including all SF 86 fields, on their personal computer. Once the applicant has input this data, the requisite fields will populate into ARISS as if the RRNCOs typed them in themselves. This will allow applicants to complete most of the enlistment process from their home computer or office; thus, affording recruiters the opportunity to spend more time prospecting and less time processing. The Web design is being tested in five pilot states: GA, IN, ND, TN and WY. Currently, ARNG planners are working with ARISS to ensure seamless functionality. Full ARISS integration is expected this fall. Once integration is complete, a national launch will follow shortly thereafter. POC: CPT Daniel E. Gilbert, (703) 607-5844, daniel.elias.gilbert@us.army.mil



COURTESY OF ARNG / COURTESY OF OCC / ISTOCK



STORE FRONT RECRUITING OFFICE (SFRO)

Currently, there are 256 SFRO locations nationwide. NGB-ASM is currently accepting applications, (NGB 210R) for new locations during FY08. The SFRO program is vital to the ARNG brand recognition, along with being a hub for RRNCOs to focus their recruit-

ing efforts. The process of obtaining a SFRO location is being streamlined and automated through a new page in the Virtual Army Web site. In the near future, all states will be able to see and monitor their current SFRO locations through the Virtual Army Web site. Each State SFRO POC, will be able

to request actions for SFRO locations through this site as well. NGB-ASM has also created a tie with the Installations division, which is greatly assisting and expediting the leasing and funding procedures for the states. POC: SFC Michael Ferris, (703) 601-2999, michael.ferris1@us.army.mil

CONTINUOUS FEEDBACK SYSTEM (CFS)

NGB has long sought a tool that will better gather feedback and input from the recruiting and retention force (RRF). Enlisted Strength Maintenance is tailoring a Web-based feedback system to allow for easier and more efficient feedback from the states on enlisted recruiting policies and programs. The new system that has been developed is called the CFS. CFS is a Web-based system designed to allow states to provide feedback so that NGB can instantly judge the effectiveness of our current pro-

grams. This system not only allows for specific feedback on existing programs, but can also be used by the states to input new program ideas. This will give the states an easier way to affect change in policies and programs at the NGB level. States will be able to access the Web site and provide feedback to NGB and NGB Programs by selecting the area they are interested in and answering a series of questions. This Web site will be available to states sometime during the late summer of 2007.



SUMMER SURGE CHALLENGE

The first ARNG Summer Surge Challenge began on July 1 and will run through the end of August to recognize excellence in Basic Combat Training (BCT) Ship Rate and Recruit Graduation Rate. States have been divided into small, medium and large categories based upon their average RSP population and will be recognized in various categories including best monthly rate, most-improved monthly rate, and overall Summer Surge winner by category. Various recognition and incentive items will be awarded to the winning programs including guidons, branded RSP apparel and other prizes to acknowledge their efforts. The category breakdowns, determined by average Training Pipeline

size, are listed at right.

LARGE: Indiana, Texas, Pennsylvania, California, Illinois, Minnesota, North Carolina, Tennessee, Wisconsin, Ohio, Alabama, Missouri, Georgia, Florida, Michigan, Iowa, South Carolina, Mississippi

MEDIUM: Arkansas, Oklahoma, New York, Virginia, Louisiana, New Jersey, Kentucky, Massachusetts, Puerto Rico, Oregon, Kansas, Arizona, Washington, Utah, West Virginia, Connecticut, Maryland, Nebraska

SMALL: North Dakota, Montana, Idaho, Colorado, South Dakota, Nevada, Maine, New Mexico, Vermont, Wyoming, New Hampshire, Rhode Island, Hawaii, Alaska, Delaware, Guam, Virgin Islands, District of Columbia

VULCAN RSP DATABASE DISTANCE EDUCATION

The Vulcan RSP Database is a Web-based tool that tracks recruit training and pre-ship critical tasks. It provides visibility on the current status of recruit preparation and provides alerts to RRF and Unit leadership when recruits are at risk of becoming a pre-ship training pipeline loss or lack critical IADT skill training based upon the top-five reasons for ARNG training pipeline losses. Recruits are tracked from enlistment through ship date to assignment to their permanent unit. Basic and Advanced training is

now available for the Vulcan through real-time distance education from subject matter experts using an innovative Web-based interactive process. This training can be conducted in a classroom or computer lab setting with minimal setup and can be tailored to the needs and experience level of the attendees. States can coordinate for training with the NGB-ASM RSP Branch at: NGRCSA-ASM-Attrition@ngb.army.mil (ASM-RSP Operations in the Outlook Global).



COURTESY OF ARNG / MSG JODIE STAFFORD



ARNG/TRADOC DRILL SGT AUGMENTATION PROGRAM

The ARNG is seeking qualified NCOs to attend the Active Component Drill Sergeant Course at Ft. Jackson with all associated funding provided by the Army at no expense to the Soldier's state or unit. Drill Sergeants will then incur a two-Summer commitment (90 - 130 days on active status) to serve as a Basic Combat Training (BCT) Drill Sergeant at one of the Army's five Army Training Centers (ATC) posts: Ft. Benning, GA; Ft. Leonard Wood, MO; Ft. Sill, OK; Ft. Jackson, SC; Ft. Knox, KY.

The Drill Sergeant Candidate must be a SGT-SFC and meet the Drill Sergeant Criteria found here.

Soldiers currently Drill Sergeant qualified (ASI X) can also volunteer for this duty, but may require the two-week Drill Sergeant Recertification Course at Ft. Jackson. In order to attend the Drill Sergeant recertification the Soldier must have been in a Drill Sergeant position within the last three years. If it has been more than three years, the Soldier must attend the entire nine-week course.

Soldiers may not volunteer if they have been notified of a future deployment. Federal and state deployments will take precedence over this program and/or the follow-on Summer Surge period commitment. **Additional information is available at www.ARNGBattleSergeant.com.**



RSP DRAFT SOP

The RSP SOP provides states with 11 Chapters of fundamental RSP functions that provide operational, administrative and logistical techniques, tactics and procedures (TTPs) for starting or improving the state program. Chapter 1 is an introduction to the RSP and outlines the goals and purposes of the RSP Program. Chapters 2, 3 and 4 cover the roles and responsibilities of all assigned personnel, Cadre selection and training and the planning, preparation and execution of basic RSP operations. Chapter 5 incorporates the RSP Administration on two levels, the RSP site and the State Headquarters. The Vulcan database and the Director's Strength Readiness Overview (DSRO) functions are important tools in the RSP and are explained in Chapter 6. Chapter 7 outlines the successful

reception and integration of newly assigned Soldier into the RSP. Chapter 8 demonstrates a typical site-level RSP drill weekend from administrative functions to training implementation. The IET Standardized PT Program that is utilized in IET is outlined in Chapter 9, ensuring the Warriors are physically prepared for the rigors of IET. Chapter 10 lists the requirements, procedures and personnel needed to effectively execute RSP shipping procedures while ensuring packet quality control. Chapter 11 ensures the Warriors are prepared for the transition from the RSP to their unit of assignment. This SOP can serve as the foundation for a developing RSP or can enhance an existing RSP since it was compiled based upon observations and best practices from proven programs nationwide.

BCT SOLDIER/FAMILY CONNECTION KITS

Connection Kits were designed to promote and facilitate communication between Soldiers and their families while the Soldier is at their Initial Entry Training (IET). The objective is to make it easier for the Soldiers and families to stay in touch and remain connected while they are away from home. Soldier and family feedback has shown that effective communication promotes morale and sustains Soldier/family member commitment to the ARNG and its mission. These kits have been developed to promote Soldier/family member communication and interaction during BCT. The BCT Kit goes to ARNG recruits en route to BCT to provide encouragement and focus during their rite of passage into the Guard. All of the cards include motivational phrases and positive images that help keep the recruits in a positive mindset during training. Each card also has customizable format to inspire the sharing of their experience with the family members awaiting their return. A BCT journal is included

to make it easy for recruits to capture their thoughts and memories of their time in BCT. The BCT Kit includes:

- 25 flat cards and envelopes
- 20 (10 designs): 3 per phase
- 3 coaching cards
- 5 self-mailers (5 designs)
- 1 plastic sleeve for insertion in the Battle Book
- 1 Way of the Warrior journal
- 1 instruction card





09L—LANGUAGE AND CULTURAL SPECIALIST PROGRAM

The ARNG 09L program, a program that has high visibility at the SECARMY level, recruits Arab-Americans (legal permanent residents or U.S. citizens) to mobilize with mobilizing ARNG units to OIF/OEF as interpreters.

After implementing three pilot States (CA/MI/TX) just over a year ago, the successful program has produced 59 total enlistments and is in the process of expanding to three additional states to increase overall accessions.

Responsibilities of managing this program are to ensure 09L Soldiers are recruited, provide English or native language schooling, attend BCT/AIT, mobilize with an ARNG unit for one year directly after training, and finally return to their state JFHQ to perform as a 09L Recruiter's Assistant/Cultural Advisor for the second year of a DA Mobilization order. POC: CPT Russell Long, (703) 869-5407, russell.a.long@ng.army.mil

FREEDOM SALUTE

The Freedom Salute campaign recognizes deserving Soldiers, family members, friends, employers, centers of influence and other very important people for their contributions to the ARNG. It increases awareness in the community of ARNG Soldiers. Items included in the Freedom Salute Program are a U.S. Flag folded and displayed in an elegant display box, a certificate honoring the Soldier's service, a coin and a medallion with a display box. There is also a ring for Soldiers that have been

deployed multiple times and a clock for their spouses.

POC: MSG Booher, (703) 607-1334



ADVERTISING BRANCH

NATIONAL GUARD BIRTHDAY HANDBOOK

NGB-ASM is distributing a birthday handbook containing information on leveraging the event as a recruiting and retention tool. The handbook is a guide for organizing the ARNG's 371st Birthday. Included are tips on creating press releases, cake-cutting ceremonies and leveraging the media to catalyze recruiting and retention. The handbook is distributed to all RRCs, PAOs and State Marketing Reps. It arrived in July 2007.

2007 SUMMER NATIONAL MOVIE THEATER CAMPAIGN

NGB-ASM ran a national theater advertising program during the months of June and July. This program capitalizes on the large audience during the summer months, exposing them to a positive Guard message with screen slides and a two-minute film "Citizen Soldier." The slides were shown prior to the "Citizen Soldier" film and feature high-tech animation of Soldiers wearing the dress blue uniform. Movie theater advertising is an effective way to influence the youth and influencer markets when high school is on summer break. Summer vacation combined with hot action films during June and July ensures movie-goers saw and learned about the ARNG.

2007 WINTER NATIONAL MOVIE THEATER CAMPAIGN

NGB-ASM is currently working on producing a new long-format commercial that will be released in theaters during the 2007 winter holiday season. The commercial will feature a song by a prominent American band as the soundtrack. This commercial will be the most sophisticated and ambitious endeavor undertaken in the Guard. Casting call for Soldiers to participate in the filming was published in June 2007. Casting call information is available on the Virtual Army. Filming starts late August or early September. The winter theater campaign will start late November 2007.

NCOIC MISSION ZONE ACCOUNTS/ NON QUICK START TRAINING ATTENDEES

NCOICs who have not been through Quick Start training have been temporarily approved to receive 2,500 credits and 200 additional credits for each of their team enlistments. Upon successful completion of Quick Start, those NCOICs receiving an initial load of 2,500 credits will receive an additional 7,500 credits—the balance of the standard initial load. Quick Start training is being planned for autumn. Any NCOIC who fails to attend training will have their Mission Zone account closed until fulfilling AT requirement.

To open an NCOIC account, visit www.guardmissionzone.com and click on the link: "If you have not created a Mission Zone account CLICK HERE to create one."

- 1) Fill in the fields. Note, the username and password cannot include any part of the NCOIC's name or common Guard phrases/words; it must be unique.
- 2) Once complete, click "Validate Account."
- 3) Next, the address verification stage will appear; NCOICs must confirm by clicking "Save" at the bottom of the page.
- 4) Check for error messages written in red at the bottom of the screen. Correct any info, and click "Save."
- 5) When the account is created, the following message appears at the bottom of the page, "Your account has been credited 2,500 credits."
- 6) NCOICs can begin ordering with the initial 2,500 credits. If NCOICs have problems, they should contact the Mission Zone at: techsupport@docupak.com



COURTESY OF DOD / ARNG

RSP Warrior's Fast Track Program to 2LT

By Christian Anderson

In March, Marion Military Institute (MMI) held its first annual Knight-Fox Challenge, which pitted 238 RSP (Recruit Sustainment Program) Warriors against each other in a four-day event. The Knight-Fox Challenge was developed as a recruiting tool for Army National Guard RSP Warriors and saw much success this year. It took place as part of MMI's "National Guard Day," held annually to highlight the Guard's role in the War on Terror, as well as domestic service efforts. "National Guard Day" is a demonstration courtesy of multiple Guard units and is used by State Officer Strength Managers to inform recruits about the two-year commissioning program at MMI.

The event was precluded by Alabama Adjutant General MG Mark Bowen's speech to the students the first morning. MG Bowen covered the importance of the Guard and emphasized its vital role in protecting our country in Afghanistan and Iraq. After the speech, the Warriors viewed displays of Guard equipment and a demonstration by the MMI Swamp Fox paramilitary organization (Swamp Fox), which repelled an "enemy assault." Swamp Fox is comprised of elite MMI cadets and their demonstration left a big mark on the students.

"The purpose was to give them a view of what it will be like to live at Marion for two years," said 2LT Andrew Cole, Officer Strength Manager for the TNARNG. 2LT Cole accompanied RSP Warriors from Tennessee and saw firsthand the professionalism of the MMI cadets and faculty.

MMI, established in 1842, is the oldest military junior college in the country and has produced 204 generals and admirals for the U.S. Armed Forces. One of only five military junior colleges, it boasts a 2006 class of 46 Early Commissioning Program (ECP) graduates as second lieutenants in the U.S. Army Reserve and National Guard.

The ECP allows qualified candidates to receive a commission after two years, when they join the U.S. Army Reserve or National Guard, while accruing time in grade and service. 2LT Cole believes the program is outstanding. "If we send them to Marion Military Institute, they will return to Tennessee as a second lieutenant in 24 months. This is an excellent commissioning source and an outstanding opportunity for these highly motivated Soldiers," proclaimed 2LT Cole.

During the Vietnam War, Congress approved a program to meet specific strength requirements and allowed military junior colleges, including MMI, to commission cadets as second lieutenants. The ECP requirements have changed over the years, but MMI has consistently produced skilled second lieutenants for the Guard.

2LT Cole is especially pleased with the success that the TNARNG has had with the Recruit Sustainment Program (RSP). RSP prepares recruits for their future both in basic training and military life. "Everything that they train at RSP is . . . geared toward what they need to know at basic. RSP is probably the most important thing in a new Soldier's life," exclaimed 2LT Cole. "Our [annual] pipeline loss rate went from 30 percent down to 7 or 8 percent. RSP has proved a necessary tool." **GX**



TNARNG RSP Warriors prior to their flight to MMI.

