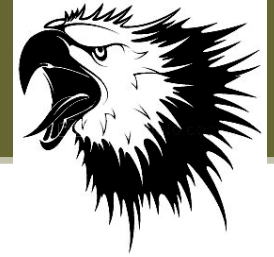


THE EAGLE TIMES



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ROTC Club helping Place U.S. Flags with other UWL Clubs

Army ROTC Nurse Summer Training Program

By Cadet Nicole Skroch

As a nurse cadet in the U.S. Army Reserve Officer Training Course at the University of Wisconsin-La Crosse, I participated in a three-week summer training program at the William Beaumont Army Medical Center in Fort Bliss, TX. The Nurse Summer Training Program is a paid, three-to-four week clinical elective for Army ROTC nurse cadets. During the NSTP clinical experience, I received hands on experience in the Intensive Care Unit (ICU) under the direct supervision of a preceptor, an Army Nurse Corps officer who works with you one-on-one. As a nursing student at Viterbo University, I don't have the opportunity to work in Army medical facilities, so I was thrilled at this opportunity. It provided me with a preview of the real world of nursing as an Army nurse.



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ROTC Cadets Remember 9/11

By Cadet Tasha Geitz

On Monday, 10 September, 2007, at 5PM, the University of Wisconsin-La Crosse's ROTC program joined forces with the campus' Young Republicans and Veteran's Club to honor those who have died since the tragedy of September 11, 2001. This is a tradition that the Young Republicans have been doing for the last few years. Together, the groups placed 3,000 American flags in the ground near the September 11th memorial that the University of Wisconsin-La Crosse has on campus. Roughly twenty students from UW-La Crosse and Viterbo University took time out of their busy schedules to place a semi-circle of flags, with a cross above it, around the memorial.

The cross was to represent all those who have died in our nation's defense. The rest of the flags were in memory of all the lives that were touched directly by the falling of the Twin Towers. This provided an opportunity for anyone who would see it, a time to reflect on their loved ones who are directly

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Airborne Eagles

By David Draper

A little known fact on this campus is that students in the UW-L Eagle Battalion ROTC (Reserve Officer Training Corp) have been participating in the Army's Basic Airborne Course (BAC) for years. This school is a demanding three-week program that teaches the fundamentals of parachuting. Located in Ft. Benning, GA, ROTC students attend training during the months of June and July when conditions easily reach 95 degrees Fahrenheit and 95 percent humidity; a daunting task for anyone.

Airborne school is broken up into three weeks or phases- the first being a physically arduous period known as Ground Week. During this time students wake up at 0400 and conduct physical training (PT) and afterwards begin their instruction on parachuting skills. Students constantly get up and fall down over and over to learn the parachute landing fall (PLF) until it is committed to muscle memory. Further training involves the mock door of an aircraft so students can learn how to exit singly and in groups of twelve, referred to as a stick. In order to go on to the next week of training, students must pass the Army Physical Fitness Test (APFT) and,



Two parachute trainees dangle 250 ft above ground during Tower Week of airborne training.

Depending on sex, they execute a certain number of pull-ups.

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ROTC @ Winona State University

By John Schwartz

Being a Cadet with the ROTC Eagle Battalion here at Winona State University has been a very rewarding experience that coincides with the structured learning environment college offers.

At Winona, we have a unique experience that we gain being a Detachment of Eagle Battalion. Yes, being a Detachment Company means that we have to travel to class, but ROTC provides a van so you do not have to drive. We only have to go once a week and they pay you to go if you have a contract. It's too easy! We currently have 17 active Cadets in the program. When I say active, I mean they actively participate. Being we are in the process of growing, the Cadets in Winona are a very tight group.

So here is how it works! We have PT Tuesday and Thursday. PT is designed to help you improve your Army Physical Fitness test which consists of 2 minutes of push-ups, 2 minutes of sit-ups, and a 2 mile run. If you are having a tough time with your PT test, we offer remedial PT to get you where you want to be. On Thursday we have class and lab from 3:20-7:20.

There are a couple ways you can go about being a Cadet at either Winona or St. Mary's University. You may already be with the Guard or Reserves and can get a monthly income of around \$1500 a month and have your college paid for. Or, you get a full scholarship that covers college costs, gives you a monthly stipend based on your college level, and covers your books!

