



ARMY STRONG:

U.S. Army 6th Recruiting Brigade

Grass Roots Informational Guide





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Grass Roots Program

U.S. Army 6th Recruiting Brigade

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The *Grass Roots Informational Guide* is an unofficial, authorized publication of the U.S. Army 6th Recruiting Brigade, under the provisions of AR 360-1. The comments and viewpoints expressed in this guide do not necessarily reflect those of the United States Army Recruiting Command, Department of the Army, or Department of Defense.

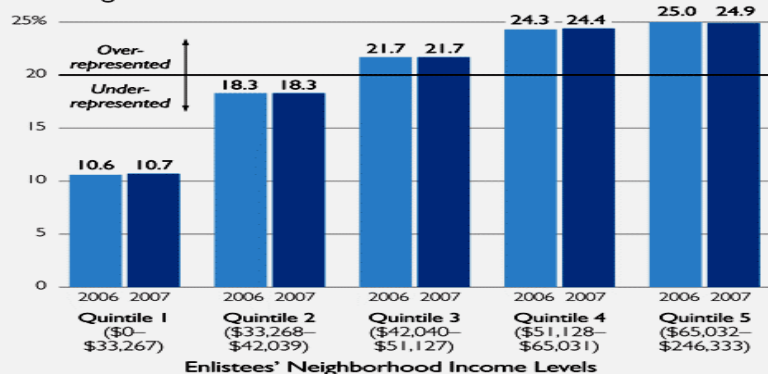


Who Serves in the U.S. Military? Demographic Characteristics of Enlisted Troops and Officers

Enlisted Recruits Are More Likely to Come from Middle- and Upper-Class Neighborhoods

One-quarter of enlisted recruits come from the wealthiest fifth of U.S. neighborhoods. Less than 11 percent come from the poorest quintile.

Percentage of Total Recruits

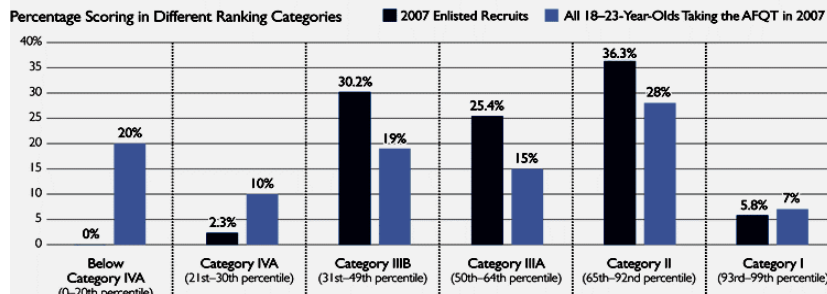


Source: Heritage Foundation calculations based on data from U.S. Department of Defense, Defense Manpower Data Center, Non-Prior Service Accessions, 2006 and 2007, and U.S. Census Bureau, United States Census 2000.

Chart 1 • CDA 08-05 heritage.org

Enlisted Recruits Performed Strongly in Qualifying Test

Enlisted recruits in 2007 outperformed the U.S. population in three of the four top scoring categories of the Armed Forces Qualifying Test (AFQT).



Source: Heritage Foundation calculations based on data from U.S. Department of Defense, Defense Manpower Data Center, Non-Prior Service Accessions, 2007.

Chart 3 • CDA 08-05 heritage.org

Racial Composition of New Enlisted Recruits in 2006 and 2007

Groups with recruit-to-population ratios greater than 1.0 are overrepresented among enlisted recruits, and groups with ratios less than 1.0 are underrepresented.

	2006 Percentage of Total U.S. Male Population, 18-24 Years Old	2006 Percentage of Total Recruits	2006 Recruit/Population Ratio	2007 Percentage of Total Recruits	2007 Recruit/Population Ratio*
White	61.99%	65.32%	1.05	65.50%	1.06
Black or African American	11.87	12.34	1.04	12.82	1.08
Asian/Pacific Islander	3.49	3.31	0.95	3.25	0.93
Combination of two or more races	1.56	0.57	0.37	0.66	0.42
American Indian/Alaska	0.73	2.16	2.96	1.96	2.68
Declined to specify race/ethnicity		3.49		2.76	

* Calculated using 2006 population estimates.

Source: Heritage Foundation calculations based on data from U.S. Department of Defense, Defense Manpower Data Center, Non-Prior Service Accessions, 2006-2007, and Steven Ruggles, Matthew Sobek, Trent Alexander, Catherine A. Fitch, Ronald Goeken, Patricia Kelly Hall, Miriam King, and Chad Ronnander, Integrated Public Use Microdata Series, Version 4.0, University of Minnesota, Minnesota Population Center, 2008, at <http://usa.ipums.org/usa> (July 21, 2008).

Table 2 • CDA 08-05 heritage.org



Education is important in our high tech Army

Education Benefits in 2007:

275K Army Soldiers received \$156M in Tuition Assistance; earning 1.8K Associate, 2.3K Bachelor and ~725 Graduate degrees

145K Army Veterans received \$1.14B in VA Educational Benefits

331 Army Veterans received \$2.6M at Ohio State University

We are committed to recruiting a quality force as we grow the Army

100% of those we enlist are qualified to serve

Avg. AFQT for HSDG is 58; for GED is 54; for Average American is 50

Achieved 83% of 90% HSDG goal for RA accessions in FY 08

FY 08 Enlistee Degrees (RA/AR) – Over 3,500 Bachelor's, 284 Master's and 19 with Doctorates



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Education Programs

Overview of Army Education Benefits

For young men and women, joining the U.S. Army is not an end to their educational goals; in reality, it's an extension of them. The Army offers numerous programs before, during and after enlistment to help make the goal of a college education a reality. The Army believes that partnering with education is one of the keys to building a successful future.

The Army's tuition assistance programs and incentives are terrific options for many students. The Army also offers a variety of financial aid programs -- up to \$65,000 for loan repayment -- to help Soldiers repay existing college loans.

And, the GI Bill and Army College Fund and in-service offer tuition assistance to help Soldiers further their education during or after military service. In the U.S. Army, higher education is just a point and click away.



The GI Bill

The Montgomery GI Bill (MGIB) is the basic education benefit of today's military. It's available to all members of the Armed Forces. Enacted in 1984, it is scheduled to be replaced by the Post-9/11 Veterans Educational Assistance Act of 2008, or "New GI Bill," in August, 2009.

The Army College Fund, when added to the Montgomery GI Bill, provides Active Duty Soldiers up to \$72,900 for those who qualify.

Soldiers may use the GI Bill and Army College Fund to attend the college or post-secondary school of their choice after completing their enlistment. The GI Bill is also available to Reserve Soldiers. The Selected Reserve MGIB totals \$11,124.

Reserve soldiers assigned to critical skill positions or units may be eligible for additional education benefits: a "kicker." When combined with the kicker, the Selected Reserve MGIB totals \$23,724.

The Post - 9/11 GI Bill is a new education benefit program for individuals who served on active duty on or after September 11, 2001.

Post-9/11 GI Bill benefits are payable for training pursued on or after August 1, 2009. No payments can be made under this program for training pursued before that date.

Based on your length of active duty service, you are entitled to a percentage of the following:

- Full cost of tuition and fees, not to exceed the most expensive in-state undergraduate tuition at a public institution of higher education (paid to school);

- Monthly housing allowance equal to the basic allowance for housing payable to a sergeant with dependents, in the same zip code as your school; i.e., a student at Berkeley receives \$1,930.00 per month.

- Yearly books and supplies stipend of up to \$1000 per year, and a one-time payment of \$500 paid to certain individuals relocating from highly rural areas.

Generally, you may receive up to 36 months of entitlement under the Post-9/11 GI Bill. You will be eligible for benefits for 15 years from your last period of active duty of at least 90 consecutive days. You may also be able to transfer your benefits to family members.

Reserve Officers' Training Corps

The Reserve Officers' Training Corps is an option for college students interested in becoming a commissioned officers.

Army ROTC is an elective students can try for up to two years with no military obligation. Studies include leadership development, military skills and adventure training.

Army ROTC awards hundreds of scholarships and is available at more than 800 colleges and universities.

Army ROTC scholarships pay tuition and required fees, and can be worth \$70,000 or more. For more information, go to www.armyrotc.com.



Education Programs



Tuition Assistance

The Army will pay 100 percent of the cost of tuition and expenses up to a maximum of \$250 per credit hour, whichever is less, with a ceiling of \$4,500 per year. This rate is for undergraduate and graduate courses and applies whether instruction is delivered traditionally or through distance learning.

The Tuition Assistance rates apply to Active Duty and U.S. Army Reserve Soldiers.

Concurrent Admissions Program (ConAP)

The Concurrent Admissions Program is a partnership between the U.S. Army Recruiting Command, more than 1,900 participating colleges and Servicemembers' Opportunity Colleges to link new Soldiers to college at the time of their enlistment. Army Recruiters (Active and Reserve) refer new Soldiers to ConAP colleges in their local area.

Future Soldiers then sign an agreement with the college stating their intent to enroll during or after their enlistment. Colleges agree to consider credit for educational experiences while in the Army as well as courses taken while the Soldier is serving.

The goal is for Soldiers to transition directly from the Army to their ConAP college. As students, they are subject to the college's degree requirements at the time they enroll in class.

Benefits of ConAP

- For Soldiers: A plan to attend a home college, use GI Bill education benefits and receive credit for educational experiences in the Army.
- For High Schools: Enables more graduates to attend college by earning Bill educational benefits.
- For Colleges and Universities: Increases enrollment of mature, motivated veterans who have job experience and money for education.
- For the Army and Army Reserve: Attracts college capable Soldiers to maintain the high standards and professionalism of the Army.