SFC MICHAEL OWEN

Highway Hero

Iowa Soldier Saves Civilian Truck Driver





By SFC Clinton Wood, 1/34th BCT Public Affairs

An Iowa Army National Guard Soldier saved a civilian truck driver's life after a roadside bomb struck the driver's truck last summer in the Al Anbar Province.

For his actions, SGT Joedy Dennis, a squad leader for the Iowa Falls, IA-based Company C, 1st Battalion, 133rd Infantry Regiment, recently received the Army Commendation Medal with Valor.

The morning of June 11, 2006, while SGT Dennis' Convoy Escort Team was escorting a group of supply trucks from Camp Korean Village in western Iraq back to their home base, the bomb detonated near a temporary highway bypass known for numerous successful bomb strikes. The bomb struck the passenger side of a semi truck tractor hauling a fuel tanker.

SGT Dennis' Humvee was several vehicles deep in the convoy and directly in front of this truck. None of the Soldiers in his Humvee were injured in the blast, but the truck driver's status was unknown.

SGT Dennis, of Alden, IA, directed his Humvee's driver, SPC Matthew Kelm, to turn around to move back and assess the situation.

"As I directed our truck back to the tanker, I noticed the cab catching fire and the driver lying beside [the tractor trailer] on the ground," said SGT Dennis. "Thinking the truck would blow up at anytime, I told my driver to stop."

SGT Dennis exited the Humvee with his M-4 rifle and combat lifesaver bag. He ran about 50 meters to the downed driver. En route, he said he heard several small explosions near the burning truck, from the extra 5-gallon fuel cans on the truck.

"At the time of the smaller explosions, I noticed that the driver never moved and assumed he was unconscious," SGT Dennis said. "As I arrived at the truck, more small explosions were happening so I just grabbed the driver and began dragging him away."

SGT Dennis and SPC Kelm approached the unconscious driver, knowing they were both putting their lives on the line because the area is known for secondary bombs. SGT Dennis noticed the man had blood coming from his nose, ears and mouth, and was unable to move under his own power. 2LT Jared Gevock's sworn statement said a medic with the convoy, SPC Daniel Morse, quickly arrived on the scene and said the driver was starting to go into shock and had suffered "concussion-like symptoms."

SPC Morse, SGT Dennis and SPC Kelm loaded the driver into their Humvee and moved him to a site being prepared where a helicopter would medically evacuate the man. The three Soldiers stayed with the injured driver and SGT Dennis administered initial lifesaving care while they waited for the helicopter to arrive. The driver was safely loaded up and evacuated shortly after.

SGT Dennis said he has had to perform life-saving procedures three times as a civilian. "Once an individual trains enough and finds himself sometimes in the right place at the right time, it becomes kind of natural to be able to react," he said.

"Someone was hurt and hurt bad, and it's our job to take care of these working men trying to make a living for themselves and their families."

2LT Gevock wrote in his statement, "The driver would have been burned severely and possibly could have been killed if SGT Dennis did not act fast." **GX**



BLAST IN THE DESERT Soldiers with C Company, 1st Battalion, 133rd Infantry Regiment assess the scene following an IED attack on their convoy June 11, 2006. SGT Joedy Dennis, one of the Humvee truck commanders, helped rescue the driver of the fuel tanker.

COURTESY OF 1ST BATTALION, 133RD INFANTRY REGIMENT



Why We're There: Iraq

By Chris West

Iraq. The Sandbox. The Fertile Crescent. Mesopotamia. Babylon. The Cradle of Civilization.

Whatever you choose to call it, the land surrounding the Tigris and Euphrates rivers has been a focus of conflict for longer than humankind has recorded its history. It's geographic location, straddling major land routes between east and west, its vast oil reserves and the fact that it contains the majority of the arable farmland available in the Middle East have ensured that this ancient land has seen more war than almost any other place in the world.

From ancient Sumeria to the terrible rule of the Baathist regime, Iraq's history is one written in blood. Despite the birth of civilization between the two rivers, despite the first development of a written language and a code of laws, this land's history has largely been created by conquering empires, dictators and military strongmen. There have been periods of peace and prosperity, to be sure, but even today, Iraq's future continues to unfold on the battlefield.

This is the situation as it currently stands, but that doesn't really help us understand how we got here. Given the ongoing political battles, media distortions and enemy propaganda that we're deluged with, it's often easy to forget why we're fighting this war. In order to help make sense of it all, *GX* offers the following primer on the history of Operation Iraqi Freedom.

Iraq's history stretches back past the dawn of recorded time, but for the purposes of this article, we won't go any further than WWI, when Iraq was part of the Ottoman Empire. The United Kingdom occupied the area during the fighting and in 1920 the "State of Iraq" was formed as a League of Nations mandate. King Faisal, the leader of the Arab Revolt during the Great War (featured in "Lawrence of Arabia") was proclaimed king. Officially independent in 1932, the monarchy retained power until a military coup (inspired and supported by the Egyptian president Nasser) in 1958. Officially, the country then became a republic, but in truth, the country was controlled by a series of military strongmen until the coalition invasion in 2003.

SSG RUSSELL KLIKA



The last of these dictators was, of course, Saddam Hussein. In 1979, President Ahmed Hassan Al-Bakr resigned and Saddam, his chosen successor, took power. Saddam's reign was marked by a brutal eight-year war with Iran that accomplished nothing other than shattering the Iraqi economy and driving the Kurdish population into open revolt. This revolt was brutally oppressed with tactics that included the use of chemical weapons on civilian targets. In August 1990, Iraq invaded Kuwait, prompting the international community to approve U.N. Resolution 678, which authorized military action against Iraq.

On January 17, 1991, the United States-led coalition of 28 countries commenced Operation Desert Storm. The war lasted only six weeks, and proved devastating for the Iraqi military and its civilian infrastructure. In April 1991, Iraq agreed to the U.N. terms for a permanent ceasefire that required scrapping all weapons of mass destruction (WMD) and long-range missiles, along with a U.N. inspection program designed to verify compliance.

For the next 12 years, Saddam Hussein's government systematically violated the terms of the ceasefire, denying access to inspection teams, violating no-fly zones, firing on coalition aircraft and even attempting to assassinate former President George H.W. Bush. On November 8, 2002, the U.N. Security Council unanimously passed Resolution 1441, offering Iraq "a final opportunity to comply with its disarmament obligations," as set out in previous resolutions. Failure to comply would result in "serious consequences." Iraq continued to defy these orders, but due to opposition from France, Germany and Russia, no U.N. action was taken.

In March 2003, the U.S. government announced that "diplomacy has failed" and that the United States would proceed with a "coalition of the willing" in order to rid Iraq of its weapons of mass destruction and overthrow Saddam Hussein and his Baathist regime. In October 2002, Congress approved the "Authorization for Use of Military Force Against Iraq Resolution of 2002." It's important to note, in light of the divisions of today's politics, that the resolution was overwhelmingly approved (House 296 yes, 133 no; Senate 77 yes, 23 no). The grounds for this action were cited thus: Iraq's non-compliance with the conditions of the 1991 ceasefire; development of WMD; the brutal oppression of its civilian population; its capability and willingness to use WMD against other nations and its own people (chemical weapons were used against Iranian troops and Kurdish civilians); their hostility toward the United States, as demonstrated by the assassination attempt on former President George H.W. Bush; their repeated firing on coalition aircraft; and Iraq's continuing aid and harboring of Al Qaeda and other international terrorist organizations. With this vote, the United

States and Great Britain, along with military aid from dozens of other nations, launched Operation Iraqi Freedom on March 20, 2003.

Iraqi forces were quickly overwhelmed and coalition forces occupied the country. On May 1, a little more than a month after the invasion began, President Bush declared "mission accomplished." Of course, Saddam Hussein was still at-large and significant pockets of resistance remained, but at that point the power of the Baathist regime had been destroyed. Now came the hard part—rebuilding Iraq as a true democratic government that could provide protection and freedom for all its citizens.

As mentioned before, Iraq's future is being determined on the battlefield, and yet, something has changed. For the first time, the people of Iraq—the farmers, fishermen, shepherds, the common citizens of Iraq—are beginning to chart their own course, to choose a better way of life. Despite the horror show that we continually see on the nightly news, the situation in much of Iraq is steadily improving. In 2005, historic elections with massive voter turnout established a new constitutional government that provided representation for all of the peoples of Iraq. Under the authority of this new government, with the assistance of the international community, Iraqi troops and Iraqi police are beginning to take over the responsibilities of enforcing the rule of law throughout the country. To date, seven of the 18 Iraqi provinces have been turned over to Iraqi control. As of June 2007, 95 Iraqi army battalions are taking the lead in counter-insurgency operations. Coalition forces continue to provide support, but these troops are now at the forefront of combat operations in more than half the country. This is real and measurable progress toward independent self-rule.

Progress is difficult and halting, but the country is moving forward. Seventy-eight percent of all insurgent activity is limited to four provinces in central Iraq. The rest of the country is relatively peaceful. In the northern Kurdish regions and in the south, violence has dropped significantly and polls clearly show that the citizens of these provinces feel much safer in their homes and neighborhoods.

The future of Iraq is by no means certain. Al Qaeda continues its deadly insurgency, sectarian violence continues to flare up, and interference and pressure from other countries opposed to a free and independent Iraq continue to cause problems. This war is far from over, but despite these hurdles, if the international coalition can maintain its will to fight, Iraq stands a good chance of succeeding in establishing itself as a responsible member of the international community and a valuable ally in the Global War on Terror. **EX**

Sources: CIA World Fact Book, DoD Web site, Wikipedia

SSG RUSSELL KLIKA



Choosing a Major: How to Make an Educated Decision

By Johanna Altland
Grantham University

If you're thinking about going back to school, but aren't sure what to major in, there are several factors you should consider before deciding. One of the most important is: What would you like to do with your future? What will make you happy? Do you want to become a corporate manager, or maybe an IT specialist? The second thing you should consider is the employment outlook for your field of choice. Does the position pay well, how competitive is the job market and is their room for growth in the industry? All of these items will have a big impact on your future.

Let's take a look at some of the fastest-growing occupations, the type of education and training typically required for each one and the employment outlook.

HOME HEALTH AIDES

Home health aides is one of the fastest-growing occupation fields, but the pay is typically low and the hours vary depending on the type of work performed. This position is desirable

because not much education is required—60 percent of aides have a high school diploma or less. Education mostly consists of on-the-job training, but training is also offered at vocational schools and community colleges. Over the next 10 years, the industry expects 350,000 new job openings. Salary ranges between \$8.42 an hour to \$11.29 an hour. Generally, additional training and education are needed for advancement to other health-related fields. Being a home health aide can be rewarding because you're improving someone's quality of life.

NETWORK SYSTEMS & DATA COMMUNICATIONS ANALYSTS

Network systems and data communications analysts positions comprise the second fastest-growing occupation, with 126,000 new jobs expected by 2014. It's also one of the top-five fastest-growing IT positions. The level of education required varies from associate degree to doctoral degree, but typically, you need a bachelor's degree in the area of computer science, computer engineering, information science or management

information systems. Continuing education is also strongly emphasized because of rapidly changing technologies. Positions in this field include: computer scientists, telecommunications specialists and database administrators. Starting salaries range from about \$52,300 to about \$85,190, depending on your level of education. As we move toward a more technologically advanced society, positions in technology will always be in demand.

MEDICAL ASSISTANTS

The term medical assistant is sometimes confused with a physician assistant, but they're very different. Medical assistants help with administrative and clinical duties such as answering the phone, and filling insurance forms and medical records. Most employers in this field look for some type of formal education, such as a certificate or associate degree in medical assisting. With additional education, many move onto other healthcare fields, like nursing. In 2004, six out of 10 medical assistants worked in a physician's office, while the rest were divided among hospitals, other healthcare practitioners and outpatient care facilities. The field of healthcare is growing rapidly because of our aging population, so these jobs will be in demand as new healthcare centers open and hospitals expand. Salaries range from \$21,930 to \$27,490.

PHYSICIAN ASSISTANTS

While medical assistants deal mainly with administrative duties, the physician assistant (PA) receives formal training to take medical histories, examine and treat patients, order and interpret laboratory tests and X-rays and make diagnoses. PAs are required to complete a two-year education program, obtain a license to practice and be re-certified every six years. Many applicants for PA educational programs already have a bachelor's degree in pre-med with experience as a nurse, paramedic or emergency medical technician. Jobs are expected to increase in this field, with the highest concentration of positions in rural and inner city clinics. According to the American Academy of Physician Assistants, about 15 percent of

Education That Fits Your Life & Schedule

Distance education is rapidly becoming the most convenient alternative for those seeking to earn a college degree and those contemplating a career change. As a working adult, a stay-at-home parent or a military service member, juggling your many responsibilities can be time-consuming. Online learning offers a chance to have the classroom come to you, on your own time.

When choosing an online school, consider your long-term goals. Below are some questions to ask yourself when deciding on a school:

- How long does it take an average student to complete their degree?
- How much will each class cost? Are books and software included?
- Can college classes I've already taken, military service and even previous work experience count toward my degree?
- Am I required to "log in" to a class at specified times during the week?
- Are library resources and mentoring services available at no extra cost?
- Does the school offer scholarships or accept tuition assistance?

Online learning isn't for everyone, but it's a great option for those who want to fit education into their life instead of arrange their life around their education.

Remain Stress-free During the Back to School Rush

Let's face it—the “lazy days” of summer aren't so lazy anymore now that we are entering back-to-school season. Between work, school, social activities, taking the kids to the pool and shopping for school clothes, it's easy to get overwhelmed. Below are a few simple tips to help you in your professional and personal life:

CREATE A ROUTINE AND STICK WITH IT.

Creating routines will help you manage your time between work, play and school. Routines help us establish familiar patterns that enhance our productivity. A routine can be as simple as organizing your day-planner every morning, or as complex as setting a strict schedule for the day and sticking to it.

PRIORITIZE THE RIGHT TASKS.

Decide what's most important to you and your well being, and pursue those tasks with vigor. Prioritize your tasks and complete the ones due earliest first. Don't leave time-sensitive projects, like planning a family vacation, back to school shopping or organizing a party, to the last minute. Try to take time to work on these in conjunction with your everyday tasks.

MERGE SIMILAR TASKS.

You can save time by completing multiple errands at once, like going to the library, grocery shopping and picking up dry cleaning. Repeating trips and tasks because of poor planning is not only time-consuming, but potentially costly.

UNDERSTAND YOUR LEARNING STYLE AND APPLY IT TO YOUR STUDY TIME TO MAXIMIZE EFFICIENCY.

