

REWARDS OF SERVICE
2007 BENEFITS & BONUSES

FIRST IN FLIGHT
GX HERO BREAKS BARRIERS

HARD CORPS
OCS TURNS OUT LEADERS

COMBAT TRAINING

“I’m talking about . . . ‘kick-in-the-door and save-the-hostages’ tactics.” —Editor Chris West

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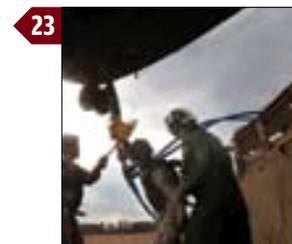
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To the men and women of the National Guard:

Never before in our history has the National Guard been more important to the security of our states and our nation.

With our dual-hat mission, being prepared for the “war-fight” is something we constantly train and prepare for, but the enormity of all that has transpired in the last few years has changed us from a “strategic” reserve to an “operational” reserve. Without a doubt, the image of the National Guard is changed forever.

How many times have you heard the expression “Weekend Warrior” and it made the hair stand up on the back of your neck? More than you’d like to remember, I imagine. It affected me the same way, but let me say to you that those days are gone forever. The term has taken on a whole new meaning, and it can now be worn as a badge of honor. Why? Because you are Warriors, and you have proven it time and again in Iraq, Afghanistan and around the world.

In Tennessee, since 9/11, we have deployed nearly 11,000 Guard members—almost 80 percent of the Tennessee National Guard. Our Soldiers and Airmen have responded admirably without exception, upholding the long and proud tradition of the Volunteer State. On top of that, our recruiting and retention is at one of its highest points in history, as it is across most of the nation.

That speaks volumes about the caliber of men and women in today’s National Guard. You epitomize everything that is right about our country. You are warriors in every sense of the word!

This nation has survived because of Citizen-Soldiers like you: ready to answer the call when you’re needed; willing to stop everything you’re doing in your communities; willing to leave your families, loved ones and employers behind as you put yourselves in harm’s way to fight those who threaten our way of life. You’re doing something that most people don’t have the will to do. You’re stepping forward and saying, “I’m ready,” instead of stepping backward and saying, “Let someone else do it.”

That takes a special kind of courage.

In 2002, I was at the National Training Center in California with the 278th Armored Cavalry Regiment. We were in a meeting with some of the senior leadership, both officers and NCOs, when I observed an elderly gentleman come into the back of the room and sit down. He listened for awhile, then sent his card up to me. On the card, he’d written a note asking if he could address the group. When I read it, my first thought was that this was an old Veteran who might have been in the lounge across the hall too long and wandered into our meeting. That is, until I turned the card over and saw that the “elderly gentleman” was retired Army COL Lewis Millett, who was awarded the Medal of Honor for leading the charge up Bayonet Hill in Korea.

Of course, I immediately introduced COL Millett and gave him the floor, and there was dead quiet in the room as he stepped up to the lectern. He prolonged the silence for what seemed like an eternity as he looked into the eyes of each Soldier in the room. Then, the first words out of his mouth were, “Weekend Warriors!” The silence was deafening and my heart dropped, because I knew what was coming next: a retired, Regular Army colonel again insulting the National Guard.

But then, after another long pause he said, “Everything right about America is a Weekend Warrior. Someone willing to put his or her life on hold to serve their country is a very special kind of person.” For the next 15 minutes, this former Maine National Guard member



eloquently expressed all of the reasons why Guard members are the very fiber of this country. COL Millett finished by explaining that the reason he retired as a Regular Army colonel was “because they wouldn’t let me retire as a Maine National Guard member.”

This, coming from a recipient of the Congressional Medal of Honor for his bravery at Bayonet Hill, says so much about what we have become.

I cannot adequately express how proud I am of our Soldiers and Airmen.

Daniel Webster said more than 200 years ago, “God grants liberty only to those who love it and are always ready to guard and defend it.” I can think of no better description of the men and women of today’s National Guard.

Weekend Warriors? You’re damn right we are . . . and proud of it.

MG Gus L. Hargett
Adjutant General of the State of Tennessee

Fellow Citizen-Soldiers,

I am proud to serve with great Americans. The Soldiers and Airmen of the National Guard are the foundation of our great nation. The members of the National Guard are the face of our military in hometown America. The Guard has more than 3,200 units located in more than 2,700 communities across the 54 states and territories. I am renewed with a profound respect for the depth of character of our nation when I look into the eyes of our Citizen-Soldiers, Airmen and their families.

The National Guard recently celebrated its 370th birthday. It is not only the oldest component in the Armed Forces; it is also one of our country's longest enduring traditions. From before the American Revolution to the modern day, the Guard has remained essential to our national defense. The U.S. military cannot fight a large-scale conflict today without relying upon the National Guard.

Each time I participate in a deployment, homecoming or Freedom Salute, I am reminded of a quote attributed to President Ronald Reagan: "I don't know all the National Anthems of the world, but I do know this: the only anthem of those I do know that ends with a question is ours, and may it be ever thus. Does the banner still wave o'er the land of the free and the home of the brave? Yes, it does, and we are going to see that it continues to wave over that kind of country."

It is your commitment to serve your country when called that enables this resolve. The Guard gives a public face to the security of our nation. You communicate on a personal level to the local chamber of commerce or school group the importance of citizenship and commitment. On Sept. 11, 2001, even before the Twin Towers collapsed, Guard members in New York City had left their civilian jobs and were on their way to their armories. Some put on their uniforms and rushed straight to the site of the disaster. These Citizen-Soldiers did not wait to be called.

The Guard is always there, the first line of defense against natural and man-made disasters. American's appreciation for Guard service here at home was rekindled in the wake of hurricanes Katrina and Rita with the largest and most rapid mobilization in the history of the world for a domestic disaster. More than 17,000 American lives were saved as a direct result of Guard rescues and more than 70,000 grateful citizens were evacuated from the stricken region. Within this past year, the Missouri National Guard has been called five times to state emergency duty. When our nation needs us, the Guard is there. The same Guard members who have served in times of local emergency have deployed to Iraq, Afghanistan, the Balkans, Southwest Asia and more than 64 other countries around the world.

This unprecedented reliance upon the Guard has caused the Department of Defense (DoD) to announce new policies for use of the Guard. The first aspect of the policy change will involve the way DoD manages deployments of the National Guard. In the future, deployments will be managed on a unit basis. This will facilitate greater unit cohesion, longer lead-time and predictability for deployment.

The second aspect of the policy change addresses the maximum mobilization time for reserve forces. DoD will reduce the time frame to one year, start to finish. This will require a drastic change in the mobilization model. Some battle-focused tasks previously trained during post-mobilization will now be trained and certified pre-mobilization and certified by the adjutant general.

Third, the policy objective will be for involuntary call-up of units or mobilization of the Guard for one year with a five-year demobilization ratio. The five-year dwell time is a policy goal that may be more or less, depending upon the operational tempo. In the event that Guard or Active Duty forces are required to break the ratio of one in five, additional incentive pay will be implemented to compensate the



interruption in their lives. Guard commanders will be made certifying officers for individual, crew-served and squad-level readiness in all areas. Accrued leave will count as part of the 365-day mobilization. Citizen-Soldiers will have the option to take the leave at home, cash it out, use the earned leave or actually go back to work earlier.

The Guard has undergone a total transformation in the past few years. We fight narco-terrorism through counterdrug programs; we work with our nation's youth to ensure them a brighter future. Our Soldiers provide air defense batteries in the nation's capital, and ballistic interceptor missions in Alaska. We conduct peacekeeping operations while training Iraqi and Afghan armies. We rebuild the infrastructure of Afghanistan and Iraq. The Guard is truly the multi-functional tool of our national security strategy. Who are better emissaries of peace and building good relations than our National Guard, who live in and give back to their communities with civic purpose? The principles of liberty and aspirations of our society are communicated by our Citizen-Soldiers. The face of opportunity is broadcast through smiles, sweat and a handshake. The face of our values and our national interests, freedom, peaceful relations and human dignity are the Citizen-Soldiers of the National Guard.

Your service, dedication and patriotism are making history. I could not be more proud than I am today to share the uniform in commitment. Your story is an inspiration and hope for the continued vitality and future of the United States.

MG King E. Sidwell
Adjutant General of the State of Missouri

Thank You

That's one thing we don't say enough. We continue issue after issue, assuming you know. Sure, we rope in big commanders to say it. We share stories of you saying it to each other. But, not nearly enough do you hear us say "Thank You."

As *GX* has developed over the past three years, we've further embedded into your culture. We've traveled thousands of miles to see you in action. We've spent time with Guard families and Veterans at every opportunity. And every single time, come away much wiser for it.

And now *GX* has added two Army National Guard Soldiers to our small civilian team. In 2006, we welcomed CPT Tim W. Irvin—a 14-year military Veteran with two deployments under his belt. With Regular Army, CPT Irvin deployed to Haiti '93-'94. And, in '04-'05, as an Alabama Army National Guard Soldier, he deployed to Afghanistan. CPT Irvin now serves as an OCS instructor with the Tennessee Army National Guard, and as our *GX* Editor of Military Affairs. Basically, CPT Irvin keeps us in check.

Starting this issue, we welcome SSG Heather G. Allen. SSG Allen is a fifth-year, currently serving Tennessee Army National Guard Soldier, who served our country in OIF, '04-'05. SSG Allen oversees our news desk as the *GX* News Editor. If you haven't heard from her yet, don't worry, you will!

It's an honor to have these fine folks running at our side. Their invaluable Guard experience is shaping the future of *GX*, taking it to a much higher level and adding a heck of a lot more HOOAH.

Many friends of *GX* are now mobilizing for deployments in OIF and OEF, including our friends in the mighty 218th and those in the noble 1-160th. You are in our thoughts and prayers.

And many more friends are still currently deployed. We never forget our good pals in Qatar and scattered throughout Iraq, bearing the bitter cold of Kosovo and manning our southern border.

We thank God for the recent safe return of many more, including several folks who have written articles or taken photos for us. Those being the 133rd MPAD of both Tennessee and Kentucky, SSG Leslee Mark Aruajo of the Nebraska Army National Guard and SPC Richard Phelps of the Kansas Army National Guard.

As *GX* grows, as our pool of friends and influence grows, our mission remains the same—to pay proper tribute to your service and your sacrifice. To say Thank You.

This issue, we pass on some of the key financial bonuses and educational benefits of joining the Army National Guard. We know many of you join for Service, for God and Country. But, even the federal and state governments need a way to say Thank You and perhaps this is it.

We are dually honored to share messages of gratitude from the adjutants general of Missouri and our home state of Tennessee. Even generals like to say Thank You.

So, make no mistake, we at *GX* are humbled by your bravery. We are enriched by your meeting. We are indebted to you for your service. And even if we had said it a thousand times before, we'd still feel that is not nearly enough—Thank You.

—The *GX* Team



ON THE COVER

SGT Travis Roth practices clearing rooms at an abandoned prison complex in Santa Fe, NM. He and his fellow instructors at the NMARNG Combat Arms Training Company will train every member of the New Mexico National Guard in these same tactics.

PHOTO BY CHRIS WEST



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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.

PUBLISHER	Mitch Powers
FOUNDING EDITOR	Ed Brown
EDITOR-IN-CHIEF	Jason West
EDITOR-AT-LARGE	Chris West
MANAGING EDITOR	Keith Kawasaki
DESIGN DIRECTOR	Andrew Nixon
EDITOR OF MILITARY AFFAIRS	CPT Tim W. Irvin
NEWS EDITOR	SSG Heather G. Allen
COPY EDITOR	Julie Zeitlin
CONTRIBUTING WRITERS	
SSG Ken Weichert	Stephanie Weichert
Paul Alvallone	Rich Strickler
Dr. Kathryn Goedde	Johanna Altland
Jason Hall	SFC Donnie Moseley
LTC Jose Ortiz	Tom Mylin
DESIGNERS	
	Rebecca Gervais
	Jon Walters
	Dustin McNeal
STAFF PHOTOGRAPHER	Raye Dene Berry
ONLINE ARTISTS	
	Amanda M. Baines
	Rebecca Gervais
	James Walters
CONTRIBUTING ILLUSTRATOR	Don Lomax
ADVERTISING SALES	
	Dan Tomkiewicz
	770-640-1681
	dan@GXonline.com

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Voice: (866) 596-4558
Fax: (615) 256-6860

Email Contacts:

PUBLISHER	publisher@GXonline.com
EDITOR	editor@GXonline.com
SUBSCRIPTIONS	subscriptions@GXonline.com
ADVERTISING	advertising@GXonline.com
GENERAL INFO	info@GXonline.com

Editorial Inquiry and Submissions:

editor@GXonline.com or voice: (866) 596-4558,
fax: (615) 256.6860

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We want to hear from you! Send your questions or comments to:

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LET'S GET PUMPED!

SGT Ken™,

I am hooked!!!! The thought of becoming athletic is such a motivator. I just started your fitness DVDs and programs from GX magazine. I have never pushed my body in this way before and it feels great (mostly that I can do it—I can do it! . . . I'm still in amazement). If you would have met me four months ago you would have not recognized me. I was a work-alcoholic, ten pounds heavier, and had not seen the gym for two years. I have worked so hard the past three months and this is exactly what I need to push me to the next level. Thanks again for the motivation! Your energy is so contagious!!!! HOOAH!

Sincerely,
Viviana M.

SGT Ken™ and Stephanie,

I must first say that you are doing a fantastic job with the articles and information that is being produced in GX magazine for Soldiers. Your articles are easy to read and provide great input to conduct physical fitness anywhere in the world. Continue the great work you and your wife are conducting.

Sincerely,
CPT Luis C. Mendoza, PAARNG

ON THE BORDER

Dear GX,

I'm SGT Ken Simpson. My home is now in Murfreesboro, TN. I have three children and

three grandchildren; my wife passed away in 2005. I have been in the Army now going on 24 years. I have served tours in Vietnam, Iraq and now my last tour on the U.S./Mexico border, representing TN National Guard, who I have been very proud of serving with.

Life on the border is not too bad. Being away from family is the hardest, but I'm a United States Soldier, who will go anywhere we are needed. The job here is to help make the United States a stronger nation in guarding its own borders. It's not just the Soldier, but all Americans who help in making the United States a free and safe place to live. The Army motto is "Army Strong." But, I have one also: "AMERICA STRONG." I have read somewhere that someone said "WE THE PEOPLE" . . . It's going to take all of us to make our own borders strong.

The mission here is to keep the equipment up and running so the Soldier can get the job done with the U.S. Border Patrol. We have worked some long hours at times, but that's what it takes. We have Soldiers from all parts of AMERICA working as ONE unit, one team. They are a fine group of Soldiers to work with; I would go back to combat with any one of them.

Let's keep in mind that there are Soldiers in all parts of the world to keep America free. So please keep them in your prayers.

SGT Ken Simpson
Somewhere on the Border
"Army Strong"

READER SURVEY COMMENTS

"I love sharing the magazine. My family didn't start off being very supportive about my decision to enlist, but through sharing the magazine with them they began to see what really goes on in the 'Army life.'" - An Army National Guard Soldier

"My greatest appreciation goes out to GX magazine for all your hard work! I cannot

thank you enough for your dedication to us families and our Soldiers." - Wife of an Army National Guard Soldier

"GX does a great job of looking at the whole Soldier and how their life is impacted by their service to their country." - An Army National Guard Soldier

"I recently returned from Iraq and have found the only honest reporting in GX." - An Army National Guard Soldier

"This is one of the greatest tools for recruiting, retention and improving morale for the National Guard that I have seen in a long time—keep it up." - An Army National Guard Soldier

"My husband started receiving GX while deployed last year in support of OIF and he would send the very worn copy home to me when the guys were finished with it over there. I must say it has a lot of information in there. I enjoy reading it myself, being the family readiness co-leader of his unit. I know this might sound crazy, but it was somewhat of a comfort to know that he had magazine and now I have it!" - Wife of an Army National Guard Soldier

CORRECTION

The "Climate Control" Recon photo on pages 28–29 in GX 4.1 was incorrectly attributed to the 40th Public Affairs Attachment. The photo was taken by Kalei Brooks of Alaska National Guard Public Affairs.



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KENTUCKY SOLDIER RECEIVES DISTINGUISHED SERVICE CROSS

By COL Phil Miller
KYNG PAO

FRANKFURT, KY—Kentucky Army National Guard (KYARNG) SSG Timothy Nein received the Distinguished Service Cross, the second highest award to the Medal of Honor, during a ceremony at the National Guard Association of Kentucky conference in Lexington in mid-February. SSG Nein was recognized for his extraordinary heroism in action during an ambush that took place almost two years ago in Iraq.

In the presence of more than 800 of his peers, SSG Nein was presented the Distinguished Service Cross by LTG H Steven Blum, the chief of the National Guard Bureau, while Governor Ernie Fletcher and MG Donald C. Storm, adjutant general of Kentucky, stood by SSG Nein's side.

"While the name of SSG Timothy Nein is already in the history books, his actions as a leader and as a Soldier typify the Warrior spirit of all of our troops," said Fletcher. "I'm honored to serve as Commander-in-Chief of the Kentucky National Guard because I know I have Soldiers and Airmen like SSG Nein to answer the call of duty."

SSG Nein originally received the Silver Star Medal, along with SGT Leigh Ann Hester and SGT Jason Mike, for his actions in Iraq on March 20, 2005, during the Battle of Salman Pak, but was upgraded after a final review. Assigned to the KYARNG's 617th MP Company, SSG Nein and his squad, "Raven 42," successfully disrupted an ambush on a coalition convoy by an estimated force of 50 enemy insurgents.

SSG Nein is only the fifth U.S. Army Soldier, and first Guard member, to receive the Distinguished Service Cross in the Global War on Terror. He also is the first KYARNG Soldier to receive the medal since WWII. **GX**

HIGH HONOR SSG Nein is presented the Distinguished Service Cross by LTG H Steven Blum, chief of the National Guard Bureau.



COL. PHIL MILLER, KYNG PAO



WAIST DEEP LT Charles Stewart and 1SG Jeffrey Sanderson promoting their Soldiers in Tennessee's frigid Green River last January. PFC Michael Hill to SPC; PVT Caleb Workman to PFC; and PFC Tyler Sanderson to SPC.

TN UNIT DOES IT “THE HARD WAY”

By MSG (ret.) Nate Crawford
Tennessee National Guard Public Affairs

WAYNESBORO, TN—You won't find too much going on in the tiny town of Waynesboro, TN, on a Sunday afternoon—unless you're at the National Guard Armory with Assault Troop 1/278th Armored Cavalry Regiment.

One particular January drill found these infantrymen in formation, chest deep in the middle of the Green River promoting one of their own. They were carrying on a tradition that began almost a year earlier when they were transformed from artillery to infantry.

It was started by the detachment commander, LT Dave Roberts, with a river-crossing exercise at the end of an April drill in 2006. He heard about a river-crossing custom that began in the 1950s with the commander of a Johnson City, TN, unit. “My original idea with the crossing was to instill mental toughness in the platoon, so they wouldn't worry about their environment and let it slow them down,” explained LT Roberts.

At the conclusion of that first river crossing, a formation was held in the very middle of the river to promote one of the Soldiers. “We were already wet, and what better way to promote an infantry Soldier

than by doing it the hard way,” LT Roberts said. Part of the deal is that no Soldier is allowed to leave the river until completely and thoroughly soaked.

There was some grumbling in the beginning, but Guard members quickly began to develop a sense of pride for doing what other units considered crazy.

But the January drill in 2007, with temperatures hovering about 18 degrees, was a true test of their resolve.

The assault troopers had not formed up in the river for a couple of months, and four Soldiers were to be promoted. But, with platoon leaders and platoon sergeants leading the way, they hit the frigid water without hesitating.

There was plenty of shivering and chattering of teeth, but when it was all over, the Soldiers knew they had once again done something others would never even consider. They'd done it their way and the pride was apparent on their faces.

That pride and toughness carry over into the training on drill weekends, with the Soldiers always putting out 100 percent. The Tennesseans developed the motto, “Train

Like Hell! Fight Like Hell” and *esprit de corps* has truly risen.

LT Roberts credits much of the success to his NCO corps. “It takes leaders on every level to make every drill a special one, so the Soldiers are always looking forward to it,” he said.

“Being an infantry troop in a cavalry regiment, we get the best of both worlds,” LT Roberts added. The 278th ACR history

dates back to the 117th Infantry Regiment, one of the most decorated regiments in the entire U.S. Army. The 117th

played critical roles in some of the major battles of WWI and WWII, from breaking the Hindenburg and Siegfried Lines to the Battle of the Bulge. They never failed to attain an objective.

“The Tennessee infantryman has a proud combat legacy that began during the Revolution and has spanned over 200 years,” LT Roberts said. “Trust me when I say that these young Soldiers realize they're part of that legacy. They consider themselves unstoppable.” **GX**

They'd done it their way and the pride was apparent on their faces.

SOUTH DAKOTA NATIONAL GUARD SUPPORTS HUMANITARIAN EXERCISE



By MAJ Orson Ward
SDNG PAO

BASE CAMP CALIGUATE, NICARAGUA—South Dakota Soldiers are making progress as they build a two-room school near the village of Caliguate, Nicaragua, in support of a humanitarian assistance exercise called New Horizons.

The 24-member construction crew is part of the first rotation of Soldiers from the 153rd Engineer Battalion of the South Dakota Army National Guard (SDARNG). After arrival in early February, they are currently clearing and preparing the site for the concrete footings and floor.

“The Soldiers are getting an opportunity to conduct a real-world mission, and at the same time, see a part of the world most people don’t get to experience,” said MAJ Todd Bartunek, executive officer for the 153rd.

MAJ Bartunek, of Huron, SD, said that overseas training missions are something all National Guard units try to support.

“The opportunity existed and our engineers were able to support it,” he said. “Dealing with the heat and austere conditions, as well as the language barrier, makes this mission unique.”

The school construction is one of many general engineering tasks the unit will conduct during the \$7.25 million U.S.-Nicaraguan joint exercise supported by the U.S. Air Force’s 820th Expeditionary Red Horse Squadron and the SDARNG.

These New Horizons construction projects in the Central American countries of Nicaragua and Honduras involve the construction of schools, clinics and water wells.

The exercises, which last several months each, provide much needed services and infrastructure, while providing critical training for deployed U.S. military forces. Exercises generally take place in rural areas.

MAJ Bartunek monitors the progress of the exercise from the unit’s headquarters in Huron, SD, and helps provide needed support for the mission. Over the next five months,

SCHOOL’S IN SESSION Soldiers from the 153rd Engineer Battalion, SDARNG, clear and prepare the site of a new school in Nicaragua during a humanitarian exercise named New Horizons.

the battalion will send four additional rotations to Nicaragua and four to Honduras in support of the exercise, which runs from February to mid-June.

Approximately 250 Soldiers from the 153rd will be supporting the exercise, with each rotation consisting of 20 to 30 troops. The Soldier rotations will deploy for 15 days, but some will remain for more than 30 days in order to make a smooth transition between rotations, according to MAJ Bartunek.

“The Soldiers are currently operating out of Base Camp Caliguate, which is located in the central portion of Nicaragua,” he said. “They are living in large tents with air conditioning, and have a recreation facility, a sports field and a post exchange.”

MAJ Bartunek said the missions in Honduras will begin in May and will involve general engineering work. **GX**

CROSS-CONTINENT Tajik WO Mirzo Lashkarbeckov, assigned to the Tajik Border Guard, provides security for his squad during a training exercise spearheaded by Virginia Guard, Jan. 30.



VA TROOPS TRAIN TAJIKS

By SSG Alex Licea
U.S. Army Central Public Affairs
Courtesy of DVIDS, www.dvidshub.net



DUSHANBE, TAJIKISTAN—The saying “old habits never die” could be a good way to describe the current Tajikistan Soviet-style run military. From its troop-leading procedures to its training methods, it’s a trend they’re slowly continuing to improve on.

As part of that process, 30 Soldiers representing four departments of the Tajikistan National Army gathered here to hone their skills and learn new levels of leadership as part of a Non-commissioned Officer Professional Development (NCOPD) information exchange with U.S. Soldiers assigned to the 1st Battalion, 183rd Regimental Training Institute, Virginia National Guard.

The two-week program, which concluded in January with a field training exercise, is facilitated by the Atlanta-based Third Army, U.S. Army Central Civil-Military Affairs section. Third Army works with nations from the Horn of Africa, the Middle East and Central Asia to organize military training exchanges through its Theater Security Cooperation program.