If you have questions about ConAP, contact your school's U.S. Army recruiter.

March2Success

How we can help with the ACT, SAT and more

In today's world, tests are increasingly the end rather than the means. The world relies on tests to determine who will graduate, get a job, receive a scholarship, or even enter a government career as a firefighter, police officer, civil servant or military service member.

How well young men and women do on standardized tests can have a great impact on their future.

No matter your views on the politics of testing, as an educator, you care about your students and want them to succeed. At the same time, you know you can't give every student the individual attention they want and need.

Many students under-perform on standardized tests, not because of a lack of knowledge, but because of a lack of good testing skills and familiarity with the particularities of the test they are given.

The value of test preparation has been demonstrated through studies and validated by the willingness of many to pay for test preparation courses from firms such as Kaplan.

Unfortunately, the cost of test preparation courses can serve as a barrier for many deserving students. Additionally, the focus of many test preparation courses on college admission tests may not resonate with those students whose goals are not currently focused on college entrance.

March2Success is a free, web-based program that makes high quality, test preparation instruction available to any current or former student.

There is no obligation to enlist in the Army, and students can choose to not be contacted by a recruiter.

The program is designed by Kaplan, Inc., and sponsored by the Army.



Education Programs

Defense Language Institute - Monterey

The Defense Language Institute Foreign Language Center at the Presidio of Monterey is the DoD's primary foreign language school. Military service members study foreign languages at highly accelerated paces in courses ranging from 12 to 63 weeks in length.

In October 2001, the Institute received Federal authority to issue Associate of Arts in Foreign Language degrees to qualified graduates of all basic programs.

Although the property is under the jurisdiction of the Army, there are Navy, Marine Corps, and Air Force presences on post, and all four branches provide students and instructors. Members of other Federal agencies also receive training, and members of other law enforcement agencies receive Spanish language training.

As of 2007, languages taught at the DLIFLC include:

- | | |
|----------------------------|------------------|
| ➤ Arabic (Modern Standard) | ➤ Pashto |
| ➤ Dari | ➤ Portuguese |
| ➤ Chinese (Mandarin) | ➤ Russian |
| ➤ French | ➤ Hindi |
| ➤ German | ➤ Serbo-Croatian |
| ➤ Greek | ➤ Spanish |
| ➤ Hebrew | ➤ Tagalog |
| ➤ Italian | ➤ Thai |
| ➤ Japanese | ➤ Turkish |
| ➤ Korean | ➤ Urdu |
| ➤ Kurmanji | ➤ Uzbek |
| | ➤ Kurdish |



Language Programs

The U.S. Army currently employs more than 14,000 Soldier-linguists. They are stationed in countries around the world, as well as in Alaska, Hawaii and the Continental United States.

The Army Language Program recruits for many different language specialties. We are always seeking individuals who possess language skills or who have the aptitude to learn a new language.

Individuals who possess language skills can enlist in the Active or Reserve component. Those who qualify may receive accelerated promotion to Sergeant (E-5) within two months of completion of technical training under the Army Civilian Acquired Skills Program — exceptional opportunities for exceptional students! Individuals who have the desire to learn a new language may attend language training at the Defense Language Institute, Foreign Language Center in Monterey, Calif. DLIFLC is a Department of Defense School that provides intensive language training to service members for 12 to 63 weeks.



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Educator's Tour

The Army's Educator Tour is a hands-on experience that shows educators, politicians and business leaders how the Army prepares and trains Soldiers to provide operations throughout today's ever-changing world.

These multi-day visits are conducted at one of many active duty Army installations.

The tour provides an open opportunity to interact with Soldiers in a variety of settings, from basic to advanced individual training, to daily life at their duty station.

Any questions you may have about Army life and Soldiers' personal experiences will be answered.

We will furnish lodging, travel and per diem for meals. Subject to installation availability, listed are some sample agenda items on a typical tour:

- ☐ Basic Training
- ☐ Advanced Individual Training
- ☐ Lodging / Housing
- ☐ Dining with Soldiers
- ☐ Simulation Training
- ☐ Law Enforcement
- ☐ Static Equipment Display
- ☐ Recreation Facilities
- ☐ Soldier's Forum
- ☐ Ceremonies
- ☐ Education Services, featuring numerous base colleges/universities
- ☐ Post Exchange
- ☐ Installation / Community Partnership
- ☐ History of Installation
- ☐ Tour of Post Museum

If you are a high school or college educator and have questions, or wish to participate in this exciting learning experience, contact your school's U.S. Army Recruiter for further details.





Specialized Programs



Army Band Program

Dating back more than 235 years to the Revolutionary War, band members have always been an important part of the U.S. Army. With assignments around the world plus a long list of benefits, the Army Band Program offers talented musicians a unique opportunity to do what they do best - play music.

If your students are interested in earning a living while embracing their passion for music, then check out the Army Band Program. For more information, visit www.goarmy.com/band.

Warrant Officer Flight Training Program

Who hasn't dreamed of becoming an aviator?

In the Army, this dream can become a reality. Imagine flying a UH-60 Black Hawk, a CH-47 Chinook or an AH-64A Apache helicopter on a combat, rescue or reconnaissance mission.

Think about how rewarding it would be to pilot some of the most exciting, technologically-advanced aircraft anywhere. This is a world that can be open to your students through the Army's WOFT program.

WOFT candidates are well paid for their expertise, receiving flight pay in addition to normal pay, allowances and benefits.

If qualified, students can enlist as WOFT candidates immediately after high school graduation.

Plus, they get the recognition and pride that comes from being an Army Warrant Officer. For more information, visit:

www.goarmy.com/about/warrant_officer.jsp.

Special Operations Forces

Special Forces

Special Forces are elite, specialized military units that can be inserted behind the lines through land, sea and air to conduct a variety of operations, many of them clandestine.

They are tough, smart and highly adaptable — ready to go, anytime, anywhere.

Special Forces are rigorously trained in combat, survival and language skills, enabling them to operate in independent teams anywhere in the world.

They are strong and highly skilled. While Special Forces must be dauntingly adept fighters, they must also know how to build and run field hospitals, train foreign troops and spend long months patiently waiting behind enemy lines.

They are frequently called upon to carry out collateral activities beyond their primary missions, requiring them to be diplomats, doctors, cultural anthropologists and trusted allies.

Delta Force

The Army's Delta Force tasks include

counter-terrorism, counter-insurgency and national intervention operations, although it is an extremely versatile group capable of assuming many missions, including, but not limited to, rescuing hostages, raids, and eliminating covert enemy forces.

Rangers

Rangers are among the most elite, if not the most elite, combat soldiers in the world. Being a Ranger is a function of attitude and state of mind, as well as a matter of skill and training.

It is the fraternity of a highly select group within the profession of arms that few will attempt to join and into which even fewer will be initiated. To be a Ranger is a mark of excellence indicating a degree of success that few will achieve.

The challenge of being a Ranger is to prove your ability to lead and command while undergoing significant mental, emotional, and physical stress. For those who have mastered this challenge, the coveted title of "Army Ranger" is their reward.



Basic Training

Where it all begins

The Army has a proud history of faithful service to the nation. In war or at peace, the nation counts on its Army to be an organized, trained, disciplined and versatile force that can stand up to any threat, any place, any time and under any conditions.

Basic Combat Training, or BCT, accomplished in the first nine weeks of a recruit's tour of duty, begins the process of turning an applicant into a Soldier. Physical training begins each day before dawn.

During the following weeks, the Soldier is involved in drills, academics, tactical training and patrols. Throughout, there is a keen emphasis on the individual as part of a team - working as one among many, for a greater goal.

Recruits graduate from Basic Combat Training discovering strengths they never knew they had, gaining confidence and learning the true value of hard work and discipline, while working as a team.

View more information on basic combat training at "Soldier Life" on

www.goarmy.com.

WEEK 0: RECEPTION WEEK

This is where civilian life becomes part of the Army world - from bidding farewell to family, to getting an Army haircut, to making sure individuals are physically fit.

WEEK 1: FALL-IN WEEK

Once Reception Week completes, it's time to understand the new rules, regulations and processes involved with being in the Army. Classroom instruction begins.

WEEK 2: DIRECTION WEEK

Leaving the classroom for the field, it's time to test physical and mental endurance, and also get trained in First Aid and map reading.



WEEK 3: ENDURANCE

One thing new Soldiers realize in Week 3 is to believe in the mantra: mind over matter. Physical and mental challenges build as simulated combat drills begin.

WEEK 4: MARKSMANSHIP

Learning to shoot a rifle is more than pulling a trigger. Marksmanship courses teach new recruits not only the proper way to hold a weapon, but also how to breathe and stand while firing, which are equally important.

WEEK 5: TRIALS WEEK

This is where the previous weeks' work pays off; tests in endurance and marksmanship await all recruits.

WEEK 6: CAMARADERIE WEEK

Each recruit is only as strong as his or her platoon. During Week 6, bonds are tested and trust exercises implemented.

WEEK 7: CONFIDENCE

Hand grenade training, live-fire exercises; foot marching; and overall physical fitness are tested in the Confidence Course.

WEEK 8: VICTORY FORGE

It's time to put everything Soldiers have learned up to this point to the real test; a three-day field exercise retreat to Victory Forge.

