

GX™

VOLUME TWO ISSUE THREE

THE GUARD EXPERIENCE

**FOR THE
FAMILY
COMMUNICATING
WITH YOUR KIDS**

**KNOCK,
KNOCK
20TH SFG CRASHES
THE PARTY**

**COMBAT
ARMS
TRAINING
NMARNG WILL
SCHOOL YOU**

PATRIOTISM FREEDOM ISN'T FREE

**“History does not entrust the care of freedom
to the weak or the timid.”**

»» GEN Dwight D. Eisenhower



DO YOU HAVE WHAT IT TAKES TO WEAR ONE OF THESE?

GT SCORE OF 110 • U.S. CITIZEN • 6-8 YEARS' EXPERIENCE IN A FEEDER MOS
ELIGIBLE FOR SECRET CLEARANCE • PASS STANDARD APFT

Some lead by example. Others lead by expertise. As a Warrant Officer in the Army National Guard, you'll lead by both. Here's your opportunity to take advantage of your unique knowledge, to let your expertise and drive advance you to a higher level. If you feel the need to specialize—in the Army National Guard, **YOU CAN.**



YOU CAN

1-800-GO-GUARD • www.1-800-GO-GUARD.com

Download an Army National Guard Warrant Officer Application Guide today.



THESE SOLDIERS DON'T CALL THEMSELVES HEROES, THEY CALL THEMSELVES THE NATIONAL GUARD.

You hear it again and again: "I'm just doing my job." Today that job is helping people in need. Our soldiers don't do it for the ribbons or medals. They do it because it is their duty. The Army National Guard offers an exceptional

opportunity to serve, while providing extensive benefits in areas like career skills and college tuition reimbursement. To learn more, contact us today, by phone or on the web.

www.1-800-GO-GUARD.com



YOU CAN

Join the **National Guard**
visit us at
www.1-800-GO-GUARD.com



PATRIOTISM
FREEDOM ISN'T FREE



07 LETTER FROM LEADERSHIP

09 RANTS AND RAVES
YOUR LETTERS AND COMMENTS

IN THE LOOP

- LAW AND ORDER: SECURITY AT TALLIL AIR BASE
- DOD BOOSTS ENLISTMENT AGE
- 116TH BCT PROVIDES MEDICAL ASSISTANCE TO IRAQI VILLAGE
- GUARD TRAINS IRAQI CITIZEN EMTs
- LTG BLUM PROMOTES MS SPC TO SGT
- THE NEXT GREATEST GENERATION
- THE BEDFORD BOYS
- WAR RAVENS CHOOSE TO STAY IN IRAQ
- NATIONAL GUARDIAN ANGELS ARE AMONG US
- IRAQI TIP LEADS SOLDIERS TO TERRORIST SAFE HOUSE
- UNIT CREDITS TRAINING IN OVERCOMING 27 INSURGENTS
- USAA KNOWS WHAT IT MEANS TO SERVE

38 EARNED REWARDS
ARMED FORCES VACATION CLUB
FREE ADMISSION TO BUSCH PARKS

56 ON THE BALL
THE GUARD SCORES BIG AT MISSOURI VALLEY CONFERENCE

YOU CAN MAKE A DIFFERENCE.
STRENGTH MAINTENANCE TIPS



86

GX PROFILE

NMARNG: COMBAT ARMS TRAINING COMPANY

60 VICTORY MAP
GUARD SUCCESS ACROSS THE GLOBE

62 FOURTH OF JULY
A SPECIAL PROMOTION

64 FOR THE FAMILY
SUMMER ACTIVITIES FOR THE WHOLE FAMILY

46 MEMORIAL DAY
GX SALUTES FALLEN HEROES

78 START FITNESS
FITNESS TIPS FROM SGT KEN



22

RECON



74

GUARD SPORTS

BIFFLE WINS AGAIN!
THE GREAT RACE

81 POP CULTURE
OUR THOUGHTS ON POPULAR FILMS & COOL GADGETS

82 BROTHERS WEST
KNOCK KNOCK: SPECIAL FORCES MAKE A HOUSE CALL

90 TRUE GUARD TALES
GAUNTLET OF FIRE

GUARD EQUIPMENT

BERETTA M9
ARMY WEAPONS COMPETITION
CROWS
FIELD EXPEDIENT EQUIPMENT



68

GET YOUR **GUARD GEAR**

EXCLUSIVE GUARD APPAREL

GREAT FOR FATHER'S DAY!



PGDA01



PGMA01

PROUD GUARD MOM & DAD

"Proud Guard Mom - Army National Guard, Est. 1636" Baby-doll T-shirt

"Proud Guard Dad - Army National Guard, Est. 1636" T-shirt

Whether you are a mother or father in the Guard OR the mother or father of a Guard Soldier, these heavyweight, poly-cotton t-shirts are great for showing off your pride!
S,M,L,XL,XXL Cream (Mom), Olive (Dad)
\$15.50

NEW



ARNG "1636" HATS

Rock your Guard pride with this new cap. 100% cotton. S/M(55-59cm), L/XL(58-62cm) Beige

ARNGHA01
\$21.50



SUMMER GEAR: Show off your guns or just look fab while declaring your support for our troops at home and abroad.