Worried about going to Basic Training? Don't be, through ROTC you don't go to Basic Training. ROTC covers what you would learn in Basic Training with your MS I and II years. All good leaders must know how to follow; this is that time for you. As you progress through to your MS III year, you start to learn leadership styles and develop your own. You get put into situations where you get to use the leadership styles taught to you. Your senior year, also called MS IV year, you learn to train soldiers by getting the MS

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9/11 from page 1

affected by what happened six years ago.

Shortening the time it took to place the flags from the previous years, the Young Republicans were grateful for the ROTC program's help. Last year it took them over five hours to place all 3,000 flags. The students showed high motivation when they came to the memorial and they started placing the flags into the ground immediately. This year, after all the flags were neatly in place, the students socialized with some pizza and soda and remembered why they were out there when they could have been at home or out with friends.

The organizers of this event had posters they handed out to the student volunteers. The posters had different, tragic events that have happened leading up to the war, including a portrait of the Twin Towers engulfed in flames. Other images shown on the poster were of hostages pleading to be released, of car bombs in Iraq, the bombing of our ships and several more disturbing images. By handing out these posters, the students are able to show others that they still remember why our troops are overseas and that they support them. In the middle of the poster it says, We Will Never Forget. And with the help of the Young Republicans and the Army ROTC cadets, no one did on the anniversary of September 11th.

Some of the flags broke as they were being placed in the ground and the volunteers had to play doctor to the wounded flags, leaving none of them behind. This also shows the great respect that the students have for our American flag and that they will not leave anyone behind, one of the Warrior Ethos that the cadets strongly adhere to. The flag display was up for the whole week of September 11th. That following weekend the Young Republicans came back and packed all the flags away until next year's remembrance of the tragedy of September 11th.

The students were able to help the rest of the campus to remember such an important part of our nation's history through this flag display. They were able to pull together from different schools and

backgrounds to work on this important project. People who walked by during that time got to see students from around La Crosse working together and showing that they: Will Never Forget.



Finished 9/11 Memorial with 1 flag per victim behind the volunteers that put the remembrance together

Simultaneous Membership Program

By: Travis Cyphers

The Reserve Officer Training Corps (ROTC) provides college students with a unique opportunity to learn how to lead others, motivate soldiers, and learn the foundations of being an effective officer in the United States Army. As an elective course, ROTC allows students to learn first hand the necessary tools to become an effective officer. The Simultaneous Membership Program (SMP), which allows a cadet to drill with a U.S. Army Reserve or National Guard component while enrolled in ROTC, gives cadets an opportunity to hone leadership skills and abilities in addition to ROTC training. At the University of Wisconsin - La Crosse (UW-L), thirteen contracted cadets currently gain additional leadership experience through the SMP program. Cadets Jeremy Mollinger and Jared Emmart are two such cadets.

The SMP program allows a soldier who enlists

NSTP from page 1

While there, I was assigned a first lieutenant as my preceptor and I followed the same duty schedule as her. I practiced my clinical skills and received training in such areas as patient assessment, planning of patient care, nutrition maintenance, medication administration, emergency procedures including cardiopulmonary resuscitation, intravenous (IV) therapy, blood draws, and other special techniques. Within the first week, I had completed more skills than I could ever imagine doing at school. I also worked in the Emergency Room, the laboratory, and the Operating Room. For once I truly felt like a “real” nurse because I did not have any limitations set on me. My experience developed my professional skills and gave me valuable insight about my abilities as a future second lieutenant Army nurse.

This experience was better than I had imagined it to be. I not only learned what it takes to be a nurse, but an Army nurse in a large medical center. I was able to use my leadership skills and make quick decisions in stressful situations. I was placed in a charge nurse position, volunteered to be the cadet team leader for planning our graduation ceremony, and prepared and presented brochures for the staff in the ICU about the topic of sepsis. These positions made me more confident in my nursing skills and the ability to work with people. Not only my preceptor, but all of the staff in my unit, including the physicians, were helping me or pulling me to their patient so that I learned something new every day.