WEEK 9: GRADUATION

All the hard work has led new Soldiers to this day. Family and friends eagerly await the opportunity to see their Soldier graduate from Basic Combat Training. Once Soldiers complete BCT, they go on to individual training for the job they chose during the enlistment process.



Advanced Individual Training



Advanced Individual Training (AIT) is where you will learn the skills for your Military Occupational Specialty (MOS).

Some AITs are actually combined with basic training and are called One Station Unit Training (OSUT). This just means that your basic training and AIT will be conducted on the same post, in the same company and with the same set of drill sergeants, who will also be in your MOS.

Some of the MOSs that have OSUT are Infantry, Armor, Field Artillery and Military Police.

Since AIT courses are spread throughout the U.S. on different posts with different training programs, your liberties and living conditions will vary widely. Most MOSs will see two-man rooms with an attached bath, almost like a dorm room.



You will gradually get more and more freedom the longer you are there. These freedoms are not automatic, though; they have to be earned by hard work and good behavior. Some of the longer AITs (such as some of the Military Intelligence MOSs) even allow you to bring a car and other such privileges. In any case, you'll find in AIT that you will sometimes get passes here and there for a few hours, most on post. If you are lucky, you will see some overnight off-post passes also. You must remember that in AIT, you are still considered a trainee in a training environment and will still have lots of restrictive rules to follow (i.e., no alcohol), plus regulations against other Soldiers stationed at that post interacting with trainees.

Many new recruits ask questions about being stationed overseas. Going overseas is a great way to see the world! Most new Soldiers who didn't enjoy their overseas assignment were those who stayed in their barracks during their off-duty time, never bothered to learn the language, hung around with others doing the same, and constantly complained about it. It's no wonder they were miserable. A good suggestion is to make an effort to go out and see the country, take a basic language course, go to events and places off-post to interact with the locals and to have a positive attitude. All Soldiers have privileges to live off post, paid for by the Army. Get together with other Soldiers who "know the ropes" and who are like-minded. Many trips and tours are planned for Soldiers and families, generally at low cost.



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Army Jobs

Military Occupational Specialties

The following is a synopsis of Military Occupational Specialties and **Career Management Fields (CMF)** of Army skills.

CMF 11 - Infantry

Infantry Soldiers are trained on the latest high-tech equipment (weapons, night observation devices, combat vehicles, radio/data transmission, etc.) and gain experience in leadership, management and teamwork as they function as members of cohesive, highly skilled combat units. Infantry Soldiers are capable of serving in a variety of organizations such as Light, Airborne, Air Assault, Ranger, Stryker and Bradley-equipped units.

- 11B* Infantryman
- 11C* Indirect Fire Infantryman



CMF 13 - Field Artillery

Field artillery work is highly specialized. Skills and knowledge acquired in the Army might be translated into meaningful work in a variety of engineering, manufacturing and production fields.

- 13B* Cannon Crewmember
- 13D* Field Artillery Automated Tactical Data Systems Specialist
- 13F* Fire Support Specialist
- 13M* Multiple Launch Rocket System (MLRS) Crewmember
- 13P* MLRS Automated Tactical Data Systems Specialist
- 13R* Field Artillery Firefinder Radar Operator
- 13S Field Artillery Surveyor
- 13W Field Artillery Meteorological Specialist

CMF 14 - Air Defense Artillery

Air defense artillery work is highly specialized. Although it is unique to the military, the skills and knowledge acquired can be translated into civilian work with private industries, public agencies and other users or manufacturers of complex electromechanical equipment.

- 14E PATRIOT Fire Control Enhanced Operator/Maintainer
- 14J Air Defense Command, Control, Communication, Computers and Intelligence Tactical Operations Center Enhanced Operator/Maintainer/Radar
- 14M* Man Portable Air Defense System Crewmember (Reserve Component Only)
- 14S Air and Missile Defense (AMD) Crewmember
- 14T PATRIOT Launching Station Enhanced Operator/ Maintainer

CMF 15 - Aviation

Civilian opportunities in aircraft maintenance are related directly to Army positions. There are aircraft manufacturers, commercial airlines and corporate aircraft - all of which are required by federal law to have routine inspections, maintenance and servicing.

- 15B Aircraft Power plant Repairer
- 15D Aircraft Power train Repairer
- 15F Aircraft Electrician
- 15G Aircraft Structural Repairer
- 15H Aircraft Pneudraulics Repairer
- 15J OH-58D/ARH Armament/Electrical/Avionics Systems Repair
- 15K+ Aircraft Components Repair Supervisor
- 15M Utility Helicopter Repairer, UH-1 (Army Reserve)
- 15N Avionic Mechanic
- 15P Aviation Operation Specialist
- 15Q Air Traffic Control Operator
- 15R AH-64 Attack Helicopter Repairer
- 15S OH-58D/ARH Helicopter Repairer
- 15T UH-60 Helicopter Repairer
- 15U CH-47 Helicopter Repairer
- 15V OH-58 Helicopter Repairer (Army Reserve)
- 15X AH-64A Armament/Electrical Systems Repairer (Army Reserve)
- 15Y AH-64D Armament/Electrical/Avionic Systems Repairer



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Army Jobs

CMF 18 - Special Forces

Special Forces is an elite military organization that employs specialized elements to accomplish specifically directed missions in times of peace and war.

- 18X* Special Forces Candidate
- 18B*/+ Special Forces Weapons Sergeant
- 18C*/+ Special Forces Engineer Sergeant
- 18D*/+ Special Forces Medical Sergeant
- 18E*/+ Special Forces Communications Sergeant

CMF 19 – Armor

Armor and Cavalry Soldiers are trained on the latest high tech equipment and gain experience in leadership and teamwork as they function as members of close-knit, highly skilled combat units. Armor Soldiers develop self-confidence and discipline as they hone their interpersonal, critical thinking and writing skills. These are skills that cut across all occupational categories and are highly valued in the civilian job market.

- 19K* M1 Armor Crewman
- 19D* Cavalry Scout

CMF 21 – Engineer

Each of the Army jobs is related directly to similar or equivalent civilian occupations. Army experiences may help prepare a Soldier for possible employment in construction, forestry, or industrial operations in the civilian sector.

- 21B* Combat Engineer
- 21C Bridge Crewmember
- 21D Diver
- 21E Heavy Construction Equipment Operator
- 21G Quarrying Specialist (Army Reserve)
- 21J General Construction Equipment Operator
- 21K Plumber
- 21L Lithographer
- 21M Firefighter
- 21P+ Prime Power Production Specialist
- 21Q Transmission and Distribution Specialist (Army Reserve)
- 21R Interior Electrician
- 21S Topographic Surveyor
- 21T Technical Engineer
- 21U Topographic Analyst
- 21V Concrete and Asphalt Equipment Operator
- 21W Carpentry and Masonry Specialist



CMF 25 – Signal

These MOSs are responsible for radio and television equipment repair, still, motion, and video photography documentation; multimedia graphics illustration, supervision of visual information activities, switching equipment, network control facilities, single and multi channel high frequency radio systems.

- 25B Information Technology Specialist
- 25C Radio Operator-Maintainer
- 25E+ Electromagnetic Spectrum Manager
- 25F Network Switching Systems Operator-Maintainer
- 25L Cable Systems Installer-Maintainer
- 25M Multimedia Illustrator
- 25N Nodal Network Systems Operator-Maintainer
- 25P Microwave Systems Operator-Maintainer
- 25R Visual Information Equipment Operator-Maintainer
- 25Q Multi-channel Transmission Systems Operator-Maintainer
- 25S Satellite Communications Systems Operator-Maintainer
- 25T+ Satellite/Microwave Systems Chief
- 25U Signal Support Systems Specialist
- 25V Combat Documentation/Production Specialist
- 25W+ Telecommunications Operations Chief
- 25X+ Senior Signal Sergeant
- 25Z+ Visual Information Operations Chief



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Army Jobs

CMF 27 – Legal

The Paralegal Specialist is a highly trained professional who plays a critical role in the delivery of legal services to commanders, Soldiers, the Army and the joint environment.

□27D Paralegal Specialist

CMF 31 – Military Police

Upon returning to civilian life, a Soldier will find considerable opportunities in police, security or investigative employment. The background acquired in the Army could be applied to a career with a federal, state, local law enforcement agency, or in the fields of correctional or industrial security.

□31B Military Police
□31D+ Criminal Investigations Special Agent
□31E Internment and Resettlement Specialist

CMF 35 – Military Intelligence

Soldiers are trained in the latest intelligence collection, analysis and exploitation techniques utilizing cutting edge technology. Because of the complexity of MI systems, this Career Management Field has its own Systems Maintenance/Integration MOS. MI Soldiers provide predicative, accurate, timely and actionable intelligence in order to support missions from the tactical battlefield commander to the national command level.

□35F Intelligence Analyst
□35G Imagery Analyst
□35H Common Ground Station Analyst
□35K Tactical Unmanned Aerial Vehicle Operator
□35L Counterintelligence Agent
□35M Human Intelligence Collector
□35N Signals Intelligence Analyst
□35P Cryptologic Linguist
□35S Signals Collection Analyst
□35T Military Intelligence Systems Maintainer/Integrator
□35X Crypto Linguist-Analyst

CMF 37 – Psychological Operations

Experience as a psychological operations specialist develops skills in basic marketing techniques and cultural awareness. All

active component CMF 37 Soldiers receive basic foreign language and airborne training. Cultural orientation is derived from overseas experience.