A
"Tank Top"
Tank Top T-shirt
Heavyweight, poly-cotton.
S,M,L,XL,XXL White
TTA01
\$19.50

B
"American Soldier"
Apache Ruffled, Ribbed T-shirt
Heavyweight, poly-cotton.
S,M,L,XL,XXL White
ASA01
\$19.50

C
"Guard Hard"
Sleeveless T-shirt
Heavyweight, poly-cotton.
S,M,L,XL,XXL Ash Gray
GHA01
\$15.50

D1 AND D2
"Go Guard!" T-Shirts
(Apache or Abrams)
Heavyweight, poly-cotton.
S,M,L,XL,XXL Olive
(Apache) Maroon (Abrams)
GGA01, GGB01
\$15.50

ONLY AVAILABLE AT

WWW.GXONLINE.COM

Our Soldiers continue to serve the Nation with real distinction. We all owe them special thanks for continued duty above and beyond the call. Their service would not be possible without the contributions of others, as it is not just our Soldiers that make up this outstanding team. Our families serve our Nation in a special way as well. They, too, answered the call to serve. We must also keep in mind that behind our Soldiers in the Guard and Reserve are the employers sharing the burden of extended active duty periods. This team can be justifiably proud to be a part of this Army. Their duty since September 11, 2001 speaks for itself.

Since this will be my last article to you as the Director, I want you all to know that I appreciate your duty performance. Our Soldiers and families have answered every call and we carry on today with a commitment stronger than ever. From the day I took the Oath of Enlistment in February 1963 until I take the uniform off on 24 May 2005, Soldiers have been part of my life and my family. We have worked together, served together, sacrificed together and fought side-by-side in combat in a Rifle Platoon and a Scout Platoon in the 22nd Infantry Regiment. There is no closer bond than serving with fellow Soldiers in combat. Today, we are engaged in another war, and we are relying on our Soldiers and their families to make the difference once again. Indeed, Barb and I send each of you a "well done." Across this land, in every community, in every state, in every territory and the District of Columbia, we have Soldiers willing to carry the duty of our Nation personally. This is a quality that we can all be rightly satisfied with and, in the end, proud of the results.

I am often asked why the heavy reliance on the Guard and Reserve forces currently on duty? Well, that is why we exist, after all. The very purpose of the Guard is to answer the calls of our States and Nation. Our Soldiers have answered and continue to answer the call to arms. I talk with Soldiers all the time, and they are most proud to serve our Nation. Anytime others suggest something to the contrary, it seems to somehow lessen the value of their service to our citizens. As Guard Soldiers answer the call to serve, we add a unique dimension to our Army. Soldiers who are available when needed, but not on active duty all the time. We serve from a position of real strength, within our communities. The Guard has been a community-based force since 1636 and we need to stay that way.

You all know this: the Guard is a unique force serving a dual purpose in our federal and state missions. While we have had plenty of debate on the topic, our preparation for the federal mission also prepares us for our state mission. One mission is not exclusive from the other. Those who suggest that we should have only one of those missions miss the point in our Constitution that outlines the National Guard's role as the primary reserve of the Army. While we currently experience unprecedented levels of mobilizations away from our home states, we balance missions in a way that always keeps a minimum capability for the Governors at any given time. Guard units remain capable of responding to a full range of missions at home and abroad.

Currently, more than 76,000 Soldiers serve on active duty status. The Army National Guard demonstrated our responsiveness by



**ABOVE: LTG Roger C. Schultz,
Director, Army National Guard**

providing ready units here at home and for overseas missions around the world since the September 2001 attacks. Since those attacks, over 211,000 Army National Guard Soldiers answered the call to duty. Over 134,000 of those Soldiers have demobilized and returned to their duty at home station. As we continue our planning for missions into next year, we clearly expect that our Citizen-Soldiers will continue to serve with distinction alongside our fellow Soldiers in the Army.

I ask you all to take the time to look after these Soldiers and their families. Yes, even those who might take the uniform off are still part of our family. If we are serious about this family of ours, we will look after those who no longer serve. My point is rather basic, I guess: "Once a Soldier always a Soldier" is a theme we should adopt. By the way, the same rule applies to our Guard Soldiers' families.

You have answered every call and accomplished every mission. That is what the members of the Massachusetts Bay Colony did in 1636. You serve in a way that leaves no doubt that our Citizen-Soldiers can be called for either state or federal missions, and lead by example in the process. Well done to be sure! You honor us by your unselfish duty performance. Barb and I remain humbled by such a team willing to live the Warrior Ethos and live the Army Values. This is one special team. Thanks for answering the call to duty.

Sincerely,

**Roger C. Schultz
Lieutenant General
Director, Army National Guard**



“Freedom Isn’t Free.”

Ah, summertime! School is out and summer vacation is just ahead. For some, the beach is calling and for others perhaps a trip to the mountains. We will load up the car with family, fill the tank with fuel and take off for the great seasonal escape. It’s a ritual as American as apple pie and baseball.

This year, the GX Team is aware as never before that this upcoming season of family fun is a privilege for all of us paid for by a few of us. In the past few years, the Soldiers of the Army National Guard have done more than at any time in recent history to safeguard the freedoms many Americans take for granted. Perhaps it is fitting for the summer season to be punctuated by two important holidays, Memorial Day and the 4th of July.