For this military exchange, the Virginia-based troops give young Tajik NCOs and

cadets a first-hand look at the responsibilities of the U.S. Army NCO system. The NCO Corps depends on its senior-enlisted personnel training their subordinates on day-to-day operations, as well as the overall military picture. Currently, the Tajik Army puts all responsibilities on its officers to train its Soldiers on all aspects of the Army.

With help from translators, Tajik Soldiers are taught a number of NCO duties such as leadership, responsibilities, individual movement techniques, team movement drills and reacting to enemy forces.

According to Virginia National Guard member MAJ Neal Edmonds, the establishment of an NCO Corps to the Tajik Army is a slow process that will take time.

“It will take them a period to adjust to this type of structure,” he said of the Tajik Soldiers. “I think we have a good partnership, and the Tajik leadership is dedicated to making this system work for them.”

For the past three years, MAJ Edmonds has been the coordinator for the Virginia National Guard-Tajikistan State Partnership for Peace program. He works with Tajik officials to synchronize training events and other exchanges between the two.

For Virginia National Guard member SSG Todd Payne, this is his third NCOPD. He said

it presents the chance to teach and influence a foreign military in something he cherishes.

“It would be a thrill for me if they would one day develop the NCO system,” said the native of Amherst, VA. “To think I was part of helping them build an NCO Corps would be an honor.”

For Tajik junior SGT Bobur Mahmador, assigned to the Tajik National Guard, the chance to work with American NCOs was an experience to remember.

“They have been teaching us new and useful information that I want to pass down to my Soldiers,” said SGT Mahmador. “Because of this training, I have already started my own training program to take back to my unit.”

The information exchange between the two nations will continue until 2012, and in the eyes of MAJ Edmonds, the future is only getting brighter.

“I really see them building an NCO Corps,” he said. “It is just a matter of time and precedence.”

An advanced NCOPD is scheduled in May. The class will have returning graduates of prior NCOPD classes, and will stress on the roles of an NCO into a force. **GX**

SSG ALEX LICEA, U.S. ARMY CENTRAL PUBLIC AFFAIRS, COURTESY OF DVIDS

PENTAGON CHANNEL LAUNCHES NEW WEB SITE

By MAJ Francisco G. Hamm, USAF

ALEXANDRIA, VA—The Pentagon Channel launched a redesign of its Web site February 19, improving its line of products that distribute the channel's military news and information to the men and women in uniform.

"The Pentagon Channel's focus for 2007 is to leverage the interactivity of *Web 2.0* to more efficiently and effectively provide the highest-quality military news and information to the United States service members, wherever they are, whenever they want," said Brian Natwick, general manager of

the Pentagon Channel." *Web 2.0* refers to a perceived or proposed second generation of Web-based services, such as social networking sites, wikis and communication tools.

Harnessing this new technology augments our ability to communicate relevant, timely and credible military news and information to the men and women of the U.S. military.

In addition to its current features of video-on-demand, live-video streaming and podcasting, the new redesigned site—www.pentagonchannel.mil—adds two highly interactive features. The first feature includes IFrame technology, a video compression picture type that allows users to save and send Pentagon Channel video clips so that they can be shared beyond pentagonchannel.mil. The second major update is the addition of an upload tool, which will enable you to upload your videos, and thus be even more a part of the Pentagon Channel. pentagonchannel.mil will also be platform-independent (Mac and PC), using Flash 7.0 to push out video content.

GET READY TO RIDE! IN DIXIE THUNDER RUN

By SSG Heather Allen

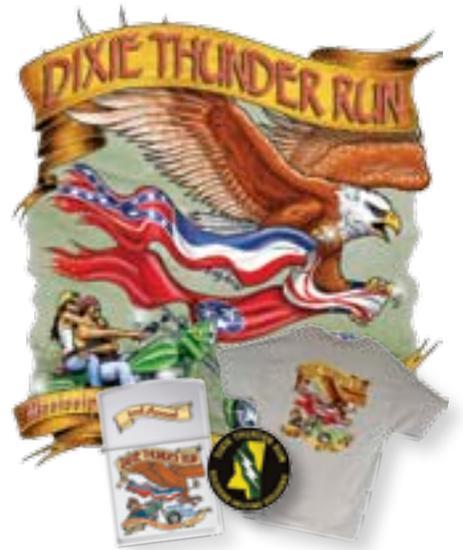
Break out your bike from its winter slumber and hit the road! The Second Annual Dixie Thunder Run (DTR) kicks off May 19 in Tupelo, MS, traveling through the northwest corner of Alabama and ending May 20 in Memphis, TN. If you can't join the ride, show your support by visiting the DTR Web site and check out their merchandise.

When a Soldier is injured in a combat zone, they are not only taken care of medically, but housed, and given regular pay and military leave. Their families, however, end up having to finance their way to see loved ones. It gets expensive—flights, lodging and meals add up quickly. All proceeds from DTR go to injured Soldiers and their families, who made the ultimate sacrifice during the War on Terror.

The motto "Soldiers Helping Soldiers" is testimony to the ride's beginnings, when a few Soldiers of the 155th Brigade Combat Team of Mississippi chose to help fellow unit members.

As news of the event spread by word of mouth, Soldiers and citizens from numerous units and states wanted to show their support for America's Finest by participating in the DTR. The inaugural ride (2006) traversed the state of Mississippi by starting in Tupelo, home of the 155th's headquarters, with a stop in Meridian and culminating in Hattiesburg.

When GX recently asked SSG Tony Shackleford of the 155th BCT, one of the founders of DTR, why it was important to him to ride, his answer was a no-brainer: pride. "Pride in doing something for wounded Soldiers and their families," declared SSG Shackleford.



One organization from each state will receive the proceeds: Mississippi Military Family Relief Fund, Alabama National Guard Foundation Inc. and the Enlisted Association of the National Guard of Tennessee. **GX**

You can find a map of the route and merchandise at:
www.DixieThunderRun.org

MARTINA MCBRIDE OFFERS MILITARY DISCOUNT ON TOUR TICKETS

By Keith Kawasaki

The most powerful voice in country music, Martina McBride, is going on tour this spring and summer in support of her new album, *Waking Up Laughing* (in stores now). However, McBride is also out to support our troops. She is offering a 20% discount to military members for tickets at select dates (see list at right).

To take advantage of this remarkable discount, you need to purchase your tickets at the venue ticket office and present your military i.d.

For more information on Martina McBride, visit:
www.MartinaMcBride.com

April 22	Times Union Center, Albany, NY
April 27	Dow Events Center, Saginaw, MI
April 29	SeaGate Convention Center, Toledo, OH
May 6	Pensacola Civic Center, Pensacola, FL
May 11	Peterson Events Center, Pittsburgh, PA
May 25	Colorado Springs World Arena, Colorado Springs, CO
June 1	Lawrence Joel Coliseum, Winston-Salem, NC
June 17	Nutter Center, Dayton, OH
June 30	Giant Center, Hershey, PA
July 15	CenturyTel Center, Bossier City, LA
July 19	Freedom Hall, Louisville, KY



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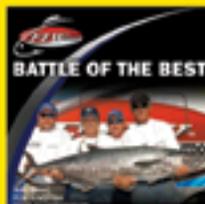
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In every issue of FLW Outdoors Magazine, you'll get tips and techniques from America's top anglers, like **National Guard Pro Tim Klinger.**

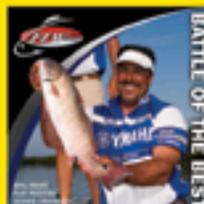
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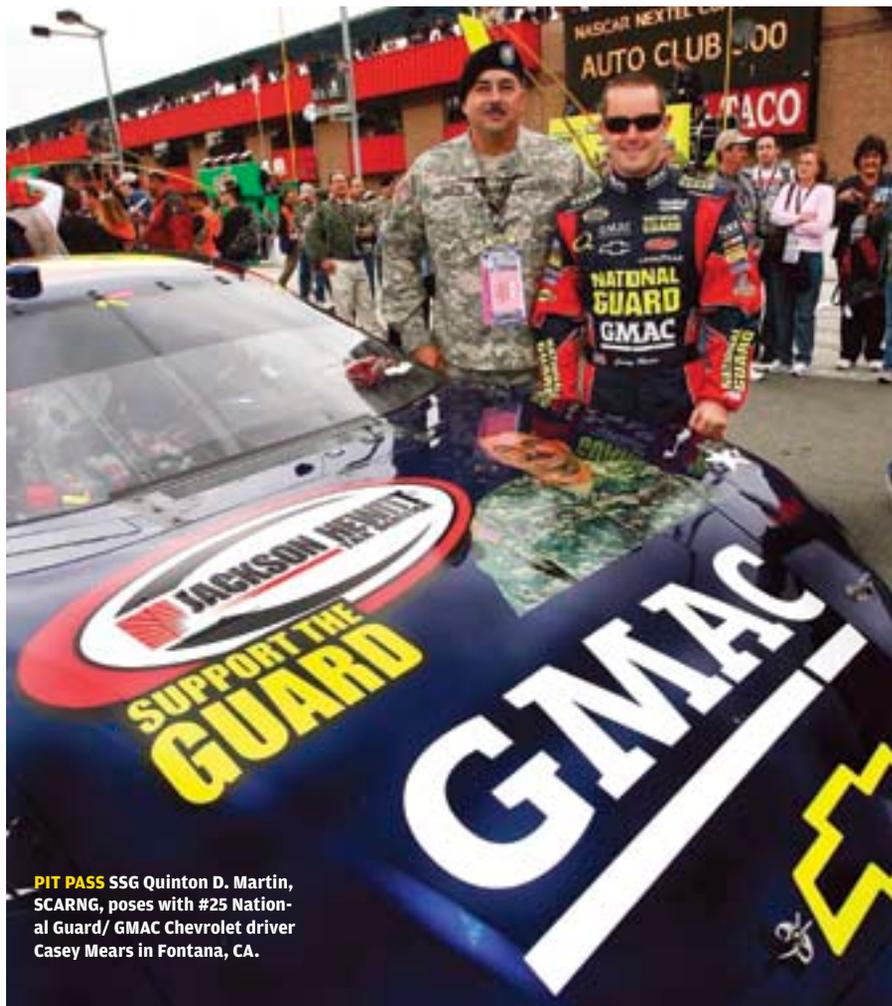
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HERO OF THE YEAR TAKES A SPIN WITH NASCAR



PIT PASS SSG Quinton D. Martin, SCARNG, poses with #25 National Guard/ GMAC Chevrolet driver Casey Mears in Fontana, CA.

By Melissa Connerton

FONTANA, CA—At the California Speedway, tax preparation industry leader Jackson Hewitt Tax Service® celebrated the grand-prize winner of its Heroes of the Year campaign, SSG Quinton D. Martin. As the national honoree, SSG Martin made racing history by having his image on the hood of a NASCAR Nextel

Cup Car, the #25 National Guard/GMAC Chevrolet driven by Casey Mears. This is the first time that a non-celebrity has appeared on a NASCAR Cup vehicle, and Jackson Hewitt

CEO Michael Lister officially introduced SSG Martin as part of the pre-race festivities on Sunday, Feb. 25, the day of the big race.

“Through the Heroes of the Year program, we were privileged to celebrate so many valiant Citizen-Soldiers around the country,” said Lister. “All of the 10 monthly honorees truly demonstrate what it means to be a Citizen-Soldier. Selecting one overall Hero was difficult, but we believe SSG Martin

is an excellent example of what it means to be a Citizen-Soldier, and also represents the outstanding qualities and achievements of all of the monthly honorees.”

I appreciate everyone who voted for me. I know there are many troops who deserve it. We're all in this.—SSG Quinton D. Martin

SSG Martin and his wife, Pat, who nominated him, enjoyed a memorable VIP experience at the Auto Club 500, joined by Jackson Hewitt and National Guard representatives. In recognition of their merits, the nine other monthly honorees in the Heroes program were invited to join the Martins as VIP guests, to watch the #25 car speed around the track. The honorees were: SSG Robert Smette, NDARNG; SSG Benjie R. Wells, MSARNG; SSG Brent D. Cobb, SCARNG; MAJ Terry McPherson, ALARNG; SGT Corey Briest, SDARNG; CSM (ret.) David G. Collins, OHARNG; SSG Robert Dollaway, NJARNG; SFC Todd Tilkens, WIARNG; and SFC Jody Hayes, IAARNG.

The yearlong Heroes of the Year initiative, which launched at last year's Auto Club 500, invited people around the country to nominate a National Guard Soldier, family member or employer making a difference at home or abroad. As the role of the National Guard has changed over the past few years, the demands have increased, and being a Citizen-Soldier now often requires these men and women to leave their civilian jobs, homes and families for longer periods of time for active duty and multiple deployments.

SSG Martin notes, “The National Guard has done a lot for me. I appreciate everyone who voted for me. I know there are many troops who deserve it. We're all in this.”

The campaign also celebrated the efforts and dedication of families and employers who support members of the National Guard. Many were honored throughout the campaign, with one family—Ms. Signa Kyle Lord, Fleetwood, PA, and one employer—Beach Manufacturing, Garden Grove, CA, being selected as the overall winners in their respective categories. They joined the Soldiers for a rewarding VIP experience at the race, and had their names placed on the car for the Cup race.

“This was an outstanding yearlong campaign that allowed so many people to nominate and celebrate the bravery and dedication of our Citizen-Soldiers, as well as the support of family and employers,” said COL Mike Jones, Army National Guard. “SSG Quinton Martin is an example of the best and brightest serving our communities and our country. Nothing is more important to a Citizen-Soldier than the support of their nation.”

To view all of the Soldiers, family members and employers chosen as monthly honorees for their dedication to, and support of, the National Guard's mission, visit www.supporttheguard.com. For more #25 National Guard Car news, see page 62. **GX**

AT TIMES LIKE THIS IT'S GOOD TO KNOW THERE'S A STRONG NATIONAL GUARD IN YOUR COMMUNITY.



Natural disasters do more than make headlines. They affect the lives of millions of Americans every year. And so does the National Guard. Whether it's a wildfire, tornado, hurricane or earthquake, the Guard is there. Always has been. And with the support of dedicated Americans, the Guard will always be the force America's communities count on.

Can your community count on you to keep the Guard strong? Visit our web site today or call us. We'll give you lots of reasons why you should become a Citizen-Soldier.

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GATES PROMISES PREDICTABLE DEPLOYMENTS



PICTURE PERFECT Secretary of Defense Robert M. Gates meets with NCOs after a breakfast meeting at Fort Belvoir, VA, March 1.

By Fred W. Baker III, American Forces Press Service

WASHINGTON, DC—The Defense Department (DoD) is committed to implementing changes in policy that will mean fewer, shorter and more predictable deployments for reserve-component troops, Defense Secretary Robert M. Gates told the National Guard's 54 adjutants general.

Speaking to the Adjutants General Association of the U.S. mid-winter conference, Gates said his goal is for Guard members to serve a one-year deployment no more than every five years. This met with resounding applause by the adjutants general, whose state forces have been strained in the past five years supporting federal and state missions of historic proportions.

Since Sept. 11, 2001, more than 275,000 Guard members have been mobilized in support of operations Iraqi Freedom and Enduring Freedom. This, in addition to state emergencies and border-patrol missions, has heavily strained pools of National Guard troops available for deployment. In 2005, a historic mobilization took place, in which 50,000 Guard members were called up from

across the nation in support of Hurricane Katrina disaster relief.

Until now, National Guard troops called up for the Army's standard one-year tour in Iraq would actually serve for 18 months. Gates is imposing a one-year limit to the length of deployment for National Guard Soldiers, effective immediately.

Gates stressed that some troops may be caught in the start of the cycle and face deployments faster than once every five years. His department is looking at compensating those who serve additional mobilizations, and they are reviewing hardship policies that allow for the exemption of some troops based on personal circumstances. The one-to-five-year cycle does not include activations for state emergencies.

Gates said the influx of 92,000 troops into the active Army and Marine Corps over the next five years should help take some of the load off the reserve component. He said

the larger pool of ground forces available will make it less likely Guard troops will be needed for deployments.

Gates said that since 9/11, the Guard has undergone a "remarkable transformation" from a strategic reserve to an operational reserve, and he pledged additional resources to help keep the Guard ready. In the next two fiscal-year budgets, the Defense Department is asking for \$9 billion to reset and re-equip the Guard.

"Reconstituting and resetting the Guard and Reserve . . . is the top priority for the Department of Defense," Gates said. His goal is a Guard that is fully manned, trained, equipped and capable of taking on a range of missions at home and abroad.

Despite the strain on the National Guard, noted Gates, recruiting and retention numbers show that troops still want to serve and believe in the mission. In fiscal 2006, the Army National Guard exceeded its retention goals by 18 percent. Also that fiscal year, the Guard reached 99 percent of its recruiting goal and signed up 19,000 more Soldiers than in fiscal 2005. The Army National Guard had a net increase of 14,000 Soldiers in the past year, Gates said.

"It is important, I believe, that Citizen-Soldiers who live and train together also deploy and fight together," Gates said. He has also directed officials to minimize the use of "stop-loss."

All of these changes represent a shift in how DoD intends to use the Guard and Reserve, Gates said. "In the future, our troops should be deployed or mobilized less often, for shorter periods of time and with more predictability and more quality of life for themselves and their families.

"America's Citizen-Soldiers are unique in . . . history not just because of their patriotism, dedication and skill, but because they are American citizens first and foremost," Gates said. "Thus, they are not overly impressed with rank, and they're not afraid to ask questions, or offer advice or criticism.

"I hope we never change that, because

it means American democracy is planted firmly in the spirit and hearts of our Citizen-Soldiers," he said.

National Guard Chief Army LTG H Steven Blum introduced Gates and said, "he is a decisive, visionary

leader who is sensitive to the Citizen-Soldier, and does appreciate and understand its critical role and essentiality in the defense of America today." **GX**

Reconstituting and resetting the Guard and Reserve . . . is the top priority for the Department of Defense.

—Defense Secretary Robert M. Gates

GRANITE TRIANGLE: GUARD SOLDIERS GET SOME SERIOUS JOINT TRAINING

By SSG Jon Soucy, National Guard Bureau

FORT PICKETT, VA—The gray clouds seemed to turn darker with each passing minute. The sun was blotted out from the darkened sky as a shadow loomed overhead, a whirlwind of air blowing leaves, grass and nearly everything not tied down across the field.

Four New Hampshire Army National Guard (NHARNG) Soldiers rushed to complete their mission in the downdraft created by a U.S. Navy MH-53E Sea Dragon helicopter, one of the U.S. military's largest helicopters, as it hovered close to the ground. The Soldiers from C Company, 3rd Battalion, 172nd Infantry Regiment (Mountain) rushed to sling-load a Humvee to a yellow hook dangling at head level from the hovering aircraft.

The sling-load training was part of Exercise Granite Triangle, an annual training exercise at Fort Pickett. Granite Triangle brought together about 250 military personnel, including a large National Guard contingent, Canadian troops, Army, Army Reserve, Navy and Marine Corps service members.

The Canadians commanded this year's exercise, which focused on Military Operations on Urban Terrain, identifying and reacting to improvised explosive devices (IEDs), sling-loading and rappelling operations, and operating in a joint-service environment.

COL W.A. MacDonald, commander of the 36th Canadian Brigade Group, was the Granite Triangle commander. The two-week event in February was capped off with a field training exercise (FTX) that incorporated all of the training.

The Soldiers were familiar with most of the tasks, but the chance to work with members of other services was one of the most valuable parts of the exercise. "It seems like everything is a joint operation today," said SPC Jacob Mavrogeorge of C Company. "The hardest thing is being able to recognize ranks sometimes."

"It's nice, because you never know who you're going to pick up if you need help [if deployed]. It could be the Air Force, Marines or Navy," said SPC Justin McNeff, also with C Company.

U.S. Soldiers have worked hand-in-hand with Canadian Soldiers during previous exer-



LOAD ER' UP U.S. Navy Petty Officer 1st Class Adrian Cristea (center) a crew chief with the Navy's Helicopter Mine Countermeasures Squadron 14, assists SPC Justin McNeff (left) and SPC Adam Haggett sling-load a Humvee to a Navy MH-53E Sea Dragon helicopter as part of the Granite Triangle exercise.

cises, but that changed this year. Because the main contingent of Canadian troops who take part in the exercise are currently deployed, Canadians commanded the exercise, but there were no Canadian ground troops.

"Last year, we did more of a coalition-type thing with the Canadians," said PFC Andrew Cormier of the NHARNG's 237th MP Battalion. "They're overseas right now, so we haven't gotten to do anything like that." But the Guard Soldiers learned a lot while working with the Canadians in years past.

"It was great," said PFC Cormier. "Those guys know their stuff. They're right on it, right on every time. It was good to see what they do and what we do. It was a good time and I think it helped out knowing if we do go overseas, we can actually [work together] if attached to a coalition force."

Going overseas is in the near future for PFC Cormier and his unit, as they are slated for a rotation to Iraq. Because of that, the training had an added impact for many of the 237th's Soldiers. "Well, it's teaching us to keep our heads down," said PFC Cormier. "We convoy here, watching for IEDs and things like that. We don't just ride in the truck and come over

and then mount up. We're mounted when we leave and mounted when we come home. We're mounted anywhere we go."

But the training also had elements that could be applied to the National Guard's state missions. "It gives us, as a company, more mobility for any at-home emergency calls that we might do, like flooding," said SPC McNeff, referring to the sling-load training.

Many Soldiers thought the sling-loading operations were among the best parts of the training. "Getting under the chopper," said SPC Adam Haggett of C Company, when asked about his favorite part of the training. "Just the adrenaline rush from having the chopper five feet over your head, I can't even explain it. The feeling you have when you're under there is amazing."

PFC Cormier said that the visit by MG Kenneth Clark, the adjutant general of New Hampshire, was one of the most memorable parts of the exercise. "The general came in and saw what we were doing," PFC Cormier said, "and hopefully, he was impressed, because I was impressed with what we were doing." **GX**



AR Benefits & Bonuses

Introduction by Julie Zeitlin
Information courtesy of SFC Eric P. Emde, Incentives Policy Non-Commissioned Officer,
and the National Guard Bureau

What made you join the Army National Guard?

Each of you has an interesting reason. For some, it was family tradition. For others, the education benefits. Of course, there are the incredible adventures, the steady paycheck, the camaraderie and the personal growth.

For most, if not all, it was the chance to serve your country. To make a difference in the world. To join the fight for Freedom. And to be part of American history—which is what you're doing now.

No matter why you joined, when you did, you got much more than you bargained for. The Army National Guard (ARNG) offers a host of invaluable financial benefits you might not even be aware of, including enlistment bonuses and recruiting incentives.

Each year, *GX* brings you highlights of the most current Guard benefits and bonuses. Here it is for 2007—tear it out, pin it up and take full advantage of your rewards for service! >>>

3.1% Raise

Following the formula established in 1999, this increase was implemented to close a gap between pay for similar positions in the private sector and those in the military.

RIRP

The Reserve Income Replacement Program (RIRP) was designed to provide payments to eligible members of the Guard and Reserve who are involuntarily serving on active duty (the term active duty includes full-time National Guard duty) and who are experiencing a monthly active-duty income differential of more than \$50, as determined by the Soldier's Service Secretary.

An active-duty income differential is the difference between the average monthly civilian earned income of the Soldier before mobilization and the Soldier's total monthly military compensation while involuntarily mobilized, when the Soldier's average monthly civilian income exceeds the total monthly military compensation. We know, it's more than a little confusing. Read it a few times and it'll sink in, or see the resource down below.

RIRP is an entitlement that must be paid to all eligible Soldiers. To be deemed eligible for RIRP payments, a Soldier must be currently serving on active duty in an involuntary status and have:

- ★ Completed 18 consecutive months of active duty
- ★ Completed 24 months of active duty during the previous 60 months
- ★ Been involuntarily mobilized for 180 days or more within six months of the previous involuntary period of active duty of more than 180 days

Income replacement payments will be made only for full months of qualifying involuntary active duty performed from August 2006 through December 2008.

The first RIRP payments for eligible Soldiers occurred in September 2006, for duty performed in August 2006 (the first full month authorized for payments). RIRP payments are made to an eligible Soldier on a monthly basis. And, RIRP payments may not exceed \$3,000 per month.

For a more detailed look at RIRP or assistance in determining/verifying your RIRP eligibility, check out some of the info here: www.dod.mil/ra/

Housing Allowance

Full Housing Allowance payments are available for Guard Soldiers called to active duty for more than 30 days.