□37F Psychological Operations Specialist

CMF 38 – Civil Affairs

Civil Affairs Soldiers operate in teams in support of both conventional and special operations forces. Civil Affairs specialists identify critical requirements needed by local citizens in combat or crisis situations. They also locate civil resources to support military operations, mitigate non-combatant injury or incident, minimize civilian interference with military operations, facilitate humanitarian assistance activities, and establish and maintain communication with civilian aid agencies and organizations.

□38B Civil Affairs Specialist (Army Reserve)

CMF 42 – Adjutant General

Private industry and business, as well as public service agencies, have experienced a continuing need for competent administrative personnel. Whether in the Army or in civilian life, administrative workers are the backbone of effective and efficient management.

□42A Human Resources Specialist
□42F Human Resources Information System Management Specialist

Army Bands

Employment opportunities for civilian musicians can range from moderately to highly competitive, depending on the job or type of work being sought.

□42R9B Cornet/Trumpet Player
□42R9C Euphonium Player
□42R9D French Horn Player
□42R9E Trombone Player
□42R9F Tuba Player
□42R9G Flute or Piccolo Player
□42R9H Oboe Player
□42R9J Clarinet Player
□42R9K Bassoon Player
□42R9L Saxophone Player
□42R9M Percussion Player
□42R9N Keyboard Player
□42R9T Guitar Player
□42R9U Electric Bass Guitar Player
□42S Special Bandsperson (Active Duty only)



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Army Jobs

CMF 44 – Finance

Financial Management Soldiers are trained in the field of accounting, resource management, budgeting, and cash management as well as the financial aspects of government contracting.

□44C Financial Management Technician

CMF 46 – Public Affairs

With the training and experience acquired by doing Army public affairs work, an individual is well-qualified for similar civilian work.

□46Q Public Affairs Specialist - Print

□46R Public Affairs Specialist – Broadcast

CMF 56 – Religious Support

Soldiers in this field gain experience in leadership, management, training and teamwork.

□56M Chaplain Assistant

CMF 63 – Mechanical Maintenance

Machines play such an important role in our lives that just about anywhere you go, you will find them in use, and wherever they are used, someone is needed to keep them going.

□64B Metal Worker

□64E Machinist

□65B Small Arms/Artillery Repairer

□65G Fire Control Repairer

□65K Armament Repairer

□62C Utilities Equipment Repairer-Heating and AC



□62D Power Generation Equipment Repairer
□62B Construction Equipment Repairer
□63A* M1 ABRAMS Tank System Maintainer
□63B Wheel Vehicle Mechanic
□63D* Artillery Mechanic
□63H Track Vehicle Repair
□63J Quartermaster and Chemical Equipment Repairer
□63M* Bradley Fighting Vehicle System Maintainer

CMF 68 - Medical

Each Army medical job has a direct civilian counterpart. Whether in the Army or in civilian life, medical workers are in great demand and opportunities for advancement are excellent in both cases.

□68A Biomedical Equipment Specialist
□68D Operating Room Specialist
□68E Dental Specialist
□68G Patient Administration Specialist
□68H Optical Laboratory Specialist
□68J Medical Logistics Specialist 68K Medical Laboratory Specialist
□68M Nutrition Care Specialist
□68P Radiology Specialist
□68Q Pharmacy Specialist
□68R Veterinary Food Inspection Specialist
□68S Preventive Medicine Specialist
□68T Animal Care Specialist
□68V Respiratory Specialist
□68W Health Care Specialist
□68X Mental Health Specialist



ARMY STRONG®

Army Jobs

CMF 74 – Chemical

Security of our homeland against weapons of mass destruction is paramount in the post 9/11 world.

□74D Chemical specialist

CMF 88 – Transportation

Did you know the Army has more ships than the Navy? It's true! The Transportation Corps is responsible for the worldwide movement of units personnel, equipment and supplies.

- 88H Cargo Specialist
- 88K Watercraft Operator
- 88L Watercraft Engineer
- 88M Motor Transport Operator
- 88N Transportation Management Coordinator
- 88P Railway Equipment Repairer (Army Reserve)
- 88T Railway Section Repairer (Army Reserve)
- 88U Railway Operations Crewmember (Army Reserve)
- 88Z Senior Transportation Sergeant

89-Ammunition

Army training and experience would be suitable in a wide variety of jobs ranging from manufacturing and production to warehousing and distribution work.

- 89A Ammunition Stock Control and Accounting Specialist
- 89B Ammunition Specialist
- 89D Explosive Ordnance Disposal Specialist

CMF 92 – Supply and Services

The Army's Quartermaster Branch studies and utilizes modern business methods to ensure the efficient and effective support of Soldiers and worldwide Army operations. Our relationship to fundamental business practices and industrial influence make Quartermaster skills in the Army's Supply and Service arena easily transferable to civilian industries.

- 92A Automated Logistical Specialist
- 92F Petroleum Supply Specialist
- 92G Food Service Specialist
- 92L Petroleum Laboratory Specialist
- 92M Mortuary Affairs Specialist
- 92R Parachute Rigger
- 92S Shower/Laundry and Clothing Repair Specialist
- 92W Water Treatment Specialist
- 92Y Unit Supply Specialist



CMF 94 – Electronic Maintenance and Calibrations

There is an increasing need in the civilian sector for people with experience in the electronic maintenance field. The training and experience gained may prepare a person for a variety of civilian occupations in the electronics field, to include electronics testers, electronics assemblers and electronics inspectors.

- 94A Land Combat Electronic Missile System Repairer
- 94D Air Traffic Control Equipment Repairer
- 94E Radio and Communications Security (COMSEC) Repairer
- 94F Computer/Detection Systems Repairer
- 94H Test, Measurement and Diagnostic Equipment (TMDE) Maintenance Support Specialist
- 94K Apache Attack Helicopter Systems Repairer
- 94L Avionic Communications Equipment Repairer
- 94M Radar Repairer
- 94P Multiple Launch Rocket System
- 94R Avionic and Survivability Equipment Repairer
- 94S Patriot System Repairer
- 94T Avenger System Repairer
- 94W+ Electronic Maintenance Chief
- 94Y Integrated Family of Test Equipment Operator and Maintainer



Army Salary

Benefits



	Pvt.	Pvt. 1st Class	Specialist	Master Sgt.	Capt.	Command Sgt. Major	Lt. Col.
Base Pay (month)	\$1568	\$1649	\$1920	\$3996	\$4722	\$4944	\$7493
Basic Allowance for Housing (Dependents)*	\$1140	\$1140	\$1140	\$1500	\$1510	\$1567	\$1865
Basic Allowance for Housing (Single)*	\$855	\$855	\$855	\$1300	\$1394	\$1366	\$1495
Basic Allowance for Subsistence	\$323	\$323	\$323	\$323	\$223	\$323	\$223
Monthly	\$3031	\$3383	\$3383	\$5789	\$6455	\$6834	\$9581
Yearly	\$36372	\$37344	\$40596	\$69468	\$77460	\$82008	\$114972

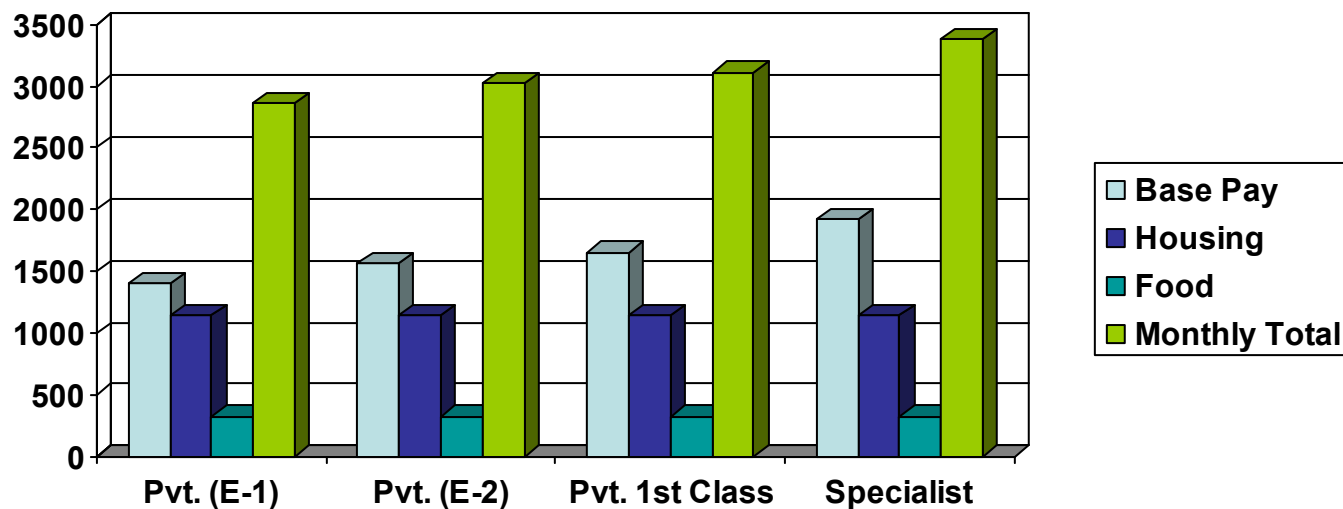
*Example of Basic Allowance for Housing based on Fresno, CA (tax free)

Soldiers with families, or after a certain rank (or in areas with minimal barracks) can receive BAH or live in base-provided housing.

Soldiers receive full retirement pay after 20 years active duty.