Memorial Day serves to remind us that freedom has a price. Heading into this Memorial Day, Operations Noble Eagle, Enduring Freedom, and Iraqi Freedom will have required the ultimate price from over 200 members of the Army National Guard. This is a sacrifice no American should take lightly for it is the price that freedom requires. The thoughts and prayers of this nation should be offered both in gratitude for the service of these Soldiers and in supplication for the support and comfort of their families.

This 4th of July there will be barbecue, iced tea, fireworks and festivals just the same as every year. This year, however, there are more than 50 million people around the world that celebrate freedom with us. Many of them (think about this) celebrate freedom for the very first time. Only in America, the greatest free nation the world has ever seen, do we sacrifice so willingly for the freedom of strangers.

In this issue, we make an effort to pay tribute to all members of the Army National Guard by sharing the stories of a few. We can only hope to convey the depth of gratitude that we feel as we enter this upcoming season. As it has been since 1636, the freedoms we all enjoy come from the sacrifice and service of the Soldiers and family members of the Army National Guard. America is strong because you are. Americans live free because you preserve liberty for us all. God bless the Soldiers and families of the Army National Guard, and may God continue to bless America.

On our way to Philadelphia?

In our last issue (*The Magnificent Seventh*, p. 56) we said the Park Avenue Armory “is the only National Guard armory in the United States that was built entirely with private funds.”

Well, according to an emailer, we were wrong. The First Troop Philidelphia Cavalry, an elected troop of the PAARNG, Troop A, 1-104 CAV, also calls a privately financed armory home.

We are awaiting only an invitation to confirm the claim. Not that we think the emailer wasn’t telling the truth, but our accountant won’t approve a trip to the City of Brotherly Love unless we can show we were invited. So... invite us? Please?



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

EDITOR-IN-CHIEF Ed Brown
EDITOR Jason West
DEPARTMENTS EDITOR Chris West
DESIGN DIRECTOR Kenneth White
STAFF WRITERS JC Johnson
 Keith Kawasaki
 Kenneth White
 Andrew Nixon
STAFF PHOTOGRAPHER Raye Dene Berry
CONTRIBUTING WRITERS Heather Buckner
 Brittany Hailes
 Chris Davis
 Alan Waller
ASSOCIATE ART DIRECTORS JC Johnson
 Keith Kawasaki
 Andrew Nixon
LAYOUT ARTIST Amanda M. Baines
ONLINE EDITOR Keith Kawasaki
ONLINE ARTISTS Amanda M. Baines
 Trace Scarborough
 Kevin Trulock
PREPRESS MANAGER Dave Bevis
PRODUCTION MANAGER Raye Dene Berry
PUBLISHER Mitch Powers

ADVERTISING SALES Alan Waller
 Contact: 866-596-4558 x216
 alan@GXonline.com

Published by Iostudio, LLC.

Snail Mail: GX Magazine
 c/o Iostudio, LLC
 1625 Broadway, Third Floor
 Nashville, TN 37203

Voice: 866-596-4558
 Facsimile: 615.256.6860

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

Editorial Inquiry and Submissions:
 editor@GXonline.com or 866-596-4558 voice,
 615.256.6860 fax.

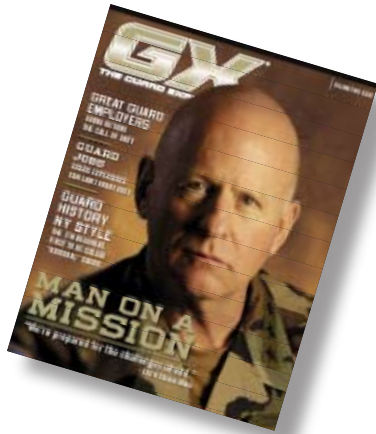
No responsibility can be accepted for manuscripts or photographs, solicited or unsolicited. All postal submissions should be accompanied by an SASE.

Copyright ©2004 - 2005, Iostudio, LLC. All rights reserved. The views and opinions expressed herein are not necessarily those of the publisher or of the Department of Defense, the Army, the Air Force, or the National Guard Bureau. No endorsement of any advertised service or product is intended by the publisher, the Army National Guard or any government agency, and none should be inferred.

GX magazine is **not** an official publication of the Army National Guard.

ON THE COVER

Lady Liberty and the American flag represent the principles of freedom and unity for all the world to follow. By their loyalty, devotion to duty, and selfless sacrifice, the Soldiers and families of the Army National Guard preserve and protect these privileges for each of us. (p. 30)



MAINE GUARD MISTAKE

Reading the most recent issue of GX magazine, I find that "Maine - All 164 members of the MEARNG's 133rd Engineer Battalion returned home after spending a year in Iraq." (Victory Map p. 50).

1st: More than 500 members of the MEARNG 133d Engineer Battalion deployed to FOB Marez, Iraq.

2nd: In addition to several unit members who were injured, some seriously, three Maine Soldiers died as the result of insurgent/enemy actions: SPC Christopher D. Gelineau, SPC Thomas Dostie, and SGT Lynn Poulin were killed.