\$10,000 Officer Bonus

Pretty much self-explanatory. This is a bonus of \$10,000 for newly commissioned Officers and Warrant Officers.



ESAR

Every Soldier a Recruiter (ESAR) is a referral bonus program of the Active, Reserve and Guard components of the Army that provides select Soldiers the opportunity to assist with recruiting efforts, and rewards those efforts with referral bonuses up to \$2,000! ESAR is open to individuals in the ARNG (SELRES), including AGR Soldiers on Active Duty, Military Technicians (MILTECHs) and Active Duty for Special Work (ADSW) personnel. Referrals must be non-prior service and may not be members of the referring Soldier's immediate family. Referrals may be to any component of the Army (Active, Reserve or Army Guard) and do not have to be in the same component as the referring Soldier. For more info, check out:

www.1-800-GO-GUARD.com/ESAR

Note: This program should not be confused with the ARNG's current Guard Recruiting Assistance Program (G-RAP), which is a civilian contract recruiting program. For more on G-RAP, be sure to check out: www.guardrecruitingassistant.com.



\$20,000 "Top 10" Critical MOS NPS-EB

The Guard is offering \$20,000 to non-prior service members who enlist in one of the ARNG's "Top 10" Critical Military Occupational Specialties (MOSs).

TOP 10 CRITICAL MOSs:

- 11B Infantryman
- 13B Field Artillery Tactical Data Systems Specialist
- 13F Fire Support Specialist
- 21B Combat Engineer
- 21E Heavy Construction Equipment Operator
- 31B Military Police
- 63B Light-Wheel Vehicle Mechanic
- 74D Chemical Operations Specialist
- 88M Motor Transport Operator
- 92F Petroleum Supply Specialist

Check out video of these MOSs in action:
www.1-800-GO-GUARD.com/training/mos.php

\$20,000 State Critical MOS NPS-EB

In addition to the ARNG "Top 10" Critical MOSs, each state can designate an additional 20 MOSs as critical to that state's readiness. \$20,000 is offered for NPS-EB to any person who enlists in one of their state's critical MOSs.

\$5,000 Off-Peak Bonus

There's a \$5,000 Off-Peak Bonus to non-prior service Soldiers who ship OSUT (One Station Unit Training) or straight-ticket training in the months of October through May. This may be combined with the \$15,000 Modified Table of Organization and Equipment (MTO&E) bonus.

\$5,000 Quick Ship Bonus

The Guard offers a \$5,000 Quick Ship Bonus to non-prior service Soldiers who ship within 45 days of enlistment. This may be combined with the \$15,000 MTO&E bonus.

\$15,000 All MTO&E Unit Bonus

The Guard is offering \$15,000 to non-prior service Soldiers who enlist with an all-MTO&E unit. All-MTO&E units are ready to be deployed when called upon.





Ready to be Front and Center? Behind the Scenes at Officer Candidate School

By CPT Tim W. Irvin

“Everyone held their breath when the new leadership positions were being handed out,” said Senior Officer Candidate (SOC) Mike Grant of Class 51 of Tennessee’s State Officer Candidate School (OCS) program. “It was like hearing a mortar round coming in and not knowing where it was about to land.”

This is the National Guard OCS, where they take Guard Soldiers and turn them into combat leaders. Not everyone is cut out for OCS. If there are any doubts in your mind about your ability to lead from the front, then OCS isn’t for you.

“My experience with OCS has been a challenge since it began. Phase Zero was an eye-opener to say the least. It was the first time I had ever had an officer scream in my face,” confessed OC Grant. That officer was just one of many TAC (Teach, Assess and Counsel) Officers. The TAC is there to “apply stress” to the SOC when they make mistakes and to assess how they are able to handle it. Some just can’t cope with the strain and quit. But SOC Grant didn’t drop out. “I must admit, I did not think OCS in the National Guard would be that tough. [It’s] by far the most challenging school I’ve ever attended.” And SOC Grant has seen his share of Army schools. He has completed Infantry

(11B) Advanced Individual Training, Air Assault School, Jungle Warfare School and the Pre-Ranger Course. “OCS wasn’t as physically demanding as the Pre-Ranger School that I had attended years before, but the mental pressure was unbelievable,” said SOC Grant. TACs use severe time constraints and physical strain to assess an OC’s ability to lead in chaotic situations. There’s no safe way to duplicate the pressures a leader will experience in a combat zone. No amount of training can prepare you to deal with the loss of one of your own. As a leader in the Guard, Soldiers’ lives will hang on your ability to make sound decisions during very nerve-racking situations. During my time at OCS, I remember one TAC who required all the candidate leadership to write a fictitious letter to the family of a Soldier who died because the leadership made a mistake. As the candidate platoon leader, I wrote such a letter. That letter drove home the responsibility I was taking when I accepted that gold bar. That’s a responsibility no one should take lightly.

And that’s just the beginning of the stresses that OCs experience at OCS. Through the use of standard infantry procedures and techniques, the TACs and instructors take enlisted Guard Soldiers and give them the knowledge to become second lieutenants.

When you come to OCS, you better be ready to move like you have a purpose. You must be at your top physical condition, because you’ll

pay for every mistake you make through extra physical training. SOC Grant recalls some great advice from one of his instructors: “CPT Hebel always said, ‘If you are going to be stupid, then you got to be tough.’ Good thing I’m in shape, because I was stupid a lot at OCS.” The point is, if you’re even thinking of attempting OCS, you better be prepared. PT is a must no matter your age. “You’re the old man of OCS,” jokes SOC Daniel Isley, SOC Grant’s classmate and friend. At 37, SOC Grant agrees. “Yeah, I am the old man; but, who smokes those 21-year-olds on the PT test? I look at them, crying and whimpering about their run, and say ‘SUCK IT UP!’”

The biggest enemy in OCS other than physical fitness is time, or the lack thereof. You will never have enough time to do all that needs to be done. “We wanted to do everything to the best of our abilities, but there is only so much you can do during the time you are given,” said SOC Isley. “Always maximize your downtime. Use hip-pocket training when you can. Fifteen minutes is a lot of time in OCS.” And SOC Isley is right. TACs keep a close eye on candidate leadership to see whether they use their time wisely. If they don’t, the TACs are happy to take that precious time and make it “TAC Time.” TAC Time is not fun for the OCs, but that’s the point. A good OC will learn the error of their ways pretty quickly and use every moment to train and prepare.

It will take more than good time-management skills to get you through OCS. “You have to have a sense of humor. Don’t get me wrong, you have to take this training seriously, but you have to relax, too,” stated SOC Grant. “When you step out of [OCS], you are going to be in charge of a platoon. You are going to have to be flexible and able to react to the things happening all around you.” If you can’t handle a few TAC officers yelling at you, then there is no way you’ll be able to handle leading Soldiers in combat. “I’ve been to Iraq, I’ve been in combat and it was stressful, but OCS is stressful in its own way. It’s a different type of stress,” said SOC Isley. Right now, in Iraq, there are 2LTs who were OCs just a little more than a year ago. They are convoy commanders, platoon leaders and executive officers in a war zone. Their orders put Soldiers in the line of fire. Their mistakes get Soldiers killed. If you’re not prepared to face that fact, then don’t come to OCS.

You can limit the strain of being at OCS by being proactive. “Always take the initiative. When you are placed in charge, ask for anything and everything that will help you complete the mission. The worst they can do is say ‘no,’” said SOC Isley. “You don’t want to let your buddies down. I want to make the Guard better. To change things . . . and improve what I have seen. I don’t want to be that [officer] everyone talks bad about. It’s all about your troops.”

If and when you become an officer, don’t forget your experiences as an enlisted Soldier. “My job is to take care of the Soldiers under me,” said SOC Grant. “If something doesn’t make sense, then I’m going to have to do something about it. If I get dropped or I don’t get a Bronze Star, I don’t care as long my Soldiers are alive and we accomplish the mission.” Being an officer is about service. As an officer, you are there to be sure your Soldiers are taken care of. Mission first, Soldiers always. **GX**

About the author: CPT Irvin graduated from Alabama’s State OCS program in 2000 and has served as a TAC in all phases of OCS. He is currently an instructor at Tennessee’s State OCS program.

FRONT AND CENTER (opposite page) SOC Mike Grant holds the OCS Guidon at parade rest. (right) SOC Daniel Isley stands at attention with the Guidon. Both men are currently training as part of Tennessee’s OCS program.

OCS Fast Facts

REQUIREMENTS

- A minimum of 60 credit hours to start State OCS and must have 90 credit hours to receive your commission
- A minimum of 90 credit hours for Accelerated OCS
- Be less than 40 years old at your time of commissioning
- Be able to pass a Chapter II commissioning physical
- Pass an APFT (Army Physical Fitness Test)
- Be of good moral character and able to obtain letters of recommendation

OFFICER CANDIDATE SCHOOL OPTIONS

State OCS

- 16-month program; one weekend a month, two AT (Annual Training) periods
- March-August, one cycle per year

National Guard Bureau Accelerated OCS

- Eight weeks; three back-to-back phases
- January to March and June to August

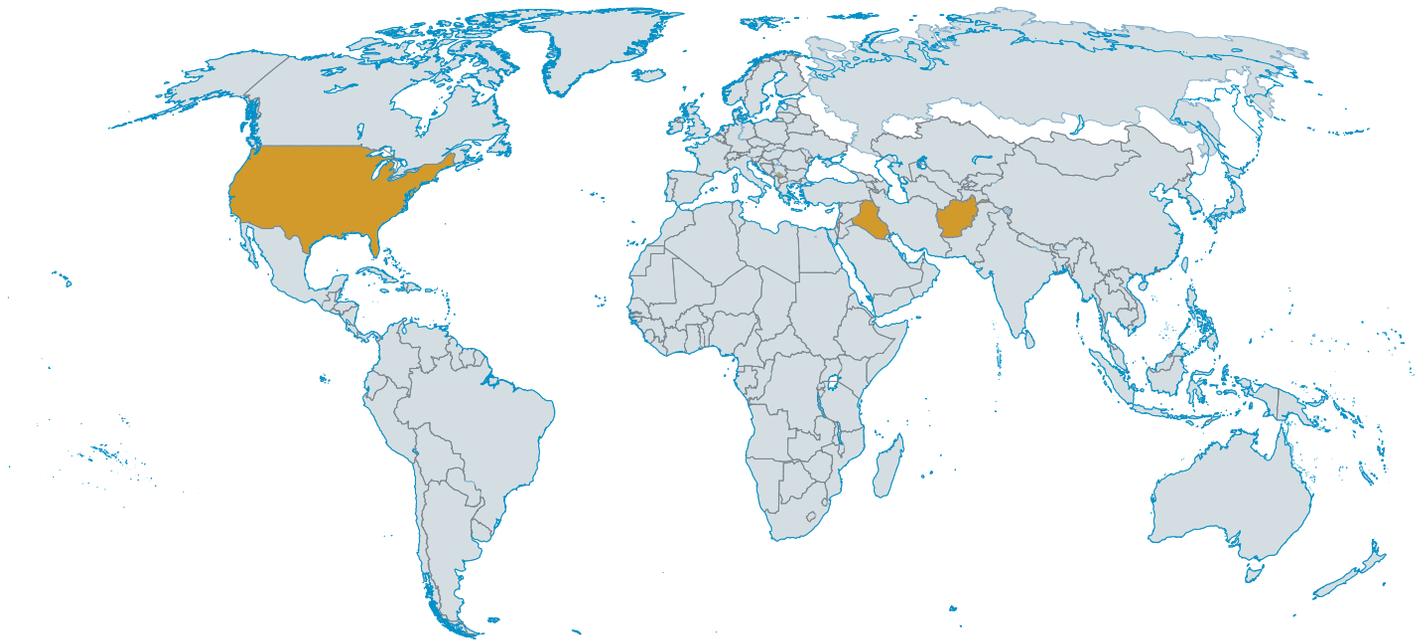
TIPS FOR SURVIVING OFFICER CANDIDATE SCHOOL

- Find a mentor, someone who has been through OCS, and ask them for advice
- Get and study your OC Guide
- Memorize required knowledge
- Be confident and don’t panic—they can’t kill you
- When in charge, be in charge
- Be physically fit—this is a MUST (you need to be doing well above the minimum)
- Get a battle buddy during OCS
- Practice your command voice

For more info on OCS, visit:

www.1-800-GO-GUARD.com/ocs





VICTORY MAP

Sharing the good news from Guard units around the world.

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UNITED STATES

Indiana

SSG Patrick Shannon is the market grocery manager for Wal-Mart Inc. in the Indianapolis region. SSG Shannon is also a squad leader with B Company, 2nd Battalion, 152nd Infantry, INARNG. On Nov. 28, while on patrol, SSG Shannon and his unit came under attack from enemy mortar fire. In spite of the fact that he had received head and leg wounds from the first blast, SSG Shannon ignored his own injuries and led his Soldiers, along with two wounded Iraqi policemen, out of harm's way to safety. At Wal-Mart's national "Annual Year Beginning Conference" in

January, SSG Shannon was presented with the Samuel M. Walton Hero Award for valor and selfless service.

Indiana

41 Guard members from 1538th Transportation Company, INARNG returned home to Indianapolis Feb. 28. The 1538th, headquartered in South Bend, IN, represents Soldiers from commands across the state. The unit spent one year in Kuwait and Iraq, completing security force missions and convoy escort duties.

Arkansas

ARARNG provided military support to civil authorities in the city of Dumas, AR, in response to the devastation of tornados touching down there. The 39th Brigade Combat Team's 1st Squadron, 151st Cavalry Regiment, headquartered in Warren, AR, provided approximately 100 Soldiers and essential equipment to support the mission. The unit mission varied depending upon the needs of the incident commander, and

included security, search and rescue, and route clearance for emergency vehicle access.

MG William D. Wofford formally accepted command of the Arkansas National Guard, as an appointment of Governor Mike Beebe during an assumption of command ceremony on March 3. The event was held at the Professional Education Center's Davis Auditorium. Comments were provided by both Governor Beebe and MG Wofford during the ceremony.

Colorado

Representatives from agencies that would provide federal hurricane-relief efforts attended the second annual Hurricane Preparation Conference hosted by U.S. NORTHCOM at its headquarters. Participants discussed improving communication and collaboration should the need for federal assistance arise during the 2007 hurricane season. Attendees included officials from NGB and the adjutants general or their representatives from nine hurricane-prone states on the Gulf and southeastern coasts.

Maryland

The Army Center for Health Promotion and Preventive Medicine, located at

Aberdeen Proving Grounds, MD, launched a scientific study of 68 commercial water-purification systems. As they evaluated these systems, they quickly realized that there's no one-size-fits-all answer to military water-purification requirements. Instead, they came up with an online decision tool, which units can use to select the best water-purification system for their exact circumstances. That tool, posted on the center's Web site, chppm-www.apgea.army.mil/wpd/, helps units evaluate what might work best for them and what doesn't work at all.

Virginia

After more than a year flying in support of U.S. Marine Corps units in Iraq, the Soldiers of the 2nd Battalion, 224th Aviation Regiment were welcomed home by friends and family members in Sandston, VA.

Georgia

LTC Roy Wood, Chief of the Surface Maintenance Branch Directorate of Logistics for the GAARNG, received a Bronze Star Medal for service while deployed with the 48th BCT to Iraq from January 2005 to May 2006. MG Terry Nesbitt, commander, GAARNG pinned the coveted medal on LTC Wood during a military award ceremony held at Headquarters, Georgia National Guard in Atlanta. LTC Wood served as the logistics officer with Headquarters Company,

48th BCT. LTC Wood works full time as the Superintendent for the Combined Support Maintenance Shop in Atlanta.

Connecticut

Ellis College of NYIT, a fully-accredited online college, has expanded its military tuition discount programs to include both active and retired members of the U.S. Armed Forces and their spouses. Under the revised program, retired military personnel and their spouses are eligible to receive a 15 percent discount off standard tuition rates. The school is continuing its existing program of offering a 20 percent tuition discount to active-service personnel and their spouses. Ellis is one of the few accredited institutions to offer tuition discounts to both active and retired service members. Members who are eligible for the G.I. Bill or tuition assistance often have minimal or no out-of-pocket expenses for their Ellis classes. Students can receive course credit for applicable military training, enabling them to complete their degree requirements more quickly. For more information, visit www.ellis.nyit.edu, or call 1-877-355-4727 (1 (312) 669-5027 outside of the U.S.)

Alaska

The Department of Military and Veterans Affairs, with a recommendation from the State Veteran's Advisory Council, awarded three grants totaling \$9,544.27 under the Veterans' Memorial Endowment Grant program. The program was developed to assist with establishing or enhancing Veteran memorials across Alaska. Grants are awarded on a competitive basis and must be matched dollar for dollar or with "sweat equity" from the applicant requesting a grant award. Recipients of the 2007 grants are making improvements to Veterans' memorials in Anchorage, Bethel and Byers Lake, AK.

"The military is grateful to the civilian employers of National Guard members and Reservists who support their employees when they're called to duty," said Marine GEN Peter Pace, chairman of the Joint Chiefs of Staff. GEN Pace saluted employers during a tribute to the troops in Anchorage, AK, on Feb. 23. Prior to his visit, GEN Pace signed a letter acknowledging the military's partnership with employers of reserve-

component service members. "We quite simply can't do our nation's business without the members of our Guard and Reserve," the chairman said. "They are incredibly valued members of the team. Because we value them so highly, there is no doubt in my mind that they have left behind holes in your organizations and your companies that are not easy to fill."

Missouri

The Webb City High School (WCHS) football team, the Cardinals, were honored for their outstanding '06 season with a trophy presentation by members of the National Guard for making the MaxPreps Tour of Champions. The WCHS Cardinals are the only team in Missouri to receive this honor. They were undefeated in the 14 games played during the '06 season. "The Guard is proud to be a part of this presentation, proud of WCHS and proud to serve this community," said SSG Tony Dickens, a Guard recruiter. "This honor represents excellence in teamwork. Just as it is in the Guard, it takes dedication and hard work to produce a winning team as WCHS has done this year." MaxPreps, America's most comprehensive high school sports Web site, www.maxpreps.com, and the Guard joined forces to congratulate the team on their outstanding season.

Louisiana

The 1st Battalion, 199th Leadership Regiment Non-Commissioned Officer Academy (NCOA), Camp Cook, LA, was honored as an "Institution for Excellence." The certificate read: "USASMA congratulates your training institution on receiving the designation Learning Institution of Excellence, the highest accreditation level possible. The 199th Leadership Regiment NCOA has gone beyond the call of duty to achieve this honor, and we congratulate your staff and faculty for the dedication and hard work that contributed to this coveted distinction. Your personnel have insured that the training and leader development provided to our Soldiers will instill in them the qualities and skills necessary to dominate across the spectrum of conflict."

Wyoming

WYARNG State CSM Dennis Russell gave the opening remarks at the Supporting Children of the National Guard and Reserve Institute Conference in Casper, WY, March

1-2. The conference, sponsored by the Wyoming National Guard, was designed for school counselors, administrators, other school personnel, and family support personnel of the National Guard and Reserves. The purpose of the training was to understand the unique challenges faced by children of members of these components, geographically separated due to mobilization, deployment and transition of family members. All educators, especially school counselors of all grade levels, community members, family support personnel, service members and their families were encouraged to register and attend.



KOSOVO

Task Force Med Falcon, Camp Bonsteel, Kosovo, comprised of National Guard and Army Reserve Soldiers from 10 different units and representing 21 states, took some time out for fun on Feb. 25. The unit held a "fun activity day" that included a barbecue, games such as pin the catheter on the vein and musical chairs, plus prizes.



AFGHANISTAN

Success against terrorism in Afghanistan is important to U.S. security, and the administration has key areas it will be working on to improve the situation there, said President George W. Bush on Feb. 15. President Bush said action will include strengthening NATO forces and bolstering local governments. President Bush identified five areas the U.S. will focus on: increasing the size and capability of security forces;

strengthening NATO forces; improving provincial governance and the economy; reversing the increase in poppy cultivation; and fighting corruption. The first area of focus is on developing the security forces. The U.S. and its allies will also help the Afghans develop new specialties, such as civil order brigades, counter-narcotics, border surveillance, commando battalions, a helicopter unit, and combat support units.



IRAQ

Officials reported a search for weapons caches that ultimately led Coalition Forces to the bomb factory Feb. 20 in Gharmah, about 10 miles east of Fallujah. Tips that led to the discovery demonstrate that the Iraqi people are fed up with terrorists and are stepping forward to help remove them. The materials uncovered during the raid were: blasting caps, ballistic glass used in up-armored Humvees, and five vehicles, one full of propane tanks and initiation devices. The team also found a chemical workshop and metal workshop. They found homemade explosives and "quite a sizable selection of chemicals," including canisters of chlorine, several 55-gallon barrels of nitric acid and several bags of fertilizer, as well as a Russian bomb.

Americans need to hear and see more about reconstruction in Iraq to fully understand the situation there, said BG Michael J. Walsh, commander of the Corps of Engineers Gulf Region Division in the Persian Gulf region on Feb. 28. "The U.S. effort is putting in essential services, often in places that never had them. The basic services being built are facilities Americans take for granted: access to medical facilities, fire stations, neighborhood schools, paved roads, clean water, sewage treatment, irrigation, and so on. On any given day the Gulf Region Division is working on approximately 1,100 projects across the country," BG Walsh said. **GX**





Impact in Babil

1-125 breaks 18 Million in Civil Affairs Projects

By CPT Paul Rickert
1-125 STRIKE PAO

Since the beginning of the deployment, the Effects cell with the 1-125 Strike of the 1/34th BCT has been working hard to impact the Babil province. Starting with a team of only three officers, four enlisted and no projects planned, the cell now manages more than 72 projects for a total of over \$18,027,500. These numbers are greater than all other units in the brigade combined.

With the additional responsibility came additional support. The Effects cell was upgraded to 29 people: three officers, four translators, two medics and 20 enlisted Soldiers. This team grew because of its ability to identify projects and secure the funding. Also, it got the word out. The cell used Information Operations to make people aware of what the team was doing and how the projects enriched lives. More Soldiers were needed to manage the projects on a daily basis and to continue to engage local leaders. Outside the wire daily, this team works hard managing projects that are as far as 50 kilometers apart.

Originally from a field artillery unit, the Effects cell Soldiers had no civil military operations training prior to their deployment to Camp Shelby. Faced with this mission, as soon as the cell hit the ground in Iraq, it worked hard to engage with local leaders and determine which areas had the greatest needs for reconstruction. During the planning phase, the cell decided to use D3A (Decide Detect Deliver and Assess) to engage projects and local leaders.

“You decide upon a target, pick the best resource to engage that target,” said CPT Clay Forbes, “and you deliver the appropriate response . . . afterward you assess the effect of it to determine the next possible step, be that reengaging or picking a new target.”

Taking those principles and taking input from the previous unit and the intelligence community, the cell developed standard operating procedures over a two-month period for what they thought was the best approach to shape the battle space.

“Once we decided which approach we were going to take and which level of projects we wanted to deliver, we set up a collaborative partnership between ourselves and the local governing leaders,” said CPT Forbes. “The biggest contributor to our success in this area is the time we spent engaging and growing relationships with local leaders. We started with small projects . . . and gained the confidence of local leaders, who then came forward with their prioritized list of needs.”

CPT Forbes and his team use that list, along with 1-125 STRIKE commander LTC John Kolb’s guidance, to determine which projects are done first. Since the beginning of the deployment, they have focused on five areas: potable water distribution to homes that have never had access to potable water; electrical distribution, bringing electricity to homes that have never been connected to a grid; municipal vehicles such as sewer trucks, electrical trucks, dump trucks and graders to help local villages rebuild and maintain infrastructure; roads to facilitate travel and trade between towns; and schools. The cell has spent a considerable amount of time working on the last focus point.

DROP KICK SFC Diana Parenti of 1-125 STRIKE plays with Iraqi children during a school supply drop.

CPT PAUL RICKERT

GROUNDWORK Iraqi workers build the foundation of a water treatment plant.

To date, the 1-125 cell has built nine schools, renovated two and handed out over \$115,000 in school supplies to over 11,000 children and 880 teachers in more than 37 schools. The supplies were donated by Family Readiness Groups, churches and non-profit organizations like Operation Iraqi Children—and these donations continue to pour in.

With the decision criteria determined, the cell continued to follow the targeting approach and entered into the detection phase—in this case, detecting sources of funding. The cell looked for resources at the State Department, the 34th Brigade and Multi-National Division-Central South (MND-CS), which is comprised of Polish and Salvadorian partners.