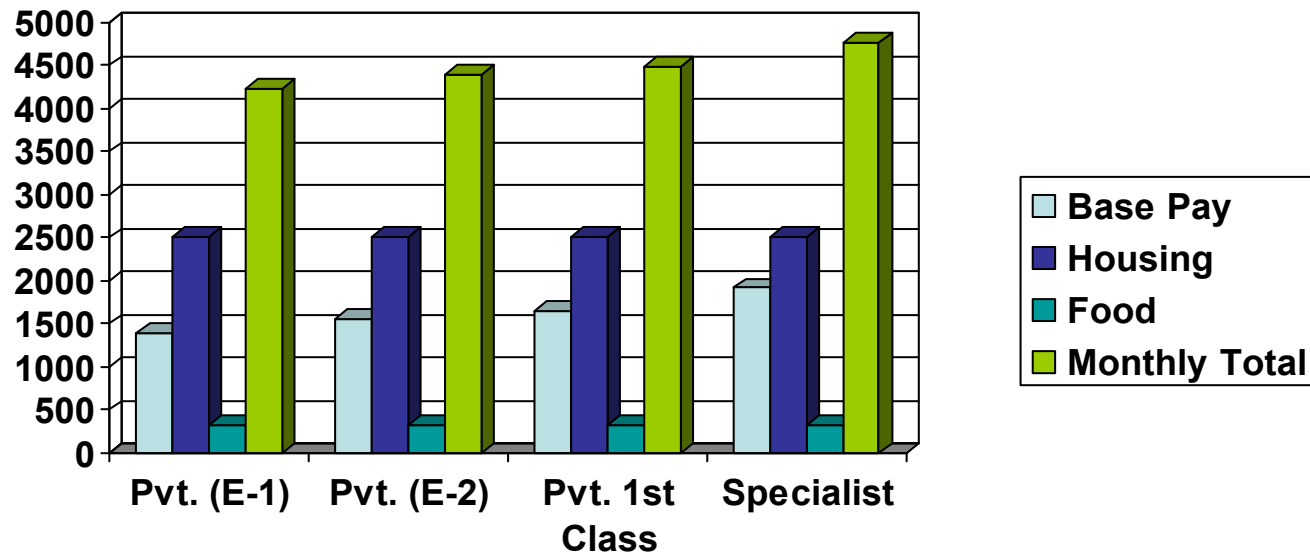
Soldiers can contribute to the Thrift Savings Plan (TSP) to boost retirement income.

Example Enlisted Pay Comparison—Fresno



- Pay increases with rank and time in service
- Housing shown at 'with dependents' rate, Fresno, Calif., \$1140/month; rates vary with rank and duty location
- Subsistence allowance \$323.87/month

Example Enlisted Pay Comparison—San Francisco



- Pay increases with rank and time in service
- Housing shown at 'with dependents' rate, San Francisco, Calif., \$2512/month; rates vary with rank and duty location
- Subsistence allowance \$323.87/month



Army Benefits

The Congressional Budget Office (CBO) recently estimated that the average Active Duty service member received a compensation package worth \$99,000. Non-cash compensation represents almost 60 percent of this package. Non-cash compensation includes health care, retirement pay, childcare and free or subsidized food, housing and education.

Soldiers receive a variety of compensation. There's Basic Pay, of course, your salary. To that, the Army adds Basic Allowance for Subsistence, a tax-free allowance to pay for meals. There's also Basic Allowance for Housing (BAH), paid to married or single Soldiers living off post. BAH is also a tax-free allowance.

Free medical care is another benefit to service members and their families. Military Treatment Facilities (MTFs) on base provide a full array of healthcare services to Soldiers and their families.

Many bases overseas also have Department of Defense Dependents Schools (DoDDS), providing education from Pre-kindergarten through high school.

Active Duty Soldiers and activated Army Reserve Soldiers earn Basic Pay. Basic Pay is your base salary as a Soldier on Active Duty and it only counts for part of your total income. Basic Pay is distributed on the 1st and 15th of every month, similar to many civilian jobs.

Your Basic Pay as a Soldier depends on how long you've been in the Army and your Army rank (most Soldiers enter the Army as a Private). Your pay will increase as you climb in rank and years of experience.



What is a VA-Guaranteed Home Loan?

A VA-guaranteed loan is one made by private lenders to eligible veterans. If you want to purchase a home, condominium or manufactured home, the VA can guarantee up to \$417,000 of the total loan -- much higher than you can get with most conventional home loans. There is no need to worry about financing a *down payment* on a VA loan.

However, certain *funding fees* and *closing costs* apply, and you must be able pay a portion of these fees up front.

Commissaries

The Defense Commissary Agency (DeCA) operates the military Commissaries throughout the world. DeCA Commissaries are supermarkets, usually located on military installations, that sell food, sundry and cleaning products for tax free cost plus a 5 percent surcharge to active duty military, guard and reserve members, retirees and qualified family members. Authorized shoppers need only show proper military ID to use the commissary.

Furthering your Education

One of the most important benefits you can receive as a Soldier is money to further your education or pay off existing student loans. While skills training in the Army is always a priority, so is encouraging Soldiers to attend college or take continuing education courses.



Exchanges

Exchanges are the military's version of department stores. Soldiers call it a PX, for post exchange. Airmen say BX, for base exchange. Sailors call it a ship's store when afloat and NEX when in port; Marines say MCX; to the Coast Guardsmen, it's CGX. Exchanges sell brand-name goods from civilian companies, as well as their own private-label items. There is no sales tax, and prices usually are lower than commercial retail prices. There are four exchange systems. Army and Air Force stores are run by the Army and Air Force Exchange Service, based in Dallas. AAFES is the largest of the exchange systems, with more than 12,000 facilities, including 160 main stores, in more than 35 countries. AAFES and the Marine Corps Exchanges also support military personnel deployed to Iraq and Afghanistan and elsewhere, with mobile or tactical field exchanges.

Who's Eligible?

Eligible shoppers include active-duty, retired, National Guard and reserve members and their families, some disabled veterans and their families, surviving spouses and former spouses. Limits or restrictions may apply. Check with local exchanges. Those eligible can shop at any exchange.



Exceptional Opportunities

Partnership for Youth Success

The Partnership for Youth Success (PaYS) is a recruiting initiative developed by the United States Army to appeal to young people interested in obtaining a quality civilian job after serving in the Army. This unique program is part of the Army's effort to partner with America's business community and re-connect America with the Army.

Having a job with a leading employer using a skill learned in the Army makes the PaYS program attractive to young people.

Benefits to Employers: Partners will gain employees who have developed professional work habits and have been held to the highest standards. These future employees will be professionally trained and experienced in their specific job skill. Employers will save precious training and human resource recruitment dollars by becoming a PaYS partner today!

Job Skills Available: The Army trains tens of thousands of young men and women annually in a variety of skills valuable to industry needs.

About Credentialing: PaYS is working with the U.S. Department of Labor and the Army Continuing Education System to develop a licensing, certification and accreditation program to identify skills that will transition to civilian jobs.

PaYS Process at Enlistment: A database that matches the job needs of industry with the job skills offered by the Army enables a qualified young person to choose a specific job skill with a particular partner. An agreement with a specific partner that reflects the military skill, civilian job and term of service is prepared when the young person enlists and a Statement of Understanding is signed. Individuals participating in the PaYS program will also be eligible for other monetary and non-monetary incentives associated with enlisting in the Army.

PaYS Process upon Separation: Six months prior to separation, the PaYS eligible Soldier can coordinate his/her transition to civilian life through the Army Career and Alumni Program (ACAP) and the partner he or she selected to work with at enlistment. Final coordination with the partner, to include job application, interviews and pre-employment visitation, can occur before the Soldier departs the Army.

Benefits to Individuals: Those who join the PaYS program while enlisting in the Army will gain valuable skills and experience and have a solid opportunity for employment after serving their country. For more information on the Army PaYS program see www.armypays.com.



Soldier Spotlight

HCA PaYS employee John Dugan

Army Reserve Soldier Spc. John Dugan is an X-ray specialist with the 3297th U.S. Army Hospital in Atlanta, Ga. Dugan, the unit's Detachment Soldier of the Year, volunteered for deployment and is on the list to attend the Warrior Leader's Course.

Dugan works as an X-ray technician at HCA's Emory East Medical Center in Snellville, Ga.



Morale, Welfare & Recreation

Army MWR exists because the U.S. Army is committed to the well-being of the community of people who serve and stand ready to defend the nation. Army MWR is a comprehensive network of support and leisure services designed to enhance the lives of soldiers (active, Reserve, and National Guard), their families, civilian employees, military retirees and other eligible participants.

More than 37,000 MWR employees worldwide strive to deliver the highest quality programs and services at each installation — from family, child and youth programs to recreation, sports, entertainment, travel and leisure activities. Their mission is to serve the needs, interests and responsibilities of each individual in the Army community for as long as they are associated with the Army, no matter where they are.

MWR contributes to the Army's strength and readiness by offering services that reduce stress, build skills and self-confidence and foster strong esprit de corps.

MWR services also help the Army attract and retain talented people. MWR is proof of the Army's commitment to caring for the people who serve and stand ready to defend the nation.



Off the post from coast to coast the Army's leisure travel program offers MWR customers endless travel and vacation opportunities at competitive prices.

Information, Ticketing and Reservation (ITR) offices provide assistance with vacation planning, hotel reservations, and ticket sales for national and regional attractions — theme parks, sporting events, historic/cultural sites, museums, theaters, special events and more.

Tickets to attractions like Walt Disney World, Disneyland, Sea World, Universal Studios or Busch Gardens are just a few of the ways local ticket offices pass savings on to MWR customers.