Thanks,

CW4 Clyde H. Williams (Retired)
152d Maintenance Company, MEARNG

GX: We regret the mistake. In our excitement to report the good news of our returning Soldiers, we didn't carefully check the article we referenced. Thank you for the correction.

PRAISE FOR GXONLINE.COM

I only recently got wind of this site. The articles, war pics, Guard apparel are awesome. I hope this site is maintained constantly because I sure will be spreading the word. Good job.

SSG Eric R. Bishop
Recruiter-KSARNG

GX: Thanks, SSG Bishop. We hope to become THE online source for Guard news and photos.

FOR THE FAMILY

I am married to a Soldier in the National Guard. I like the GX magazine because it not only speaks to the Soldier, but also the families. It gives the families an insight on things. I really appreciate your magazine as a Soldier's wife. Thank You.

Nicole L. Espinoza

GX: Thanks for the kind words, Mrs. Espinoza. We feel the families are as much a part of the Guard Experience as the Soldiers are. Thank you for everything you do to support your husband, and the other brave men and women in the Guard.

PROUD PARENT

Thanks for the update via GXintel, especially the article "48th BCT Readies for Deployment to Iraq" as our son is in that group and getting ready to head to Iraq. May God bless each and every one of us as we continue our love and support to our Soldiers.

Kathy Shubert

GX: Thank you, Mrs. Shubert, for supporting your son, and giving us another reason to be proud of our readers.

NOTE: If you want to receive the best Guard news via email, sign up today for GXintel at: www.gxonline.com/gxintel

APO ADDRESSES

Hey GX! Thanks for the magazines you sent us out here in Kosovo. It really helped us Soldiers in the Guard, that's all of us... and it went over real well... I would also like to personally thank you, and see what it would take to get them on a regular basis for all of our troops... that would be greatly appreciated, if not, anything is fine, thank you.

Charlie Co. 1/160th INF. (M), CAARNG

GX: We are at all times willing to send magazines to our deployed soldiers absolutely FREE. We normally send 10 copies of the current issue to APO requests so the recipient can share with team members.

NOTE: If you want to receive GX at your APO address, sign up today at: www.gxonline.com/apo_subscribe



JUST SAYING HELLO

My name is Kelsey Yeager. My daddy recently deployed with the 278th. I was only five days old when his deployment started. Would you consider putting my picture in your magazine?—Baby Yeager

GX: Hello, Kelsey. Welcome to the world, and welcome to the Guard family.



NEXT ISSUE:

GUARD FAMILIES: A TRADITION OF SERVICE

Photo by TSG Brian Christensen, NCNG

RESPECT THE FLAG

I am very disappointed with the magazine's choice to run the photo on page 22-23 entitled "Star Spangled." A military magazine, of course, must provide balanced and fair reporting through its photos and articles, but it also portrays an example of what our Soldiers and Airmen, their traditions, service and military customs are about. I believe using the flag as a year book is not the message. Beware, and be certain that writing graffiti on the American flag like it's a "Hooters" T-shirt or a football is the message you want to send. Maybe you should run an article about proper handling of the flag; myself, and thousands of my military brothers and sisters can write that one for you, if you wish, from memory.

Most respectfully,

SSG Mike R Smith, USANG
Public Affairs Specialist, Public Affairs

GX: Thank you for writing. You are not alone in your concern over treatment of the flag. We have received several emails reflecting similar sentiments. This is an instance where we were caught between what is proper and what has become common usage. In this case we chose to depict an image that was indicative of a great many of the homecoming photos we have seen.

We understand your concern that this might provide a poor example, but as these Soldiers were returning from risking their lives in service to our nation, we felt it was appropriate to show how they chose to commemorate their safe return home. We were not trying to "send a message" but rather share a common experience, and we regret any perceived disrespect, as it was completely unintentional. When we looked at this photo we did not see disrespect toward the flag, rather we saw a Soldier joyful to be home and equally proud of his flag and the good people who served with him.

Having said that, we are gratified to know that there are people who care enough to take issue with the picture and take the time to express their concerns. Thank you for sharing your views and we sincerely hope that you will continue to read and provide feedback to us about GX. Service members like you help us to make the magazine better and we are grateful.



DISRESPECT, OR PRIDE?

DON'T FALL BEHIND



SIGN UP FOR
GXINTEL

GET THE GUARD NEWS
YOU DON'T SEE ON TV.

SIGN UP AT WWW.GXONLINE.COM

INTHELOOP

NEWS AND EVENTS IN THE GUARD EXPERIENCE



LAW AND ORDER:

GUARD AND AIR FORCE PROVIDE JOINT SECURITY FOR TALLIL AIR BASE

By MSG Lek Mateo

56th Brigade Combat Team Public Affairs Office
Texas Army National Guard

Military policeman of the 56th Brigade Combat Team, 36th Infantry Division, TXARNG, partnered with Air Force's 407th Expeditionary Security Forces Squadron to uphold law and order at Tallil Air Base.

The base is a key air hub and ground logistical supply point that has a growing population of coalition military and civilian personnel living and working at the base.

Just like any small town or city back in the United States faced with urban sprawl, the base sees its share of traffic violations and small crimes.