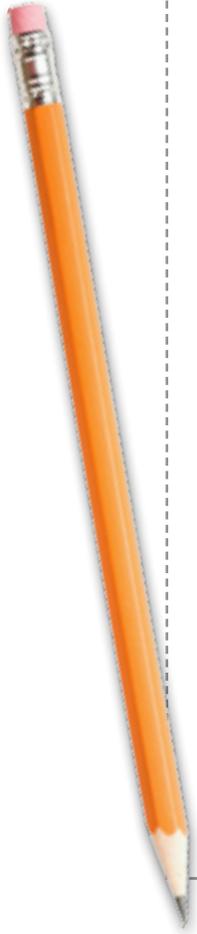
Everyone has their own way of learning. Some are visual, some are hands on and others combine several methods. Whatever style fits you best, use it. There are many Web sites available with resources and mini-quizzes to help you determine your learning style.

MAKE TIME FOR YOURSELF.

Your own personal happiness is important for your quality of life. While assignment and projects matter, it's also essential for you to take time to do things you enjoy. Make time for your favorite shows, have dinner with loved ones, take a moment and lose yourself in yourself. When you come back, you will find that it's easier to focus and stay on task.

KNOW YOURSELF AND WHEN YOU OPERATE BEST.

Whether you're a night owl or an early bird, you probably have a time of day when you function best. If you're sluggish or groggy in the morning, you could reserve this time for simple tasks like grocery shopping or organizing. In the evening, when you're more awake, dive into the books. By scheduling events reflect how you operate, you'll create a plan that fits your lifestyle.



PAs worked in more than one clinical job concurrently in 2004. The median salary for PAs is \$69,410.

COMPUTER SOFTWARE ENGINEERS

As with the field of network systems and data communications analysts, computer software engineers are becoming more and more in demand. A bachelor's degree in computer science, software engineering or computer information systems is usually required, but the learning doesn't stop there. Because of rapidly changing technology, continuing education is a must to remain current in the field. Positions in this field are expected to increase by 48 percent over the

next decade. Salaries range from \$68,440 to \$91,390, depending on experience and education.

As you can see, among these top occupations, salaries and employment opportunities vary greatly. Before deciding on a specific degree, it's important to research the available career opportunities. The path you take can have a big impact on your future. With the availability of the Internet, there's no excuse not to arm yourself with the information you need to make an educated decision about your major. **GX**

*Information in this article was taken from the Bureau of Labor Statistics, www.bls.gov.

Resources for Career Research

- Bureau of Labor Statistics : www.bls.gov
- Career InfoNet: www.acinet.org/acinet
- Salary.com: www.salary.com
- CollegeGrad.com: www.collegegrad.com/careers
- Monster Career Advice:
<http://content.monster.com/home.aspx>
- Vault: www.vault.com

Your Guide to Army Jargon

By SSG Heather Allen

When a civilian joins the National Guard, hearing the Soldiers at drill talk their “Army lingo” is like trying to understand a foreign language. It’s so full of acronyms and words you never hear, it’s easy to get lost.

As your time in the Guard passes and you’re around your fellow Soldiers more and more, you find yourself starting to speak this foreign language. What we do not think about, however, is how we can talk to one another and leave our family and friends scratching their heads wondering, “What the heck did they just say?”

GX has decided to make this easier for the Soldiers’ loved ones by creating a guide of commonly used military phrases and acronyms. We hope it helps.

We change out of ACUs to conduct PT.

His new shoes are high-speed.

SLANG:

- Ate up** – something or someone is seriously messed up
- Bolo** – you failed a test
- Civvies** – your civilian clothing
- Front leaning rest** – you’re in the push-up position
- Full battle rattle** – all of your combat gear
- High-speed** – a Soldier who is highly skilled and motivated. This can pertain to objects, such as, “His new shoes were high-speed.”
- HOOAH** – “I’m ready; I understand”
- “Lifer”** – a career military member
- “See you in a few mikes”** – see you in a few minutes
- MOB** – the short way to say mobilization
- Re-up** – to re-enlist
- Roger** – “I understand”
- Square away something** – get it organized or make it right

See you in a few mikes!

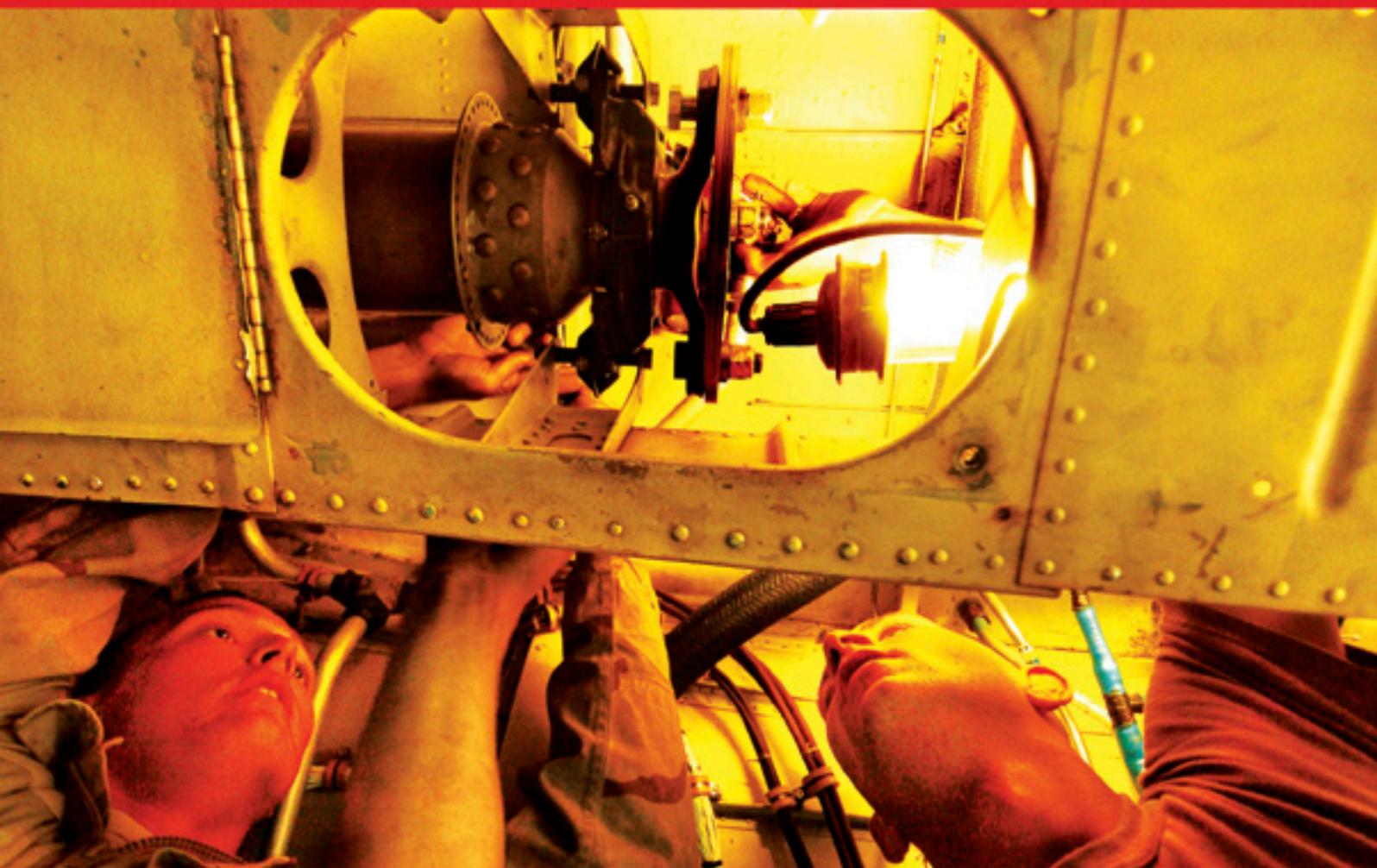
How did you score on the APFT?

ACRONYMS:

- AAFES** – Army and Air force Exchange Service . . . this is also called a PX (post exchange) or a BX (base exchange)
- ACU** – Army Combat Uniform
- AIT** – Advanced Individual Training
- APFT** – Army Physical Fitness Test
- AWOL** – Absent Without Leave
- BAH/BAQ** – Basic Allowance for Housing/Quarters
- CONUS** – Continental United States
- DFAC** – Dining Facility, also known as a chow hall or mess hall
- DFAS** – Defense Finance and Accounting Service
- ETS** – Expiration of Time of Service
- FOB** – Forward Operating Base
- FOUO** – For Official Use Only
- FTX** – Field Training Exercise
- HALO** (for all you gamers) – High-Altitude-Low-Opening. This is a type of parachute jump.
- MEDEVAC** – Medical Evacuation
- MIA** – Missing in Action
- MRE** – Meal Ready to Eat
- NBC** – Nuclear, Biological and Chemical
- NCO** – Non-commissioned Officer
- OCS** – Officer Candidate School
- OPFOR** – Opposing Forces
- OPSEC** – Operations Security/Operational Security
- PMCS** – Preventive Maintenance Checks and Services
- PT** – Physical Training
- ROTC** – Reserve Officer Training Corps

My son is stationed in Iraq at FOB Bernstein.

Vehicle maintenance...critical.
Heart maintenance...lifesaving.



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TAA: Serving Those Who Serve



HELPING FELLOW SOLDIERS
SGM (ret.) Mike Goodrich continues his service as the Transition Assistance Advisor for the State of Tennessee.

By Banks Shepherd

For years, service members and their families have been rewarded for their service with benefits from the government, like career counseling or healthcare coverage.

While repaying our military members is a worthy endeavor, many don't realize these benefits are available. And even when they do, they don't fully understand how to use them.

This is where the Transition Assistance Advisor (TAA) program comes in to help.

The TAA program advises members of the National Guard and their families in obtaining Veterans Affairs (VA) benefits and various healthcare services.

The initiative for the program began in May 2005, when the National Guard Bureau signed a memorandum of agreement with the VA to help Soldiers gain a better understanding of the benefits available to them. Today, each state/territory has one person as the TAA statewide point of contact.

Tennessee's TAA, SGM (ret.) Mike Goodrich, for example, knows plenty about serving others.

Goodrich has been in the business of serving his country since he joined the National Guard in 1967. He has served on

two overseas tours with the Guard, as well as numerous stateside assignments. So, when he retired from the Guard in January 2004 after 38 years, you would think he was done with the whole service thing, right?

Wrong. In fact, Goodrich was just getting started.

For the past three and a half years, Goodrich has been serving as Tennessee's TAA. With over 90 percent of the TAA program made up of Veterans like Goodrich, he believes the program is all about educating and helping fellow Soldiers.

"The old Army slogan is, 'We'll never leave a comrade behind.' That is kind of what this is," Goodrich said in a recent *GX* interview. "We want to reach out and touch everybody and make sure they know what their entitlements are."

In order to reach out to every Soldier, TAA representatives travel the world, to mobilization sites and Guard leadership conferences, to meet the needs of individual service members and their families.

The efforts of the TAAs have been very successful in its first few years. Goodrich says he has helped a wide variety of Soldiers, from those currently serving to Veterans of the Vietnam War, discover benefits they most likely couldn't find on their own.

"Some of the most rewarding things are people telling me, 'I followed up and did what you told me to do. First, I only got 10-percent disability and now you've told me what to do and how to do it, and I'm drawing 50-percent disability,'" Goodrich shared.

And that's just the beginning. Your state TAA can help find benefits regarding Guard entitlements and access for healthcare, dental care programs, and referral for possible compensation for injury or illness sustained in combat. TAAs can also aid in locating insurance information needed to help Soldiers return to a civilian lifestyle.

In addition, the TAA provides assistance with job searches and connections to the Employer Support for the Guard and Reserve (www.esgr.mil).

Goodrich feels privileged to work with the TAA program. His greatest satisfaction, out of everything, is knowing that every Tennessee Soldier is taken care of when they are done with their service.

"You don't get many 'thank-you' phone calls," said Goodrich. "The way I measure success is when you help someone and they don't call you back."

To locate your state TAA, contact your state headquarters. **GX**

STUDENTS: Go Guard & Say Goodbye to \$tress



By Amanda Powers

If you are a high school junior or senior (or know one), then you can understand that the prospect of college can be an emotional experience. Leaving home and becoming more independent can be exciting and nerve-racking all at the same time. Although the time spent at college is supposed to be fun and new for students, it's not always an easy road to get there. There are many aspects of college that are important to consider such as location, grade requirements and the majors that are offered. Often, the main obstacle is the high cost of tuition.

How will you pay for this? What should you do now?

The Army National Guard (ARNG) provides financial assistance to students who wish to attend college and enlist in the Guard. Two major scholarships include the Guaranteed Reserve Forces Duty contract (GRFD) and the Dedicated Army National Guard scholarship (DedARNG).

GRFD and DedARNG scholarships are for full-time students. After the applicants graduate, they will begin a new Military Service Obligation (MSO) contract and serve eight years in the Guard, which includes training.

There are 324 DedARNG scholarships given out each year (six in each state or U.S. territory) and they cover full tuition. The recipients also receive up to \$900 for books and they will be paid a monthly allowance in the following amounts: \$350 during sophomore year, \$400 during junior year and \$500 during senior year. Grad students can also apply if they have only two years remaining until they graduate.

Not only can you receive an allowance per month per year, you can also receive drill pay of a sergeant, approximately \$225 per month (unless you are already in the ARNG and have a rank higher than a sergeant) as a Simultaneous Membership Program (SMP) participant.

"The SMP program helped me to become a better leader . . . [and it] taught me about operations from the squad level all the way to the battalion level," said 2LT Nick L. Corley, a graduate from Clemson University (Fighting Tiger Battalion) and a proud member of Bravo

Company, 1st Battalion, 118th, Infantry (Mechanized). "The program also helped me to learn my branch before I reported to BOLC (Basic Officer Leadership Course) II; I was able to lead platoon attacks and act as a Bradley Commander. I recommend the SMP program to anyone en route to becoming an officer."

The GRFD scholarship is similar to the DedARNG scholarship, but it is mainly for students entering their junior year of college with a GPA of 2.5 or higher. They also must join the SMP of a Reserve Officer Training Corps (ROTC) unit on their campus. GRFD recipients are funded up to \$28,000 per year for tuition and receive \$600 for books. They are given a ROTC pension for 10 months of the year at \$350 per month during their junior year and \$400 per month during their senior year. As a member of the Guard, they will also receive drill pay.

If you receive one of these scholarships, you must be involved in the SMP with an ARNG unit while in school, and have a letter of acceptance from Guard unit stating that they will accept you in an SMP status.

THE MAIN BASES TO COVER:

- Must be a U.S. citizen
- Have a minimum high school GPA of 2.5
- Have a minimum score of 920 on the SAT or 19 on the ACT
- Must complete the ROTC Basic Course requirements or Basic Training
- Must be medically and morally qualified

To find out further info on the scholarships, call **1-800-GO-GUARD** to speak with a recruiter. Or, visit **1-800-GO-GUARD.com/hoc** and chat online with a Soldier. They will be happy to help you out.