Other discounts are available for hotels

and timeshare properties at vacation destinations throughout the U.S., including Branson, Las Vegas, Myrtle Beach, New York, Orlando, Pigeon Forge, and more!



Whether strolling barefoot on the sands of Waikiki Beach, sightseeing historic European castles, shopping Seoul's exciting shopping district or visiting the enchanting Walt Disney Resort; there is a vacation getaway that will leave you with fresh memories and new perspectives.

Armed Forces Recreation Center (AFRC) full-service resort hotels are Joint Service Facilities that provide quality, wholesome, affordable, family-oriented vacation recreation opportunities to service members, their families, and other authorized patrons (including official travelers) of the Total Defense Force.





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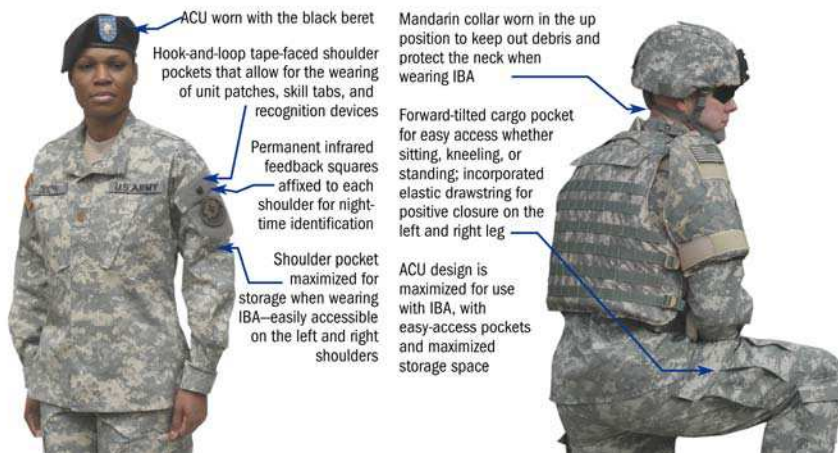
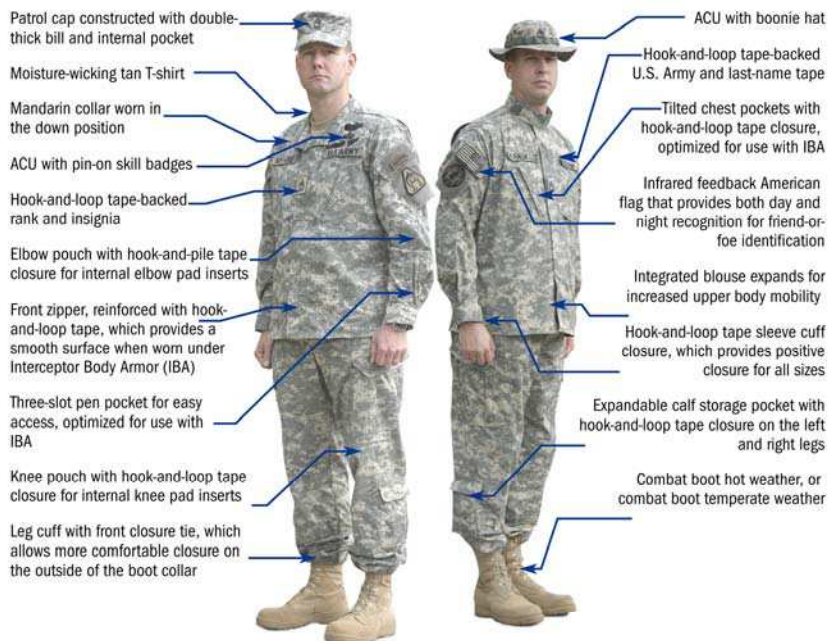
The Army Combat Uniform

Form and Function Combined

Since its introduction in 2005, the Army Combat Uniform (ACU) has shown itself to be a marvel of modern technology. Computer-designed by scientists and Soldiers, the ACU boasts features never before found in Army uniforms.

Velcro® fasteners make sewing unnecessary. Wash-and-wear, cotton-nylon fabric creates a long-lasting, easy-care item. Computer-aided digital design provides cutting-edge camouflage.

Take a look!





The Army Service Uniform

The new Army Service Uniform is rooted in tradition. In March 1778, a Congressional resolution directed General George Washington to prescribe a service uniform. The resolution "authorized and directed the Commander in Chief, according to circumstances

simplicity and quality. Streamlining our service uniforms reduces the clothing burden on Soldiers and provides our world-class Soldiers with world-class uniform that honors them, their service and Army heritage.



Army Service Uniform Q&A

of supplies of Clothing, to fix and prescribe the uniform, as well with regard to color and facings as the cut of fashion of the Clothes to be worn by the troops of the respective States and regiments."

General Washington issued a general order October 1779 "prescribing blue coats with differing facings for the various state troops, artillery, artillery artificers and light dragoons. The Adjutant & Inspector General's Office, March 27, 1821 established "Dark blue is the National colour. When a different one is not expressly prescribed, all uniform coats,

Q: Why are we changing from our current service dress uniform?

A: The Army wanted to streamline its suite of uniforms to create ease of wear, care and simplify uniform options for Soldiers.

Q: What is a Soldier's current Class A Uniform?

A: From August 2008 to 4th Quarter Fiscal Year 2014, the uniform is in transition to the new blue Army Service Uniform. Soldiers can continue to wear Green Class A and the current blue uniform as the new blue ASU.



whether for officers or enlisted men, will be of that colour."

The blue uniform is part of our bloodline. It links today's warriors to their heritage and connects them to warriors past. In addition to connecting to our tradition, the adoption of the new Army Service Uniform consolidates

Q: When will new Soldiers receive the new blue ASU?

A: They will be issued beginning in 2010.

Q: Who wears the gold braid on trousers and slacks?

A: Officers and enlisted Soldiers, corporals and above.



Medical Myths

You ? May Have Heard....

That you have a medical condition that disqualifies you from Army service. While every applicant is thoroughly screened to make sure they meet our demanding medical standards, past history doesn't always mean you won't be accepted*.

In this section, we'll answer some questions you might have about medical conditions that may disqualify you from joining our team.

Q: I had asthma when I was younger. That means I can't join the Army, right?

A: Not necessarily. If you haven't been diagnosed with, or had any asthmatic condition, since age 13, you might be qualified.

Q: I'm colorblind. Am I disqualified?

A: Under certain circumstances, no. If you can distinguish red and green, you may qualify. Certain job specialties have different color vision rules; your recruiter and guidance counselor can give you more information.

Q: I've taken medication for Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD) in the past. Will I qualify for Army service?

A: It depends. If you have taken no medications in the past 12 months, and can demonstrate passing academic performance or employment performance without them, you may be qualified.

Q: Am I allowed to enlist if I've had a hernia, or surgery for a hernia?

A: Currently having a hernia will disqualify you. However, if you've had surgery to correct it, and it occurred more than six months ago, you may be qualified.

Q: I've had laser eye surgery. Does that disqualify me from serving in the Army?

A: In most cases, no. However, if it's been less than six months since the surgery, there have been complications, or a history of problems, you may not qualify. Our doctors will tell you for sure.

Q: I have flat feet, but they don't cause me any pain. Am I able to enlist?

A: Flat feet by themselves are not disqualifying. However, if they are painful, cause trouble in walking, or require special shoe appliances, you might be disqualified.

Q: I wear braces, and heard I can't join the Army. Is this true? What if I have a retainer?

A: You can enlist, provided your braces are removed and treatment is completed before you enter active duty. You are allowed to come onto active duty if you currently have a retainer.



Q: I tore my ACL playing football, but had surgery to fix it. Will this keep me out of the Army?

A: If there were no complications, you have no current symptoms, and your knee is stable, you may qualify for enlistment.

*** Army physicals screen for a wide variety of conditions. This is not a complete list of answers, and final decisions about qualifications are made by medical doctors.**



Myths versus Facts

Who is Volunteering for Today's Military?

Myth: Military recruits are less educated and of lower aptitude than most of American youth.

Fact: *The opposite is true.* More than 90 percent of military recruits have a high school diploma – a credential held by only about 75 percent of their peers. A traditional high school diploma is the best single predictor of “stick-to-it-iveness” and successful adjustment to the military. Recruits with a high school diploma have a 70 percent probability of completing a three-year term of enlistment, compared with a 50 percent likelihood for non-graduates.

Nearly two-thirds of today's recruits are drawn from the top half of Americans in math and verbal aptitudes – a strong determinant of training success and job performance.

Myth: The military attracts disproportionately from poor or underprivileged youth.

Fact: Military recruits mirror the U.S. population and are solidly middle class. A recent report shows that more recruits come from middle income families, with far fewer drawn from poorer families. Youth from upper income families are represented at almost exactly their fair share.



Myth: African-Americans suffer a disproportionate number of casualties.

Fact: *The opposite is true.* Continuing the pattern from Operation Desert Storm, African-Americans remain underrepresented among casualties in Operation Iraqi Freedom. Through November 5, 2005, African-Americans represented about 17 percent of the force, yet accounted for 11 percent of deaths. On the other hand, whites accounted for 67 percent of the

force, and suffered 74 percent of deaths. The corresponding numbers for Hispanics were 9 and 11 percent respectively.

This pattern results from occupational choices young people make. For example, African-American youth choose to serve in support occupations such as health care, which tend to feature valuable job training over bonuses or education incentives. These are the choices young volunteers make.

Myth: The military is not geographically representative of America.