“The toughest part,” said 1LT Dwight Lahti, “was figuring out how to get funding.” According to CPT Forbes, the cell is on its third MND-CS Polish rotation, and with each group, it has had to re-establish relationships. To gain full support, it took biweekly engagements with MND-CS for close to three months, as well as proving the team’s ability, which was based on the cell’s first two project successes (a water distribution project and a school renovation).

“Once we showed we could bring all the involved people together and take a project from start to finish in a short period of time, they were willing to support us more,” said CPT Forbes.



the contractors themselves aren’t taken advantage of.

Once a project is completed, the cell assesses the given effect from the response of those that received the benefit compared to what the governance leaders were suggesting. Then, they enter into another targeting cycle, meeting monthly with the provincial reconstruction and development committee and daily with local leaders.

CPT Forbes feels the effects have definitely been positive. “We certainly have legitimized local government leaders,” he said.

CPT Forbes added that patrols by the 1-125 have also seen increased cooperation with local forces. The projects that he feels have made the greatest impact include:

The biggest contributor to our success in this area is the time we spent engaging and growing relationships with local leaders.—CPT Clay Forbes

From then on, the cell attended weekly meetings and adhered to MND-CS’s reporting requirements. “That shows them we have the capacity to handle the projects we’re given,” added CPT Forbes.

The 1-125 cell received the Polish Iraqi Campaign Medal for their work with Coalition Forces and has been asked to serve as a conduit between MND-CS and the Embassy in Al Hillah.

With the necessary relationships in place, the Soldiers were now able to execute projects. They diligently worked to incorporate local governance levels, partnered with their internal engineering and regulatory officials, and put ownership on the local officials to determine which contractors the 1-125 cell would use in the local area. However, the Soldiers continue to monitor projects throughout the construction phase.

Managing project construction requires a daily presence at each of the project sites. It requires interfacing between contractors and the city and provincial engineers. The managing Soldier serves as a mediator that watches out for the public’s best interest, and works to ensure that contractors follow the plan and that the contract is carried out. In some situations, Soldiers have even had to make sure

- 📍 Water distribution throughout southern Babil, because the rural community didn’t have access to clean drinking water
- 📍 Road projects in both Ash Shumali and Mahdhadtyah, which paved key roads to provide transportation to the merchants in the city to move goods
- 📍 Renovating electrical distribution networks in both Ash Shumali and Mahdhadtyah, which included adding transformers and improved wiring to aging electrical networks that haven’t seen any attention since 1979

Even with all of the regional security and infrastructure accomplishments the 1-125 Effects cell has experienced, it’s the people that have had the greatest impact on the team. “The effect of seeing a smile on the face of someone who’s never seen (potable) water before—that’s a great result,” CPT Forbes concluded. **GX**



Amanda Swanson kisses her husband, SPC Keith Swanson, who is stationed in Al Asad Forward Operating Base, Iraq, after their marriage ceremony conducted via VTC Feb. 14 at the Inver Grove Heights Training and Community Center, MN.

Minnesota Guard Soldier's VTC Vows

Courtesy of Minnesota National Guard Public Affairs

INVER GROVE HEIGHTS, MN—Bride-to-be Amanda Watson was nervous, ducking in and out of the bathroom with her mom in tow to dab on a little makeup, curl her blonde-brown hair and slip into an elegant strappy dress.

A two-tiered cake with pink rosettes arrived in the steady palms of a relative as pearl, pink and red balloons stood at attention. The groom, SPC Keith Swanson, 21, was cool and collected in his camouflage military fatigues. His attire was unorthodox, but then again very little about this wedding was traditional. Watson, 20, wore a red dress with an exposed back. "This is so unconventional, I thought I'd make it more unconventional," she said.

That's because Watson was running around a National Guard Armory in Inver Grove Heights, MN, while SPC Swanson, a member of the MNARNG was at Al Asad Air Base in Iraq, his grinning mug projected onto a 72-inch screen via satellite. The couple's nuptials would take place via video teleconference (VTC). "I just said to my wife on the way down, 'I never thought I'd be driving to a National Guard Armory for a wedding,'" said Watson's father, Steve Watson.

The couple planned to marry this July, in person, but scuttled those plans in favor of a VTC wedding when SPC Swanson's tour of duty

was extended last month. He was scheduled to come home in March, but now he will return sometime in August. SPC Swanson provides convoy security as part of the 2nd Battalion, 135th Infantry, based in Mankato, MN.

A photographer, DJ and wedding location all had been selected for the July ceremony. Dresses had been bought. Hotel rooms had been booked. Details for the 400-person affair are on hold until SPC Swanson returns; a ceremony sometime in 2008 is now planned. On Valentines Day, Watson traded in her dream outdoor ceremony for a National Guard computer room with baby blue walls filled with flat-screen monitors.

"The only thing I'm scared of is having to say goodbye [to him] at some point again," she said hours before the 2:30 p.m. ceremony. "The camera has to go off." SPC Swanson's aunt, Nicole Kilanowski kick-started the unusual wedding in mid-January by emailing Gov. Tim Pawlenty's office to ask for help with a VTC wedding. "This is all my fault," she said with a grin.

The governor's office got in touch with the National Guard, which assisted in a similar wedding in 2004 for a Soldier in Bosnia. This ceremony was the first time the technology was used for a wedding involving a MN Guard member in Iraq, said Phil Stephan, the MNARNG's video operations manager. "Another is scheduled today and four more are in the works, all involving Guard members in Iraq," Stephan said. The Guard routinely links families via VTC, but weddings are rare. "This is the most important thing we can do: take care of families," he said.

About 40 relatives and close friends donned suits and dresses, corsages and ties for the Swanson-Watson Valentine's Day wedding at the Armory in Inver Grove Heights, which sports the largest screen and best technology of the MN Guard armories. The live, three-hour satellite feed from Iraq started about 2 p.m.—11 p.m. Iraq time.

SPC Swanson's friend and MN resident, Chris Bergman, sat at his side, having flown in specifically for the wedding from his post in southern Iraq. Bergman's appearance was a double surprise; his wife and children were guests at the wedding, but didn't know he would be there via satellite.

Flanked by computer desks, knee-high flower girls in satin white dresses scattered rose petals. Watson's parents walked her down the aisle as the wedding march played from a computer. There was a five-second lag between MN and Iraq, but that didn't interfere with the plentiful tears and laughter.

"Keith," the Reverend Dan Weise said after the rings were exchanged, "now there's no problem with a number of gentlemen volunteering to kiss the bride here." "I think I'll just blow her a kiss," SPC Swanson said with a laugh. Moments later, Watson, who changed her name to Swanson, ran up to the screen and kissed her husband's image before taking several photos with him and family members.

Guests gave them a few minutes alone together after the ceremony. As for the wedding night, SPC Swanson said he planned to "have some pizza." **GX**

Contact your local base to see if a VTC program is available. You can also find more information at:

www.freedomcalls.org

Why We're There: Afghanistan



RECOGNITION Afghan children greet Soldiers from the Virginia Guard.

By Chris West

"We will help the people of Afghanistan defeat the terrorists, and establish a stable, moderate and democratic state that respects the rights of its citizens, governs its territory effectively and is a reliable ally in the War on Terror."—President George W. Bush, Feb. 15, 2007

American Soldiers have been officially serving in Afghanistan since Oct. 7, 2001. On that day, in a direct response to the 9/11 attacks, Operation Enduring Freedom (OEF) was launched. American forces, with assistance from various allies, quickly defeated the Taliban and effectively destroyed the al-Qaida network that it sheltered.

Today, more than five years later, the mission has changed to one of fostering democracy and helping the newly elected Afghan government maintain stability and peace. This mission is being accomplished with the help of our NATO allies, the international community and the native people of the region. Together, we are working to provide a safe and secure environment in which a free Afghanistan can flourish.

OEF is a critical part of the ongoing Global War on Terror. By ensuring the freedom and security of Afghanistan, we are actively denying our enemies a safe haven from which they can train and launch attacks against the free world. By assisting with infra-

structure and economic development, we are helping create a strong and stable country that can take its place as a peaceful member of the global community.

A CLOSER LOOK AT OEF-A

The initial objectives of Operation Enduring Freedom-Afghanistan (OEF-A), as defined by President George W. Bush included the capture of al-Qaida leaders, the destruction of terrorist training camps and infrastructure, and the elimination of terrorist activities in Afghanistan.

The plan of attack took into account not only the enemy, but also the history of the region. United States Special Forces, often operating on horseback, worked with local leaders to create a coordinated series of attacks on Taliban and al-Qaida troops. The use of native Afghans in concert with U.S. combined-force military operations proved extremely effective and avoided the perception of an occupying army. On Oct. 7, and when the operation began, the Taliban controlled 80 percent of the country. 78 days later, OEF forces had captured every major strategic target and fighting had been reduced to isolated pockets.

After initial operations were complete, OEF forces continued to provide security in the region. They also began conducting operations

to assist with the recovery from decades of war. By 2004, Afghanistan held free elections, instituting a constitution as well as their first democratically elected president. In 2005, they elected their first representational parliamentary body, the National Assembly.

This represents great strides forward from the brutal and repressive rule of the Taliban. However, we haven't achieved total victory. Significant challenges remain. Afghanistan's economy has been devastated by decades of war and will take time to rebuild. Criminal and terrorist activities continue to pose a threat to the stability of this newly freed country. Yet, the work completed so far has produced startling results. It will take time to complete our mission, but our troops are making progress every day. Afghanistan has already, in just a few short years, transformed from an extremist theocracy sheltering terrorists to a free country and valuable ally in the Global War on Terror.

"In today's Afghanistan, people are free to speak their minds; they're free to begin to realize dreams. In today's Afghanistan, there's a NATO Alliance taking the lead to help provide security for the people of Afghanistan. In today's Afghanistan, the terrorists who once oppressed the Afghan people and threatened our country are being captured and killed by NATO forces, and Soldiers and police of a free Afghanistan. Times have changed. Our work is bringing freedom. A free Afghanistan helps make this country more secure."—President

ASSURANCE (above) Indiana Army National Guard (INARNG) Task Force Headquarters, 76th Infantry Brigade (INF BDE), Indianapolis, Indiana (IN), Soldiers and Afghanistan National Army (ANA) Soldiers pose with the U.S. Flag on top of a 9,500-ft mountain at Gardez.

PROTECTION (below) A U.S. Army Soldier from 2nd Platoon, 145th Engineer Company, California National Guard provides security on top of a humvee during road construction outside Khowst City, Afghanistan.



Afghanistan: Quick History



Afghanistan's positioning along key trade routes between East and West make it an ancient focal point for trade and migration, and just as naturally an area of strategic importance.

330 B.C. Alexander the Great invades the Afghan region, a part of Persia at that time.

1st Century A.D. The Buddhist Kushans create a vast empire centered in modern Afghanistan.

3rd Century A.D. Sassanids conquer the Kushans.

7th Century A.D. Muslim Arab armies conquer the Sassanids.

1219 The region is overrun by Genghis Khan and the Mongol Horde.

1747 Ahmad Shah Durrani unifies the Pashtun tribes of the region into a coherent country. Afghanistan spends the better part of the next 200 years serving as a buffer between the British and Russian empires.

1919 Full independence is gained from the British Empire after the Afghan wars.

1933-1973 A period of relative peace ensues under the rule of King Zahir Shah.

1973 The king is overthrown by his brother-in-law, Sardar Daoud Khan.

1978 Communist revolutionaries take over the government.

1979 Soviet Union invades in order to prop up the tottering Afghan Communist government. This ignites a long and bloody conflict between Soviet and internationally supported Mujahedin rebel forces.

1989 The Soviet Union withdraws from Afghanistan. The Mujahedin factions begin to war among themselves. The country plunges into anarchy and is governed only by warlords.

1994 Amid the chaos, a Pakistani-sponsored hard-line movement called the Taliban begins to gain prominence.

1996 Kabul falls to the Taliban forces. The Taliban rules with an iron fist imposing an extreme interpretation of Islamic Sharia law. Osama bin Laden relocates to Afghanistan.

2001 Following al-Qaida's terrorist attacks on 9/11, a U.S., Allied and anti-Taliban Northern Alliance military action topples the Taliban for sheltering Osama bin Laden.

2004 Hamid Karzai becomes the first democratically elected president of Afghanistan.

2005 The Afghan people elect a parliamentary National Assembly.

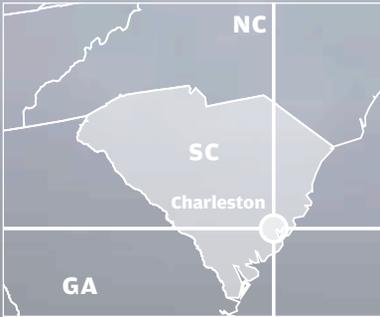
Sources: CIA World Fact book, Whitehouse.gov, Globalsecurity.org

SHIPPING OUT

Charleston, South Carolina

Soldiers with 1st Battalions 118th Infantry Regiment, South Carolina Army National Guard board a plane at the 437th Airlift Wing PAX terminal, Charleston Air Force Base, SC, Feb. 1. The troops are now attending training at Camp Shelby, MS, before they head to Afghanistan later this spring.

U.S. Air Force photo by SSG Sarayuth Pinthong (Released)



Distance from Charleston, SC to Afghanistan: 7,387 miles

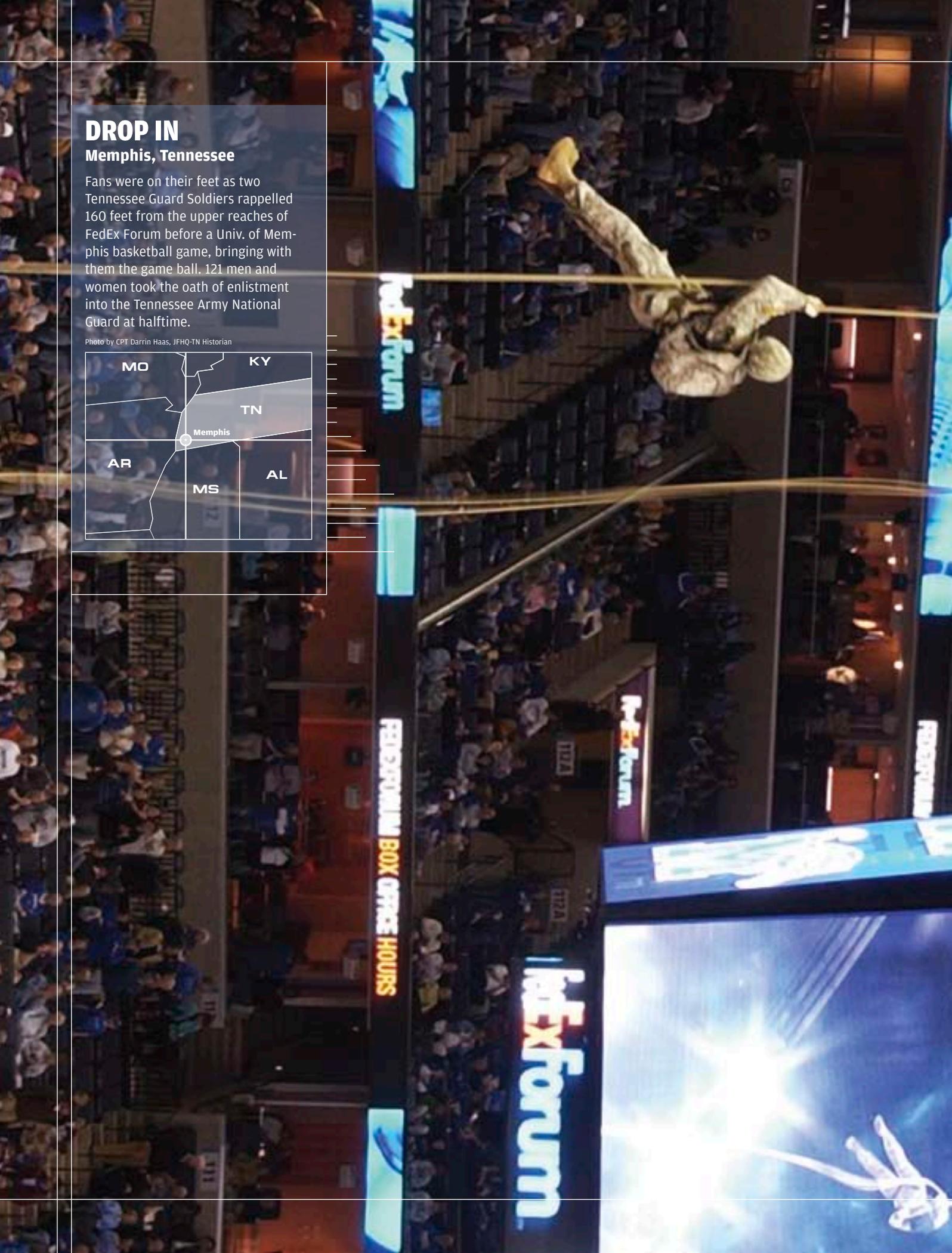


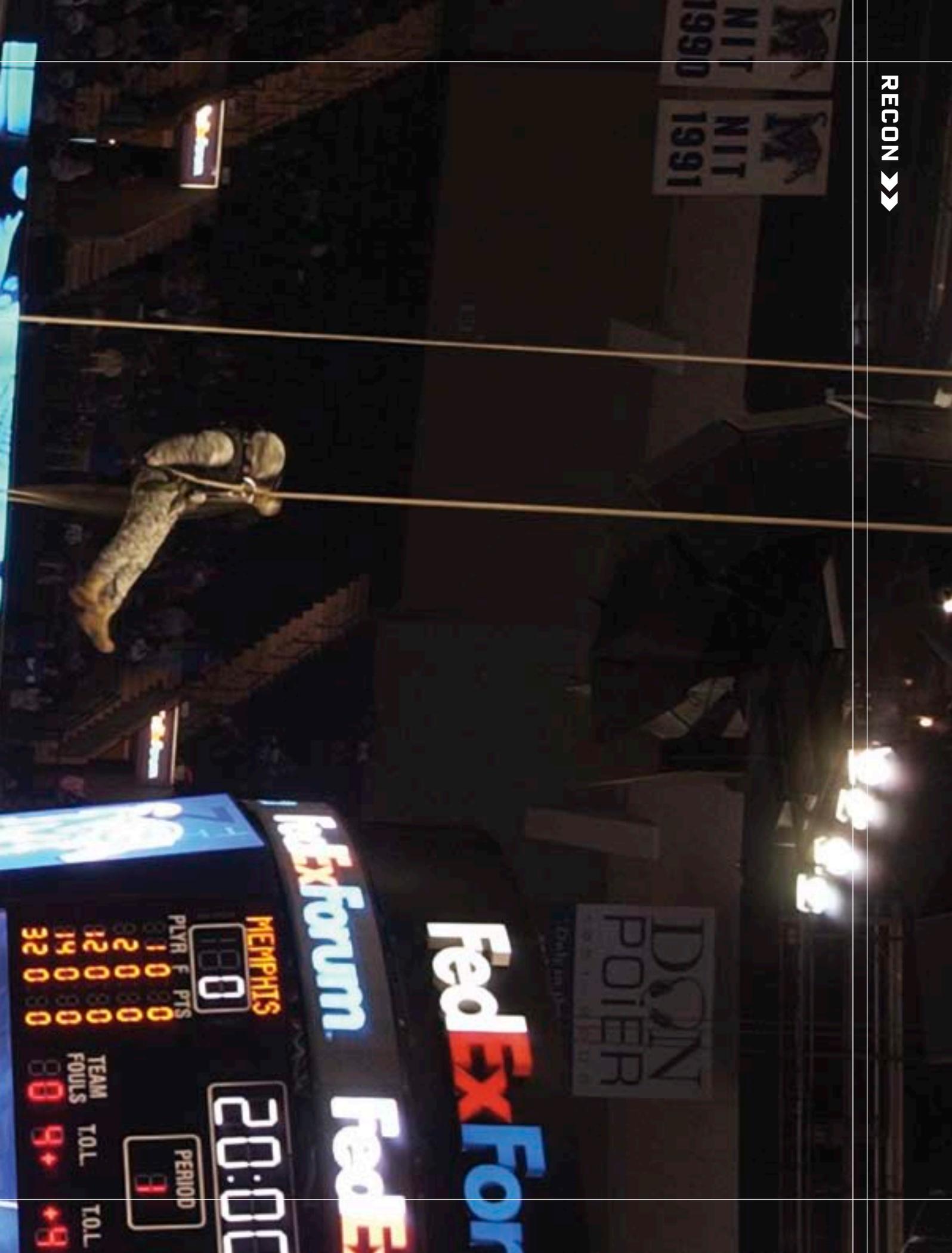


DROP IN Memphis, Tennessee

Fans were on their feet as two Tennessee Guard Soldiers rappelled 160 feet from the upper reaches of FedEx Forum before a Univ. of Memphis basketball game, bringing with them the game ball. 121 men and women took the oath of enlistment into the Tennessee Army National Guard at halftime.

Photo by CPT Darrin Haas, JFHQ-TN Historian





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WATCHFUL EYE

Kunar province, Afghanistan

SSG Michael Kaman of the 1-102 INF, Connecticut Army National Guard, helps secure an area along the Pech River during a scheduled meeting between key leaders in the Kunar province of Afghanistan. Leaders are discussing local development projects.

Photo by SSG Joshua Gipe



Distance from Connecticut to Afghanistan: 6,651 miles

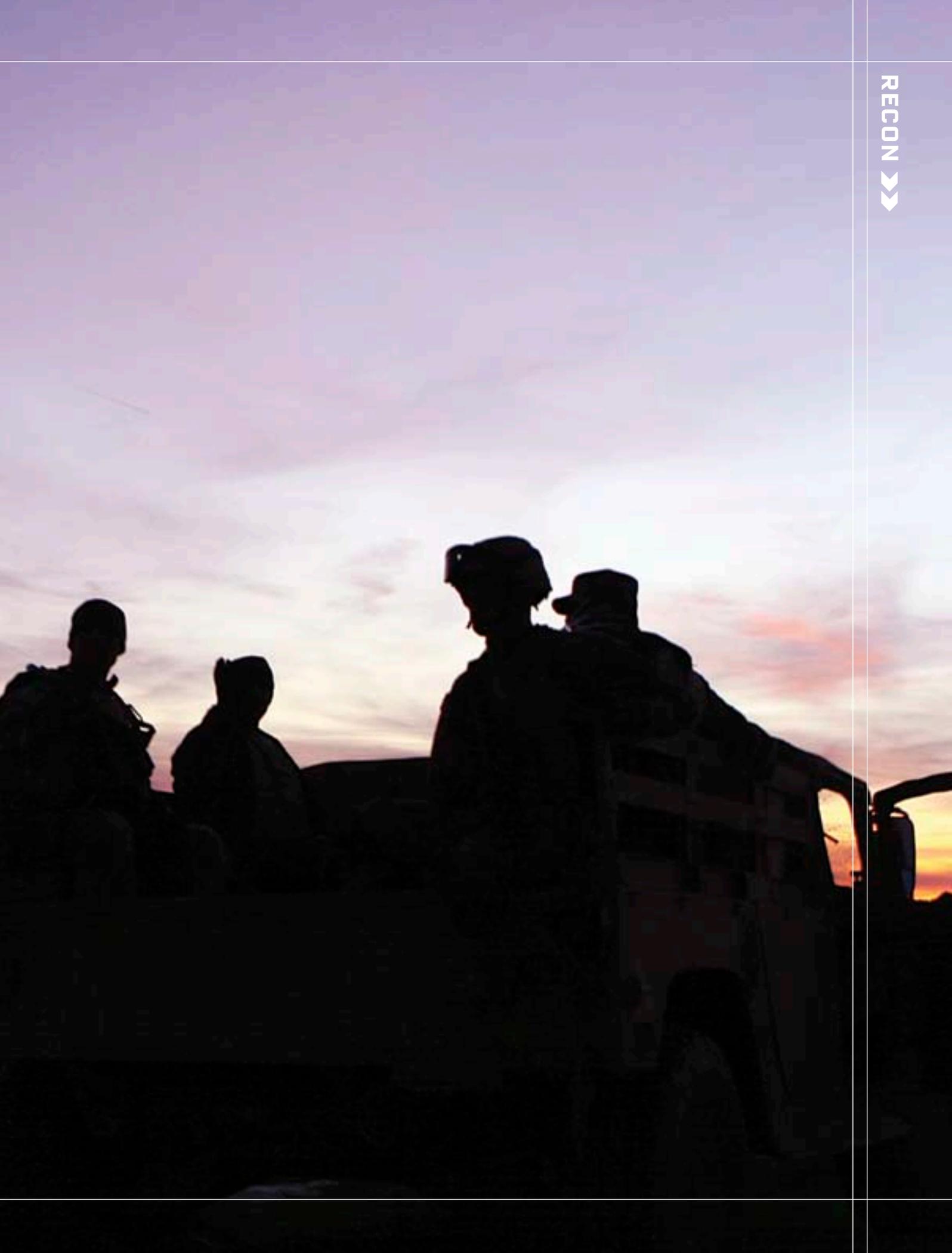
LAST LIGHT

Santa Fe, New Mexico

New Mexico National Guard Combat Arms Instructors return home after a long day of training. These Soldiers stay on the latest tactics and techniques being practiced in SW Asia. They take the knowledge they gain and pass it on to every other New Mexico Soldier.