By applying for a Guard scholarship, you can reach your goals and greatly reduce the cost of college. Don't let the high price of tuition stand in your way of a great education. A college degree has nothing but a positive payoff. So go ahead, build your future; invest in the Army National Guard. **GX**

GMAC QUICK TIP #34

WHAT YOUR CREDIT REPORT SAYS



- ✓ Do you pay your bills on time?
- ✓ How many credit obligations (such as credit cards and loans) do you have?
- ✓ What is the total amount of credit that has been extended to you?
- ✓ How much do you actually owe on all your accounts?

For more tips, visit:

1-866-Go2-GMAC.com and click on SmartEdge.

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Test Your Insurance IQ

7 Brainteasers to Show How Much You Know

Courtesy of USAA

Are you confident you have the right insurance to protect you from life's little—and big—emergencies? You might be surprised. Take this quiz and find out where you stand.

FACT OR FICTION?

1 A flash flood swept through your living room, ruining your carpet and damaging an antique wooden trunk filled with family photographs. Your homeowners insurance will pay for all the damages.

Fiction. Your homeowners policy does not include flood coverage. In general, only policies issued through the National Flood Insurance Program provide coverage for damages from flooding at your home.

2 Your 18-year-old son wrecked his 1996 Chevrolet Cavalier. His auto liability insurance will pay for the repairs.

Fiction. Generally, auto liability policies provide coverage only to third-party vehicles—those operated by other drivers—in an accident. Your son would need collision insurance to pay for the damages to his car.

3 Your 1920s home has old plumbing fixtures that have corroded. Your homeowners policy will pay to replace them.

Fiction. Homeowners policies cover most major perils (like fires and windstorms), but don't include damages that consist of normal wear and tear, deterioration or mechanical breakdowns of major appliances. You can purchase a home warranty plan for those types of problems.

4 You live in south Florida, where a hurricane hit your beach house. You realize that because hurricane coverage is provided by a separate policy through the state wind pool, most hurricane-related damage isn't covered by your homeowners policy. But, your homeowners insurance will pay for food spoilage.

Fact. In areas with state-sponsored wind pool programs, your homeowners policy may exclude coverage for windstorm and hail damage. In most cases, your homeowners policy will pay for perishable items that spoil due to power loss or mechanical failure. And don't forget, flood insurance requires a separate policy.

5 If you have liability, comprehensive and collision insurance on your car, you don't need to buy extra insurance when you rent a car on vacation. Your own insurance will cover the rental.

Fact. In most cases, this is true. But there are some exceptions, depending on your policy and the coverage rules that apply in your state. However, one thing that's consistent is that most policies don't cover car rental outside the United States.

6 Your homeowners policy will cover you if you accidentally spill bleach on your antique oriental rug.

Fiction. Personal property under the homeowners policy is only covered for certain types of losses specifically listed in the policy. Broader coverage can be provided by the Valuable Personal Property policy, formerly called the Personal Articles Floater, which provides coverage for many other types of loss.

7 If your apartment goes up in flames, your landlord's insurance will not cover your belongings.

Fact. In most cases, your landlord's insurance covers the building—not the personal possessions you have inside of it. To cover your belongings, you'll need renters insurance, which covers theft or damage from fire, flood and other specified perils. **GX**



Wild and Wacky Insurance Stories

Here are some unusual reports from one insurance company.

A PIECE OF PRESIDENT LINCOLN

Would you insure a bloody cloth? Probably so, if it were worth \$5,000. And that's exactly what one member set out to do after obtaining a bloodstained swatch that came from a dress worn by 19th-century British actress Laura Keene.

Keene willed the dress to her daughter, who eventually sold three of its swatches at auction. Why? Keene wore the dress while performing at Ford's Theatre on April 14, 1865, the night President Lincoln was assassinated. The bloodstains reportedly came from Lincoln's fatal wound. The insurance company took on the task of verifying the item's \$5,000-value when the member called to request a Valuable Personal Property policy.

Using the Internet and reference guides, company underwriters tracked down a Lincoln memorabilia collector who owned one of the three swatches. Though the collector didn't disclose the cost, he verified that it exceeded \$5,000. Determining insurance risk was trickier because the swatch qualified as a rarity requiring official documentation. The company connected the member with the collector, who offered to help with authentication.

FASHION STATEMENTS

People have entered claims for some rather distinctive jewelry over the years:

- a ring featuring an eyeball
- a Native American necklace, circa 1864, of bear claws and elks' teeth
- a necklace created from a howler monkey skull and jaguar teeth

Dental Health for All Ages

By MG (ret.) Dr. Patrick D. Sculley, D.D.S.

Dental experts recommend that a baby's first oral exam occur when the first tooth appears, and no later than 1 year old. This exam should be the first in a life-long series of regular dental visits. Over a lifetime, areas of focus will change to reflect changing dental needs, but the underlying purpose remains constant: to preserve healthy teeth and gums for life.

Below is information about "normal" areas of focus and treatment at different stages of life. However, problems can arise. The best way to detect abnormalities is through regular dental exams.

THE FIRST FEW YEARS

At an infant's first dental exam, the dentist will provide the parents with diet and oral hygiene advice. Baby teeth, which appear over the first two years of life, are essential for proper nutrition and set the stage for the permanent ones that follow. One danger for infants is "baby bottle caries" (tooth decay). This condition can occur when the child is put to sleep with a bottle containing sugary liquid. Fortunately, it can easily be prevented with good oral hygiene and wise feeding habits. The dentist may also prescribe fluoride supplements if the water supply is not adequate.

During the toddler and pre-school years, exams should focus on preserving the baby's teeth. The dentist will look for early signs of decay and treat as necessary. Unfortunately, a recent report from the Centers for Disease Control indicates that decay is on the rise in children ages 2 to 5. The dentist will provide you with guidance on good oral hygiene.

ELEMENTARY SCHOOL

During the elementary school years, baby teeth and permanent teeth coexist. The first permanent molars come in at about age 6. The child's dentist may advise sealants to prevent decay on molars and other back teeth that appear between ages 6 and 12. Even with appropriate diet and hygiene, tooth decay can occur soon after eruption. Therefore, it's especially important to get regular exams during this period. It's also important to monitor the loss of the baby teeth and appearance of permanent teeth. The child may need treatment to prevent crowding and help develop proper alignment and "bite." If the child plays

a sport that could injure their face or mouth, the dentist should have a mouth guard constructed.

In middle school, cavities may become a greater problem as kids gain more control over their diet, especially if they choose sugary snacks over healthy foods. The dental team should continue to promote proper hygiene and diet, and treat cavities as necessary. This is also a good time for an open discussion between the parent, child and dentist about the negative effects of tobacco and oral jewelry. Also, some kids may try home tooth-whitening products, which can damage teeth and gums if used improperly. The dentist will look for signs of this and make recommendations.

During this period, gum disease can appear. Some kids will get gingivitis (inflammation of the gums) during puberty due to the interaction of fluctuating hormone levels and dental plaque. Fortunately, time and good hygiene are the cure.

HIGH SCHOOL

In high school and into early adulthood, tooth decay and gum disease continue to be concerns. It's important for parents to reinforce prevention and discuss risky habits with their children. At about 18, the third molars (wisdom teeth) come in, and some people develop problems that require removing them.

With regular preventive care and treatment, children should experience few problems, resulting in healthy teeth and a winning smile as an adult. However, many adults face an increasing risk of gum disease. The dentist will screen for this and treat it, but prevention remains the best strategy. With building evidence of a link between gum disease and medical conditions like diabetes, cardiovascular disease and pre-term delivery, it's more important than ever to maintain periodontal health.

These days, there are many ways to enhance the appearance of teeth. Everyone should undertake cosmetic dental services only after a thorough discussion with the dentist about expected outcomes, time involved, cost, maintenance and risks.

As children reach adulthood, systemic medical conditions may compromise health. Every oral exam should include a review of health history and medications taken—prescription and over-the-counter. The dentist



may detect systemic disease or note changes in the progress of disease. Additionally, medications can result in oral complications or affect the body's response to oral disease. A classic example is dry mouth (xerostomia), seen in several disease states and with several medications. The dentist will be able to note this condition and make recommendations.

Dental services are necessary at every stage of life. Specific needs may change with age, but the basics of good home care, proper diet and avoiding bad habits remain a constant. Good dialogue between dentist and patient is the starting point of oral health and a winning smile.

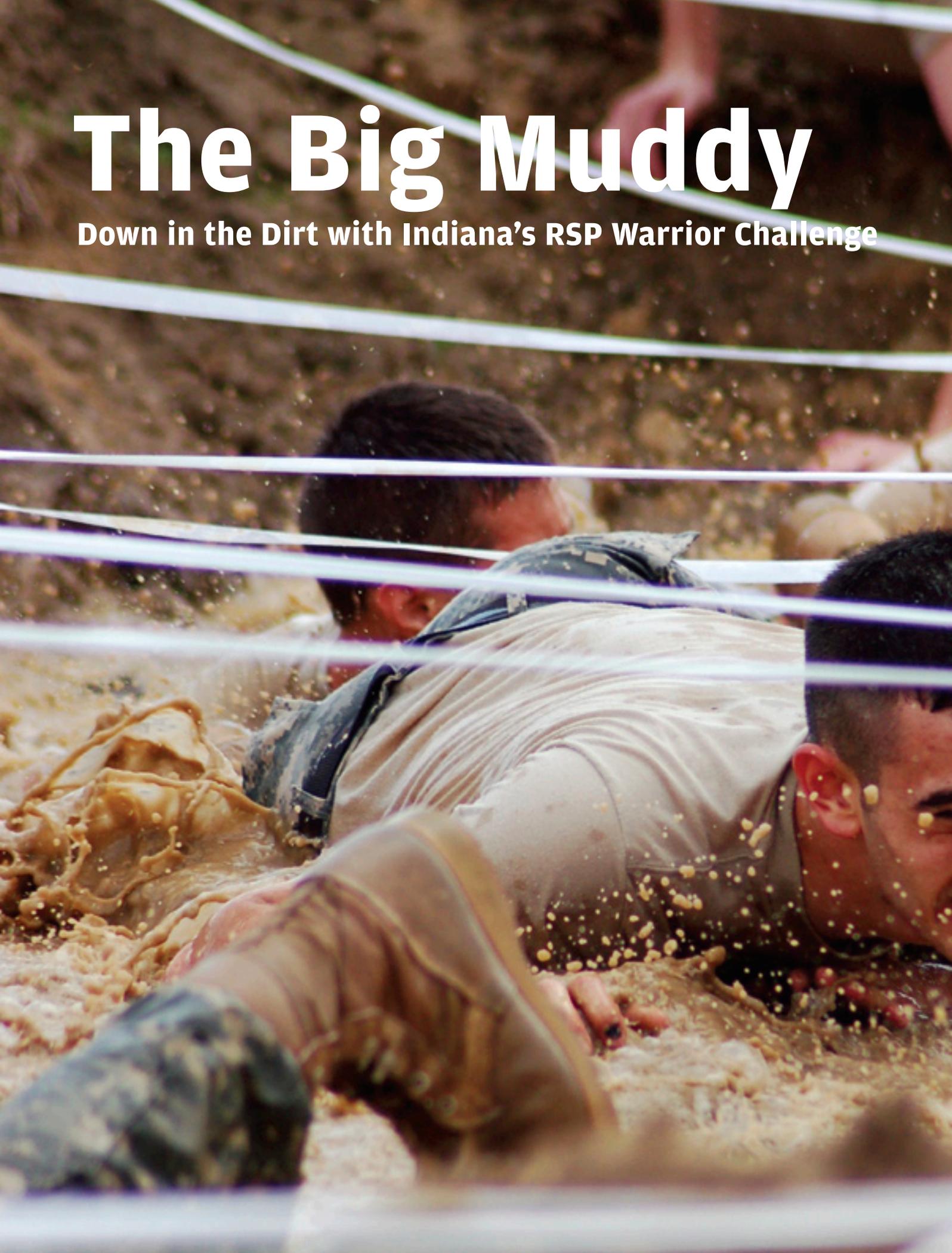
ABOUT THE AUTHOR:

Dr. Patrick Sculley's distinguished career includes Deputy Surgeon of the Army, Chief of the Army Dental Corps, Chief of Staff of the U.S. Army Medical Command (MEDCOM) and Commanding General, U.S. Army Center for Health Promotion and Preventive Medicine. He currently serves as the Director of Science and Technology for the Texas Center for Applied Technology of the Texas Engine ring Experiment Station under the aegis of the Texas A&M University System. He serves as dental fitness and oral health adviser to WinMil, LLC's dental readiness outreach projects. **GX**

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The Big Muddy

Down in the Dirt with Indiana's RSP Warrior Challenge



Story by CPT Tim W. Irvin
 Photos by MSG Jodie Stafford

I remember when I first joined the Army. I was eager to say the least, though, also nervous and a little scared. Not that I would have admitted to either at 19 years old. Now many, many years later, as I look at the mud-splattered faces of the future of the Army National Guard, I can't spot a bit of fear or hesitation. These kids-turned-Warriors have raised their hand and swore to defend our great country while we are at war. This particular group of Warriors hails from all over Indiana and, today, they have come to the Evansville armory to show they have what it takes to be Soldiers. They are competing in the Indiana Army National Guard's annual Recruit Sustainment Program (RSP) Warrior Challenge.

Over 120 new recruits broke into their teams and gathered around SGT Eddie Embry, the Non-commissioned Officer in Charge (NCOIC) and creator of the Warrior Challenge obstacle course. Earlier in the day, all the recruits were tested individually on general Soldier knowledge, drill and ceremonies, weapons handling, combat skills and the Army physical fitness test. Only the obstacle course remains, but this isn't your standard obstacle course. It was designed by SGT Embry and his creative—if not somewhat sadistic—thinking.

SGT Embry stands silent; his arms crossed with a mischievous grin across his hard face as the Warriors quietly wait for him to speak. He lets the silence linger a little longer as each Warrior squirms over what he has planned for them. Will they make it through the course? Will they let their buddies down? Did they train enough? Some will draw motivation from the thought of being victorious and earning the honor of having the traveling trophy placed in their armory. Though, trophy doesn't quite do this prize justice. This ain't your standard trophy. No cheesy brass plaques or plastic medals for these Warriors. No, they are fighting for the coveted Sword of the Templar. The weapon is an impressive 40-inch blade. Its mere sight conjures up images of crusades led by courageous medieval knights following a code of honor, sharing in the camaraderie forged on the battlefield. The weaponry may have changed, but the honor and the camaraderie we share with our fellow Soldiers has not.