When I was not working, I was off exploring everything the El Paso area had to offer. The Mexico and New Mexico boarder were just minutes away so there was plenty to see and do. I had the opportunity to see the beautiful view of El Paso, TX and Juarez, Mexico from the scenic drive bypass through the mountain, attend an outdoor Spanish concert under the stars, shop, go out to eat and so on and so forth. I was able to take a road trip through New Mexico to see the cities of Ruidoso and Alamogordo and the White Sands National Monument which is located by the Holloman Air Force Base.



Cadet Skroch exploring White Sands National Monument in NM

Winona from page 2

III's ready for LDAC. LDAC is a Leaders Development and Accessions Course. This is held the summer after your MS III year (junior year), at Ft. Lewis in the gorgeous state of Washington.

So what will you do when you complete ROTC? You will be a 2nd Lieutenant in the United States Army. You will have 16 Branches to choose from as your duty occupation. If you graduate as a Nurse, you are separated from the rest and perform your nursing duties. It is also very easy to get a civilian job after you have been a leader in the Army. After you have served your country for 3–4 years you have the option to continue serving the United States or going back into the civilian lifestyle. In the Army you can be making over \$48,000 dollars in 3 years and have the rank of Captain. On top of the great pay you get a full medical package, built in pension plan, and a basic allowance for housing.

Is active duty not for you? You have the option of going with a Reserve or National Guard unit. This means that you only drill once a month, and 2 weeks a year. The benefits are also great with a Reserve component and you are still serving your country. Feel free to come check us out at PT or even sit in one of our classes. Many of the friends and comrades you gain through ROTC will stay with you for life. It has been the best decision I have made for myself and my family.

Airborne from page 2

The second week of instruction is known as Tower Week. During Tower Week everything that was learned in the first phase is built upon and students also learn how to wear a parachute and what to do in case of a malfunction. The instructors at airborne school, affectionately and anonymously known as Sergeant Airborne, use this time to mentally and physically condition students in a way unique to the armed forces. The slightest infraction or slip up by a student often results in calisthenic training (i.e. pushups) and if you think that Sgt. Airborne hasn't created an alternate activity for students wearing a parachute, then think again. The culmination of this week is usually marked with the 250 ft towers, which are used to drop students with an already deployed parachute. This training allows students to come to grips with any remaining fear they might have concerning heights, and it also gives students an idea of how to manipulate their direction of drift.

The final phase of training is Jump Week. This is the time that every student anxiously looks forward to. On the morning of every jump, five in total, students run a few miles in formation from their barracks to the parachute hangars where they receive last minute refresher training on entering and exiting the aircraft. Once this is complete, the students are outfitted with their main and reserve parachutes. After hours of inspections the students are given an OK to board their aircraft, either a cramped C-130 or a comparatively spacious and luxurious C-17.

When the green light goes off and Sgt. Airborne yells GO, a beautifully choreographed execution takes place. Students calmly walk toward the door of an aircraft 1200 feet above ground traveling 300 mph, hand their static line off to the Jumpmaster, exit the door, and take control of their deployed parachute until they descend to the ground. The entire operation from the start of the green light to the last person out the door, in a twelve-person stick, takes about fifteen seconds. Once a student has done this five times, they have earned the right to wear the Army's jump wings on their uniform.



Cadets: Schwartz, Mollinger, Schoeny, Geitz, Morris, Cyphers, Skroch and Velos

Eagle Battalion's Military Ball

By Ian Morris and Steven Schoeny

Every year the UW-La Crosse Army ROTC program hosts its Military Ball. It is a formal event that allows cadets' friends and families an opportunity to see what a military function is like and what the Eagle Battalion is all about. This year's ball was held on December 7, 2007 at the Best Western Hotel in La Crosse, WI. The evening began with a half-hour socializing period. Cadets introduced their guests to their peers and Military Science instructors. The mood was light as people talked and drank beverages. At 6:30 pm the Adjutant, CDT Travis Cyphers, called for everyone to go through the receiving line. This is a unique military practice, where all the soldiers and their guests are introduced to the members that sit at the head table. CDT Cyphers introduced everyone to the Professor of Military Science, LTC Stewart Fearon and his wife Brenda. Then guests moved down the line to meet the guest speaker, COL Gary Agren and his wife Joy, the Senior Military Instructor MSG Richard Herbst, the Cadet Battalion Commander Ian Morris and his date Melissa Thill, and the Cadet Sergeant Major Natasha Geitz and her date Jake Larow. This year there were 197 guests at the ball! Sixty more than last year.