Photo by Chris West





Training for Position, Throwing Down Submission

By SFC Donnie Mosely
Combat Arms Training Company (CATC), NMARNG

In this issue, I want to talk about some of my training opinions about ground fighting and grappling. First though, I really want to let everyone know that I'm not a self-proclaimed "tough guy." In all actuality, I consider myself somewhere around the bottom rung of mediocre at best, as far as my fighting ability goes. I have, however, noticed big improvements over the past two years in my own ability to accomplish certain things on the ground.

One of the things I directly attribute to that is the way my partners and I train together. I believe regular training for position helps immensely. Don't get me wrong, I enjoy making folks tap out as much as the next guy, but there's a time and place for that during training, too.

One of the drills I have the guys do at CATC for warm-up is position work. I'll start with the Guard position, and the guys practice passing Guard and holding Guard for three minutes. Every time they pass or get swept, they go back into Guard. They do this all the way around the circle until they get back to their original partner.

Next, we go to Rear Mount and do the same thing, followed by Side Control, then Half Guard. We work through all these positions the same way, without submissions, for warm-up.

I've found this to be very helpful in a couple of aspects. It helps Soldiers maintain position and take care of their base. It also helps Soldiers learn ways to pass and escape positions they don't want to be in. This becomes very important when you consider some of the aspects of a real fight. You can learn a ton of submissions from any position, but if you can't hold that position, they do you no good. Notice I said "no submissions" for warm-up. I don't want anyone getting bad habits, either. So after warm-up, we work on specific techniques from certain positions, then we "ROLL!"

At the end of our workouts, we train for submissions in three-minute rounds with one another. So, if you were doing silly stuff for warm-up, you might get tapped out for that at the end of training. That's a good thing, too, though. No one I've met likes getting tapped out. So, sooner or later, the guy who gets caught in straight-arm bars all the time is going to learn how to defend really well against straight-arm bars. That makes a little sense, right?

Another thing that helps Soldiers, I believe, is continued training. If you've been able to attain Level I, II, III or even IV Combatives, you will probably have a pretty good idea of which schools are good to continue sharpening your fighting skills, and which schools are not. I really do believe all of our warrior skills are like our teeth: if you ignore them, they will go away.

I hope you had a chance to try some of the things we went over last month. I have one more technique for you. If you remember, the last technique we covered was the sweep when your opponent is pressing over the top of you. This time, your opponent kicks his leg out of the hook you had under his knee. To put him on his keister, we are going to swing our legs out and back under, re-establishing base on our knees. As we do this, we are going to cup the ankle with a thumbless grip and hug the calf tight. From here, we are going to pull the ankle toward us, and push against the shin with our shoulder. Be careful with your partner's leg; you can hurt them! Do not slam your shoulder into their leg. Practice this at no more than 30 percent.

We'll do some side-control stuff next month. **GX**



Photo 1. "This is where he kicks his leg out of my hook that was behind his knee."

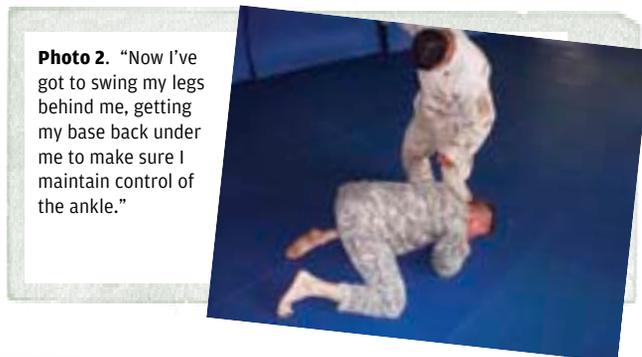


Photo 2. "Now I've got to swing my legs behind me, getting my base back under me to make sure I maintain control of the ankle."



Photo 3. "Now my base is solid again. The ankle is trapped, and the leg secured at the calf with my other hand. It's very important my elbows are in tight; my shoulder and head are in tight against his leg, too."



Photo 4. "Now I just push my shoulder into his shin, pulling the ankle back. Simple."



Building Resilience in Guard Youth

By Dr. Kathryn Goedde
Superintendent, Family Programs Academy

Late in 2004, it was determined that existing Child and Youth Services offered primarily through bases and installations were not effectively meeting the needs of National Guard kids. As a means of filling this gap, COL Anthony E. Baker, chief of Family Programs for the National Guard, devised a plan. This plan included providing the funding necessary to place a Child and Youth coordinator in every state and territory; the national support needed to provide guidance, training and resources to each state and territory; and a plan for encouraging national, state and local partnerships to support social, emotional and academic needs of Guard kids.

By the summer of 2005, 50 states responded to these offerings by establishing State Child and Youth Programs that meet the needs of Guard kids in a variety of ways. First and foremost, they serve as the subject matter expert on all issues relating to children, to include child care, social and emotional concerns, academic challenges, and issues relating specifically to deployment and reunion. Additionally, the programs actively seek opportunities to educate those in the community, such as educators and youth-oriented organizations.

Training is provided in a number of ways. Some states hold mock Soldier Readiness Processing (SRP) exercises for children so that they can experience what the deploying parent experiences in preparation for deployment. Other states provide training specific to the situation, like deployment or reunion briefings, which help prepare kids for the

feeling, behaviors and situations that may occur during those times. Character and leadership education train Guard kids to make smart choices, avoid negative temptations and peer pressure, and be role models for their peers. Because Guard kids are spread throughout the states and territories, it is often difficult to find other children who can relate to what they are experiencing. Youth camps offered by almost all states and territories remedy that situation by providing an extended period of peer interaction—focused training pertinent to the needs of National Guard children, and unique opportunities to learn about and experience firsthand some of the things military parents practice during training.

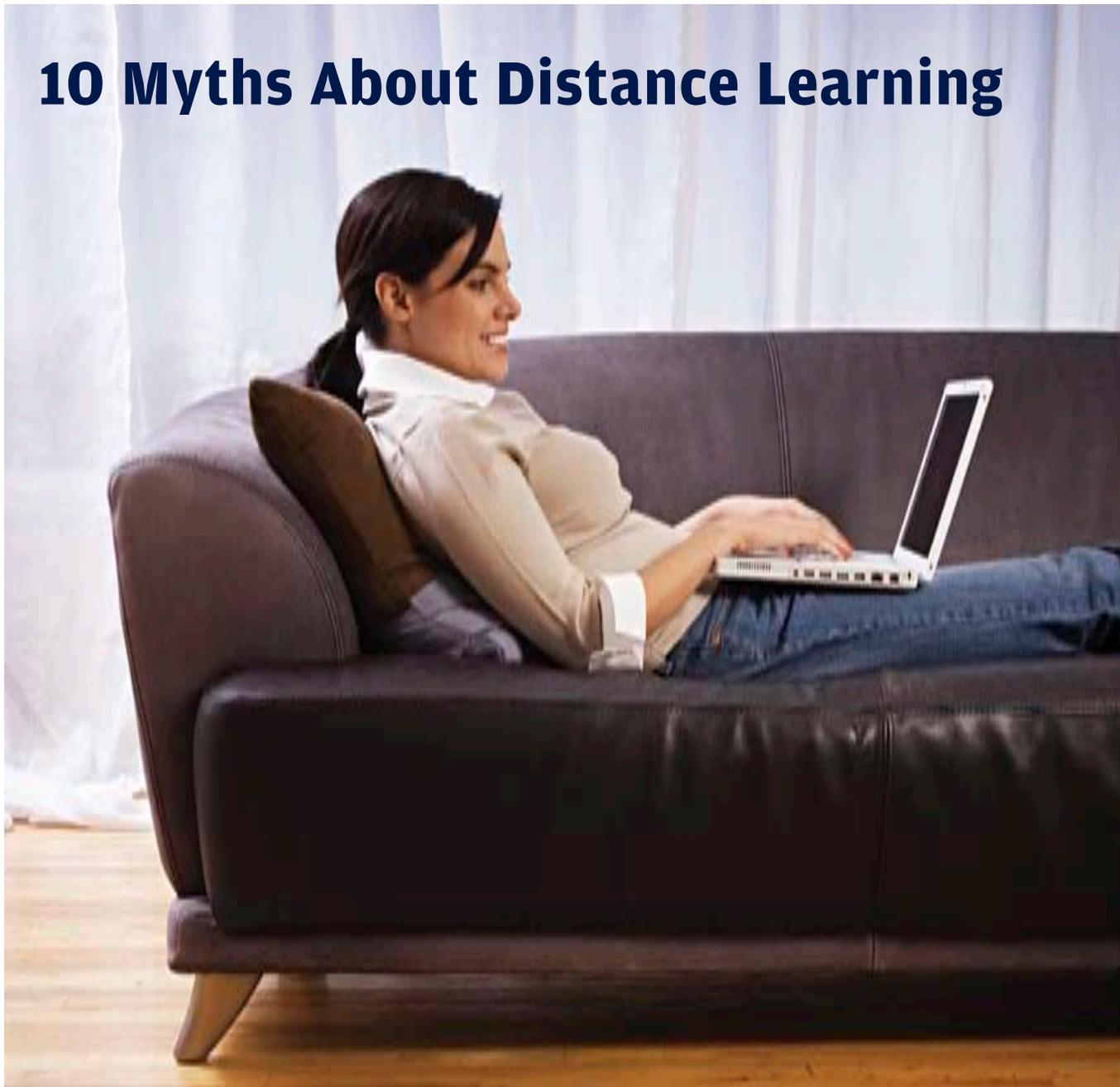
In July 2006, the first National Guard Child and Youth Program Citation of Outstanding Achievement for Youth Camps was awarded to Idaho's Snow Bash. The organizers of this youth camp used this opportunity to teach winter survival skills, which were then intertwined with the skills Guard kids need to endure a parent's deployment.

From the announcement to mobilize through the reintegration process and every moment in between, the National Guard Child and Youth Program is available to provide information, training and resources to support Guard children. **GX**

For more information regarding this program and how to contact your State/Territory Child and Youth Coordinator, please go to:

www.guardfamily.org

10 Myths About Distance Learning



By Johanna Altland
Grantham University

1 ONLINE COURSES ARE EASIER

Online courses are not easier than traditional courses. Online classes, like traditional classes, have reading assignments, homework, tests and papers, along with deadlines. In fact, some people feel that online courses are more challenging because they require excellent time-management skills and dedication.

2 I CAN COMPLETE MY ASSIGNMENTS ANY TIME

Online students can complete their coursework any time, day or night, but all online courses have deadlines and due dates. For

example, you may take an online course that has an assignment due each week. It doesn't matter what time of day you complete the assignment, as long as it's turned in on time, week after week. Some online schools may give you eight weeks to complete a course. You may not have specific due dates for each assignment, but you must have all the assignments for that course completed within that eight-week period, or you could be penalized.

3 IT IS OKAY TO PROCRASTINATE

While taking an online course, it may be tempting to put off studying when you get busy; but doing this will hurt you in the long run. Not only will you get behind, but you'll have to scramble to complete assignments on time. Online learners need to be motivated self-starters. To stay on track, create a schedule and stick with it.

4 THERE IS NO INTERACTION WITH INSTRUCTORS OR OTHER STUDENTS

With online learning, you may not have face-to-face interaction with your instructors and fellow students, but you might communicate with them by email, over the phone or in course-related chat rooms.

5 I CAN HANDLE MORE COURSES AT THE SAME TIME

Many people have the impression that they can take more courses if all the courses are online. After all, you can complete the coursework any time, any place, right? Wrong. What most people don't realize is that online courses require as much, if not more, study time than traditional classes. Yes, the flexibility you gain with online courses is nice, but you still have to work hard. For each three-credit course, expect to spend about nine to 12 hours per week studying and completing assignments.

6 CHEATING IS EASY

Yes, with information at your fingertips, the Internet does make it easy to plagiarize. Don't be tempted. Most online schools use sophisticated tools that can detect plagiarism. Remember to always cite your sources.

7 ONLINE SCHOOLS AREN'T AS GOOD AS TRADITIONAL SCHOOLS

There are many quality online-degree programs that are equal to traditional school programs. You just need to do your homework and choose the right one. Make sure that the school you attend is accredited by an agency recognized by the U.S. Department of Education. Also, with more than 2 million people enrolled in online programs, employer acceptance of online courses and degree programs is increasing.

8 ALL ONLINE PROGRAMS ARE EQUAL

There are many different types of online learning. For example, some programs of study may be asynchronous or synchronous. Asynchronous learning basically means learning at your own pace. Not all students are required to participate at the same time. Rather, students may choose their own instructional timeframe and gather learning materials according to their schedules. With synchronous learning, students are learning at the same time, with their instructor in a different location. For example, students may be required to log in at a certain time to watch a video or listen to an online lecture as a group. It's important to do your research and choose the type of learning that best meets your needs.

9 ONLINE LEARNING IS ONLY FOR PEOPLE FAR FROM A SCHOOL

While students living in remote locations may find online learning convenient, they aren't the only ones enrolling in these courses. Online schools are becoming more and more popular in today's fast-paced society. It's a great option for a working adult with a family, because their coursework can be completed any time. Students can study early in the morning, on their lunch break or after they tuck their kids into bed. Online learning has also become popular with the military because of its flexibility and portability.

10 ANYONE CAN LEARN ONLINE

Technically, yes, anyone can take an online class, but that doesn't mean it's the best choice for you. Online learners need to be highly motivated and capable of sticking with a strict schedule. If you're a procrastinator by nature, online learning may not be your ideal option.

Choose the Right Degree

Okay, so you've decided to go back to school, but now you need to choose a major. This can be a tough decision whether you're 18 and entering college for the first time, or 45 and returning to school after many years to earn your degree. There are a few key questions you can ask yourself to determine which direction to go.

ARE YOU HAPPY IN YOUR CURRENT CAREER?

If you're satisfied and enjoy what you're doing, then choose a degree program that closely matches your current career field. For example, if you're a police officer, a degree in criminal justice will help hone your skills and introduce new ideas that will keep you current on developments in your occupation.

DO YOU WANT TO CHANGE CAREERS?

If you're unhappy with your chosen career path and want to explore other opportunities, you need to decide where you want you be in five to 10 years. If you want to start your own business, choose a major that will teach you the corresponding skills, like business administration, which tends to focus on marketing, management, accounting, economics and behavioral science.

WHAT ARE THE FASTEST GROWING CAREER FIELDS?

If you're not sure which career path to take, do some research. The Bureau of Labor Statistics offers great insight into some of the fastest growing occupations. You can review salary information, number of jobs available and what type of degree each field/occupation requires.

Once you decide on a degree program, find the school that's the right fit for you and get started. **GX**

Once you decide on a degree program, find the school that's the right fit for you and get started.



Spouses on Financial Front Lines

Money Maladies to Avoid During Deployments



By Rich Strickler
USAA Deployment Assistance Program Manager

When service members are deployed, their spouses are often left to run the household on their own, including paying the bills and balancing the checkbook. So, what's the best way to keep the family's finances on the right track during this stressful time?

Planning and preparation can make a big difference, and help keep you from coming down with four common money woes:

1 THE SILENT PARTNER SYNDROME

Since deployment can happen at any time, protect yourself from this potentially credit-damaging situation by planning in advance.

Make sure you understand your family's finances, including your monthly budget, how much debt you owe and what funds you have for emergencies. Taking advantage of online banking services or automatic payment plans can help ensure all bills get paid on time.

2 THE "NEED TO KNOW" AILMENT

You'll need more than your marriage license to manage all aspects of your family's finances. Make sure that you're listed as a joint account holder on your spouse's credit card, banking and investment accounts, so you'll be authorized to make changes to the accounts, if needed, without your spouse's signature.

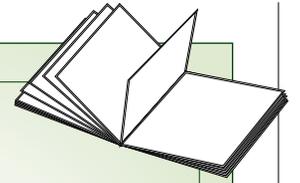
Contact your local JAG office to create or update a durable power of attorney, which allows you to manage legal matters, such as refinancing your home. At the same time, make sure your wills are up to date.

Enlisting a Trusted Helper

A deployment can put kinks in the plans of even the most prepared military families. A credentialed financial advisor can help you iron out the wrinkles by helping you:

- Create a budget.
- Develop a plan to reduce debt.
- Select the right kind of life, disability and property insurance, in the right amounts.
- Make informed tax planning decisions.





3 THE DISCOUNT DISORDER

Money can be tight during a deployment, so it can pay to seek out special deals and take advantage of the service members Civil Relief Act, which gives active-duty military members exclusive benefits, such as reduced interest rates on credit cards, mortgages and auto loans.

Some banks also offer interest-free mortgage assistance loans to help military families who may experience a financial hardship in the spouse's absence. Some insurers offer reduced auto insurance rates for cars that will be stored.

4 THE BACKBURNER SAVING BUG

Continuing to save on a stretched budget might not be a priority, but time is the biggest asset you have when it comes to growing your savings. If your credit card debt is under control, begin saving for an emergency fund in a savings or money market account. Try to save at least three months of living expenses.

Then, start contributing to a retirement savings plan, such as a Roth IRA or the government's Thrift Savings Plan (TSP). Set up automatic withdrawals from each paycheck, to make saving easier.

With a loved one in harm's way, it can be hard to stay focused on routine financial matters. But keeping your money goals on track can help ensure your household is prepared for the future. **GX**

For more information about managing your money during a deployment, or to order a free copy of USAA's Family Reference Guide to Deployment, visit:

www.usaa.com

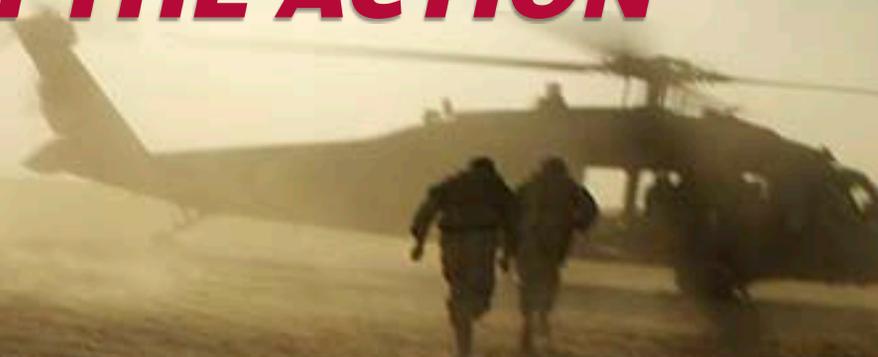
Free Guide for Military Families

USAA's Family Reference Guide to Deployment offers additional tips and checklists. Topics include information and advice on:

- Managing a household and family by keeping a list of repair facilities on-hand or prioritizing domestic tasks.
- Helping children cope by explaining the purpose behind the separation or posting a map with the deployment location.
- Planning for emergencies by keeping important papers accessible.
- Staying in touch and maintaining healthy communication through email or pre-paid calling cards.



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What's Your Number?

ARNG Launches Get Cuffed!® Blood Pressure Campaign

By LTC Jose Ortiz, M.D.
 Courtesy of Decade of Health

Are you one of 30,000* National Guard Soldiers who have high blood pressure and don't know it? If you are, then you may be harboring a silent killer.

The Army National Guard is launching a Get Cuffed!® campaign to increase blood pressure awareness and target Army National Guard Soldiers with undiagnosed or uncontrolled high blood pressure. High blood pressure is a "silent killer," since you may have no symptoms until a heart attack or other significant medical event occurs.

Anyone can have high blood pressure and not know it, especially if you have a history of high blood pressure in your family. While high blood pressure is just one of several risk factors for heart attack or stroke, controlling high blood pressure is a critical start to minimizing your risk for premature death or illness.

KEY PARTS OF OUR GET CUFFED!® CAMPAIGN

- + Marketing and exposure to all Army National Guard Soldiers and families to increase educational awareness, measure blood pressure, and better identify and treat undiagnosed or uncontrolled high blood pressure.

- + Providing Blood Pressure Kiosks to all states and territories to make it easier for Soldiers and families to get their numbers checked.
- + Leveraging existing resources such as Hooah 4 Health and partnering with such organizations as the American Heart Association# to increase our available educational tools and outreach.

WHAT CAN YOU DO AS AN ARMY NATIONAL GUARD SOLDIER?

1 Get your number. A normal blood pressure is below 120/80. High blood pressure is 140/90 and above. Any number between these blood pressures may be dangerous, depending on your other risk factors for heart disease or stroke (i.e., tobacco use, diabetes, age over 50, physical inactivity, personal or family history of high blood pressure/stroke/heart attack or high cholesterol). A high-salt diet, excess alcohol consumption, obesity, race and stress may also contribute significantly to high blood pressure. Even without any of these risk factors, routine blood pressure screening at least every two years is recommended by most medical experts for most healthy adults. More frequent checks may be necessary if you have one or more risk factors for heart disease or stroke. If you are unsure, consult with your health care provider.



COURTESY OF JUPITER IMAGES

2 Know your risk. Your risk depends on your number and your health-risk profile. Your risk increases with a higher blood pressure number and the more other risk factors present. Again, early diagnosis and treatment are keys to preserving your health and minimizing your risk.

3 Seek medical advice. If your number is high or even marginally high, consult a medical professional. While there are things that you can do immediately and on your own (stop smoking, improving your diet, exercise more), it's best to first consult with your health care provider prior to embarking on your own program. You may still need medication even after maximizing such preventive measures. While this may sound scary for some, the sooner that you can control high blood pressure, the sooner you may limit or even prevent damage to your heart and other vital organs.

WHAT CAN YOU DO AS A LEADER IN THE ARMY NATIONAL GUARD?

1 Get engaged with your troops and take advantage of all teachable moments to promote better health, such as our Get Cuffed!© campaign.

2 Partner with your unit medical experts to help identify Soldiers with undiagnosed or under-treated high blood pressure.

3 Join the fight against this “silent killer” by helping to make blood pressure awareness a personal issue for your Soldiers, their families and in support of medical readiness.

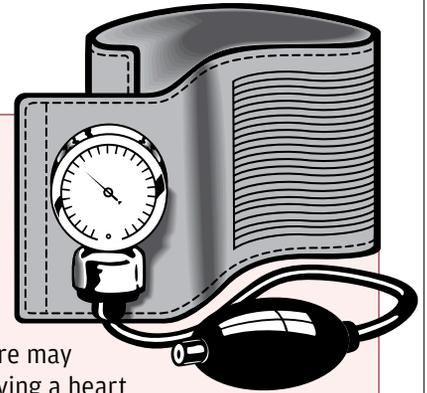
The Get Cuffed!© campaign is the second year of the Decade of Health for Army National Guard health promotion. The first year focused on Dental Readiness and succeeded in providing direct mail information on dental health to over 300,000 Soldiers and families, with a 45-percent increase in TRICARE Dental Reserve enrollment, over 3,900 new enrollments in 2006 and improvements to dental care for the reserve components.

We are partnering with the American Heart Association*, National Guard Bureau Public Affairs, Army Strength Maintenance, National Guard Bureau Family Program and *GX: The Guard Experience*, among others, to reach Army Guard Soldiers and families to make a difference. Let the Decade of Health team know about how we can help your state/territory, unit, individual Soldiers and families to maximize our campaign's success. The long-term goal is to improve overall wellness and quality of life in the Army National Guard. Help us to embark on this campaign by simply answering the question: What's your number? **GX**

About the author: LTC Jose Ortiz, M.D., MPH, is the Chief of Preventive Medicine, Office of the Chief Surgeon, NGB-ARS.

* Estimate based on national statistics noting that approximately 30 percent of the U.S. population has high blood pressure, and within that group, 30 percent of them are unaware of having high blood pressure.