Army MAJ Ricky Burns, the Deputy Provost Marshal of the Joint Forces Police, who is in charge of maintaining the law and order

on the base, said that this is the first ever joint Army and Air Force mission at Tallil.

“We have a common bond, and that is to uphold the law.”

- MAJ Ricky Burns, Deputy Provost Marshal of Joint Forces Police

“[W]e have one common bond, and that is to uphold the law,” MAJ Burns said.

MAJ Burns explained that before they arrived, the base did not have a system or method in place to deal with crime and traffic infractions because of the focus on performing a combat mission.

The joint team must not only uphold the law but are also the frontline first

ABOVE: SGT Jessie DeLarosa, 56th Brigade Combat Team, 36th Infantry Division, uses a radar gun at Tallil Air Base, Iraq. Army photo by MSG Lek Mateo, 56th Brigade Public Affairs Office.

responders to unexploded ordinances, improvised explosive devices and possible insurgent attacks to the base.

“We are here to enforce the rules and the regulations so that they can have a safe deployment and return home,” said SGT Jessie DeLarosa, an 20-year-Army MP.

The sergeant explained that most citations they issue are for traffic violations because a lot of Soldiers are used to driving at a high rate of speed on the highways to avoid being hit by IEDs and snipers.

“We want people to know that we are here when we perform our patrols,” SGT DeLarosa said. “And hopefully we are deterring unlawful acts on base.” **GX**

DOD BOOSTS ENLISTMENT AGE LIMIT TO 39

By Jim Garamone
American Forces Information Service

The Army National Guard and Army Reserve have raised the age limit for recruits from 34 to 39, Defense Department officials said. The move will add 22.6 million people to those who could potentially enlist in the reserve components, according to Pentagon spokeswoman Air Force LTC Ellen Krenke.

No other reserve component is contemplating such a move, officials said, and raising the age limit on active duty Soldiers would require a change in law.

The idea came from the Army Reserve's translator aide program. That program admits Arab linguists to the service up to age 41.

The new program will run for three years, LTC Krenke announced.

The Army Reserve has recruited 6,230 Soldiers through the end of February. This is 89.7 percent of the year-to-date mission. The Army Guard is at 76 percent of their year-to-date mission, having recruited 16,835 Soldiers. The Guard started the year with a 5,000-Soldier deficit.

The limit to age 34 goes back to at least 1968, but older citizens have been allowed to enlist in the past. Doctors, lawyers and chaplains are allowed to join the officer ranks beyond age 34. **EX**



116TH BCT PROVIDES MEDICAL ASSISTANCE TO IRAQI VILLAGE

Courtesy of the 116th Brigade Combat Team Public Affairs Office

Citizens from Saadonia, Iraq, received medical assistance from Soldiers of the 116th Brigade Combat Team in mid-March during a special medical assessment visit.

The medical platoon from the 116th BCT's, Task Force 163 Infantry and medical personnel from C Co., 145th Support Battalion were there to assess the community's medical needs and provide immediate medical care.

"The people of Saadonia were very appreciative and receptive towards the team," said CPT Heidi Munro C Co., 145th SB. "Every day, their living conditions in Iraq improve."

"Every day, their living conditions in Iraq improve."

- CPT Heidi Munro, C Co., 145th SB

ABOVE: CPT Heidi Munro, of the 116th Brigade Combat Team evaluates a little girl from the village of Saadonia, Iraq, during a medical assessment March 19.

Photo courtesy of the 116th Brigade Combat Team Public Affairs Office

The team saw patients that ranged in ages from newborn to elderly during the assessment. The team discovered widespread diseases and medical issues, such as intestinal parasites, diarrhea, skin conditions, respiratory problems and dehydration.

A total of 150 patients were seen in six hours in the village. There are many disease and medical problems related to the poor living conditions and lack of preventative medicine.

The 116th BCT is playing an important role in efforts to bolster Iraq's medical care delivery system in the provinces of Kirkuk and Sulaymaniyah. The unit's mission also includes supporting the Iraqi government, maintaining security, economic development, and facilitating communications.

American Soldier
 THE ARMY NATIONAL GUARD FREEDOM SALUTE CAMPAIGN
Defender of Freedom

TO PROPERLY RECOGNIZE GUARD SOLDIERS AND THOSE WHO SUPPORTED THEM DURING OPERATIONS NOBLE EAGLE, ENDURING FREEDOM, AND IRAQI FREEDOM, THE GUARD INITIATED THE FREEDOM SALUTE CAMPAIGN.

EACH SOLDIER RECEIVES AN ENCASED AMERICAN FLAG, A SEQUENTIALLY NUMBERED COMMEMORATIVE COIN, LAPEL INSIGNIA, AND A "DEFENDER OF FREEDOM" CERTIFICATE SIGNED BY LTG ROGER C. SCHULTZ, DIRECTOR OF THE ARMY NATIONAL GUARD, AND CSM A. FRANK LEVER, III, 7TH COMMAND SERGEANT MAJOR.



FREEDOM SALUTE CEREMONIES ARE TAKING PLACE ALL OVER THE NATION!

VISIT WWW.VIRTUALARMOR.COM AND CLICK ON LEARN MORE!