After the receiving line, guests moved to their seats and the formal function began. Another tradition at military events is the posting of the colors. CDT

See *Winter Ball* Page 7



Cadet Krahenbuhl and Cadet Wesley on the 2 mile run

Physical Training with UW-L ROTC

By Jeremy Mollinger

Looking to increase your physical fitness? Look no further than Mitchell Hall with the UW-L Army ROTC program. Every weekday from six to seven in the morning, ROTC cadets and cadre congregate in Mitchell Hall for group workouts. Each physical training session (abbreviated as PT) is designed by junior and senior members of the ROTC program and supervised by Army officers and sergeants with years of experience. Since all soldiers in the army are required to maintain a fit to fight level of fitness, the Army places high importance on physical fitness. The Army has been perfecting workouts to build strong soldiers since 1775. In addition to this, PT sessions with UW-L Army ROTC offer many benefits that you won't find at the gym.

Many people wish they had the initiative to work out regularly, but lack the reason to get off of the couch. Eagle Battalion's PT sessions are full of friendly, smiling faces with a relatively even ratio of males and females. Though many have common misconceptions about the Army, like the classic portrayal of drill sergeants yelling at an only male population, you will never find that at Mitchell Hall in

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with an Army Reserve or National Guard unit to continue service with that unit while participating in ROTC. SMP cadets perform a wide range of duties at their unit, such as the duties of a second lieutenant in the role of platoon leader or executive officer of the company. Other SMP cadets act as assistant platoon leaders or as senior NCO's within their units. Regardless of the role a cadet fills, there are great lessons to be learned. SMP cadets are given the opportunity to participate in an array of activities not available to their ROTC classmates.

CDT Jeremy Mollinger, a soldier of B Co 2/135 INF MNARNG (Minnesota Army National Guard) and a UW-L ROTC cadet, appreciates the experiences he gains through the simultaneous membership program. First and foremost to CDT Mollinger is gaining a level of experience not available to normal ROTC cadets. CDT Mollinger believes being an SMP cadet allows him to "gain military experience in the regular army so that it (the army) is not new to me when I commission." At recent drill weekends, CDT Mollinger and his unit have conducted platoon patrol base tactics against an OPFOR, practiced moving in fire teams and squads, and have been able to use a wide range of U.S. military weapons. These weapons systems include the firing of a .50 cal, a MRK 19, SAW's, and a 240B. Additionally, CDT Mollinger has traversed land navigation courses and received cultural awareness training. A few of these events, such as firing a .50 cal and the MRK 19 are not available to most ROTC cadets, while the others stress skills that most cadets are only introduced to.

When at drill, CDT Mollinger usually fills the role of Assistant Platoon Leader. Throughout the course of the weekend, he follows the PL and fills in when needed. CDT Mollinger also teaches many classes. The many training opportunities CDT Mollinger has participated in has increased his confidence in front of others and enabled him

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Winter Ball from page 5

Jared Emmart, an M-S III, was the Color Sergeant that kept the flag bearers in step. The three flags that were posted were the American Flag, the Wisconsin State Flag, and the ROTC Colors. All guests were standing while the colors were posted and four cadets sang the National Anthem. The song was sung acapella, without background music, and featured CDT Jessica Morris, CDT James Bichler, CDT Katelyn Geis, and CDT Ian Morris. Before the meal, an explanation was given for the empty table in the front of the room. This is the table of the Unknown Soldier. It is a symbol of all the POWs and MIAs that are still missing and could not attend the festivities that evening. Remembering Comrades is important because many are all alone and continue to fight for what we believe in. They are the ones that helped keep our personal freedoms and made special evenings like this one possible.

After the meal was over, COL Agren took the podium and talked about the importance of leadership. His speech took the audience through his early days in the Army and what it used to be like. He described today's Army as much more professional and made up of people from all different backgrounds. COL Agren also talked about his experiences as a leader and what cadets will have to do to succeed when they become officers.

Lastly, the senior class is introduced to the audience as they walk through a saber arch. Their future job in the Army, their major, and their parents names are all announced while they pass through the arch. This event symbolizes a cadet's passage into the real Army even though most have one semester to go. After the colors were retired the formal portion of the evening ended and the fun could start. Guests were treated to slideshows of pictures of cadets when they were young and from different ROTC events throughout the semester. When the shows ended, the dance floor was cleared and the DJ started the music. Cadets and their guests danced the night away until it was time to leave at midnight. The Eagle Battalion's Military Ball was a great success and will continue to be in the coming years!