A Memorandum of Agreement has been formally signed between the Army National Guard and the American Heart Association.



Key Facts

- + Early treatment of high blood pressure may prevent you from having a heart attack and stroke (two of the top three causes of death in the United States that kill over 50,000 Americans each year).
- + Untreated high blood pressure places undue strain on your heart, blood vessels, kidneys and eyes, frequently without any symptoms. You may even feel nothing up to the point of having a heart attack, stroke, heart or kidney failure, permanent damage to your eyes or even impotence.
- + Early identification and treatment of high blood pressure may increase your medical readiness as a National Guard Soldier by preventing a heart attack or stroke while also allowing you to meet deployment standards.

For more information, email:

jose.mari.ortiz@ng.army.mil

or visit:

www.DecadeofHealth.com



The long-term goal is to improve overall wellness and quality of life in the Army National Guard.

Up Close and Personal CQB with the CATC

Story and photos by Chris West

This was very possibly the oddest Close Quarters Battle (CQB) course I'd ever observed. Usually, these types of courses are total HOOAH, over-the-top, high-speed training that leaves the students fired up and ready to hand the bad guys a world-class smack-down. This class, while high-speed in the extreme, was leaving the troops with one clear message about CQB: Don't do it if you don't have to!

I had returned to the New Mexico Army National Guard's Combat Arms Training Company (CATC) to watch the instructors go through advanced CQB training. CQB, for those of you who may not know, consists of tactics and techniques for engaging enemy combatants at the point-blank ranges found inside the tight confines of an urban environment. I'm talking about the "kick-in-the-door, smoke-the-bad-guys, flood-the-room and save-the-hostages" tactics usually associated with SF units. These days though, this sort of training is critical for every infantry and MP Soldier who makes a trip to the sandbox.

All too often, our troops are called on to enter and clear buildings of potential enemies in the ongoing search for weapons caches and other tools of the insurgency. Since it's generally considered bad manners to drop a TOW missile through the front door of a house without a very good reason, these searches have to be conducted the hard way. If there are bad guys inside, these missions can very quickly turn into a close encounter of the worst kind.

The point-blank range of CQB negates most of the benefits provided by our superior technology. The Soldiers are usually right on top of each other in some of the worst combat conditions imaginable—blind corners, low light, civilians on the battlefield mixed with the bad guys and a million places to hide.

So how do we overcome?



TEAM EFFORT Close Quarters Battle (CQB) courses, like this one in New Mexico, are designed to prepare today's Soldiers for the realities of their modern missions.



Well, first, if at all possible, we don't ever get into a "fair" fight. Instead we try, whenever we can, to leverage our technological superiority. The instructor in this course advocates a technique one of the CATC guys referred to as "Bullhorns and Bradleys." This means standing off several hundred yards and telling the bad guys to come out with their hands up. If that doesn't happen, let the Bradley Vehicles resolve the issue. The only reason to engage in CQB, according to the lessons of this class, is if there are hostages or innocent civilians in the building.

The second way we overcome is to train, train and then train some more. Emerging victorious from these fights is a matter of split-second reactions and coordinated movements. It requires an amazing amount of work. When it all comes together, CQB maneuvers take on the appearance of a carefully choreographed dance. The Soldiers who do this right know exactly what every other person on their team is going to do in any given circumstance. They communicate through hand and arm signals, eye contact and occasional verbal communication. When it all comes together, it's a truly awe-inspiring sight.

This is a perishable set of skills that must be retrained on a regular basis. CATC trains every member of the New Mexico Guard in marksmanship, survival and CQB tactics. It's their job; it's what they do day in and day out. Still, here they were, bringing in an instructor to train them some more, to help them raise their skills to a higher level.

This course was being conducted by an instructor with extensive experience with a special missions unit. For three days, he ran them through scenario after scenario. Multiple high-speed entries were quickly followed by force-on-force drills. After each exercise, he would conduct a merciless After Action Review (AAR). The angle of a weapon, the speed of attack, the maneuvering they used when they breached a door—every tiny aspect was torn apart and reassembled. The training was brutal—physically demanding and mentally exhausting. It took a lot out of the CATC instructors, but improvements were visible with each rotation.

The Soldiers might look angry or upset at subtle criticism, but the next time they burst through the door, the problem had been fixed. That meant it was time to work on the next technique, but the guys were up for the challenge. After every iteration, each team would put their heads together and continue training on their own. They allowed themselves very little down time. If it wasn't their turn in the barrel, they were down the hall practicing what they had just learned.

The level of dedication the CATC Soldiers brought to this training was stunning. If they stopped to catch their breath, it was only for a few moments. Otherwise, they were analyzing their last exercise or planning the next one.

Why train this hard? Simple: to save lives.

When the CATC was formed several years ago, BG Kenny Montoya, the New Mexico TAG, went to 1SG Jason Riley, head of the CATC, and gave him a simple, clear directive: “Find out what will keep our Soldiers alive, and teach it!” At its heart, that’s what this type of training is all about: bringing Soldiers home safely. The CATC instructors will take what they’ve learned here and drill it into every Soldier of the New Mexico Guard. CATC saves lives and these guys know it.

This type of training is spreading throughout the Guard. Every week, I seem to hear about a new program designed to prep Soldiers for the realities of their modern missions. Commanders at all levels are recognizing the ever-changing tactics of our enemies and adjusting to help our Soldiers prepare to face them. They study AARs and combat footage. They pull aside the guys who have just returned from the field and use their personal experience to make whatever changes are needed. Guard leadership is dedicated to bringing every Soldier home safely, and training programs like this are just one way they make it happen.

As the sun was setting on the last day of training, I asked the course instructor what he thought of the CATC instructors. He told me, “They’ve got a critical mission: to prep Guard members for deployment. They are fit, motivated and willing to learn.” This matched my observations exactly. These Soldiers understand the importance of their mission and put everything they have into ensuring its success and, by extension, the success of the National Guard Soldiers they’ll be training in the coming years. **GX**

Does your state have a high-speed training program you would like **GX** to cover? It doesn’t have to be combat-related; the Guard’s domestic mission is just as important. Get your story heard! Email us an invite at editor@GXonline.com

Guard leadership is dedicated to bringing every Soldier home safely, and training programs like this are just one way they make it happen.





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The 45th Division and the Liberation of Dachau

By Jason Hall
 Director of the National Guard Educational Foundation

In October of last year, I visited Germany for two weeks to explore a few WWII sites. One stood out above all the rest as the most important and most emotional for me, due to a personal connection that I have with this site. The place is situated in a bucolic part of Bavaria; however, the name itself evokes unspeakable horrors and chills in most who utter its name: Dachau.

My connection to the Dachau Concentration Camp is that my late grandfather, TSGT Clarence Hall, HQ Co., 7th Army, was one of the Soldiers who liberated the camp. Though my grandfather was in the Regular Army and not a Guard member, you may be surprised to know that the first U.S. Soldiers to enter and liberate the camp were National Guard members.

The camp was liberated on April 29, 1945, by elements of 7th Army, predominantly Soldiers of the 42nd and 45th Divisions, both National Guard divisions. Though it continues to be the subject of heated debate as to which division was the first to enter the camp, all evidence points to the fact that the first Soldiers to physically enter the camp were members of the 45th “Thunderbird” Division.

The 45th Infantry Division (ID), activated Sept. 16, 1940, was one of the first National Guard Divisions mobilized by President Franklin D. Roosevelt. This yearlong peacetime mobilization was enacted to train and make ready the National Guard for the possibility of the United States entry into WWII.

The Soldiers of the 45th Division, many of whom were of Native American ancestry, were from Oklahoma, Arizona, Colorado and New Mexico. The division takes its name “Thunderbird” from the design of its divisional insignia. The insignia is a red diamond with a gold thunderbird emblazoned on it. The design was chosen in 1939 during a contest for a new insignia to replace the old one. The old insignia of the division was no longer considered appropriate, due to the rise of Nazism in Europe. That insignia was a red diamond with a unique symbol emblazoned on it, commonly known as the “swastika.” The swastika predates the Nazis, and is an ancient symbol of good luck used by Native Americans.

The members of Battery C, 2nd Battalion, 189th Field Artillery, 45th Division, left Blackwell, OK, on Sept. 23, 1940, to begin their training at Fort Sill, OK, during the peacetime mobilization. I’m sure not one of them thought their unit would be part of one of the most famous divisions of WWII. None dreamed their division would take part in eight major campaigns. Little did any of them realize their training would help win the war, free thousands of helpless victims of Nazism and free the world from Nazi domination.

On that September morning, as they left to the kisses and goodbyes of their friends and families, no one realized that in a few short years

they and all their comrades in arms would all be heroes in the hearts and minds of their fellow Americans. Those who fought and those who gave the “last full measure of devotion” are heroes not just for winning a war, but for putting an end to this crime against humanity known as the Holocaust.

The 45th Division first saw combat on June 8, 1943, during the invasion of Sicily. In 22 days of being continually engaged in combat, the 45th Division covered more ground than any other Army division. Following the capture of Sicily, the “Thunderbirds” participated in the landing at Salerno in Italy, and were involved in the capture of Naples, and Anzio, and the ultimate fall of Rome on June 5, 1944. Following their landing in Southern France in August 1944, the division swept across France and entered Germany. It was on its way to capture Munich when it received orders to liberate Dachau.

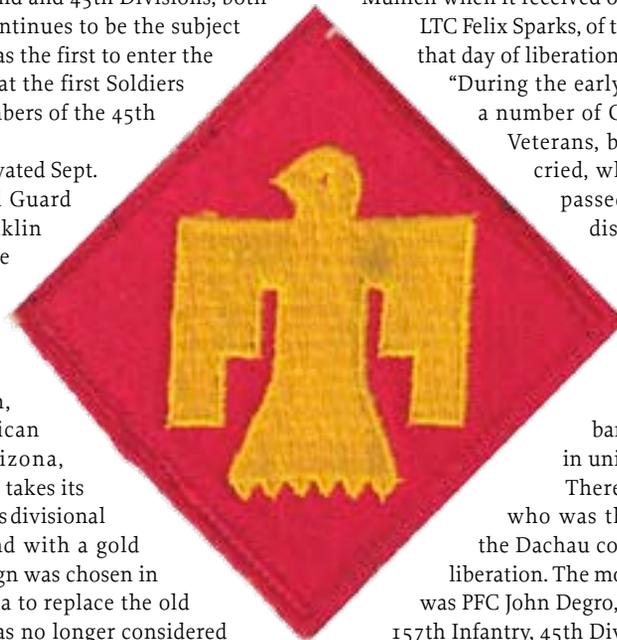
LTC Felix Sparks, of the 45th, described what it was like on that day of liberation:

“During the early period of our entry into the camp, a number of Company I men, all battle-hardened Veterans, became extremely distraught. Some cried, while others raged. Some 30 minutes passed before I could restore order and discipline. During that time, the over 30,000 camp prisoners still alive began to grasp the significance of the events taking place. They streamed from their crowded barracks by the hundreds and were soon pressing at the confining barbed-wire fence. They began to shout in unison, which became a chilling roar.”

There is considerable disagreement as to who was the first Soldier to enter the gate of the Dachau concentration camp on the first day of liberation. The most likely person to have been the first was PFC John Degro, the lead scout of I Company, 3rd BN, 157th Infantry, 45th Division. In 1986, PFC Degro related his experience on being the first to enter the camp:

“As lead scout, I shot the lock off the gate and entered the compound. There were 32,000 inmates, screaming, between hugging and kissing us. The stench was unbearable. We backed out the gate, let a few inmates out and gave them weapons. We cleaned out the guard towers, took knapsacks off of the dead SS and threw them over the barbed wire into the compound.”

Dachau was the first concentration camp established by the Nazis, and served as a model for all others that followed. The prisoner section



AFTERMATH Color guard of the 45th ID stands in front of chapel during military Mass in honor of the division’s dead. The Mass was held in Koenig’s Platz, Munich, Germany, on May 21, 1945, three weeks after they liberated Dachau.

of the camp was the smallest part, whereas the SS training area was the larger portion of the compound. The camp itself was used to train members of the SS, and the prisoners of the camp suffered as they were used as “practice” for the SS soldiers training to be guards at other camps. The first prisoners of the camp were political enemies of the Nazi party. Later, those deemed to be socially inferior, such as gypsies, communists, homosexuals, Soviet soldiers and Jews were sent to the camp. The camp was not initially set up as a death camp, but rather as a work camp. However, the camp’s prisoners were worked to death, and many were used for medical experiments.

Three days before the American Soldiers arrived to liberate the camp, the last roll call states that there were 30,442 prisoners in the main camp and 37,223 in the sub-camps. In addition, other concentration camps began evacuating their prisoners and sent thousands of prisoners to the already overpopulated Dachau camp. However, most of these evacuees who arrived from other camps were left in the boxcars that brought them to Dachau, and their emaciated bodies inside the boxcars were the first sights that greeted members of the 45th Division on April 29, 1945. The Soldiers would find hundreds of other victims outside the crematorium, and at other places throughout the camp.

The 45th division had been through 511 days of combat before they arrived at Dachau. After liberating thousands of victims of Nazism, the Soldiers of the 45th fully realized the outcome of those hard-fought battles and the true importance of allied victory in Europe. This National Guard division helped to bring an end to the suffering and genocide in Europe committed by the Nazi Regime. These men, who had been fighting for the freedom of the European people, saw

firsthand what that freedom meant. Freedom was no longer a mere word to the Soldiers; it was a living act to be cherished and worth fighting for. The men of the 45th may not have realized that they were saving the world from the continuation of these atrocities.

Today, the camp is filled only with tourists and visitors trying to grasp what occurred here. People quietly walk the ground today where degradation, cruelty and murder were a daily occurrence. Many turn their eyes away from such sites as the crematorium ovens, and many become emotional at the sight of a guard tower, execution firing range, the site of the hospital used for inhuman medical experiments, and the torture building known as “the Bunker.”

Though a sense of despair and sorrow overwhelms any visitor to Dachau, so does a sense of—forgive me—pride. Pride in the fact that Soldiers from my country, Citizen-Soldiers of our National Guard, played a crucial role in ending these barbaric actions. The Soldiers of Oklahoma, Arizona, Colorado and New Mexico were truly members of “the Greatest Generation.” **GX**

For more information please visit:

Dachau Concentration Camp Memorial Site
www.kz-gedenkstaette-dachau.de/englisch/content

45th Infantry Division Museum
www.45thDivisionMuseum.com

United States Holocaust Memorial Museum
www.ushmm.org





25

RACE VIEW

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GET IT FREE!

The likeness of Casey Mears, the #25 National Guard/GMAC Chevrolet, and other related trademarks and copyrights are used with permission of Hendrick Motorsports.

Courtesy of Hendrick Motorsports

Despite a disappointing finish, Casey Mears and the No. 25 National Guard/GMAC team put forth an impressive effort during the season-opening Daytona 500 on Feb. 18. Mears overcame an early flub on pit road and some intermittent handling problems to run with the leaders in the closing segment of the 200-lap race. He finished 20th, the second-best result among Hendrick Motorsports' four NASCAR NEXTEL Cup teams. Mears qualified 17th for the 49th annual race and began the day with a loose car. Within the first 10 laps, he radioed in that his No. 25 National Guard/GMAC Chevrolet was very free, especially off the corner.

When the race went green on lap 21, Mears had fallen to 39th position. However, he remained focused and concentrated on providing feedback that would help improve the car during the next round of pit stops. As the run continued, the No. 25 Chevrolet was still loose overall, but it also was tight exiting late off the corner. Additionally, the car balked at turning in traffic, and it was a challenge for Mears to find clean air in the thick of the pack.

After a solid stop on lap 65 courtesy of the No. 25 National Guard/GMAC pit crew, Mears returned to the track in 32nd and resumed his patient climb through the field. By the race's halfway point—lap 100—Mears had grabbed the 16th position.

He continued to hover mid-pack after a green-flag stop on lap 127, and returned to pit road 26 laps later, when Tony Stewart and Kurt Busch crashed in turn four and brought out the day's third yellow flag.

The pit stop adjustments seemed to take hold early in the run, and Mears was able to race inside the top 10 by lap 172. After pitting again under caution on lap 174, Mears remained up front and had a fast car. The race alternated between green and yellow until lap 198, when the red flag waved after a messy wreck near turn two. NASCAR parked the field on the track until cleanup was completed.

Prior to the red flag, Mears had made a move on the outside to draft his way forward, but did not get the necessary help to overtake the middle and low lines of traffic. When the race restarted and a green-white-checked finish was set up, he made a final push to the front from the 12th position, but had nowhere to go when a wreck involving teammate Kyle Busch and multiple cars erupted in front of him. Mears crossed the finish line sideways and on the grass in 20th place, with significant damage to the front end of his No. 25 National Guard/GMAC Chevrolet.

"That was a tough end to our day," Mears said following the race. "We were going to finish well, but that last wreck was out of our control. Overall, it was a good race for our No. 25 National Guard/GMAC Chevrolet team." **GX**

For more coverage of Guard Racing news and results, as well as to learn more about Casey Mears and the #25 racing car, go to: www.1-800-GO-GUARD.com/guardracing

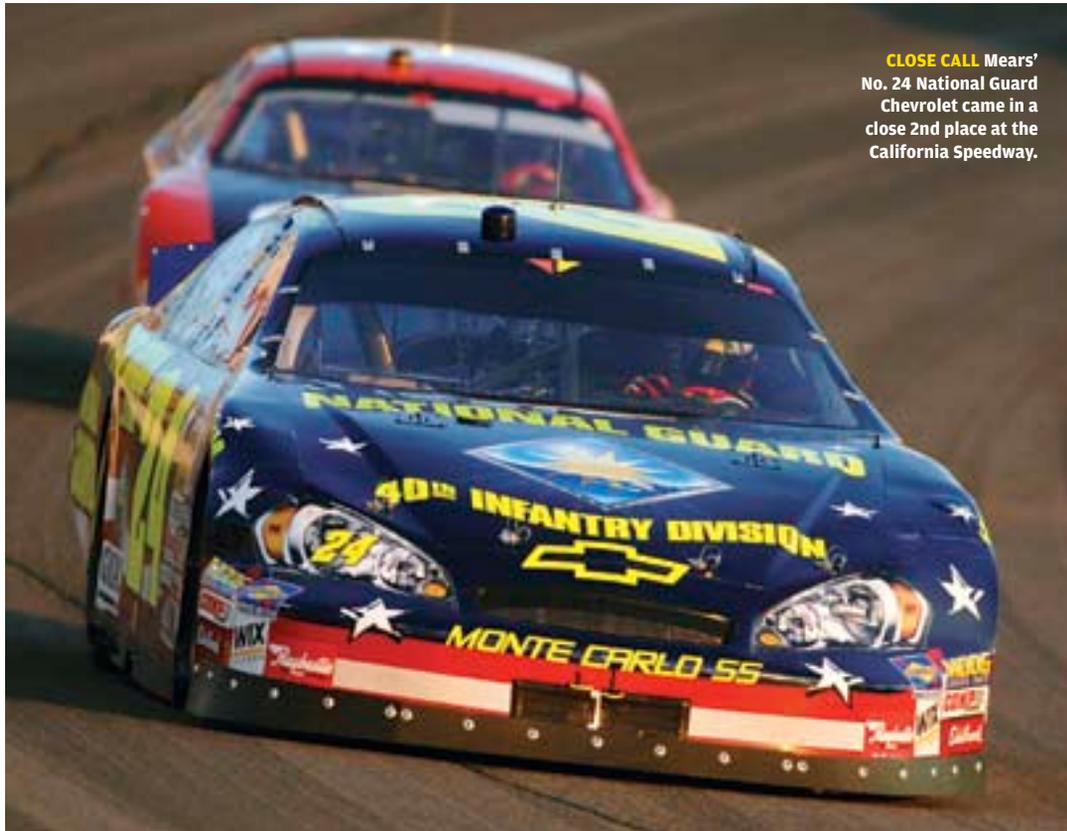


2007 BUSCH SERIES SCHEDULE Featuring Honored Units

03/17/07	Atlanta Motor Speedway		48th INF BDE	07/21/07	Gateway International Raceway		
03/24/07	Bristol Motor Speedway			07/28/07	O'Reilly Raceway Park		
04/07/07	Nashville Superspeedway			08/04/07	Circuit Gilles Villeneuve		
04/14/07	Texas Motor Speedway		36th INF DIV	08/11/07	Watkins Glen International		42nd INF DIV
04/20/07	Phoenix International Raceway		153rd FA BDE	08/18/07	Michigan International Speedway		76th INF BDE
04/28/07	Talladega Superspeedway		155th ARM BDE	08/24/07	Bristol Motor Speedway		278th ACR
05/04/07	Richmond International Raceway		29th INF DV	09/01/07	California Speedway		
05/11/07	Darlington Raceway		218th INF BDE	09/07/07	Richmond International Raceway		32nd INF BDE
05/26/07	Lowe's Motor Speedway		30th ARM BDE	09/22/07	Dover International Speedway		28th INF DIV
06/02/07	Dover International Speedway		58th INF BCT	09/29/07	Kansas Speedway		35th INF DIV
06/09/07	Nashville Superspeedway			10/12/07	Lowe's Motor Speedway		
06/16/07	Kentucky Speedway			10/27/07	Memphis Motorsports Park		
06/23/07	The Milwaukee Mile			11/03/07	Texas Motor Speedway		256th INF BDE
06/30/07	New Hampshire International Speedway		26th INF BDE	11/10/07	Phoenix International Raceway		40th INF BDE
07/06/07	Daytona International Speedway		53rd INF BDE	11/17/07	Homestead-Miami Speedway		34th INF DIV
07/14/07	Chicagoland Speedway		33rd INF BDE				

COURTESY OF THE ASSOCIATED PRESS

Mears Finishes 2nd in 40th ID/No. 24 Guard Car



Courtesy of Kendra Jacobs
Media Relations, NASCAR Busch Series Teams
Hendrick Motorsports

Casey Mears, driver of the No. 24 National Guard Chevrolet, finished second in the Feb. 24 NASCAR Busch Series race at California Speedway. Mears was reeling in race leader Matt Kenseth, but fell a few laps shy of earning the team's first victory.

"Chad [Walter, crew chief] made some really good calls all night," Mears said. "He gave me a great race car and I wish I had gotten the win for this team, but we're all pretty happy with second."

Mears started fifth and moved up to third by the team's first pit stop on Lap 28. Prior to entering pit road, he reported that the No. 24 National Guard/40th Infantry Division Chevrolet was tight on the exit of the turns, but loose in the middle. However, both Mears and Walter opted for no adjustments and a four-tire change only.

The National Guard/40th Infantry Division Chevrolet continued to be increasingly tight. The team was able to make further adjustments during its second pit stop during a Lap 59 caution period. Extra time investigating a tire issue proved costly as Mears rejoined the field in ninth place.

At the restart, however, Mears quickly moved through the field and back into the top five by Lap 73.

As the race continued, pit strategy became increasingly important. The Guard Car had used two sets of fresh tires of the three that each team is allotted. When the caution flag waved on Lap 89, Walter

had to make a decision on whether or not to use the last set of fresh tires or save it for the races closing laps.

When Mears entered pit road, Walter opted for a set of "scuff" tires that were used during practice on the previous Friday. The remaining set was set aside for the team's final pit stop. With adjustments to the handling as well, Mears rejoined the field in 13th place.

As the race continued, No. 24 continued to be tight, but not to the point of affecting Mears' top-10 performance. A solid restart on Lap 94 saw Mears advance to fifth place.

During the team's final pit stop, the remaining set of fresh tires was put on for the race's closing laps. Mears restarted in sixth place and quickly closed in on the leaders. Posting lap times slightly faster

than those of the leader, Mears moved back into the top-five then around teammate, Kyle Busch, for the runner-up position.