GUARD EVENTS

Hot rods, hoops and racing:
 Guard Events are coming to a town near you!
 Come out and support the Guard!

GOT GAME?

You and your team are good. But how good?
 Here's your chance to show them that you're the best.
 Take the Hoop It Up 3-On-3 Challenge!

WHO:

Current Army National Guard Members

WHAT:

Free entry in the Hoop It Up 3-on-3 basketball tournament. Be among the first 10 Guard Hoop It Up teams in your city to sign up!

WHERE:

Check HoopItUp.com for details and locations and make sure you're there!

COMING SOON TO...

Little Rock, Colorado Springs, Denver, Omaha, Kansas City, Minneapolis, Cleveland, Cincinnati, Louisville, Dayton, Des Moines, Fort Wayne, Springfield, Pittsburgh, Austin



EVENTS INFORMATION ONLINE AT GOGUARD.COM

GUARD TRAINS IRAQI CITIZEN EMTs

LTG BLUM PROMOTES MS SPC TO SGT



LEFT: Air Force TSG Troy Moore, Mental Health Technician and EMT instructor, 506th Expeditionary Medical Support Squadron, Task Force Liberty, watches an Iraqi EMT student. Photo by Army SGT Matthew Acosta, 22nd Mobile Public Affairs Detachment

By SGT Matthew Acosta
22nd Mobile Public Affairs Detachment

A new program has been developed to train Iraqi civilians in life-saving emergency medical technician skills.

The first civilian EMT (Emergency Medical Technician) program in Iraq will consist of four individual classes on basic EMT skills.

At Kirkuk Regional Airbase (Forward Operating Base Warrior) medical staff spearheaded the training of 23 handpicked Iraqi civilians in their second EMT class.

"[T]his course has two main goals," said CPT Jeremy Ostermiller, program coordinator, Company C, 145th Support Battalion, Idaho National Guard, Task Force Liberty. "One (goal) is to teach the basic EMT skills to civilians so they can treat casualties."

CPT Ostermiller said the second goal is to have the three highest graduates from

each class return as assistant instructors with the next class. Eventually the entire program will be turned over to them.

During the two-week course, Iraqi students are taught the same basic life-saving skills as students are taught in the nationally-registered EMT course in the United States, including cardio-pulmonary resuscitation, first aid, trauma management, intravenous injections, injury dressings, splinting, joint immobilization and childbirth procedures.

"Because this is the first EMT program taught in Iraq, there are no textbooks written in Arabic available to the students," CPT Ostermiller said. "We have some slides with both Arabic and English translations on them now describing some procedures."

"Because this is the first EMT program taught in Iraq, there are no textbooks..."
- CPT Jeremy Ostermiller, program coordinator

After the training period, the students were given a 100-question written exam and a practical exam consisting of several injury stations.

The Iraqi EMT students graduated April 2 with three honor graduates, presented with U.S. military combat life saver medical kits as a reward. **GX**



By MSG Bob Haskell
National Guard Bureau

Beside headquarters of the MSARNG's 155th BCT in Iraq, LTG H Steven Blum, chief of the National Guard Bureau, opened his knife, cut a SPC insignia from (now) SGT Richard Anthony's collar and promoted him to SGT on the spot after hearing how SGT Anthony had helped save the lives of four Soldiers the day before. LTG Blum made it clear that someone should get on with processing SGT Anthony's paperwork.

SGT Anthony, a military police Soldier, was traveling in a convoy when the Humvee behind him struck an antitank mine. The blast shredded the front of the vehicle.

"I looked back and that Humvee came out of a cloud of dust and smoke and rolled on its side," SGT Anthony recalled. "We all ran back to help and saw four Soldiers lying all around it. They had all been thrown from the vehicle."

"Everything happened fast," he added. "By the time we got the tourniquets on, the helicopters were there and took them away. All four of them lived. I'm glad we could save them."

LTG Blum credited the Soldiers' combat medical training with making the difference. **GX**

ABOVE: SGT Richard Anthony is promoted on the spot by LTG H Steven Blum in Iraq. Photo by MSG Bob Haskell, National Guard Bureau

IN THE LOOP

THE NEXT GREATEST GENERATION



“I’M CONVINCED
THAT CLEARLY ONE OF THE
REASONS PEOPLE WANT TO JOIN
NOW IS THAT THEY UNDERSTAND
THAT THIS NATION
IS AT RISK RIGHT NOW.

THE STAKES ARE VERY HIGH AND
THEY WANT TO DO THEIR PART.

IN MANY RESPECTS, THIS IS
THE NEXT ‘GREATEST
GENERATION.’”

- GEN RICHARD B. MYERS,
JOINT CHIEFS CHAIRMAN,
4/5/05, PORTSMOUTH, VIRGINIA

GREAT SITE: GOVBENEFITS.GOV

Search online for benefits you
may be eligible to receive.

GovBenefits.gov is a free and
confidential website that provides
information on several govern-
ment benefit programs.



 www.govbenefits.gov

★ **MYGX**
MY GUARD EXPERIENCE

SSG JAMES HOLLON

CO B 136TH SIGNAL BN JFTX, TEXAS
TRAINING NCO/AGR JOINT FORCES TEXAS-LAND
XMSN SYS TEAM CHIEF MOS-25Q30



AGE: 42
SERVICE: 5 years, TXARNG
EDUCATION: Associate Degree
in General Studies
DEPLOYMENTS:
Never deployed

“It’s a blast! Always
challenging and different
opportunities to excel.”