SMP from page 6

to present a more defined command presence.

CDT Jared Emmart, a member of A- Co 32nd BCT WIARNG (Wisconsin Army National Guard), also finds the benefits of being an SMP cadet invaluable for his development into an officer. Though CDT Emmart does not drill with a normal line or support company (he drills with a Recruit sustainment program), he has found being a cadet drilling with a National Guard unit to be extremely educational. The most drastic improvement is his confidence with himself - "working with lower enlisted soldiers has increased my confidence in my own leadership abilities." This improvement has come from teaching lower enlisted soldiers many of the basic tasks they will need to know to complete Basic Training and Advanced Individual Training.

Both CDT's Mollinger and Emmart stressed the understanding of the Army they have gained through interaction with all ranks. The Simultaneous Membership Program has allowed them to experience much of what the Army has to offer before commissioning. Plus, the pay is not bad; in addition to the experiences gained, both cadets earn E-5 pay for a drill weekend.



Cadet Dettman Rappelling off Cowley Hall

The Simultaneous Membership Program has enabled these two cadets, along with many more, to experience the duties of a Second Lieutenant before commissioning into the United States Army. This priceless experience will only enhance their abilities as two of tomorrow's future leaders.

PT from page 5

the morning. After showing up for a few PT sessions with ROTC, you are certain to make friends and have a good time. Holly Cuhel, a junior at Viterbo, met her best friend and roommate, Holly Hanson, by coming to PT. "I've met so many good people and made a lot of friends by going to PT, without that, I don't think I'd ever work out." Many people have trouble finding big enough groups to play sports, especially in the intramural off season. The ROTC solves this problem easily because every Friday consists of activities like ultimate Frisbee, basketball, and speedball.

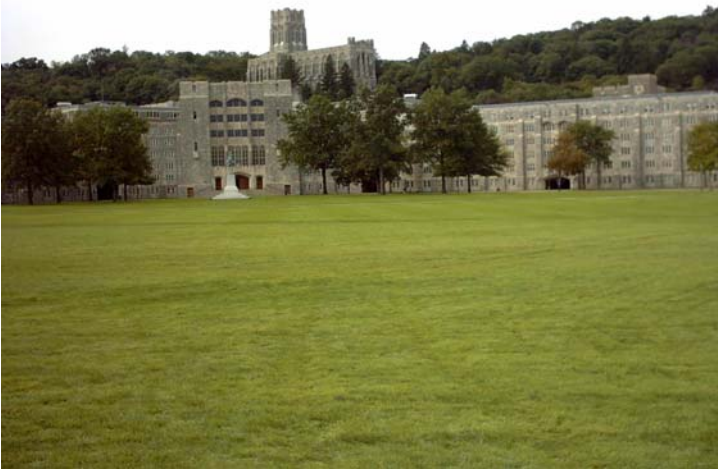
Another problem people have with exercising is the motivation to push themselves to their limits in order to obtain a high level intensity workout. Finishing a workout is a great feeling, but an even greater reward is exceeding your own expectations and abilities. Sarah Hesse, a sophomore at UW-L, has cut nearly three minutes off of her two-mile run time and attributes it solely to PT with Eagle Battalion. "The great thing about PT is working out in groups. People there encourage each other to try harder. I think if I was working out on my own I'd give up after that third mile, and I wouldn't want to finish out that extra set of pushups." In addition to better fitness, it builds personal confidence and teaches you your true limitations.



Cadets conducting Physical Training in Morris Hall

Often times, people who work out regularly tend to focus too much on one particular area of physical fitness. The ROTC program focuses equal attention on the three main areas of physical fitness: muscular strength and endurance, cardio respiratory endurance, and flexibility. The first and last five minutes of each PT session are reserved for stretching, which prevents injury and increases flexibility. Typically two days a week are reserved for upper body workouts and two for running. Upper body workouts focus on all major muscle groups and vary from low resistance-high repetition, to high resistance-low repetition. Oftentimes workouts also require partner assistance, which further encourages friendship among the people. Runs vary from two to six miles, and cater to the individual by running in separate groups. Cory McCaigue, a UW-L junior and avid weightlifter, is quite satisfied with the variety of exercise. "I never ran before I started going to PT, I thought I was fit enough just because I go to the gym all the time," says McCaigue, "I never really appreciated how important cardiovascular fitness was until after a few two-milers (runs)."