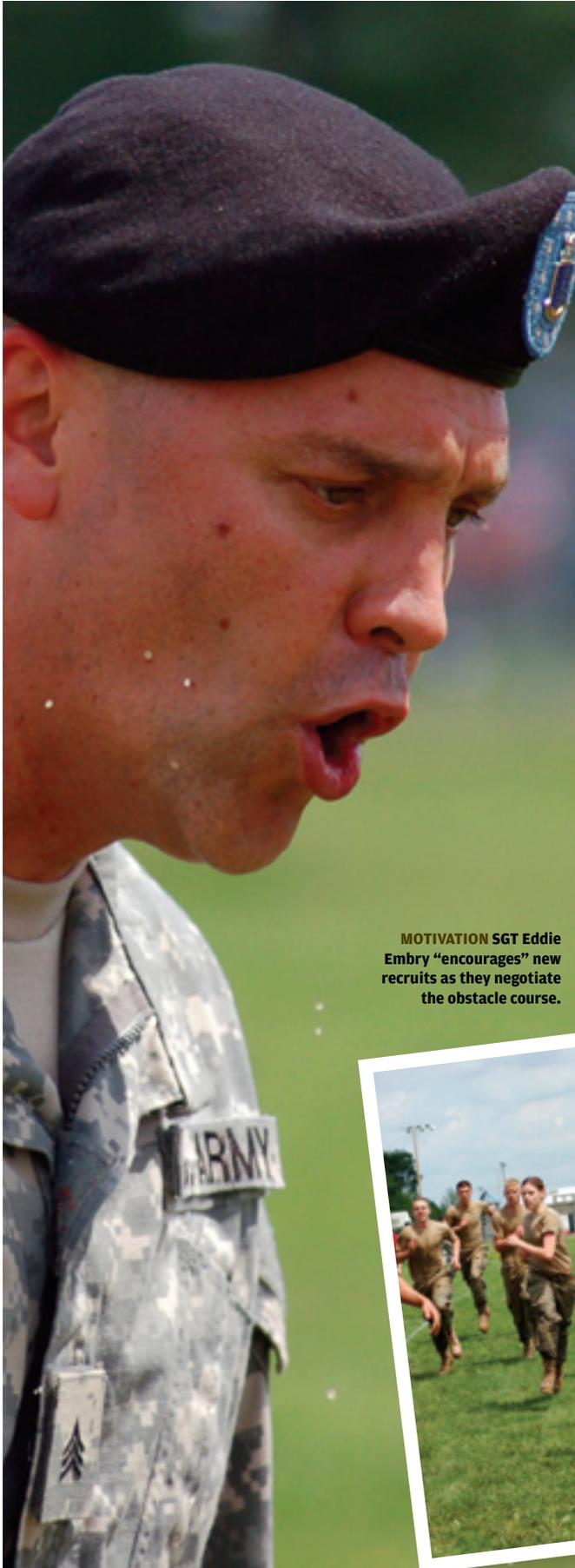
With thoughts of glory and honor in their minds, this new era of Warriors listen intently to the expert Soldier in front of them as he tells them about their next challenge. SGT Embry walks the teams through the obstacle course, which spans over one mile, pointing out the requirements for each obstacle and the penalties for not meeting them. As he goes through the course, I realize this is going to be a serious butt-kicker.

The first event is the litter carry for 50 meters, but that's about as tame as it gets. I had noticed the rather large fire truck when I arrived that morning, but I had no idea it would be put into action. SGT Embry is a clever and somewhat fierce Soldier—all great NCOs are. He has the firefighters break out their hoses and soak down the trench that will be the Warrior's second obstacle. The result is a very slippery, muddy gulch about 100 meters long that the warriors must traverse on their bellies while being hosed by the Evansville Fire Department.

Warriors continue through the course, over a sandbag wall, across zig-zagging balance beams, the firemen's carry, until they come to "the pit." The pit is a massive ditch filled with mucky water. It is covered with a string web the Warriors are not allowed to touch, forcing them to low-crawl the entire length of the trench. Seeing the mud and then looking down at my Target leather slip-on shoes and jeans, I'm thankful my Belleville deserts boots and 5.11 pants are in the truck. I quickly change and get back to the course just as the first team is preparing to start.



THE PIT Indiana Army National Guard RSP warriors crawl through the murky waters of the "pit" during the annual RSP Warrior Challenge in Evansville, IN.



MOTIVATION SGT Eddie Embry “encourages” new recruits as they negotiate the obstacle course.

As the first team stretches, I remind myself that the Warriors in front of me are not “officially” Soldiers. Most have not even been to Basic, yet they wear the uniform with pride and that sense of responsibility that comes when you choose to wear Old Glory on your right shoulder. In their eyes, I can see the same fire that drove me to join so many years ago. Seeing them now further fuels my own fervor for the Guard and all that America stands for. In a way, I envy them because they are just starting out on their adventure. Each individual has no illusions about being deployed. They don’t ask “Will I have to go?” Rather, “When do I get to go?”

But for now, deployment will wait; SGT Embry won’t. SGT Embry gets the first team on the starting line using his unique brand of motivation. “What are you doing?! Hurry up and get on line!” I think he may have missed his calling as a drill sergeant.

As each team goes through the obstacle course, they are “encouraged” by SGT Embry’s constant—and at times comical—yelling. “Move it! Your whole team is waiting on you!” he yells at the ones that fall behind. Even the PT studs are not safe. “Where you going, hero?! Where’s your team?! You going to leave them behind?! Get back there and help them!” The Warrior would immediately do an about-face and run to the aid of their teammates. This obstacle course, and the Guard for that matter, is centered on teamwork. Leaving a fellow Soldier behind is not an option.

Each team goes through the 18 different obstacles. Their determination is amazing. They push themselves to exhaustion—some until they vomit. They dive head first into the muddy trenches and pits with the enthusiasm of true Soldiers.

At the end of competition, the scores are compiled. It’s apparent that every team gave their all. The range between the top-four teams is less than five points. All the Warriors can leave knowing they gave their all. Though, many leave this weekend somewhat sad. For several, this was their last drill weekend as RSP Warriors. They will be shipping to advanced individual training (AIT) this summer, then they are off to join their unit. And with units like Indiana’s 76th Infantry Brigade being alerted for deployment, these Warriors may get there chance to show their skills in a foreign combat zone very soon. But, that’s what Soldiers train to do; we stand ready to go to war. **GX**





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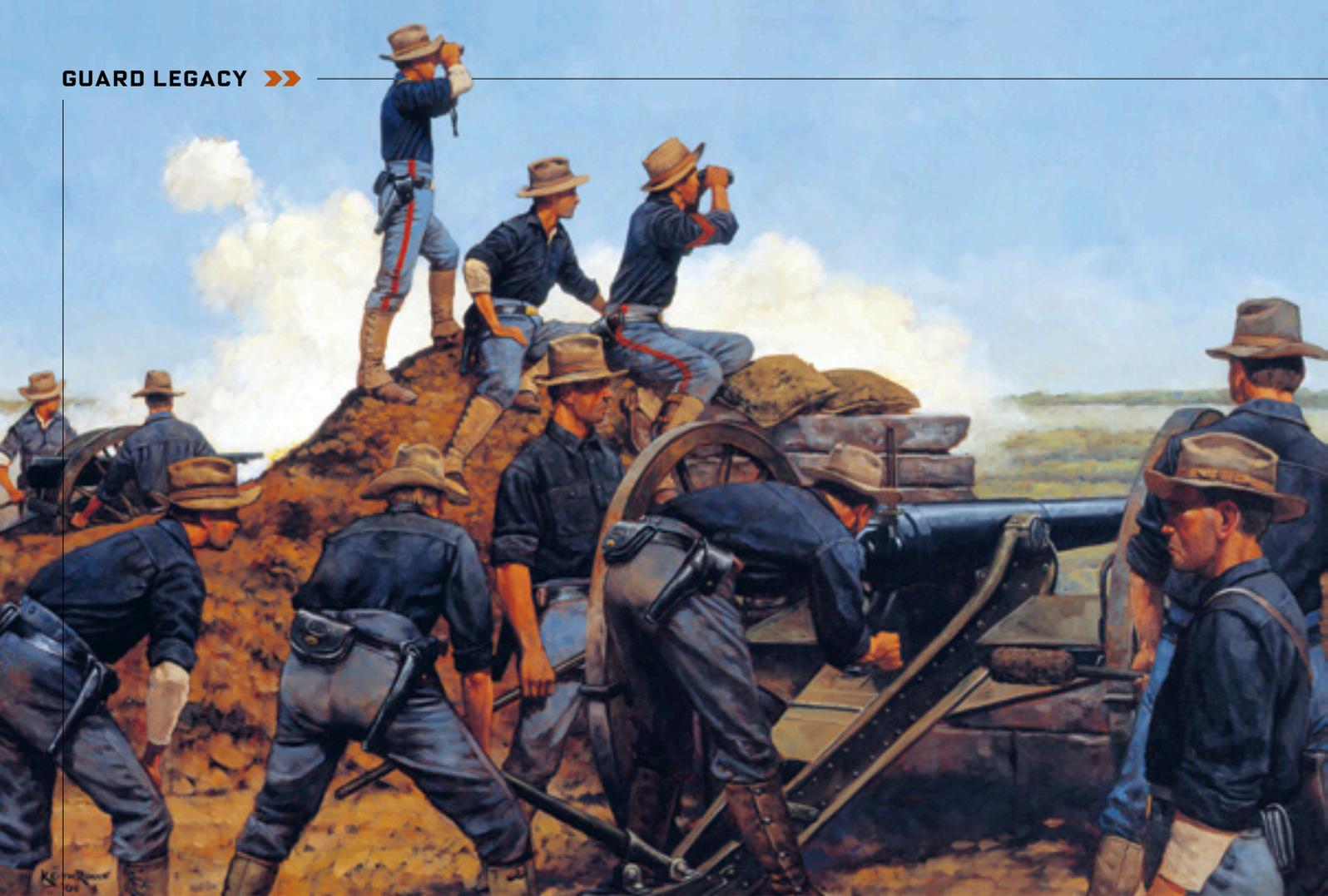
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The Role of the National Guard in the Philippine Insurrection

By Jason Hall
 Director of the National Guard Educational Foundation (2003-2007)

The United States didn't plan the Philippine Insurrection. It was an unforeseen result of the American conquest of the Philippines during the Spanish-American War of 1898. What Theodore Roosevelt would call "a splendid little war" would catapult the United States onto the world stage as an imperial power possessing colonies. This would also be the first major use of American military might off the North American continent.

The U.S. had been very critical of Spain's attempt to quell the Cuban fight for independence. America wanted Spain to reach a peaceful resolution of the situation, but it didn't occur. Following several riots in Havana instigated by "Voluntarios," who supported Spain, the U.S. dispatched the USS Maine to Cuba to demonstrate American interests in the area.

Tension between America and Spain exponentially worsened when the USS Maine exploded in Havana Harbor under suspicious circumstances on Feb. 15, 1898. American newspapers, hungry for a war to report on, accused Spain of extensive atrocities, most unsubstantiated, in an effort to incite public opinion toward war. Under pressure from the press and the American public, the U.S. Congress declared war

against Spain on April 25, 1898. The country had not been in a war since the Civil War, less than 25 years earlier. Now, the truly "United" States of America was about to go to war, in theory, to help secure Cuban independence from Spain. However, in practice, the U.S. would join the already established imperial powers and would soon have colonies in the Caribbean and Pacific.

At this time, federal law prohibited National Guard Soldiers from serving outside U.S. boundaries. The states got around this by having militiamen resign, then re-enlist in federal units. With the initial popularity of the war, entire regiments of enthusiastic militiamen mustered into federal service, with 194 National Guard units serving during this period.

The war was fought in two theaters, Cuba/Puerto Rico and the Philippines. The majority of the forces in Cuba and Puerto Rico were Regular Army units. One unit that earned immortal fame was Theodore Roosevelt's "Rough Riders." Roosevelt, himself a former National Guard member, raised a Regular Army cavalry regiment recruited from businessmen, cowboys and outdoorsmen. This unit was officially the 1st U.S. Volunteer Cavalry, but soon became known as the "Rough Riders." Though a Regular Army unit, there was a Guard presence as the 1st New Mexico Cavalry entered federal service as the 2nd Squadron, 1st U.S. Volunteer Cavalry.

Following the Navy's stunning victory at Manila Bay on May 1, President William McKinley authorized an invasion force to capture the Philippine Islands from Spain. McKinley was intent on securing these islands so as to provide a base of operations for the Navy in the Far East. Prior to the war, the Filipinos had instituted an independence movement against the Spanish occupiers. Under the command of General Emilio Aguinaldo, 15,000 guerilla fighters had been waging a hit-and-run war against the Spanish forces located on the Philippine island of Luzon. Aguinaldo hoped the U.S. forces would aid him and his people in their quest for independence. But, things would turn out differently with the arrival of the American Soldiers.

Aguinaldo launched his insurgents in coordinated attacks against several American positions and outposts. On the night of Feb. 5, 1899, insurgents attacked the 10th Pennsylvania and 1st Nebraska. The Guard Soldiers repulsed these attacks with minimal casualties. By the morning of Feb. 6, additional U.S. forces arrived in support and forced the guerillas to break off their attack. By the end of the day, 59 American Soldiers had been killed. However, the insurgents numbered in excess of 600 killed.

Over the ensuing weeks, the Americans and Filipino insurgents took turns launching raids against one another. On March 25, the American forces launched a successful offensive to capture the rebel capital of

The American forces began their advance on San Isidro in mid-April. During this campaign, history would be made, with 20 National Guard Soldiers earning the Medal of Honor.

The first convoys carrying the U.S. VIII Corps began departing San Francisco in May 1898. This first portion of troops consisted of 2,500 men, which included the 2nd Oregon Infantry Regiment, 1st California Infantry Regiment and two batteries of the Utah "Light" Artillery. Today's 145th Field Artillery, Utah Army National Guard, carries on the legacy of the Utah Light Artillery.

On their way to Manila, in the Philippines, part of the convoy was diverted to the Spanish colony on the island of Guam. Company A, 2nd Oregon Infantry Regiment, along with U.S. Marines, landed on the island and claimed it as a colony of the United States.

On June 30, the main convoy arrived at Manila and disembarked the troops seven miles below the city. The militiamen joined General Aguinaldo's guerilla fighters stationed near Manila. The U.S. troops and Filipino guerillas were very suspicious of one another. Tensions worsened when the Americans showed no interest in help from Aguinaldo's forces in capturing Manila. Aguinaldo and his guerilla fighters had been previously fighting for national independence from Spain and hoped for American assistance. However, Aguinaldo was realizing that he might be fighting for independence from American rule.