Why did you join the Guard?

To continue my military career after leaving
Active Duty with the U.S. Navy.

If you could tell someone who is considering joining
the Guard one thing, what would it be?

It’s a blast! Always challenging and different
opportunities to excel. Opportunitites to serve
and support your local community during times
of natural disaster, and your nation during times
of war. **GX**

HOMETOWN: New Braunfels, TX
FAMILY MILITARY HISTORY:

The men in my family have all served in the military
since the American Revolution.

SHARE YOUR GUARD EXPERIENCES! GO TO:

 www.gxonline.com/mygx

HISTORY HOLDS MANY MEMORABLE MOMENTS



LET YOURS
BE ONE
OF THEM



THE ARMY NATIONAL GUARD IS LOOKING FOR SOLDIERS WILLING TO SHARE THEIR PERSONAL STORIES OF HOPE, HONOR, & INSPIRATION WITH THE WORLD.

YOUR STORY COULD BE JUST WHAT WE'RE LOOKING FOR
to be broadcast around the globe on XM Satellite Radio in a series of Public Service Announcements.

SEND US YOUR STORY



Send 50 words or less to SFC CHRISTOPHER CURTIS,
christopher.curtis@ngb.army.mil



PLEASE INCLUDE:

NAME :: RANK :: UNIT

PHONE NUMBER :: EMAIL ADDRESS

DEADLINE FOR STORY SUBMISSIONS IS JUNE 15, 2005.





BEDFORD BOYS: SOLDIERS CARRY ON TRADITION OF FOREFATHERS

By SGT Jennifer S. Emmons, USA
American Forces Press Service

The Army is rich in history and tradition, and the Soldiers of the unit known as the “Bedford Boys” know they have much to live up to.

Company C, 3rd Battalion, 116th Infantry Regiment, is made up mostly of Soldiers from Bedford, VA. During the invasion of Europe on D-Day, June 6, 1944, this National Guard unit was among the first to hit Omaha Beach.

In the first moments of the bloody battle, 19 Soldiers from Bedford gave their lives for their country. The town lost more servicemembers per capita than any city in the United States. Since then, the Soldiers of this company have been known as the Bedford Boys. “This is the first time the unit has deployed since World War II,” said SSG Ken Asbury, a Company C squad leader. “It’s great to be part of helping a

country get out of the poverty it’s been in for hundreds of years.”

Bedford residents and veterans are proud of their Bedford Boys. “The battalion has received 60 percent of the mail that comes into (Bagram Air Base),” said SSG Asbury. “Out of that, Charlie Company has received about 60 percent.”

“[W]e are going to do the best we can to accomplish the mission, because that is what we do.”

**- 1LT Steele McGonegal,
executive officer of Company C**

“When we got the orders to mobilize, the executive officer of the original Bedford

ABOVE: Army 1LT Jonathan Toland, a member of Company C, 3rd Battalion, 116th Infantry Regiment, pulls forward security during a stop on a patrol in Ghazni province, Afghanistan.

Photo by SGT Jennifer S. Emmons, USA

Boys came and shook all the Soldiers’ hands,” said 1LT Steele McGonegal, executive officer of Company C.

With so many past heroes coming from the unit, the Soldiers feel a sense of duty to do well for their community. “We’re professional, and we are going to do the best we can to accomplish the mission, because that is what we do,” 1LT McGonegal said.

“It’s important to do the best we can for the guys to our left and right,” said SGT Walker. “It’s almost as important to be able to go home at the end of this (deployment) and be able to look at the people in the community and say, ‘Yes, your boys did good work.’” **GX**



70 'WAR RAVENS' OF 81ST BCT STAY IN IRAQ

By LTC Harry González
and 2LT Connie Woodyard
Courtesy of Army News Service

“I still have more to give.”

- SPC Jayson Howell, 81st BCT

More than 70 Soldiers of the Washington National Guard's 81st Brigade Combat Team volunteered to remain in Iraq after their comrades returned home.

These veterans of Operation Iraqi Freedom II are sharing their skills and knowledge with the 29th Brigade Combat Team of Hawaii, which assumed the missions of the 81st Brigade in February.

During OIF II, the Army offered Soldiers the opportunity to remain in theater for another tour. The 81st BCT and 29th BCT struck an agreement that the Soldiers who remained would stay with the 29th.

“I put on this uniform because I believe that individuals have an obligation to serve something greater than themselves,” said SPC Jayson Howell, who remained in Iraq with the 29th BCT. “I still have more to give, so I stayed.”

SPC Jonathan Laureles felt upon arrival he belonged so much, he told his buddies he wanted to stay for another tour. His friends told him to wait a few months to see if he still felt the same way. He waited and still wanted to stay. Even now, at the beginning of his second tour, he is considering a third.

Some of the Soldiers have volunteered twice for the deployment. SGT Jonathan

Spatig served as the battalion sergeant major's driver and as a door gunner during OIF II. He was an interstate transfer from Arizona to deploy with the 81st BCT and volunteered to stay for a second tour.