Fact: Military recruits are closely proportionate to the general population. The southern region of the U.S. generates the most recruits, but also has the greatest density of youth population. The south produces 41 percent of all recruits (compared to 36 percent of the 18-24 year-old population). The northeast generates 14 percent of new recruits (18 percent of the 18-24 year-old population). The west and north central regions produce 21 and 24 percent of new recruits (accounting for 24 and 23 percent, respectively, of the 18-24 year-old population).

Myth: A disproportionate number of military recruits come from urban areas.

Fact: Urban areas are the most underrepresented. Data shows that urban areas are actually underrepresented among new recruits. Suburban and rural areas are over-represented.

Myth: The military takes no better than an average cut of American youth when it comes to medical or physical conditioning.

Fact: About half of today's youth are not medically or physically qualified against current and necessary enlistment standards. Everyone joining the military is rigorously screened for a variety of medical and physical factors that bear on successful military performance – often under austere conditions. A number of maladies among today's youth (asthma, orthopedic injuries, and obesity) are disqualifying. DoD keeps these standards to ensure that forces are able to meet the demands placed upon them in physically challenging circumstances. Nearly one-half of American youth are disqualified for health-related reasons; obesity is the leading cause.



Unique Opportunities

World Class Athlete Program

A program that provides outstanding Soldier-athletes the support and training to compete and succeed in national and international competitions, to include the Olympic Games, while maintaining a professional military career.

How are Soldiers selected?

WCAP offers all members of the Army (Active, Reserve and National Guard) the same opportunity for selection. All Soldiers must be in good military standing. Enlisted members must have completed Basic and Advanced Individual Training.

All officers must have completed their branch Officer Basic Course. Selected Reserve and National Guard members will be brought on Active Duty to participate in the program. WCAP initiates Soldiers into the program at least three years before the Olympic Trials. Soldiers applying for the program must demonstrate the ability to maintain a high national ranking in their specific sport.



If you're involved with another sport, you will be assigned to a location, usually near a college or club with a proven record in international competition, where you will receive the best possible training. Assigned coaches may be civilian or military.

How do I maintain my military proficiency?

All WCAP soldiers are monitored for selection and attendance to required military schools. WCAP soldiers remain competitive with their counterparts assigned to regular Army units.

The Army Soldier Show

The U.S. Army Soldier Show is a high-energy 90-minute live musical review showcasing the talents of active duty Soldiers who were selected by audition from throughout the Army. They are amateur artists who have a passion for music, dance and performing. They come from all types of Army career fields. The show is assembled in five weeks, and then tours for six months.



New cast members are selected each year. Aspiring Soldiers worldwide submit application packages that include videotapes, biographies, photographs, and letters of recommendation from their commanders.

Once selected to the cast, the Soldiers are attached to FMWRC for duty with the U.S. Army Entertainment Division for the duration of the tour. The Soldier Show operates as a deployable military unit under the military leadership of the Army Entertainment Detachment's first sergeant and under the artistic leadership of the Soldier Show's artistic director.

Soldiers are expected to adhere to military physical fitness, deportment and appearance standards. Soldiers in the cast and crew are assigned specific military responsibilities and show duties commensurate with their rank in addition to their functions and responsibilities within the show, such as vocal director, dance captain, wardrobe/costume manager, technical crew chief and stage manager.

Twelve to 16-hour days begin with a military formation and include aerobic workouts, vocal coaching, dance training, and learning how to assemble and dismantle the stage trusses. The technical crew learns computer-based lighting, audio and video functions as they design the show's lighting, sound and special effects.

Once on the road, Soldiers work an average 14-hour day, seven days a week, for seven months.



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Get ARMY STRONG!

Physical fitness, which is important for a successful career in the Army, is defined as the ability to function effectively in physical work, training, and other activities, while still having enough energy left over to handle any emergencies that may arise. To improve your level of fitness in preparation for Basic Combat Training, you should focus on the following components of physical fitness: Cardio-respiratory Endurance (CR), Muscular Strength and Endurance, Flexibility, and Body Composition.



FLEXIBILITY

Flexibility is the range of movement of a joint, or series of joints, and their associated muscles. Good flexibility can help you efficiently accomplish physical tasks like lifting, loading, climbing, parachuting, running, and rappelling with less risk of injury. Stretching during your warm-up and cool-down helps you maintain overall flexibility—it should not be painful but should cause some discomfort because the muscles are being stretched beyond their

normal length. Because people differ in their physical make-up, you shouldn't compare one person's flexibility with another's. If you have poor flexibility, trying to stretch as far as someone else could cause an injury.

CARDIO

CR is the efficiency with which the body delivers oxygen and nutrients needed for muscular activity and eliminates waste products from the cells. In order to improve fitness it is important to reach your bodies Target Heart Rate, or training heart rate. The THR is a desired range of heart rate reached during aerobic exercise, which enables your heart and lungs to receive the most benefit from a workout. In turn, this will improve your endurance. Experts recommend that you monitor your heart rate during your exercise routine - the goal is to stay in the zone of 50 to 85 percent of your THR.

STRENGTH AND ENDURANCE

Muscular Strength and Endurance means how hard a muscle or muscle group can work in a single effort, and the ability of a muscle or muscle group to

perform repeated movements for extended periods of time.

In addition to CR fitness, Soldiers need a high level of muscular endurance and strength. Progressively working against resistance will produce gains in both of these areas. Choose exercises that work several muscle groups and try to avoid those that isolate single muscle groups.



BODY COMPOSITION

Body Composition is the amount of body fat a Soldier has in comparison to their total body mass. To be eligible to enlist in the Army, you must meet the height and weight requirements for your age and height. If you are over the prescribed weight for your height, you can still qualify by being below the specified body fat composition for your age. A recruiter can help you with determining your body fat percentage, but you can also monitor your progress with the Body Mass Index calculator provided.

Improving your CR and muscle stamina will have a positive impact on your body's composi-

tion and will result in less fat. Excessive body fat reduces fitness, reduces performance, and negatively affects your health.

Want to learn more about how you can become **Army Strong**?

Download your own copy of the Army's Physical Training Guide at

www.goarmy.com/downloads/pt_guide.asp.



Did You Know?

For Students

- ♦ Many **famous people** got their start in the Army. Pioneering rock guitarist **Jimi Hendrix** served in the 101st Airborne Division. Game show host **Pat Sajak** was an Army broadcaster in Vietnam. **Robert G. Graves**, founder and publisher of *Black Enterprise* magazine, was a Special Forces captain. Rapper and actor **Ice-T** served in the 25th Infantry Division.
- ♦ Some Army specialties - such as bandsperson, linguist, and many others - conduct their training at professional-level sites. The Armed Forces School of Music, in Norfolk, Va., has been compared to Juilliard; the Defense Language Institute in Monterey, Calif., provides university-level language training.
- ♦ The learning doesn't stop once you finish Advanced Individual Training (AIT). Throughout your Army service, you'll have multiple opportunities to learn new skills. You'll learn new aspects of your job, have the chance to attend Airborne, Air Assault, and other schools. And as you advance in rank, the Army will teach you to be a leader - skills you'll need and use if you decide on making the Army a career, or will be valuable to a civilian employer.

For Parents

- ♦ Keeping in touch with your Soldier is simple! Every Soldier has access to telephones on their Army Post and can use cell phones to make personal calls during free time, except during Basic Combat Training. Most Army Posts offer free access to computers and the Internet to check email and do research online. Soldiers living on Post also have the same opportunity as you to sign up to receive Internet service. All posts feature regular mail service, too.
- ♦ Want to know how your Soldier will spend their free time? On any given day, the life of a Soldier is a lot like someone working at a full-time job. When your son or daughter is done with the day's work or training, the rest of the day is theirs to do whatever they like: work out, shop, do laundry, go to a movie or hang out with friends, just to name a few.
- ♦ Wondering where your Soldier will live? Well, housing on Army posts varies by rank and family situation. For single Soldiers just starting out, it's similar to a clean, comfortable, modern apartment complex. For Soldiers with families, housing options on post vary from location to location.

For Educators

Imagine taking your school - the building, curriculum, books and students - and putting it in Germany, Japan, Italy, Turkey, Guam, Bahrain, or throughout the United States and the world where the sons and daughters of Soldiers are educated.

Nearly 200 Department of Defense Dependent Schools - DoDDS - have provided quality education to military dependents for more than 60 years. Featuring a full spectrum of accredited, public education from pre-K through high school.

DoDDS students traditionally score at or above the national average on standardized tests such as the SAT. DoDDS schools ranked #1 in the 2007 National Assessment of Educational Progress for 8th grade reading levels. DoDDS schools boast a 98 percent graduation rate.

More than 84,000 dependents from all services currently attend DoDDS schools. The schools feature traditional, college-

preparatory curriculums, and are fully equipped for students with special learning needs.

DoDDS graduates have a wealth of cultural knowledge, and in most cases have seen and experienced more of the world than their peers. The millions of DoDDS graduates around the world keep in touch, share their experiences, and have an outlook on the world unique from any other.

The Department of Defense Education Agency (DoDEA) is always seeking experienced educators and administrators to join our team. DoDEA offers competitive salaries, health insurance benefits, and attractive retirement plans, in addition to the opportunity for worldwide travel. If you're interested, visit www.dodea.edu for more information.