The "battle" for Manila on Aug. 13 had actually been a staged battle in order to preserve Spanish honor and minimize casualties. Unbeknownst to Aguinaldo, the Spanish authorities and the Americans had signed an armistice effectively ending the war in the Philippines the day before the battle. Following the capture of the Philippines by the U.S. from Spain, an uneasy alliance was formed between the U.S. occupying forces and Aguinaldo. Following the last of the Spanish withdrawal from the Philippines, an American colonial government was established. During this time, reinforcements arrived consisting of the 51st Iowa, 20th Kansas, 1st Montana, 1st South Dakota, 1st Tennessee and 1st Washington Infantry regiments. In addition to the infantry regiments, there was also an artillery battery from Wyoming and the 1st Troop of the Nevada Cavalry.

Many of the newly arrived Guard Soldiers occupied defensive positions around Manila in anticipation of a possible attack by Aguinaldo's guerilla forces. The Spanish-American War officially ended with the signing of the Treaty of Paris on Dec. 10, 1898. As part of the treaty, the U.S. purchased the Philippines from Spain for \$20 million. However, Aguinaldo and his fellow Filipinos, who had been fighting for independence from Spain since 1896, had already declared independence on June 12, 1898, and had hoped they could consider the Americans allies. But, the situation was far from calm in the Philippines. After months of failed diplomatic negotiations, Aguinaldo decided he must drive American forces out of the Philippines to achieve true independence, and thus he began the Philippine Insurrection.

Malolos, 60 miles north of Manila. They forced the insurgents to move their capital to San Isidro.

The American forces began their advance on San Isidro in mid-April. During this campaign, history would be made, with 20 Guard Soldiers earning the Medal of Honor. COL Frederick Funston of the 20th Kansas and two of his men sustained heavy enemy fire as they swam across a river with a rope, ultimately used to pull rafts transporting Soldiers across the river. COL Funston and his two men received the Medal of Honor for disregarding their own safety and braving enemy fire to establish the river crossing.

The remaining 17 Medals of Honor would be awarded for one of the most dramatic actions of the Philippine Insurrection. Henry Young, a civilian, organized an elite force to conduct scouting and reconnaissance missions. Sixteen Soldiers from the 1st North Dakota Infantry were selected for this detail, along with four men from the 2nd Oregon. One historian wrote about Young and his scouts, "Always in front of the main column, the scouts bore the brunt of the advance, reconnoitering and maintaining contact with the enemy."

Young's scouts ran into a force of about 300 insurgents on May 13. Eleven of the scouts charged the Filipinos and forced them to retreat. Henry Young was mortally wounded in the melee. Three days later, the scouts were reconnoitering for water when they discovered that insurgents had set fire to a strategic bridge. The scouts charged the bridge under enemy fire from more than 600 insurgents and saved it.

Following the rescue of the bridge, the scouts became surrounded in a small village. They defended their positions for several hours, until finally relieved. All 13 surviving members were presented the Medal of Honor for their heroic defense, as were four additional Guard members from supporting units. Of those Medal of Honor recipients, seven were from the 1st North Dakota and three from the 2nd Oregon. The 1st North Dakota is perpetuated today by the 164th Engineer Group and the 141st Engineer Battalion, North Dakota Army National Guard. In addition, the 162d Infantry Regiment, Oregon Army National Guard carries on the legacy of the 2nd Oregon. From 1898 to now, the state with the second highest number of National Guard Medal of Honor recipients is North Dakota, with 10 awarded for action during the Philippine Insurrection.

Even though the National Guard Soldiers valiantly attempted to quell the insurrection, the U.S. military was under pressure from public opinion back home to return the Guard regiments. Many American citizens felt that the Guard Soldiers had changed their original reasons for enlisting—to fight for Cuban independence. Nevertheless, the National Guard helped begin a new American colonization and helped settle the possession of the Philippines. **GX**



Closing the Distance

By SFC Donnie Moseley
NM NG, CATC

Hello again. This month I'm going to talk about distances, and blocking punches and kicks.

Let's look at the various distances first. There's projectile weapons range (guns), kicking, punching (arms length), and clinching and take-down, and grappelling (close-in). Since

we're not going to be shooting each other, we'll skip guns and go right to punching—or more to the point, defending against the punch.

We have to remember that in our profession, we're gunfighters first. The idea of "I'll just sock 'em" isn't always right for us, because we could end up with a broken hand, unable to operate our weapons. The idea behind

the Modern Army Combatives Program is to close the distance with the enemy, take them down, gain dominate body position and finish the fight. The hard part is gaining the courage to close the distance.

First, we have to realize we'll probably get hit. That's why it's called a fight. And there are two types of punches: effective and ineffective. If I get punched and

don't get knocked out, that's an ineffective punch.

So let's look at some basic ways to block punches and kicks.



Photo 1 A standard block. This is a good block against jabs and straight punches. Just remember keep your chin tucked and your hands up at all times.

Photo 2 I call the looping punch the "James Dean." This block gives me good protection on this side of my face, while still allowing me to keep eyes on my opponent.



Photo 3 In my opinion, the best defense for a looping punch is a straight punch. You can't ask for a better opportunity to throw one right down the pipe.

Photo 4 "Checking" with the shin is a good way to block kicks. I'm just going to lift my same-side leg with my toes pointed down. This is painful for both parties involved, but it's better than dropping my hands and exposing my face to block a kick.

That's it for now. Next month, we'll talk about the clinch and some simple take-downs. Until then, train hard! **GX**



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Mears Continues Hot Streak In Michigan

Courtesy of Hendricks Motorsports

Casey Mears and the No. 25 National Guard/GMAC Chevrolet team earned their second fourth-place finish in as many weeks after turning in a strong performance during the NASCAR NEXTEL Cup Series race at Michigan International Speedway on June 17.

It was the team's third top-five finish in the past four races and moved Mears to 19th in the point standings, a gain of four spots from last week.

"We had a good car all day, and it was a good effort by the guys on our No. 25 National Guard/GMAC Chevrolet team," Mears said. "We just keep clicking off top-five finishes with good, solid race cars.

"We're in a position right now where we're running really well. We're not taking chances and going for it—we're getting points and we're building something. We're learning a lot and I think each race we go into, we're going to get better. I'm very happy with the way the team is gelling."

Mears, who began the race from the 13th position, worked his way up to fourth by Lap 37, even though he was piloting a tight-handling race car. The No. 25 National Guard/GMAC Chevrolet was losing grip on the track, which made it challenging to steer the car through the turns.

A lap later and under green, crew chief Darian Grubb called Mears in for his first pit stop in an effort to correct the car's handling conditions, and Mears rejoined the field in 13th.

By the time the first caution flag of the day waved on Lap 53, Mears was running 8th and Grubb brought his driver in for four fresh tires, fuel and an air pressure adjustment to help balance the car.

After returning to the track while the field was still under yellow, he restarted the race on Lap 56. Mears was ninth.

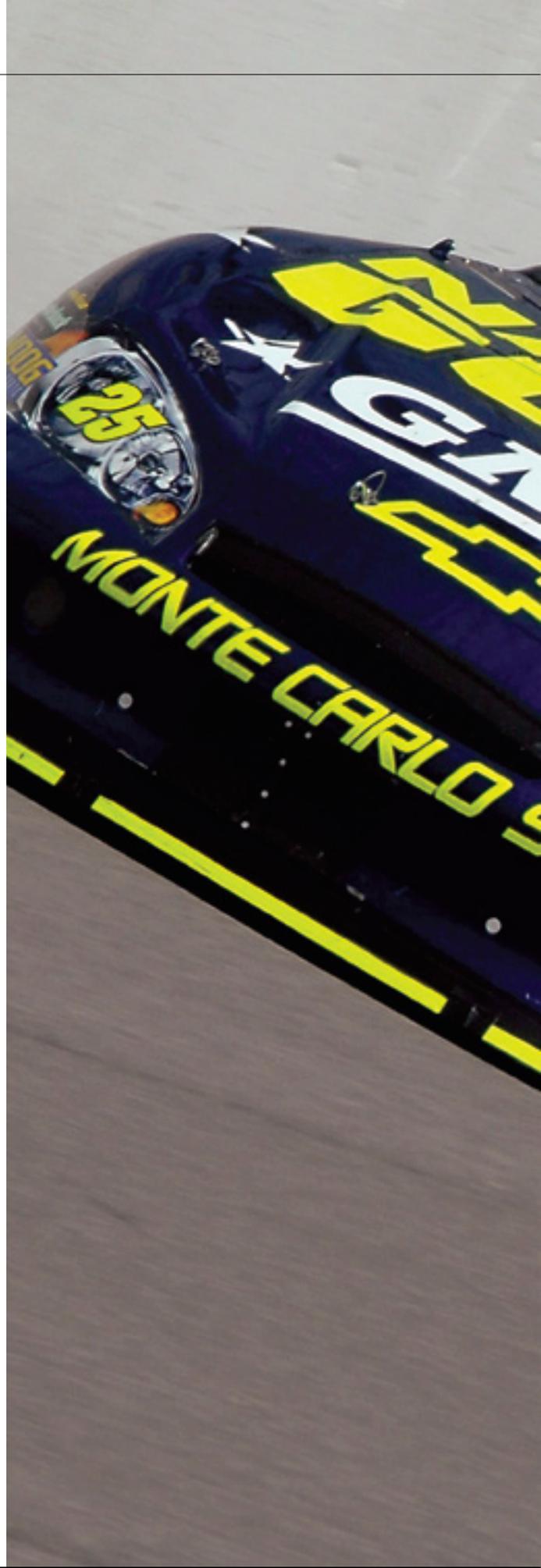
On Lap 69, Mears found his way back onto pit road during under another caution. He rejoined the field in 14th on Lap 74.

Seconds later on the restart, however, a multi-car accident occurred. Luckily, he cleared the accident with no damage to his No. 25 National Guard/GMAC Chevrolet and was able to work his way up to ninth for the restart on Lap 79.

With his car performing particularly well on long, green-flag runs, Mears was able to capitalize on the next caution-free segment of the race and move up to third by Lap 111 before pitting under green. He rejoined the field in 12th following the stop.

With another long-green flag run underway, Mears found himself running second before making a final pit stop on Lap 159. He was 10th after the stop, which set up him up nicely for a final push to the end of the race.

After climbing to fifth, Mears was able to gain one more position during the final 10 laps, when his teammate Jimmie Johnson ran out of fuel. His fourth-place result gave him the best finish among Hendrick Motorsports' four drivers. **GX**





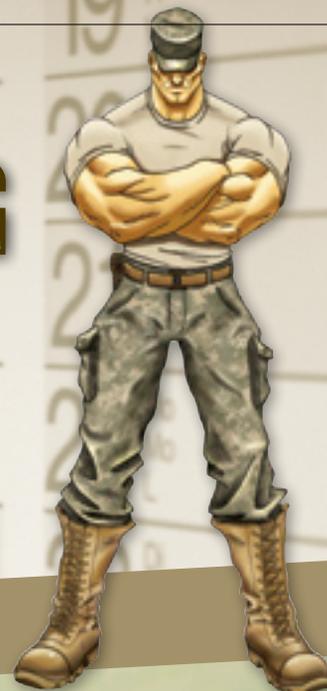
OPERATION PUSHING FOR POINTS™

From APFT to Promotion

Part 2 of 2—The Last 30 Days

By SSG Ken and Stephanie Weichert

HOOAH! askthetrainer@startfitness.com
Let us hear from you.



Stephanie and SSG Weichert,

RECEIVED

Hello. I have been reading your START Fitness articles in GX magazine for two years now and purchased your DVD series six months ago. Because of your workouts, my APFT [Army Physical Fitness Test] score has jumped up every time I take it! I have 30 days before I take the test, again. This time, I want to get a perfect score, a feat that I have never achieved in 17 years of being in the military. The push-up event is the hardest part of the APFT for me. Do you have an exercise program that can help me with push-ups without taking away from the sit-up and running events? Thanks for all that you two do for the Guard! Keep up the awesome work! HOOAH!

Julie P.
NDARNG

Julie,

Hello! Thanks for your positive feedback! This year, our goal is to get you excited about fitness and to assist you in acing the Army Physical Fitness Test this September. In the last issue of GX we provided the first 30 days of a two-month APFT preparation program. This issue will provide you with the last 30 days of preparation. These workouts cater to the specific events and are designed to prepare you to achieve a higher score on the APFT.

For avid weight lifters or athletes with advanced training needs, be advised that this program will specifically address effective training strategies for the APFT only. This program is designed to help you maximize results. When the goal is to score as high as possible on the APFT, it can be counter-productive to engage in heavy weight training. The START Pushing for Points™ program has been tested and proven effective. Are you ready for the challenge? HOOAH! Let's get started!

WEEKS 5 AND 6: OPERATION STAY THE COURSE™

MONDAY Muscle Target Day #1

SET #1

Warm-up: 10-15 minutes (see past issues for suggested warm-ups.)

Stretching exercises: 8-10 minutes

Close-grip push-ups: 45 seconds

Rest: 45 seconds

Normal-grip (hands shoulder-width apart) push-ups: 45 seconds

Rest: 45 seconds

Wide-grip push-ups: 45 seconds

Rest: 45 seconds

½ Sit-ups: 2 minutes

Remarks: The ½ sit-up is also called the abdominal crunch. Start: Lay down on your back with both legs together and bent 90 degrees at your knees. Place your heels on the ground and point your toes upward. Interlock your fingers and place your hands behind your head. Action: Raise your upper body until your shoulders blades lift off the ground and return to the start position.

Warning: Don't pull on your neck with your hands. Keep your elbows wide and your chin pointing toward the sky.

SET #2

Uneven push-ups, left hand high, right hand on the ground: 30 seconds

Rest: 30 seconds

Uneven push-ups, right hand high, left hand on the ground: 30 seconds

Rest: 30 seconds

Uneven push-ups, left hand high, right hand on the ground: 30 seconds

Rest: 30 seconds

Uneven push-ups, right hand high, left hand on the ground: 30 seconds

Rest: 30 seconds

Normal-grip push-ups: 30 seconds

Rest: 30 seconds

½ Sit-ups: 2 minutes

SET #3

Close-grip push-ups: 20 seconds

Rest: 20 seconds

Normal-grip push-ups: 20 seconds

Rest: 20 seconds

Wide-grip push-ups: 20 seconds

Rest: 20 seconds

½ Sit-ups: 2 minutes

10 minutes aerobics (choose one: treadmill, elliptical machines, running, cycle)

Stretching exercises: 8-10 minutes

(cool down)

It does not matter how slowly you go so long as you do not stop.

—Confucius

Intermediate Level – 1 round = approximately 45 minutes *

Advanced Level – 2 rounds = approximately 90 minutes *

*Depending on repetitions per set and rest periods

Note: Diet plan available by going to www.GXonline.com. Exercise clips available by going to www.1-800-GO-GUARD.com.