Though waking up and being at Mitchell hall at 6:00 AM may be difficult for some people, one easily adjusts to the rhythm after just two days. Besides, what better way to start your day? When you exercise with Eagle Battalion, you won't have to worry about fitting your workout in between classes. You're wide awake for your morning classes, and you still have the rest of your day ahead of you. Furthermore, exercising with ROTC cadets is by no means exclusive and there is no pressure to join or commit to the program, everybody is welcome. So what are you waiting for? Exercise with Eagle Battalion, it's healthy, fun, and above all, it makes you feel good.



Washington Hall at the U.S. Military Academy

A Summer at West Point

By James McCaigue

“Training Leading Fighting... This Is Buckner!” Those were the words that rang throughout Okinawa Mess hall during any regimental meal. This past summer from June 22nd to August 4th I was training with the cadets at the United States Military Academy at West Point. I learned many things about both the Army and myself. I wouldn’t have traded this summer for anything; it was one of the best summers of my life.

The first three weeks of Cadet Field Training (CFT) were focused on individual soldier skills. In those three weeks we worked on day and night land navigation for three days and on the final day with tests for both. We also learned first aid responses where we were allowed to stick each other with IV’s if we wanted to. I didn’t want to miss out on anything so my friend and I both stuck each other and even though we both missed the veins, it was still a good learning experience. Another aspect to these first three weeks was a type of Army Branch orientation. The first orientation we had was combat engineers, where we got to breach doors all different ways including shooting off the lock with a shotgun, blowing the door off with plastic explosives, and time trials using breaching tools. The second part of the combat engineer day was to react to and identify Improvised Explosive Devices (IED’s). This part of the day concluded with a simulated IED lane where we had

to both react to and get injured soldiers out of the area. Another part of the first detail that was a good learning experience was during Field Artillery Branch orientation day. During this day we operated all positions on the 155mm howitzer cannon, called for fire as a forward observer, and worked as a plotter to find out the position the forward observer was calling for fire.

The next two weeks consisted of operations from a company level on down. As a company we performed many different types of missions. We controlled Access Control Points and reacted to help out other companies in the regiment as the quick reaction force. We also performed convoy missions as well as basic patrolling missions. Those two weeks were the most valuable to me because that is where I learned about basic mission premises. Another mission we performed was a squad live fire ambush where we threw grenades, set off live claymores, and got to fire live rounds in machine guns. For some of these missions I performed a variety of tasks and for the search and attack missions I was the RTO (Radio Telephone Operator) where all I did was follow the PL around and learn about what it was truly like to lead an infantry platoon. My favorite task was to be the M-240 gunner. I thought this was the best because no matter what the mission was, there was always a place for me so I did not have to stay back and pull security.

The final week of CFT was another branch orientation that took place at Ft. Knox. Ft. Knox showed me the many aspects that the Armor branch is made of, rather than just tanks. During my five days at Ft. Knox I was able to drive tank simulators, fire live tank rounds, fire all of the Army’s Cav scout weapons, and set up a live hasty defense against other tanks. I really enjoyed the experience of going to Ft. Knox and also realize that it was a once in a lifetime chance to do these activities in this kind of setting.

Overall, I would not have traded this summer for anything. It was a very good experience for me and I would recommend it to any under classmen.



Kali Schwartz

Eagle Battalion's Newest Members

By Stewart Fearon

The Eagle ROTC Battalion welcomes our newest members, Kali Schultz and Addison Cyphers. Cadet John Schwartz and his wife Jenny had a baby girl on November 27, 2007 at 7:59 am. They finally agreed on the name Kali as apposed to Emerson "Emmy" for short which is what Cadet Schwartz was holding out for. She was 20 inches long and weighed in at 7lbs, 1 oz.

Addison Kenzie Cyphers was born a day short of one month later on 26 December 2007. She weighed in at 7 lbs, 15 oz and was 20.5 inches long.