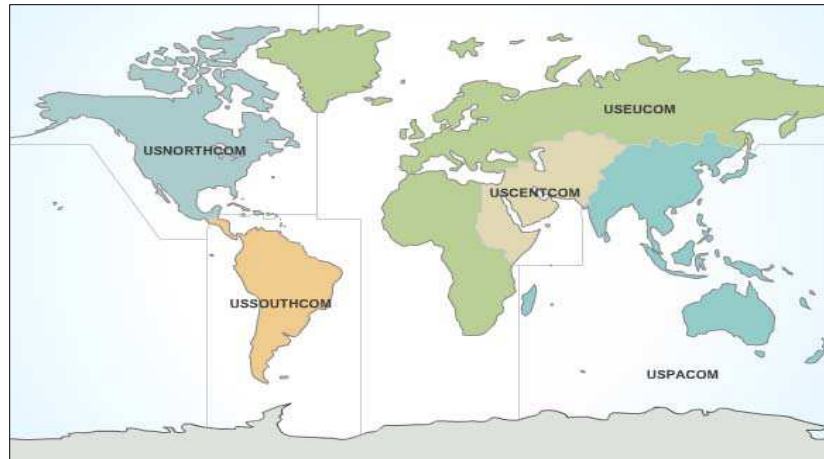
If you'd like a first-hand account of life as a DoDDS student, contact Lt. Col. Rick Ellis, Fresno Battalion's commander, at 559-443-0224. He's a graduate of Nile C. Kinnick High School in Yokosuka, Japan.



ARMY STRONG[®]

U.S. Army Bases Worldwide

A Global Presence



In today's Army, more than 256,000 Soldiers are serving in 80 countries. Some of our posts have tens of thousands of Soldiers; others have small groups of highly-specialized individuals. While in many cases families are stationed with their Soldier, some overseas postings are unaccompanied. Here's a look at some bases around the world.

Continental United States (CONUS)

- **Alabama**
Anniston Army Depot
Fort McClellan
Fort Rucker
Redstone Arsenal
- **Alaska**
Fort Greely
Fort Richardson
Fort Wainwright
- **Arizona**
Fort Huachuca
Yuma Proving Ground
- **Arkansas**
Pine Bluff Arsenal
- **California**
Defense Language Institute Foreign Language Center (DLIFLC)
Fort Irwin
Presidio of Monterey
Sierra Army Depot
- **Colorado**
Fort Carson
Pueblo Chemical Depot
Rocky Mountain Arsenal (RMA)

- **Georgia**
Fort Benning
Fort Gillem
Fort Gordon
Fort McPherson
Fort Stewart
Hunter Army Airfield
- **Illinois**
Rock Island Arsenal (RIA)



Fort Leavenworth, Kansas

- **Kansas**
Fort Leavenworth
Fort Riley
- **Kentucky**
Fort Campbell
Fort Knox
- **Louisiana**
Fort Polk
- **Maryland**
Aberdeen Proving Ground (APG)
Fort Detrick
Fort Meade
- **Missouri**
Fort Leonard Wood



ARMY STRONG®

U.S. Army Bases Worldwide

Army Installations

Continental United States (CONUS)

- **New Jersey**
 - Fort Dix
 - Fort Monmouth
 - Military Ocean Terminal, Bayonne
 - Picatinny Arsenal
 - USMA Preparatory Academy (USMAPS)
- **New Mexico**
 - White Sands Missile Range (WSMR)
- **New York**
 - Fort Drum
 - Fort Hamilton
 - Seneca Army Depot Activity
 - U.S. Military Academy (USMA)
 - Watervliet Arsenal
- **North Carolina**
 - Fort Bragg
 - Military Ocean Terminal, Sunny Point
 - Simmons Army Airfield
- **Oklahoma**
 - Fort Sill
- **Oregon**
 - Umatilla Chemical Depot
- **Massachusetts**
 - Natick Soldier Center (NSC)
- **Michigan**
 - Tank-Automotive and Armaments Command
 - U.S. Army Garrison - Michigan
- **Pennsylvania**
 - Carlisle Barracks
 - Letterkenny Army Depot
 - Tobyhanna Army Depot
 - U.S. Army War College



Camp Humphreys, Korea

- **Puerto Rico**
 - Fort Buchanan
 - US Army South
- **South Carolina**
 - Fort Jackson
- **Texas**
 - Biggs Army Airfield
 - Corpus Christi Army Depot
 - Fort Bliss
 - Fort Hood

- **Texas**
 - Fort Sam Houston
 - Red River Army Depot
- **Utah**
 - Deseret Chemical Depot
 - Dugway Proving Ground
 - Toole Army Depot
- **Virginia**
 - Fort A. P. Hill
 - Fort Belvoir
 - Fort Eustis



US Army Garrison, Garmisch, Germany

- Fort Lee
- Fort Monroe
- Fort Myer
- Fort Story
- Pentagon
- **Washington**
 - Fort Lewis
 - Yakima Training Center
- **Washington D.C.**
 - Fort McNair
 - Walter Reed Army Medical Center (WRAMC)
- **Wisconsin**
 - Fort McCoy

Europe

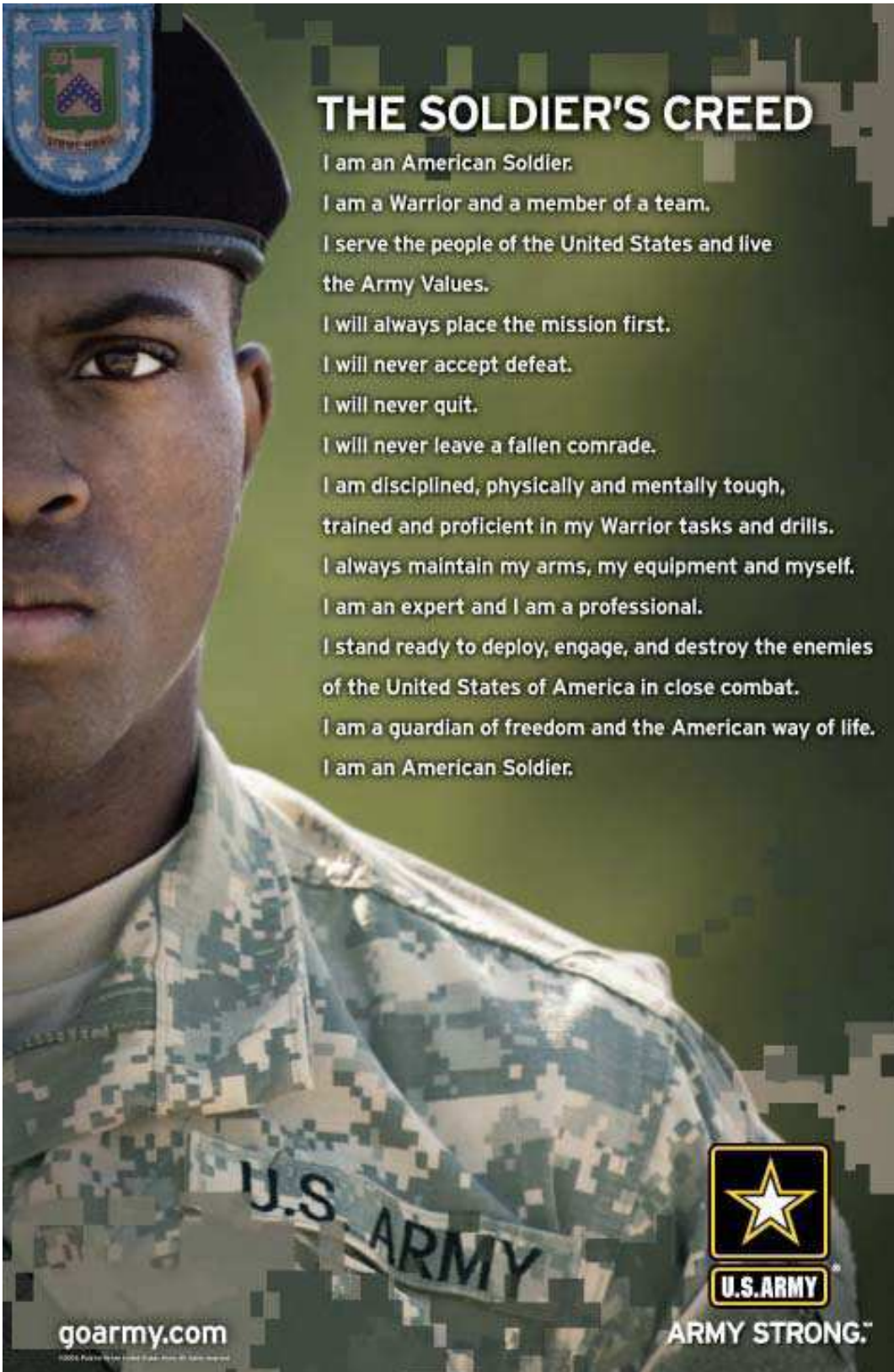
- **Belgium**
- **England**
- **Germany**
- **Italy**
- **Kosovo**
- **Netherlands**
- **Turkey**
- **Norway**
- **Spain**
- **France**
- **All NATO countries**

Pacific

- **Hawaii**
- **Guam**
- **Australia**

Asia


- **Japan, including Okinawa**
- **Korea**



THE SOLDIER'S CREED

I am an American Soldier.
I am a Warrior and a member of a team.
I serve the people of the United States and live the Army Values.
I will always place the mission first.
I will never accept defeat.
I will never quit.
I will never leave a fallen comrade.
I am disciplined, physically and mentally tough, trained and proficient in my Warrior tasks and drills.
I always maintain my arms, my equipment and myself.
I am an expert and I am a professional.
I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.
I am a guardian of freedom and the American way of life.
I am an American Soldier.

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