THURSDAY Interval Running Day #1

Warm-up: 10-15 minutes (see past issues for suggested warm-ups)

Stretching exercises: 8-10 minutes

½ Sit-ups: 90 seconds

Run 2 laps around a ¼-mile track or the same distance around your street block, or run ½ mile on a treadmill at a good pace

Slow jogging: 5-8 minutes

Repeat the sequence 4 additional sets (total 8 sets = 2-2.5 miles of running)

Stretching exercises: 8-10 minutes (cool down)

It isn't hard to be good from time to time in sports. What's tough is being good every day.

—Willie Mays

FRIDAY Ranger Push-up Sprint Drill Day

SET #1

Warm-up: 10-15 minutes (See past issues for suggested warm-ups)

Stretching exercises: 8-10 minutes

RANGER PUSH-UP SPRINT DRILL #1

- Push-ups in the close-grip for 20 seconds
- Rest 20 seconds
- Repeat 6 additional sets (Total = 7 sets of push-ups at 20 seconds with 20 seconds of rest in between each set)

½ Sit-ups: 2 minutes

Rest: 2 minutes

SET #2

RANGER PUSH-UP SPRINT DRILL #2

- Push-ups in the close grip for 15 seconds
- Rest 15 seconds
- Repeat 6 additional sets

½ Sit-ups: 2 minutes

Rest: 2 minutes

SET #3

RANGER PUSH-UP SPRINT DRILL #3

- Push-ups in the close-grip for 10 seconds
- Rest 10 seconds
- Repeat 6 additional sets

½ Sit-ups: 2 minutes

Rest: 2 minutes

Stretching exercises: 8-10 minutes (cool down)

Rest: 2 days

The bench press is great for strengthening your chest and arms. However, the only exercise that will help you improve your push-ups is push-ups.

—SGT KEN™

TUESDAY Long Distance Day #1

Warm-up: 10-15 minutes (See past issues for suggested warm-ups)

Stretching exercises: 8-10 minutes

½ Sit-ups: 90 seconds

Jogging: 3-5 miles

Stretching exercises: 8-10 minutes (cool down)

Note: For your body to easily endure a two-mile run, you must get used to running and jogging greater distances.

SATURDAY AND SUNDAY

Light stretching and plenty of rest.



Proper technique for the uneven push-up.

WEDNESDAY Muscle Target Day #2

Repeat Monday lesson plan.

WEEKS 7 AND 8: OPERATION FIT TO FIGHT™

MONDAY Core Crusher Day #1

SET #1

Warm-up: 10-15 minutes
Stretching exercises (see past issues for suggested warm-ups): 8-10 minutes
Sit-ups: 90 seconds
Rest: 60 seconds
Sit-ups: 75 seconds
Rest: 60 seconds
Sit-ups: 60 seconds
Rest: 60 seconds
Sit-ups: 45 seconds
Close-grip push-ups: 45 seconds
Rest: 60 seconds

SET #2

Elevated sit-ups: 90 seconds
Rest: 45 seconds
 Elevated sit-ups: 75 seconds
Rest: 45 seconds
 Elevated sit-ups: 60 seconds
Rest: 45 seconds
 ½ **Sit-ups:** 2 minutes
Normal-grip (hands shoulder-width apart) **push-ups:** 45 seconds
Rest: 45 seconds

Remarks: The elevated sit-up is where your legs are raised above the ground, knees lining up over your hips, bottom part of your legs is parallel to the ground, feet flexed.

SET #3

½ **Sit-ups:** 2 minutes
 Freeze in the up position on the 30th repetition for 10 seconds, and then continue
Rest: 45 seconds
 ½ **Sit-ups:** 1.5 minutes
 Freeze in the up position on the 30th repetition for 10 seconds, and then continue
Rest: 45 seconds
 ½ **Sit-ups:** 1 minute
 Freeze in the up position on the 20th repetition for 10 seconds, and then continue
Rest: 45 seconds
Wide-grip push-ups: 45 seconds
 ½ **Sit-ups:** 30 seconds
 10 minutes aerobics (choose one: treadmill, elliptical machines, running, cycle)
Stretching exercises: 8-10 minutes (cool down)

There are no gains without pains.
 —Adlai Stevenson

TUESDAY Interval Running Day #2

Warm-up: 10-15 minutes (see past issues for suggested warm-ups)

Stretching exercises: 8-10 minutes

Track: Sprint the stretches and jog the curves, 8 laps. This can also be achieved by sprinting the long sections of city blocks and jogging the ends for the same distance, or

Treadmill: Sprint .075 miles on a treadmill and immediately reduce the speed of the treadmill to a jogging pace for .05 miles, 16 consecutive sets

Note: You may choose to sprint .15 miles and jog for .1 miles, 8 consecutive sets

Rest: 5 minutes

Push-up test (best performance of push-ups for a 2-minute period)

½ **Sit-ups:** 3 minutes

Stretching exercises: 8-10 minutes (cool down)

Note: Interval training prepares you for faster speeds when it's really needed during testing periods. You will see your stamina and endurance improve every week with this strategy. Simply increase sprinting distances and decrease jogging distances in future exercise periods. You can also adapt this routine by running against a colleague for every sprint period.

If you aren't going all the way, why go at all?
 —Joe Namath

WEDNESDAY Core Crusher Day #2

Repeat Monday's lesson plan.

THURSDAY Long Distance Day #2

Warm-up: 10-15 minutes (see past issues for suggested warm-ups)

Stretching exercises: 8-10 minutes

½ **Sit-ups:** 90 seconds

Jogging: 4-6 miles

Stretching exercises: 8-10 minutes (cool down)

Note: To easily endure a two-mile run, you must get used to running and jogging greater distances.



It's not just what you eat, it's what you drink. Try water, instead of cola. It takes 27 glasses of normal tap water to wash out the acidity of one cola.
 —SGT KEN™

FRIDAY Diagnostic Day

SET #1

Warm-up: 10–15 minutes (see past issues for suggested warm-ups)

Stretching exercises: 8–10 minutes

Push-up test #1 (complete the most push-ups possible in a 2-minute period)

Sit-ups test #1 (complete the most sit-ups possible in a 2-minute period)

Running test #1 (achieve the best time possible in a two-mile run)

Rest: 10 minutes

SET #2

Push-up test #2 (complete the most push-ups possible in a 1-minute period)

Sit-ups test #2 (complete the most sit-ups possible in a 1-minute period)

Running test #2 (achieve the best time possible in a one-mile run)

Rest: 5 minutes

Stretching exercises: 8–10 minutes
(cool down)

Rest: 2 days

Note: For those of you that are already achieving high APFT scores, we challenge you to perform set #1 with three minutes of push-ups and sit-ups, and run three miles instead of two. Perform set #2 as indicated.

Victory belongs to the most persevering.
—Napoleon Bonaparte



SATURDAY AND SUNDAY

Light stretching and plenty of rest.

This concludes our 60-day APFT improvement plan. Use the exercises in GX 4.6 and 4.7 every 60 days prior to a fitness test in order to achieve your absolute best! It's imperative that you rest two days prior to your fitness test or event. Lastly, simply do the best you can!

For more information, go to [www. GXonline.com](http://www.GXonline.com). HOOAH!

START eFITNESS™ NOW ONLINE!

SGT Ken™ and Stephanie are now providing quick and simple health and fitness tips on GXonline.com! As this section develops, you'll be able to view short fitness videos, download workouts and more.

Go to: GXonline.com/fitness



SSG Ken Weichert, six-time Soldier of the Year and Veteran of both Iraqi Freedom and Desert Storm, began the START Fitness™ program in 1997. Now partnered with his wife Stephanie, strategic director of START Fitness™ and a certified personal trainer, the Weicherts are conquering the fitness industry.

SPECIAL REMARKS: We encourage you to send your questions or requests additional information by emailing us at askthetrainer@startfitness.com. You can experience our workouts at home with our **Operation Living Fit—Boot Camp Fitness Toolkit™** DVD series. You can purchase our DVD set at STARTFitness.com.

UNIFORM REMARK: SSG Ken Weichert is pictured in the Army Combat Uniform (ACU) without the ACU Shirt in order to show you what muscles are employed during each exercise.

WARNING: Always seek the advice and guidance of a qualified health provider with any questions or concerns you may have prior to commencing a fitness program. This article should not be relied on or substituted for professional medical diagnosis or treatment. The exercises presented are for suggestion only. Participate at your own risk. Stop if you feel faint or short of breath.

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[PROVE IT!]

TESTING TO THE EXTREME WITH THE BROTHERS WEST

These Boots Are Made For Stomping

By Chris and Jason West

Christmas came early this year for the Brothers West. Not only did we have products to torture this month, but interns to put through the wringer. We gathered a variety of hiking and backpacking boots from top manufacturers, strapped them to various members of the GX staff and headed for the trails.

First, let's clear up some terminology. We asked several people who spend far more time in the woods than we do about the difference between hiking and backpacking boots. More than a few used the terms interchangeably, but one particularly grizzled-looking lumberjack/shoe salesman explained that hiking boots tend to be lighter and shorter (they go over the ankle but not much farther up), while backpacking boots (intended for, say, hauling a 30–50-pound pack around for several days) offer more support for the ankles and frequently have a shank that extends about three-fourths of the way up

the sole of the boot for added stability. Since he seemed knowledgeable and intimidating, we're going with his definitions. If you feel like arguing, take it up with the guy with the axe in the shoe department.

So let's meet this month's contestants. In the hiking category, we had Danner 453 GTX (\$143) and the Vasque Sundowner GTX (\$170). For boots more in the backpacking category, we had a wider range: Danner Desert TFX 8 inch (\$164), Blackhawk Warrior Wear Desert Ops (\$139), Belleville 790 (\$143), and Danner Fort Lewis 10 inch 400G (\$284).

Everyone knows new boots take time to break in. So we gave most team members their boots well ahead of our review deadline and asked them to keep a journal of how the new footwear fared. As it turns out, when quality boots like these, the break-in period isn't what it used to be. We were expecting blisters, sore ankles and complaints. What we got we comments like: "The Danner Fort Lewis were like slippers. Cozy slippers with a

split personality for stomping the face of evil"; "Springy and comfy from the get-go" (Danner Desert TFX); and "Almost as comfortable as my running shoes" (Belleville 790).

OK, at this point, we became determined to elicit blisters, sore ankles and at least a couple of complaints. Since a reasonable break-in period hadn't done it, we decided to go extreme. Poor interns. On the upside, they got a cool new pair of boots. On the downside, they got them only a couple of hours before a four-mile hike with serious elevations. We know, four miles—big deal. Well remember, we're a bunch of office-dwelling weenies. And just to make sure the interns got the full experience, we loaded them up with 30-pound packs and set CPT Tim on them to ensure a forced march pace.



RAY DENE BERRY



HITTING THE TRAILS
GX team hikes at Radnor Lake in Nashville, TN

Thwarted. That's what we were. Thwarted by excellent footwear and interns that wouldn't crack. One tiny little blister was all we managed and that was because the poor guy was wearing ankle socks when we

As for the "backpacking" boots . . . it's just fun to strap a big ol' pair of stomping boots on to someone who's used to sneakers and watch them channel pure Hooah. The best example was one of our online artists, Amanda (Danner Desert TFX), who found herself thinking she missed her calling as a

scale or attacking rabid wildlife to stomp, just to show how indestructible his feet had become.

So what do we recommend? The Elder Brother West has lived in a pair of Vasques for years now and it would take serious force to separate the Younger Brother from

[I]t's just fun to strap a big ol' pair of stomping boots on to someone who's used to sneakers and watch them channel pure HOOAH.

surprised him with the hike.

So what did everyone think of their boots? For the most part, they loved them. We strapped the Danner 453s onto CPT Tim, who consistently wears full-height military boots and one of our staff writers, Julie, who generally wears running shoes. Julie had a bit of a rough time with the added weight and bulk of the hiking shoes (as compared to her normal sneakers) but the captain was pleasantly surprised at the stability and comfort of the "civi" boots. The other shoe in this category, the Vasque Sundowner, has been a Brothers West favorite for years. Although the Vasque can take a little longer to break in, once they're shaped to your feet, they last forever.

drill sergeant and barking "Gimme my latte, maggot!" at a terrified Starbucks server. A big pair of military boots will make anyone stand a little taller and walk a little prouder.

The Blackhawks felt incredibly light and cool when hiking through a classic "180" day—90 degrees, 90 percent humidity. The Danner TFX came through a bit warmer but overall felt more robust. The Belleville, as any Soldier who has been issued them knows, is an outstanding boot. The model we tested was a flight/combat model that offered excellent support and kept feet dry and comfortable. Finally, and not surprisingly given its price, the most raved-about boot was the Danner Fort Lewis. This boot had our managing editor praying for a mud-deluged cliff to

his Danners. Having said that, though, CPT Tim (and many other Soldiers) stand by their Bellvilles. What this test made clear is that these are all excellent products and your final decision should be about which ones fit best, has features you need, and is a price you can afford. A weekend trail-hiker has very different needs from someone throwing a pack on their back and heading into a national park for a few days. If you're looking for a good pair of boots, go to a specialty store. Talk to the salesperson who has been there the longest about what you really need. And get your feet measured—badly fitted versions of even the best shoes can wreck your feet and back, so take the time and make sure you get the right pair. **GX**

Pack It In

Day Assault Packs Review

By Chris and Jason West

A great pack is an essential tool for every Soldier. Check out these three top-scoring models.



Blackhawk Barrage Hydration Pack

\$179.99

The Barrage has been in continual use by CPT Tim since April. He has hauled it all over the country, indoors and out, on assignments for *GX* and on his personal outings. If you haven't figured it out from his *GX* stories, he's not the type to go easy on gear, so this thing has been through the wringer. He had a lot of praise for this pack: "The back of the pack is covered with mesh netting that holds an extremely breathable padding, which reduced hot spots on my back, shoulders and waistline." The internal compartments offered easy organizational options, so that the pack could serve as a mobile office while he was on assignment. He had particularly high praise for the hydration system, with its quick-fill cap and bite valve, making it "the best hydration system I have ever used."



Spec-Ops T.H.E Pack - Tactical Holds Everything

\$149.95

The latest tactical pack from Spec-Ops features quality construction materials and excellent craftsmanship. The hydration/communication compartment with dual exit ports gives this pack a variety of possible applications. The detachable waist strap further contributes to the flexibility of this system. We found the high-contrast yellow lining surprisingly helpful. It really made a big difference when looking for a tactical flashlight that had fallen loose in the pack. If you plan to carry heavier loads or use this pack for extended hikes, it's well worth investing in T.H.E. Pack Frame (\$29.95), an insert that does an excellent job of spreading the pack's weight between your shoulders, back and hips.