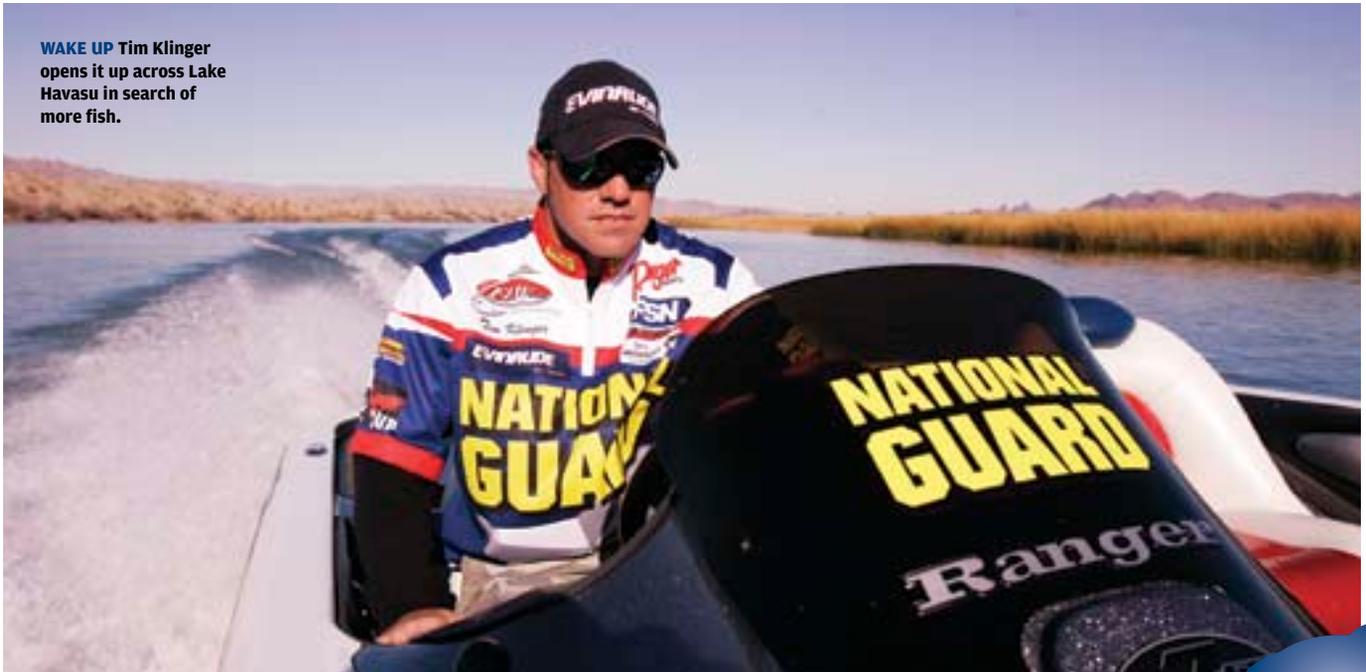
Mears continued to close on Matt Kenseth in the race's remaining 10 laps, but was unable to get close enough to battle for the position. The National Guard/40th Infantry Division finished second and moved to 12th in the series owner point standings.

"The National Guard Chevrolet was really good there in the closing laps," Mears said. "This was a good start for this team. And I was really happy to get a good finish for the Guard and the 40th Infantry Division who was here with us this weekend." **GX**



COURTESY OF HENDRICK MOTORSPORTS

WAKE UP Tim Klinger opens it up across Lake Havasu in search of more fish.



New Season Revs Up Casting Lines for Wider Audience

Courtesy of FLW

The FLW Fishing Tour kicked off the National Guard Western Series Jan. 31 in Lake Havasu City, AZ with a splash. Early that morning, as the sun peaked over the horizon, 400 anglers awaited the National Anthem and the call of their starting number. In the distance, a sound familiar to most Soldiers began drowning out the birds, and all looked up in awe as a UH-60 Blackhawk appeared over the horizon.

For the 2007 season, the tour decided that to reach a wider audience, it needed to accommodate both sides of the country. To accomplish this, the series was split into two divisions: western and eastern.

The western team is anchored by Guard fisherman Tim Klinger, who finished in 52nd place with 11 pounds, 14 ounces. The Boulder City, NV native was excited to participate with the Guard for a second year, this time on the lakes he grew up fishing. "It has been an unbelievable experience to be sponsored by the National Guard," he says. "It's the best team to be on." Klinger finished the 2006 season in 46th place.

New to the team this year is Clifford Pirch, from Payson, AZ. Pirch has been on the FLW tour since 2003, and promises to be a great asset to the National Guard team. At Lake Havasu, Pirch led the team to finish in 49th

place, with 12 pounds, 1 ounce. "I was disappointed to come in 49th so close to home, but it's an honor and a privilege to be member of the National Guard team," says Pirch, who's coming off a successful 2006 season in which he placed 41st at Forrest L. Wood.

The two other members of the western team are the two youngest. Rachel Uribe and Justin Lucas, both in their early 20s, say being sponsored by the National Guard is a dream

day to 14th place in the end. He was happy with this finish, although he would have preferred to be in the top 10. "Lake Havasu is a hard lake to fish," he says. "The next event in Cal-Delta will be much more fun."

Rachel Uribe is a native of Long Beach, CA, and comes from a fishing family. During her first event at Lake Havasu, she finished in 54th place, catching 4 pounds, 7 ounces. She's excited to see what the future will bring. "I'm looking forward to being part of history with the new National Guard Western Series," she says. "Lake Havasu had a great turnout and it was awesome to be part of the whole experience." The next National Guard Western Series Event takes place in the California Delta starting March 14. Says Uribe, "I hear there are some big fish out there and my goal is to finish in the top five, so hopefully I can find them."

The team heads to the California Delta in early March, then will meet up with the rest of the anglers in Knoxville, TN, at the end of that month. They'll compete in the National Guard Open, which begins April 26, on Lake Norman in Charlotte, NC. Lake Norman



MEET THE TEAM (clockwise from top left) Justin Lucas, Adam Lock, Jonathan Newton, Derek Jones, Pat Lay, Scott Martin, Clifford Pirch, Tim Klinger, Diane De La Garza, Pam Wood, Rachel Uribe, Ramie Colson, Jr.

come true. "It's a tremendous honor at the age of twenty," says Lucas.

At Lake Havasu, Lucas proved himself a contender with a miraculous mid-tournament comeback, from 103rd place after the second

promises to be one of the year's most exciting events, with the North Carolina National Guard closing the tournament by escorting the top 10 anglers to the Cabarrus Arena in UH-60 Blackhawks. **GX**

COURTESY OF FLW / COURTESY OF SRSC



START FITNESS™



The Shoulder Shredder!

Part 1 of 2

OPERATION SLIM GYM™

By SSG Ken Weichert

SSG Weichert,

Thanks for all of the help that you and Stephanie have given me! To be honest, at first I didn't think that those rubber resistance bands by SPRI Products were gonna do much. I was wrong. They really do work you out! I have been using them for several weeks while doing your workouts from *GX* magazine and your Operation Fit to Fight™ DVDs. Recently, I took an APFT and did better than ever before on the push-ups and sit-ups. I got 80 push-ups and 78 sit-ups this time. That's nearly double from what I got three months ago. Now I am going to use your workout from *GX* 3.2 to improve my running. I have one more question. I noticed you talk very little about weights. What weight-training exercises will help me with the APFT? Thanks.

—PVT Stevenson, Texas Army National Guard

RECEIVED

PVT Stevenson,

Great job on improving your APFT score! That's incredible! Keep up the good work! Regarding weight training for the APFT, there are absolutely no weight-training exercises that will help you with the events in the APFT. Personally, I use weight training immediately after the APFT in order to diversify my strength-training workouts. However, I stay away from weight training when I'm within eight weeks of my next APFT. Bottom line, good push-up training helps you develop the type of strength and stamina needed to perform your best on the push-up event for the APFT; likewise sit-ups for sit-ups, and running for running. You got the right idea by going to *GX* 2.6, 3.1 and 3.2 for your APFT training. Those workouts help me max my APFT each time! What I do is mark my calendar where the APFT is scheduled and go back eight weeks (some people may need as much as 12 weeks). I will stop the weight training eight weeks out and use *GX* 2.6 intensely for weeks 1–3. For weeks 4–5, I add the abdominal exercises from *GX* 3.1. For weeks 6–8, I favor the aerobic exercises from *GX* 3.2 and I gradually taper off the muscle-failure drills from *GX* 2.6, leaving me with the 21 days of consistent running that I need to prepare me for the APFT two-mile run.

Regarding weight training, many people have written to Stephanie and me asking if weight training will make them bigger or smaller. The answer is "both." The amount of weight used and the repetitions per set determine the mass or lean qualities that develop as a result. In other words, if you want to get giant in the gym, lift heavy weights with very few repetitions on each set. If you want to stay SLIM in the GYM and still remain strong, pump more reps with less weight.

Here's how it works:

WARM-UP PHASE:

1. **Running in place or 50 "side-straddle-hops"** (jumping jacks) (5 minutes)
2. **A few rotation exercises** (2 minutes)
3. **A few stretches** (5 minutes)

It's best to repeat steps 1–3 prior to step 4 in order to be properly warmed up.

4. **High steps** (2 minutes)

Jogging in place with your hands at least above your shoulders and your knees as high as your hips.



BUILD-UP PHASE:

5. Shoulder push-ups

Start Position: Assume the standard push-up position. Now widen your feet and point your rear end in the air.
Action: Slowly lower your body to the ground by bending at the elbows. Your head and shoulders will appear to move 45 degrees forward, instead of straight down. Maintain the angles at your hips during this exercise and stay on the balls of your feet. Return to the start position and repeat the steps.

Basic – 1-5 repetitions

Intermediate – 6-10 repetitions

Advanced – 11-20 repetitions



5

6. Crunches on the ground (or stability ball crunches)

Basic – 1-30 repetitions

Intermediate – 31-60 repetitions

Advanced – 61-120 repetitions

Note: This exercise is performed at this time in order to give the shoulders a bit of rest before the shoulder shredder goes wild.



6

MUSCLE TARGET PHASE:

7. Military press with dumbbells

Start Position: Sit upward with correct posture on a high-back bench, or stand erect. Position dumbbells to sides with elbows forming a 90-degree angle.

Action: Press dumbbells upward until arms are fully extended overhead. Slowly return to the start position and repeat. **Warning:** Do not jerk your body during this exercise. Perform the actions slowly.

FORMULA WITH WEIGHTS:

Bulk Up – 3 sets of 4-6 repetitions each with heavy resistance

Maintenance Drill – 3 sets of 8-12 repetitions with medium resistance

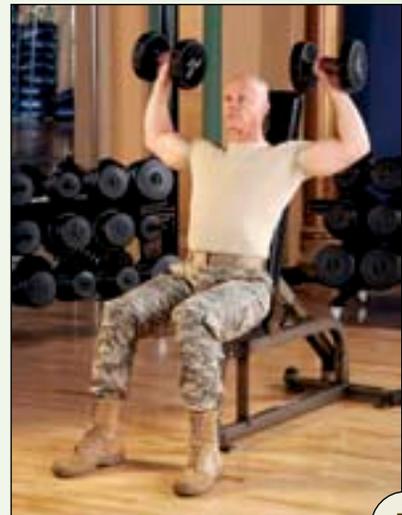
Sculpt Down – 3 sets of 15-20 repetitions with light to moderate resistance

FORMULA WITH TUBING:

Basic – 1-10 repetitions

Intermediate – 11-20 repetitions

Advanced – 21-40 repetitions



7

8. Lateral raises

Start Position: Grasp dumbbells or tubing handles in front of upper thighs. Bend slightly forward at your hips. Bend your knees and elbows slightly.

Action: Raise upper arms to sides until elbows are shoulder height. Keep your wrists level with your elbows and turn them inward slightly. Slowly return to the start position and repeat.

WARNING: Do not rock your body to swing the weights upward. Maintain proper form by reducing the amount of weight used if necessary.

Note: Same formulas

9. Prone shoulder press

Start Position: Lie in the prone position with legs straight and upper body rigid (this can be performed on the ground, bench, BOSU or stability ball). Grasp dumbbells in the overhead position with your elbows outward and your wrists to the side of your temples.

Action: Engage your abdominal and rear end muscles to assure spinal stabilization. Press arms overhead until arms are straight. Slowly return to the start position and repeat. **Suggestion:** Use low weight for this exercise in order to maintain proper form.

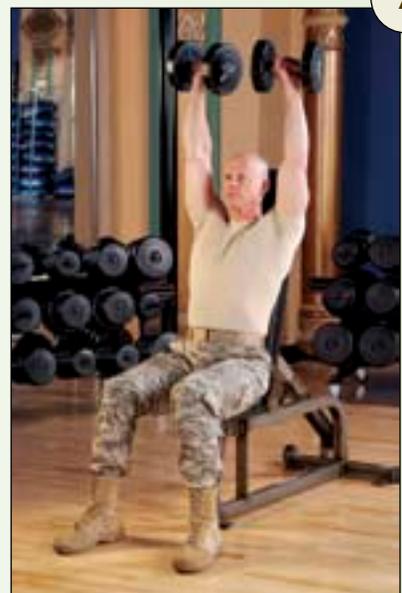
Note: Same formulas

10. Forward lateral raises

Start Position: In a standing position, hold two dumbbells or the tubing handles in front of your upper thighs with your palms facing your body.

Action: Lift the dumbbells or tubing handles up in front of your body until your wrists are level with your shoulders. Slowly return to the start position and repeat.

Note: Same formulas



11. Upright row

Start Position: In a standing position, hold two dumbbells or the tubing handles in front of your upper thighs with your palms facing your body.

Action: Lift the dumbbells or tubing handles straight up until the handles nearly reach chin level, keeping

them close to your body and six to 10 inches apart from each other. Slowly return to the start position and repeat.
 Note: Same formulas

SUMMIT PHASE:

12. Tubing jacks

Start Position: Stand on top of the tubing with one foot, hold the two tubing handles in front of your upper thighs with your palms facing your body.

Action: Jump to a position with your legs spread evenly with your shoulders. While jumping, swing your arms out to your sides until your hands nearly touch overhead. Quickly return to the start position and repeat.

Basic – 1-10 repetitions

Intermediate – 11-20 repetitions

Advanced – 21-40 repetitions

13. 5 minutes of aerobics (treadmill, elliptical machines, running or cycle)

“Outstanding! Now do it, again!”

Basic – 1 full set = approximately 20 minutes*

Intermediate – 2 full sets = approximately 40 minutes*

Advanced – 3 full sets = approximately 60 minutes*

* Depending on repetitions per set and rest periods

COOL-DOWN PHASE:

14. A few rotation exercises (2 minutes)

15. A few stretches (5 minutes)



9



10



11



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FOR SPECIFIC APFT (ARMY PHYSICAL FITNESS TEST) PREPARATION EXERCISES: Please refer to START Fitness™ in GX issues 2.6, 3.1 and 3.2 in www.GXonline.com past issues.

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.

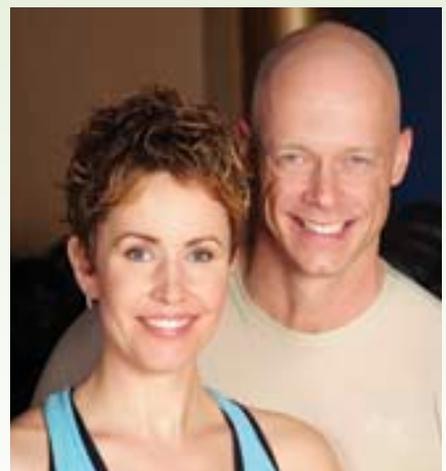
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SSG Ken Weichert, six-time Soldier of the Year and Veteran of both Iraqi Freedom and Desert Storm, began the START Fitness™ program in 1997. Now partnered with his wife Stephanie, Strategic Director of START Fitness™ and a certified personal trainer,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

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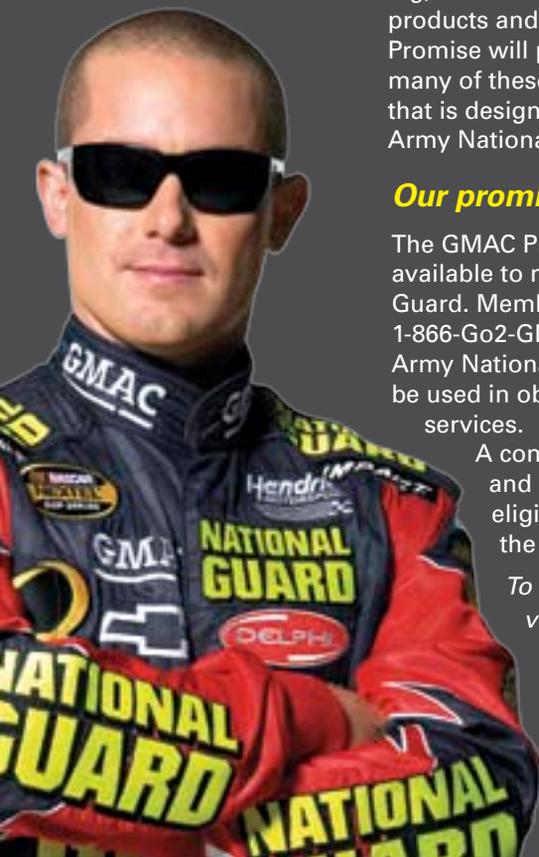
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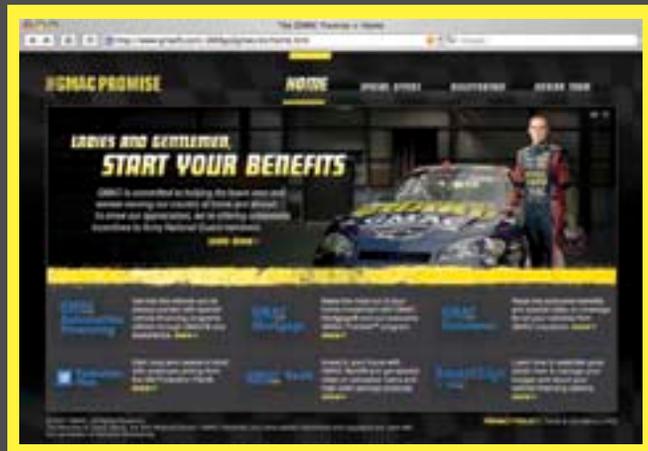


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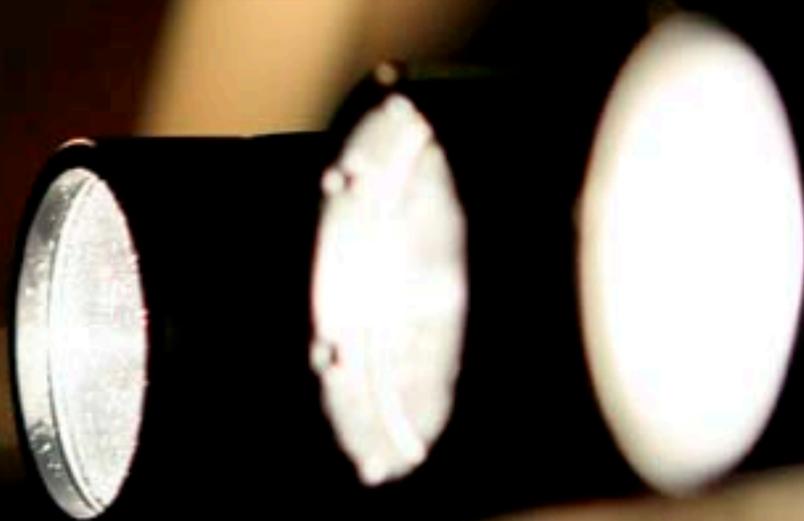


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[PROVE IT!]
TESTING TO THE EXTREME WITH THE BROTHERS WEST



Illuminating the Situation

Tactical Flashlights are Put to the Test

By Chris and Jason West

No, we didn't shoot them with a shotgun. (In case you missed it in *GX* 4.2, we tested "sunglasses" by shooting them). We wanted to. You'd have liked seeing it. Even our publisher wanted us to. But the safety officers at the range just wouldn't let us have any fun—something about it being a remarkably bad idea to shoot at metal objects from 15 feet away. Sure, it would have been pointless destruction, but that's kind of the point.

So, for those of you who don't know, tactical flashlights are generally palm-sized, very high-intensity lights with an endcap power switch. This month's contestants were the Streamlight Scorpion (\$39.95), the Pelican M6 (\$45.95) and the Surefire 6P (\$58.95).

Once again, we subjected the products to a variety of tests meant to determine the veracity of manufacturers' claims and the lights' survivability under extreme, but still semi-realistic, conditions.

LUMINOSITY AND BATTERY LIFE

Each of the lights claims approximately one hour of continuous usage off of two CR123 3-volt batteries. The listed brightness (measured in lumens—whatever those are) on each was different. The Surefire claimed 65 lumens, the Pelican 74 lumens and the Streamlight a blinding 114 lumens. For this test, we left

the lights on for 90 minutes, measuring their relative brightness at regular intervals.

After 60 minutes, each light was still producing approximately 50 percent of its original brightness reading, which was more than enough light for most applications, including blinding an unsuspecting elder Brother. By the 90-minute mark, the units were essentially dark.

For the first hour, the brightness claims seemed to be accurate. The Surefire was a bit brighter than the manufacturer claimed, but the Streamlight was head and shoulders above both other units well past the one-hour mark.

A couple of side notes that resulted from this test: First, we recognize that this kind of continuous usage generally is not how these lights are employed. Having said that, both the Pelican and the Surefire became hot to the touch within 30 minutes, with the Surefire getting so heated, it was uncomfortable to hold with bare hands. Second, during one attempt at this test we left each of the lights turned on and standing on its end, lens down, for five minutes. Although the Surefire and the Pelican suffered no ill effects from this surely unrecommended treatment, the Streamlight actually scorched a solid wood desk top and bubbled and cracked its "unbreakable polycarbonate lens." Just some things to keep in mind when selecting a light.

SUBMERSION

Next we powered up each light in turn and completely submerged them in water, first for five seconds (about as long as it would take to fish it out of a puddle) and then for a full minute (no reason for this one, we just wanted to see if they would fry out in some visually impressive way). We observed no leaks and the water appears to have no effect on the lights.

DESKTOP SANDSTORM

Once again, we broke out our modified terrarium to see how the lights would hold up under desert conditions. The lights, powered off, were subjected to 120-degree temperatures for six hours. After a quick inspection that showed no ill effects on the products, we switched them on and added hurricane-force winds, kicking around 50 pounds of sand and small gravel. Again, there were no visible effects on the units.

DROP

For this test, we turned on each light, held it parallel to the floor and dropped it from six feet onto a thinly carpeted concrete floor.

The first round of drops was conducted with the units that had survived the sandstorm (but were allowed to cool before plummeting). The Surefire remained on after impact and worked normally. The Streamlight's bulb broke on impact, but



The Streamlight's rubber grip was its greatest strength and weakness. It was easy to hold (even with teeth as a task light). Unfortunately the rubber also acted as a magnet for sand. Dropping the Streamlight on the ground resulted in it being coated in dirt or sand, making it difficult to grip and hard to brush clean. Another small but still impressive feature on this unit was that each light comes with a spare bulb that is actually stored in the flashlight itself.



The Pelican light came with a cool belt-pouch that held not only the light, but a spare set of batteries as well—something that comes in pretty handy given how fast lights this intense eat batteries. Our only real complaint was the endcap switch. It would lock into the “on” position a little too easily, and would behave fitfully now and then.



The Surefire had our favorite endcap switch. It cannot accidentally lock into the “on” position, but it does take two hands to fix it in that position, making it a little more awkward as a task light.

once replaced, the unit worked as it should. The Pelican switched off (despite not impacting on the power switch), and thereafter, the light would no longer lock in the “on” position.

We were more than a little surprised at these results and decided to rerun the test with fresh-from-the-box units. This time, in addition to the original drop, we also dropped them a second time with the endcap down. All three units were fine after the first drop, but this time the Surefire's bulb broke on the second drop.

USABILITY – SHOOT HOUSE

Late one evening, when all the responsible adults were gone, we converted the GX offices to an Airsoft (plastic guns that shoot small plastic pellets at 175 ft./sec.—enough to really sting) shoot-house and put the lights through their paces. All were comfortable to hold, easy to use and bright enough to be blinding, especially in a darkened environment (blinding your brother with a handheld spotlight just never stops being funny).



CONCLUSION

So, after all this testing, which one would we buy? First we want to be clear, these are all good products that met or exceeded all of the manufacturers' claims. However, given its dramatically higher brightness, ease of use and low price, the Streamlight managed to edge out the other units as our overall winner, while the Surefire, with its superior endcap switch and easier-to-grip-and-clean body, was the unit we would choose to take into the field. **GX**

Now there's a whole new way to argue with the Brothers West. If you think we got something wrong or (gasp!) got something right, we want to know. Tell us what you think, let us know what products you'd like to see reviewed, or even post your own product reviews—you just might end up in a future issue of GX.