Addison Cyphers

VALOR at Winona State University

By: Calla Swenson

"Serving and leading require more than knowledge." This statement, which will someday become true for all of us cadets, can be found on the official VALOR website. VALOR is a cadet-lead military ministry branching off of Campus Crusade for Christ. The website goes on to say, "you need a level of readiness that goes to the deepest part of who you are—you need spiritual fitness." This can find a beginning or be strengthened through participating in VALOR.

The cadets in Winona have started our own VALOR group. Meetings have been held every two weeks with steady turnout. We get together for about an hour and try to reconnect ourselves spiritually. We keep our focus on gaining the faith and knowledge to one day be able to answer to those tough questions that will undoubtedly arise in ourselves and our soldiers. Many things will come and go in our lives, there will be many ups and downs, but one constant that should always be steady is our faith. VALOR is a great way to combine that with our military life—creating military ministry, which, put best by the website, "stands ready to help you gain full readiness. We help you grow, and we help you lead."

Fort Lewis Summer Vacation

While some college students go back to their home towns and to their summer job and some stay in La Crosse, there are a few that spend a portion of their summer vacation in a way that most people in this country are not familiar with. These few students are Army ROTC cadets who are working towards becoming commissioned officers in the United States Army. These cadets are some of America's future military leaders. They, and thousands of other cadets from across the country

See Summer Vacation on Page 11

Summer Vacation

and from other ROTC programs come together to attend the thirty two day training course.

This past summer UW-L Cadet Art Veloz attended Warrior Forge, a leadership development and assessment course used to analyze leadership potential in future officers. At Warrior Forge, Cadet Art Veloz experienced numerous training events and exercises, many which were formally evaluated by other officers and non-commissioned officers (sergeants). He was able to network with other future Army officers like himself throughout the country. Just a couple of the training events of the many that Art experienced were the army physical fitness test and land navigation.

The first test Art encountered happened on the third day at Warrior Forge during the army physical fitness test. He was tested on the amount of push-ups and sit-ups he was able to perform in two minutes, followed by a two-mile timed run. Art highly exceeded the minimum standards of the army fitness test which is one of most important events to excel in. Being physically fit is very important in the army because as a future leader of soldiers, Art will need to lead by example if he expects his soldiers to be in top physical condition. Art, a veteran of the war in Iraq, can testify that being in good shape is essential to combat operations because it can mean a difference between life and death when in battle.

Land navigation was the next important evaluated event at Warrior Forge where Art was tested. Given a map, protractor, and compass, Art was tasked to find five land navigation points out of eight in five hours during the day over a large area. At night, he was tasked to find at least three points out of five points in three and a half hours. Land navigation can be one of the most difficult events to complete successfully in the Army because you need to be proficient at map reading and plotting coordinates as well as being able to use a compass. It is an important skill that future army leaders such as Art need to possess in order to survive in combat situations where he may find himself without

technology to guide him.

Although Art underwent many tough training events and evaluations, the army physical fitness test and land navigation were some of the most important events that came to Art's mind when discussing his experience at Warrior Forge. His favorite experience at Warrior Forge was meeting ROTC cadets and future colleagues with different cultural backgrounds from all over the country.

How much is your Retirement Worth?

By Stewart Fearon

There are many advantages of joining the Army as an officer through the ROTC program. First, you don't start out with huge student loans to pay off. You have full medical benefits for you and your family and it is hard to beat the retirement. Exactly how much is a military retirement worth?

Let's assume that inflation and active duty army pay raises remain at 3.5%, you are in a 28% tax bracket, and that you retire after 20 years as a Lieutenant Colonel. You would be between 41 and 43 years old and could expect to live at least another 40 years. Your cumulative retired pay would exceed \$3.5 million.

20 Years - LTC 2007				
		Before Taxes		
Years Out	Year	Monthly Pay	Annual Pay	Cumulative
1	2007	\$3,452	\$41,425	\$41,425
10	2016	\$4,705	\$56,458	\$485,975
20	2026	\$6,637	\$79,640	\$1,171,491
30	2036	\$9,362	\$112,340	\$2,138,480
40	2046	\$13,206	\$158,467	\$3,502,512

But what if you have 20 years to go? Visit <http://www.dod.gov/cgi-bin/finalpayhigh3.pl> and run the numbers for your particular situation. I think you will be pleasantly surprised.