Kelty Raven 2500

\$250

Welcome to the Cadillac of assault packs. The suspension is comfortable, cool, remarkably adaptable and spreads even the heaviest of loads across shoulders and waist. The Elder Brother West has been seen vaulting through boulder fields with the 40-plus pounds of photography gear in this pack remaining stable and secure on his back. With a variety of vertical and horizontal compression straps, even the most oddly shaped loads can be controlled. The pack offers space for a hydration system and communications gear with easy top of pack access to both. A variety of internal and external pockets and compartments makes this pack extremely adaptable. Our favorite touch? The integrated rain/sand cover, which tucks away neatly in its own zippered pocket. Be warned, the system, without the radio or battery holder, has a base weight of 5 pounds, 5 ounces, which makes it more suited for serious hauling than a day hike. If, however, you're humping a load of gear with you, the Raven is the way to go.

CDB Releases New Album and DVDs

By Keith Kawasaki

CHARLIE DANIELS BAND "LIVE FROM IRAQ" CD/DVD

There's something about the Charlie Daniels Band (CDB) that makes every day seem like the Fourth of July and a good time for a barbecue. For the past couple years, the CDB traveled to Iraq, bringing that ol' home flavored patriotism to our men and women in service. These shows were rumored to be electric. You'd hear about the deafening roar of the crowd, the brilliant jams and the unbelievable three-show-a-day schedule. Of course, you couldn't actually hear a show unless you were right there in the sandbox sweatin' with 'em.

Well, June 29 that all changed when CDB released "Live from Iraq," compiled from shows recorded in combat theater. Daniels is clearly in his element and at his most inspired playing for the troops. The energy bursting from this disc swells up inside of you as Daniels' voice, now aged into one heck of a growl, demands your attention and appreciation. If you don't have a Flag outside your house before you jam this, you sure will afterward.

For anyone not familiar with the CDB, "Live From Iraq" is a perfect entry point. This band is tighter than ever as they tackle some of the CDB's most dynamic songs. All the classics are here: "Devil Went Down to Georgia," "Long-Haired Country Boy," even "Drinking My Baby Goodbye." Old fans are sure to be stoked about the inclusion of "Saddle Tramp." This epic western jam starts of nice and easy, then launches into wild musical journey, flavored with a touch of Santana-like flair. Purely a brilliant axe-fest. Bruce Brown holds his own as he trades licks with Daniels, who can STILL tear it up, proving himself as one of the most underrated guitar masters.

The companion DVD to this album is just as powerful as it's musical counterpart. Though it is not a video version of the album, it does more than pull your heart strings—in fact, it yanks 'em out. Daniels sits down for a lengthy interview in the approximately 45-minute documentary talking about the heroes he met overseas and what it all means to him personally. Biblical scripture is woven



throughout the film, as Daniels is continually driven by his faith in God. There is an entire chapter of the film dedicated to the Easter Sunrise Service at the House of Abraham. GX's own Chris West was actually there and you can see him in the background!

CHARLIE DANIELS BAND "VOLUNTEER JAM: THE MOVIE" DVD

Originally released in 1976, this feature film actually appeared in theaters . . . then disappeared for ages. Every die-hard jam fan born too late to experience the legendary concerts has prayed hard for this gem to resurface. Finally, that prayer has been answered as it was re-released on DVD in June.

Charlie Daniels started the Volunteer Jam (named for Daniels' home state of Tennessee) in 1974, inviting his friends (southern rock's finest heavy hitters) onstage to surprise fans at a homecoming show. The result was jam heaven, a collective sharing of songs and rollicking good times. Daniels had such a blast, he did it again in '75, when it was recorded for this feature film. Special guests in the show include Dickey Betts and Chuck Leavell of the Allman Brothers Band, the Marshall Tucker Band, members of Wet Willie, Grinderswitch and more. Most young folks who only know "Devil Went

Down to Georgia" will be surprised (though they shouldn't be) to see Charlie Daniels matching his guitar genius with verified axe masters Toy Caldwell of the Tucker Band and Dickey Betts, two legends Daniels clearly influenced. His musical prowess is clearly unmatched. The king jam of the show is the Charlie Daniels Band's roaring "No Place to Go." **GX**

You can purchase both the "Live from Iraq" CD/DVD and "Volunteer Jam: The Movie" DVD at:

CharlieDaniels.com



Ibh enim volobore dipsustinit nonulluptat ut laore modo et am, sum in velisi. Commy nulputatue tat exero odipismodo exerat landigniamet in ex exerostrud te eros dignit acing

COURTESY OF CHARLIE DANIELS

GX Heroes: Angela Stevens and Michelle Griffin

Brave Citizens Save American Hero

By SSG Heather G. Allen

On the morning of Sept. 26, 2006, a man who had breathed life into so many found the roles suddenly reversed.

MAJ “Doc” Spradlin was driving to work early in the morning near Chattanooga, TN, through the mountain fog. A vehicle barreling onto the road from a side street cut him off. He braked hard and swerved to miss the other car. As a result, he lost control and hit a steel I-beam roof support at a nearby gas station.

A police officer arrived on the scene less than 20 minutes after the crash, and shortly after, nursing students Angela Stevens and Michelle Griffin stopped to see if there was anything they could do to assist. They knew from the wreckage that whoever was in the car was in bad shape.

When the women arrived, they asked the officer if the driver of the car was still alive. The officer stated that he wasn’t sure, but the man was trapped. Stevens circled the car trying to open all of the doors, to no avail. They were all jammed shut. She climbed into the car over the trunk and through the broken back windshield.

The officer assisted Griffin inside the car while Stevens assessed the MAJ Spradlin’s injuries. Griffin stabilized his head and neck

through the broken driver-side window, while Stevens cleared his airway. The women kept him calm and conscious until Emergency Medical Services (EMS) arrived. The ladies assisted the emergency personnel in extracting MAJ Spradlin from the wreckage.

The top of the vehicle had to be removed in order to get MAJ Spradlin out. He suffered critical injuries so severe, he was not expected to live.

He recalls, “My car was crushed around me—it took the emergency crews two hours to get me out. I lost a lot of blood. I feel that their

actions kept me alive and prevented brain damage . . . I would have suffered if I couldn’t get enough oxygen.

“ . . . Others drove by and didn’t care to stop,” he continued. The person who cut me off didn’t even stop. These two women were able to help me, based on the skills they learned in their nursing classes. I am very thankful to them for helping to save my life.”

The nursing students didn’t know at the time they were saving a combat medic (see sidebar), a Veteran. Like MAJ Spradlin, they felt they were “just doing what they had been trained to do.”

Stevens and Griffin graduated from Chattanooga State Technical Community College on May 5, 2007. The Tennessee Army National

Guard assistant adjutant general, BG David Greer, was on hand with special recognition for them.

BG Greer spoke at the graduation ceremony and told the tale of how these two had saved one of his Soldiers. They were awarded the Department of the Army Certificate of Appreciation for Patriotic Civilian Service.

The award read, “For exceptionally meritorious service in humanitarian support of MAJ Donald Spradlin, Tennessee Army National Guard, on Sept. 26, 2006. You selflessly and courageously rescued this Soldier from life-threatening conditions. Your immediate response and decisive actions

stabilized the Soldier and enabled EMS members to remove him from a serious vehicle accident without further injuries. Your dedication to service and the preservation of human life is in keeping with the highest honors of your profession and reflects great credit upon you, Chattanooga State Technical Community College and the United States Army.”

The award was signed by LTG H Steven Blum, chief of the National Guard Bureau. **GX**



HONORED HEROS Nursing students Angela Stevens and Michelle Griffin receive the Department of the Army Certificate of Appreciation for Patriotic Civilian Service. Both women assisted MAJ “Doc” Spradlin moments after he crashed into a nearby gas station.

Others drove by and didn't care to stop . . . the person who cut me off didn't even stop. These two women were able to help me, based on the skills they learned in their nursing classes . I am very thankful to them for helping to save my life."

—MAJ "Doc" Spradlin

MAJ Don "Doc" Spradlin

MAJ Don "Doc" Spradlin, a Tennessee Army National Guard Soldier, is admired by his superior officers and subordinates alike. To meet him, you couldn't picture this soft-spoken man barking battlefield orders that saved countless American and Iraqi lives. But he did, and he did it well.

To talk to him about his experiences overseas, you're humbled by his "just doing my job" attitude, because after you hear some of his tales of charging into combat, risking his own life to save another, you wonder if you could do the same. But, his tales don't consist of "Hey! I did this! Pat me on the back!" He's constantly bragging about his Soldiers and gives them credit for everything.

One Soldier that credits MAJ Spradlin with saving his life is SGT Kevin Downs. SGT Downs was severely wounded in combat operations near Tuz, Iraq in August 2005. When the Quick Reaction Force he was part of was hit by an IED, SGT Downs was thrown from his vehicle with massive injuries. His three team members didn't survive the blast.



When SGT Downs took the stage to speak at his Purple Heart Ceremony, the first thing he did was ask MAJ Spradlin to stand. When the major rose to his feet, SGT Downs told the packed auditorium, "I wouldn't be here today if it [weren't] for this man. He saved my life."



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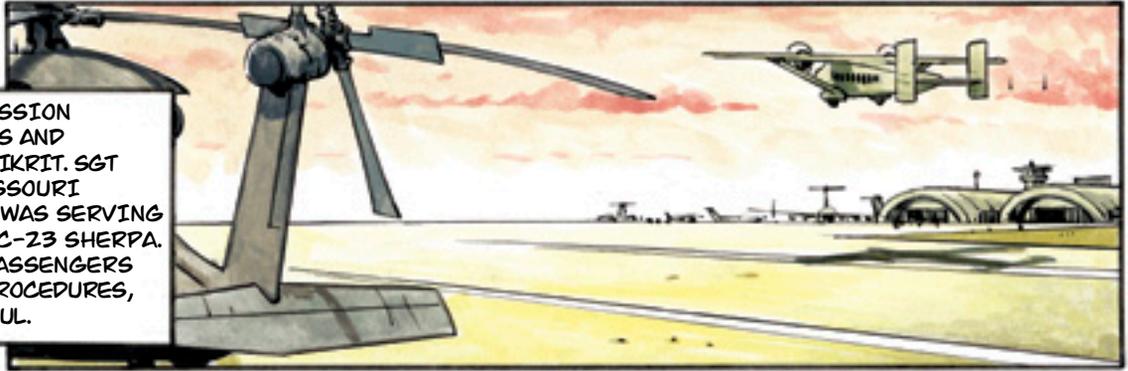


BLOODY FLIGHT TO BALAD

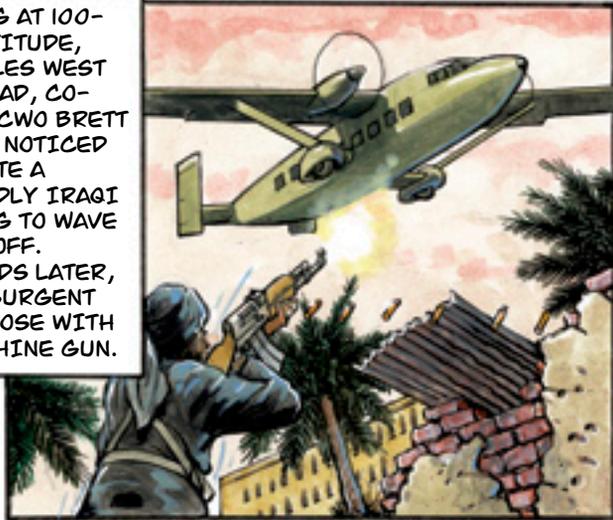


JANUARY 4, 2007

IT BEGAN AS A ROUTINE MISSION TRANSPORTING PASSENGERS AND CARGO BETWEEN BALAD AND TIKRIT. SGT ALEXANDER JOHNSTON, A MISSOURI NATIONAL GUARD SOLDIER, WAS SERVING AS FLIGHT ENGINEER ON A C-23 SHERPA. WITH CARGO LOADED AND PASSENGERS BRIEFED ON EMERGENCY PROCEDURES, THE TAKE-OFF WAS UNEVENTFUL.



FLYING AT 100-FT. ALTITUDE, 25 MILES WEST OF BALAD, CO-PILOT CWO BRETT KRASS NOTICED TOO LATE A FRIENDLY IRAQI TRYING TO WAVE THEM OFF. SECONDS LATER, AN INSURGENT CUT LOOSE WITH A MACHINE GUN.



SGT JOHNSTON LEAPT INTO ACTION SEEING TO A WOUNDED PASSENGER, LAYING HIM ON THE DECK FOR FLIGHT SURGEON, CPT MATT SHEPPARD, TO TEND TO.



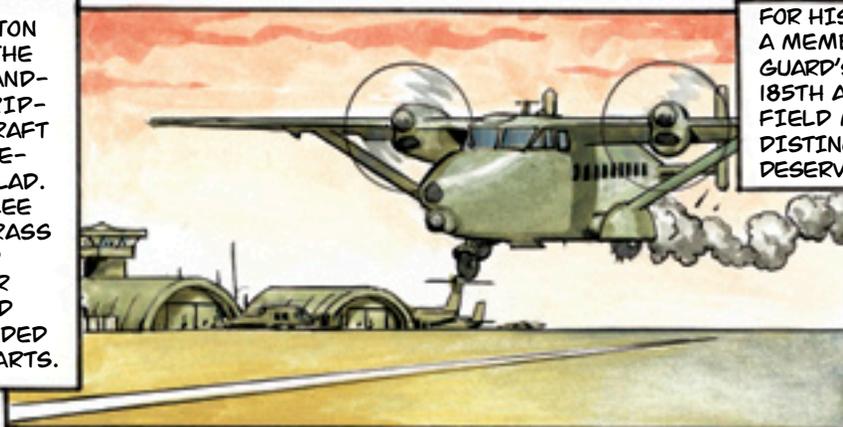
THE CASUALTY IN GOOD HANDS, SGT JOHNSTON CHECKED THE COCKPIT CREW AND FOUND BOTH WOUNDED. THE CO-PILOT, CWO KRASS, SERIOUSLY, WITH MULTIPLE GUNSHOT WOUNDS. SGT JOHNSTON REMOVED HIM TO THE REAR FOR CPT SHEPPARD TO TREAT, THEN HE RETURNED TO THE FRONT.



TAKING THE CO-PILOT'S PLACE, SGT JOHNSTON ASSISTED THE WOUNDED PILOT, MONITORING GAUGES, SCANNING FOR OTHER TRAFFIC, AND . . .



SGT JOHNSTON ASSISTED THE PILOT IN LAND-ING THE CRIP-PLED AIRCRAFT UPON ITS RE-TURN TO BALAD. BOTH CWO LEE AND CWO KRASS RECOVERED FROM THEIR WOUNDS AND WERE AWARDED PURPLE HEARTS.



FOR HIS HEROISM, SGT ALEXANDER JOHNSTON, A MEMBER OF THE MISSOURI NATIONAL GUARD'S DETACHMENT 3, COMPANY I, 1ST OF THE 185TH AVATION REGIMENT OUT OF SPRING-FIELD MO, EARNED THE U.S. ARMY'S DISTINGUISHED FLYING CROSS-A MEDAL WELL DESERVED BY A SELFLESS AMERICAN HERO.



the End



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