Visit our new online forum at:
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The MRE Gourmet

Making the Pouch Palatable

By Chris West

Food in the field has come a long way over the past few decades. The old sawdust flavored C-rations have been replaced by the much more palatable MRE (meals ready to eat). The new rations are self-heating, nutritionally balanced, have a shelf life of five years and taste . . . pretty good. Well, that last bit might be a stretch. They taste good the first dozen times you eat them, but after a week of nothing but pouch after pouch of pre-cooked food, you start to gag at the very sight of the brown high-tech sack lunches.

Don't get me wrong—it's a vast improvement over the field rations of years past. But eventually, you've got to do something to shake things up. To that end, we've gathered a few suggestions on things you can do to jazz up your meal using only the ingredients available in the MRE, or a few easy-to-acquire spices.

I'm not saying that any of this is fine dining, but at least it's different.

There are a few key ingredients included in MRE that make almost anything better. Those little bottles of Tabasco sauce are worth their weight in gold. A few drops can disguise the taste of even the worst MRE. Also, the previously mentioned cheese spread can be added to many of the MRE entrees and side dishes to create a completely new taste sensation.

This is just the start though. We know you've got better ideas. Send us your recipes, concoctions and science experiments using MRE or easily acquired ingredients. We'll be posting your ideas in upcoming issues.

Send 'em to:

MREgourmet@gxonline.com



RANGER PUDDING

1 packet of coffee creamer
1 packet of sugar
1 pouch of cocoa or strawberry beverage powder
Water

Mix first three ingredients and slowly add water, stirring constantly until pudding reaches desired consistency.

FIELD EXPEDIENT CAFÉ MOCHA

1 packet of instant coffee
1 packet of coffee creamer
1 packet of sugar
1 pouch of cocoa beverage powder
8 oz. hot water

Mix coffee, creamer and sugar into hot water, and then add the cocoa powder one spoonful at a time to taste. Stir and enjoy.

CHEESY SPAGHETTI

1 spaghetti w/ meat sauce MRE main entrée
1 pouch of MRE Cheese Spread

Heat both items, mix and . . . well, just eat it. It's better than the spaghetti alone.



BON APPETIT With some simple additions to basic MRE packets, a whole new world of taste sensations can be open to you.



Rip-roaring FUN!

Gears of War Review

WARNING: THIS GAME IS NOT FOR KIDS!

By CPT Tim W. Irvin

Gears of War (*GoW*) chucks you right into a raging battle with the Locusts, an alien species that wants to put humans on the extinct list. You are SGT Marcus Fenix, a member of Delta Squad, and Delta is hardcore—so hardcore that they don't even bother with helmets (although they wear massive bulky armor everywhere else).

GoW gives you the feel of live combat, with that Saving Private Ryan look that really raises the pucker factor. You feel the frustration in Marcus' voice as he curses his jammed weapon. Characters like PVT Augustus "Cole Train" Cole, voiced by Lester Speight (Terry Tate, from Reebok's Office Linebacker commercials) add another level of reality to the game. The grunt lingo spoken in rugged voices finishes off the Soldier persona. When Marcus growls "Let's do it" right before he kicks in a door, or "NICE!" when he scores a kill, you know that's exactly what a hardcore Soldier would say. There are a few colorful metaphors in there as well, so it's not PG-13.

You start off with a lame rifle, but you soon get a Lancer—an assault rifle with chainsaw bayonet. Yeah, that's right, I said a CHAINSAW! Sneak up to a baddie, rip right through him and watch as he falls at your feet. Be careful, because you can be chainsawed, too. But, payback is easily rendered. Simply wound a foe and he will fall to his knees. Then run up and deliver a life-ending boot to his head. "NICE!"

Running and gunning will not get you far in *GoW*. Cover is your friend. Anything that will stop a bullet is great. When the lead starts flying, you better duck and cover or you'll be done for. But, with a few 3- to 5-second rushes you can flank those nasty aliens and get down to chainsawing!

GoW is absolutely gorgeous. This is an awesome, "Shoot first, ask questions . . . well, never" type of game.

Have a blast, but remember, keep your head down or you may lose it. **GX**



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GX HERO: 1LT Nicole Smith

Story and photos by Paul Avallone

IT WAS SUMMER. Hell hot, temps above a hundred, in the hilly desert of Kandahar province in southern Afghanistan. It was late afternoon, and two U.S. Apache helicopters had been dispatched for a firefight to provide close air support—meaning, shooting up the enemy. Apaches are AH-64 attack helicopters. Gunships. They are two-seaters, with the PC (pilot in command) in the back and the co-pilot up front with a better view, responsible for the weapons systems and navigation.

In the lead Apache, CW4 Paul Kuklish was the PC, 1LT Nicole Smith his co-pilot. Five minutes from the firefight, a master caution light went off. That's a land-as-soon-as-possible light. Below was bad-guy country. Taliban country. The Apaches reversed course and headed for the nearest U.S. outpost. A couple of minutes later, a second master caution light went off. Another land-asap light. They pushed on. A minute later, the second Apache radioed that smoke was coming from CW4 Kuklish and 1LT Smith's aircraft. "That's not something you play with," 1LT Smith relates. "We landed." In the middle of nowhere. They shut down the engines. Zeroed all the sensitive electronics—radios, navigation devices and weapons systems made unusable should they fall into the enemy's hands. They locked the cockpit canopies and ran for the concealment of some trees. Their only weapons, the 9-mm Beretta pistol each carries and the M-4 rifle each brings aboard the aircraft.

Their downed Apache was a sitting duck, a prime target, and the few trees offered little protection for CW4 Kuklish and 1LT Smith. The second Apache flew cover overhead. As 1LT Smith tells it, "It was a very surreal experience being on the ground in the middle of Taliban country, and it really gave me an appreciation of how the ground guys feel having an Apache overhead. It did give us a sense of security."

Command in the rear had been notified of the situation, but there was confusion, and the Downed Aircraft Recovery Team (DART) hadn't been put into the air yet. Two hours later, the sun had dropped, CW4 Kuklish and 1LT Smith were still alone on the ground, and the overhead Apache was running low on fuel. It was not a viable option for that chopper to return to base and refuel while leaving the pilots with no support during the one-hour turnaround. Instead, the second Apache landed . . . to pick up the pilots. The only problem, Apaches, remember, are two-seaters. Two, period, no more. An Apache taking on two more passengers means the hitchhikers will have to ride on the outside. And that's what CW4 Kuklish and 1LT Smith did: they climbed on the skin of the Apache, one on each side, and with the snaplink carabiner that pilots wear on their web harness, each safety-clipped into the handhold on its side. The Apache took off, with CW4 Kuklish and 1LT Smith holding on in the hurricane winds of the rotor blades spinning within reach just above their heads. It was a 10-minute flight to the nearest U.S. outpost, where CW4 Kuklish and 1LT Smith were dropped off and the Apache refueled, to return to fly watch above the downed aircraft until the DART team arrived.

"In hindsight, it was a blast," says 1LT Smith of the experience. "At the time, it was scary. I was thinking, 'I cannot believe I am doing this.'" For good reason. It's just never done. Called "self-extraction," the procedure is taught in the post-flight school Apache phase of training, but as a hypothetical, not an actual hands-on exercise. Pilots who have been flying Apaches for 15-plus years can only speak of one

other instance of an actual self-extraction: when the pilots of a Kiowa observation helicopter that went down in Iraq were picked up and extracted on the skin of an Apache. But 1LT Smith's was the first for Afghanistan and a first for a female pilot.

Firsts or near-firsts are nothing new for 1LT Nicole Smith. According to her fellow pilots, she is one of no more than a dozen female Apache pilots Army-wide. And she's the very first African American female Apache pilot. Tested and boarded, she came out first on the Idaho National Guard Order of Merit List to attend flight school. 1LT Smith is not one who accepts precedents as roadblocks. As with most high-achievers, her attitude starts with the family upbringing.

"Both my parents are my role models," 1LT Smith says with pride. "They've been married for 43 years, and they've worked very hard every single day of their lives." Her father is a machinist for Mack Trucks; her mother is a shipping clerk. "They've always instilled in me that I could do whatever it is I wanted to do."

The youngest of six siblings of a blue-collar family in a small town in Pennsylvania, 1LT Smith was the first to receive a college education. An older brother joined the Army and recently retired after 20 years, and her father had completed a three-year stint in the military. "He was

PROUD TO SUPPORT MAJ Doug Smith, of the Idaho Army National Guard and husband of 1LT Nicole Smith, is amazed by his wife's ambition and dedicated service.



drafted way back when,” she says. “I never disliked the military, I just never planned on joining; it wasn’t something I saw in my future.”

High school prom queen and voted “Most Likely To Succeed,” 1LT Smith went to Penn State with the intent to become a doctor. “In my junior year,” she remembers, “I decided I didn’t want to go to medical school. I didn’t want to spend the next eight years in school. I still liked science, and I thought I might like research.” She graduated with a degree in biology and got a job working in a lab, “just doing testing,” she says, “and it was the most boring thing you can imagine.” At the same time, she had school loans to pay back, and she was determined to pay them off herself, without turning to mom and dad or anyone else to help.

The Army Reserves had a program of student loan repayment for a six-year commitment. 1LT Smith was 24 and she enlisted, and she makes no bones about her motives. “I was just going to join the Reserves for my six years to pay back my loans and then get out and move on with my civilian life,” she says. “I got in, and I liked it. And, I was good at it. I think a lot of people find—and I sure did—whether you like it or not, the Army will push you to your limits. It will force you to set new standards and new limits for yourself.”

1LT Smith first joined a Civil Affairs unit. Or, as she calls it, “the really hands-on, helping the people” side of the Army. Civil Affairs may be the touchy-feely side, but it’s a part of the Special Forces community, which means Airborne, which means that 1LT Smith had to become parachute qualified. She deployed with others from her unit to Bosnia in 2003, and it is there where she met her first female

wings. And finally, it was her then-fianceé, MAJ Smith, who, after her completion of the Apache qualification course, and just months from their mobilization to Afghanistan, put a gold ring on her finger.

Military Aviation is a male-dominated field, and 1LT Smith wants to be accepted on an equal basis. She should not fret. First, none of the pilots in her unit have any hesitation about her flying front seat with them. More importantly, all aviators know that there is no way to fake the flight aptitude test or to rig the flight physical, both of which have to be passed before one can be boarded, and board members themselves are not ones to send to flight school Soldiers they wouldn’t trust to be their own co-pilot.

“In Aviation, especially attack Aviation,” she admits, “there is a certain level of testosterone; there is a certain ideal you have when you visualize whatever you think an Apache pilot is. And, you would not picture me.” Five-foot-three, petite, with a face that a photograph defines far better than can words like “stunning” or “gorgeous.”

“You do get attention, because people see, number one, you’re a female pilot. And there are a small number of female pilots. A fair number, but still small. For me, a black female pilot, that number starts to shrink down; and then to top that off, a black female Apache pilot.”

It does not take brute strength to fly a helicopter, though, and it certainly doesn’t matter what color your skin is. Flying a helicopter takes motor coordination, quick thinking, high intelligence and cool nerves. With the advanced electronics, navigation, communication and weapons systems of the Apache, the skill is more cerebral

I can’t remember on that mission how much ammunition we expended. There was a time, the sun started to go down, and it almost looked like the valley was like a Christmas tree with the twinkly lights on it . . . It was probably the scariest . . . most awkward, awesome, amazing thing—1LT Nicole Smith

helicopter pilot. The pilot flew Blackhawks—utility helicopters, the troop carriers. 1LT Smith had always had a distant interest in aviation but, like the military before, she never really considered it a possibility. She credits that female pilot for “getting the wheels turning,” she says. “‘Maybe I can do it,’ I was thinking.”

An Idaho Guard Apache unit was also deployed to Bosnia, and 1LT Smith spent time with those pilots. “I thought to myself,” recalls 1LT Smith, “if I want to fly helicopters, I want to fly the one that’s the coolest.” The Apache.

During her deployment with the Idaho Apache pilots, she met MAJ Doug Smith. The two returned to the States after deployment with a long-distance relationship, Pennsylvania to Idaho.

As fate would have it, the operations officer of the Idaho Guard Apache unit made 1LT Smith an offer: Come to Idaho, take the flight aptitude test and the flight medical physical, get boarded, and if she did not come out high on the Order of Merit list, just stay in the Reserves, no harm, no foul. This was 1LT Smith’s opportunity to become an Apache pilot.

She didn’t just come out high on the list, she came out on top, first. Then, after successfully completing Officer Candidate School, at graduation, her brother, still active duty enlisted then, pinned her Second Lieutenant gold bars on and rendered her first salute. It was her father who, at her graduation from flight school, pinned her Aviation

than physical. The testosterone only comes into play in the warrior spirit of attack flying. The desire to fly into the fray, first, and the emotional ability, second, to pull the trigger. Women aren’t supposed to have it.

1LT Smith doesn’t disagree. “Men are just men, you accept who they are,” she says. “For women, you have to find a balance between maintaining your femininity [and being able to] do the job that an Apache pilot has to do. When we get called out on [Quick Reaction Force] missions, we get called out because there is someone out there in trouble—there’s a fellow Soldier of mine out there in trouble. There’s someone’s son or daughter in trouble. And it’s my job—it’s our job—to go and help them.”

In the end, it’s neither testosterone nor estrogen. For 1LT Smith, it’s adrenaline. “It gets your adrenaline going,” she says, “anytime you get called up for a mission. Once you get in the aircraft, you’re able to harness that adrenaline into positive energy. “I think the first time you pull the trigger . . .,” she hesitates, choosing now her words carefully. “When you pull the trigger and shoot at someone, it changes you in a way. And I don’t want to say you lose anything, but it takes a lot. I don’t think it’s something most women would choose to do.”

That’s not meant as a put-down; 1LT Smith does not consider herself better than her fellow female pilots who fly Blackhawks, Chinooks or Kiowas and not Apaches. “They want a mission where they’re helping



BREAKING BARRIERS
 1LT Nicole Smith stands with her Apache helicopter in Afghanistan this past winter.

people, or transporting people or transporting equipment,” she says. “They don’t want to be put in a position where you have to make the decision or do some of the things I have had to do.”

Meaning, pull the trigger.

She is asked about the real thing, and she shares one mission. Two Apaches launched to aid American Soldiers caught in a firefight. Her back-seater, the Pilot in Command, is again CW4 Kuklish. “We got launched to secure the area because there were some Soldiers wounded and needed [assistance] and the medevac aircraft could not get into the area. As soon as we got radio contact with the ground guys, we crested a ridgeline and immediately started taking fire. It was in the summer, so it was still full of vegetation—trees and all that. The bad guys were hiding; the good guys were also hiding. I know, for all crews over here, before we will shoot anything, our key thing is to find out where the good guys are. That’s more important to us more than anything.”

The guys on the ground were able to talk the two Apaches onto the enemy positions and, “We just pummeled them pretty much,” 1LT Smith says. “I can’t remember on that mission how much ammunition we expended. There was a time, the sun started to go down, and it almost looked like the valley was like a Christmas tree with the twinkly lights on it; like almost everyone that lived there came out, had a gun and were shooting at us. It was probably the scariest and, at the same time, the most awkward, awesome, amazing thing.”

They managed to suppress the enemy and get the medevac choppers in to get the wounded out. Mission accomplished. Combat mission accomplished. In Iraq and Afghanistan, women are flying Blackhawks, Chinooks and even Apaches into combat.

Naturally, a buzz is gaining momentum around 1LT Smith, and she is seizing this opportunity. She says it allows her “to inspire and encourage any other female, any other young girl, any other woman out there to do whatever it is they want to do.” It may not be flying Apaches, she admits, “It may not be flying helicopters; it may not have anything to do with flying. But whatever that thing is that you want to do that people [say] you can’t do or that girls don’t do . . . I want to encourage them to do that.”

To inspire and encourage. Not something that 1LT Smith planned for herself when she realized she hated her “boring” lab job and started her road to Army Guard Aviation. Female helicopter pilots are rare to begin with, African American even more rare, African American females rarer still, and African American female Apache pilots . . . well, there’s 1LT Nicole Smith. In late February, 1LT Smith returned home with the 1-183rd Aviation Battalion. And even she’s not sure what comes next. **GX**

MEETING STEEL WITH STEEL

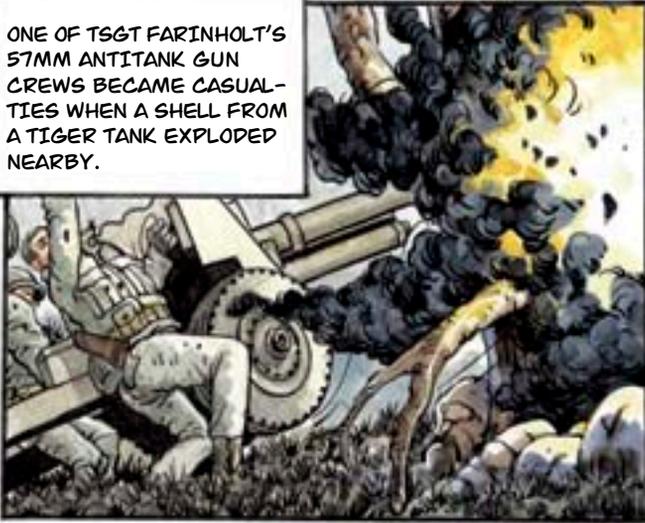


TSGT JOSEPH A. FARINHOLT, AN ARMY NATIONAL GUARD SOLDIER FROM BALTIMORE, MD, WAS SERVING WITH THE 175TH INF 29TH DIV IN THE EUROPEAN CAMPAIGN IN 1944. BY NOVEMBER, HE HAD ALREADY EARNED 3 SILVER STARS SINCE LANDING AT OMAHA BEACH 5 1/2 MONTHS EARLIER.

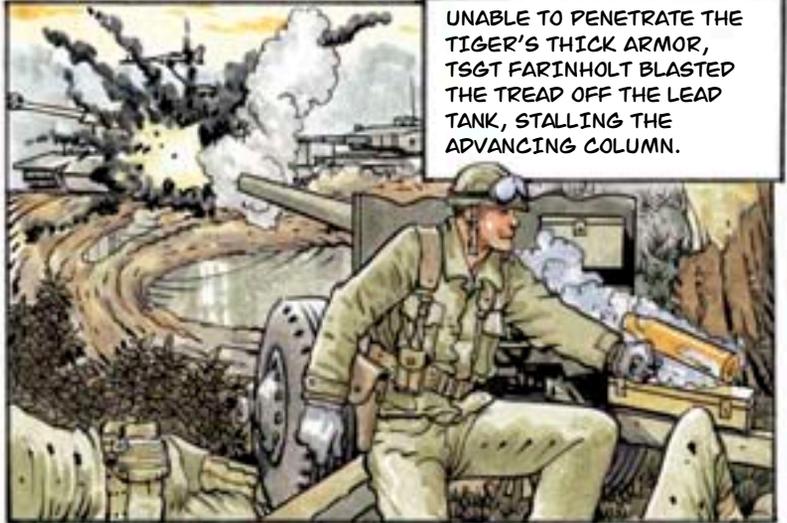


BOURHEIM, GERMANY—NOVEMBER 26, 1944. A NAZI ARMORED COLUMN WAS ATTEMPTING TO RETAKE THE TOWN CAPTURED BY THE 29TH DIV 3 DAYS EARLIER. THE OPENING ARTILLERY BARRAGE WAS CALLED "THE WORST SUFFERED BY THE DIVISION DURING THE WAR." THEN, THE NAZI TANKS AND INFANTRY ROLLED IN.

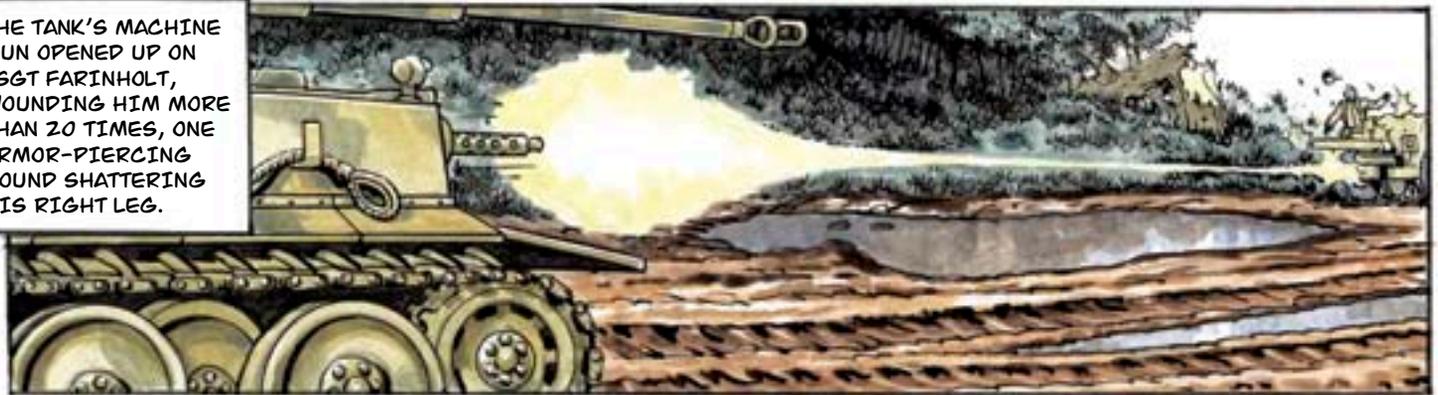
ONE OF TSGT FARINHOLT'S 57MM ANTITANK GUN CREWS BECAME CASUALTIES WHEN A SHELL FROM A TIGER TANK EXPLODED NEARBY.



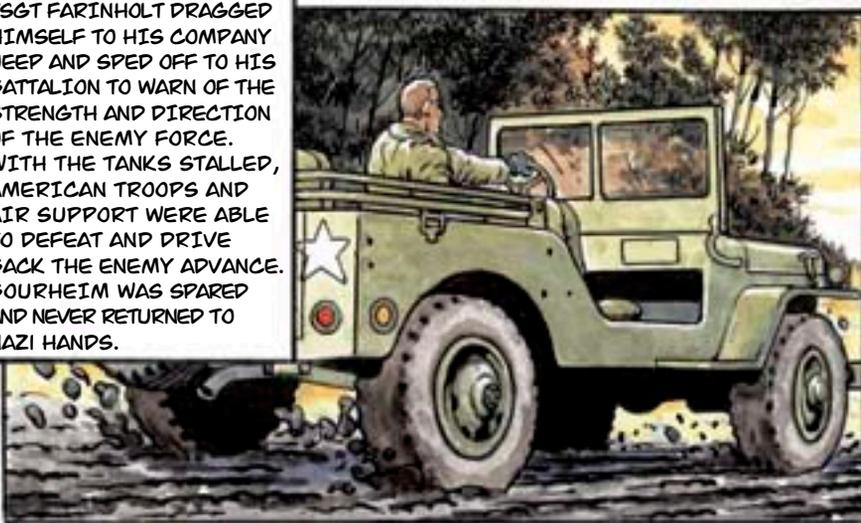
UNABLE TO PENETRATE THE TIGER'S THICK ARMOR, TSGT FARINHOLT BLASTED THE TREAD OFF THE LEAD TANK, STALLING THE ADVANCING COLUMN.



THE TANK'S MACHINE GUN OPENED UP ON TSGT FARINHOLT, WOUNDING HIM MORE THAN 20 TIMES, ONE ARMOR-PIERCING ROUND SHATTERING HIS RIGHT LEG.



TSGT FARINHOLT DRAGGED HIMSELF TO HIS COMPANY JEEP AND SPED OFF TO HIS BATTALION TO WARN OF THE STRENGTH AND DIRECTION OF THE ENEMY FORCE. WITH THE TANKS STALLED, AMERICAN TROOPS AND AIR SUPPORT WERE ABLE TO DEFEAT AND DRIVE BACK THE ENEMY ADVANCE. BOURHEIM WAS SPARED AND NEVER RETURNED TO NAZI HANDS.



THE ACTION GARNERED TSGT JOSEPH A. FARINHOLT HIS 4TH SILVER STAR—THE ONLY ENLISTED MAN IN WWII TO ACHIEVE THAT PARTICULAR HONOR. DUE TO HIS INJURIES, HE SPENT 2 YEARS IN THE HOSPITAL, NEVER FULLY RECOVERING. HIS BRAVERY AND DEVOTION TO DUTY BRINGS HONOR TO HIMSELF AND HIS NATIONAL GUARD UNIT, 3RD BN, 175TH INF, 29TH INF DIV.



THE END

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