“At first,” he said, “the motivation was financial, but because of my years of service, I was not entitled to any re-enlistment bonuses. I don't mind though and I feel good about what the United States is doing for Iraq. My family supported my decision.”

The Soldiers all shared that their families and friends were supportive of their decision.

Ten Soldiers of the 81st BCT that remained for the second tour were assigned to Task Force Konohiki to share their skills with the Soldiers of the 210th Battalion, 4th Brigade of the Iraqi National Guard. In their new roles, they are training the Iraqi Soldiers in more advanced soldiering skills, building on the lessons learned during OIF II under the leadership of Task Force Chinook of the 81st BCT.

“Each Soldier from the 81st BCT brings highly valued experience and lessons learned from his or her previous year spent in the OIF theater ... [enhancing] the overall proficiency across our Task Force as a whole,” said MAJ Robert Harris, commander of Task Force Konohiki. **GX**

“I feel good about what the United States is doing in Iraq. My family supported my decision.”

-SGT Jonathan Spatig, 81st BCT

MAKE YOUR VOICE HEARD

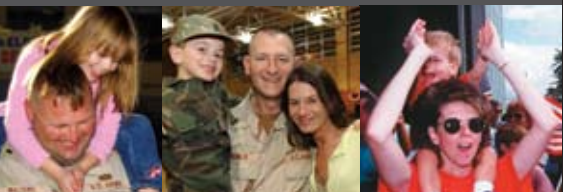
ARMY NATIONAL GUARD FAMILY SURVEY

The 2005 Army National Guard Family Survey is now available on the Virtual Armory.

Take the opportunity to give your opinion on your experience in the Army National Guard.

Visit www.virtualarmory.com, take the Family Survey, and help shape the future programs that impact the lives of Army National Guard soldiers and their families.

 www.virtualarmory.com



TX SGT RALLIES AID FOR GIRL WITH CARDIOMYOPATHY

By Chief MSG Gonda Moncada
Texas National Guard Public Affairs Office

A Texas National Guard recruiter who was trying to give a high school student a career instead helped give her a new lease on life and bring hope to her anxious mother.

SSG Michael Lindsey, noticed a high score during a review of Armed Services Vocational Aptitude Battery results. He decided to call the teen who had scored so well and talk to her about a career in the Texas National Guard.

Kendra Bailey, an 18-year-old native of Gorman, TX, answered that phone call.

Kendra started crying and handed the phone to her mother, Sally Saldana.

Mrs. Saldana relayed to SSG Lindsey that Kendra had been diagnosed with cardiomyopathy so severe that her heart could stop beating at any time and that military service would be out of the question.

She explained that a routine sports physical revealed arrhythmia. A biopsy also revealed that she suffered from a spongiform heart disease. The doctor's prescription: no exertion, no exercise and no sports.

Incredibly, the doctors told Sally that her daughter could live 20 minutes, 20 days or 20 months but that she did not qualify for a heart transplant.

SSG Lindsey kept thinking about Kendra even after he finally hung up, but because he put in his computer that Kendra would not be eligible for military duty, the system automatically erased all her data, and the next day he could not remember her number.

Not long after that phone call, SSG Lindsey and PFC Cowgell went to Gorman for a

presentation at the high school and stopped at a convenience store. The clerk was Kendra's mother.

SSG Lindsey and Mrs. Saldana continued their conversation where they left off, and she told him that since a pacemaker is too risky for Kendra, the doctor suggested an external defibrillator and even gave her a prescription for one. However, Kendra's health insurance would not pay for the defibrillator.

SSG Lindsey's wife, a cardiologist, gave him some information about companies manufacturing external defibrillators. They

“[Y]ou have a National Guardian angel, Kendra.”

- Kendra Bailey's best friend

finally hit on Phillips Medical Corporation, which donated the AED, or automatic electro defibrillator, to Kendra; the device would have cost \$5,000. Furthermore, Phillips promised to look into placing Kendra on the heart transplant list.

The AED arrived at the recruiting office one week later. SSG Lindsey delivered the AED and taught Mrs. Saldana, Kendra's family, friends, and fellow students how to operate the device. Kendra's best friend said, “You don't have a guardian angel; you have a National Guardian angel, Kendra.”

When SSG Lindsey told Kendra about the opportunity to get on the heart transplant list, it seemed that they would finally run into a snag. Sally had tried many times to convince Kendra to fight to get on the list, but Kendra's reply had always been: “No, this is the hand God dealt me ... He will



ABOVE: (l-r) Sally Saldana, SSG Michael Lindsey, Kendra Bailey (with her automatic electro defibrillator) and PFC Shaun Cowgell in Stephenville, Texas. Photo by Chief MSG Gonda Moncada

not take me before my time.” So now it was SSG Lindsey's turn.

SSG Lindsey explained, “If we get you on the transplant list and you pass before getting the transplant, that is God's will, but if you don't, then you have accepted the help God sent you.”

Kendra replied, “I never thought about it that way,” and agreed to consider the heart transplant with one stipulation: “as long as I don't get a heart that somebody else needs more.”

“These two ladies [Kendra and Mrs. Saldana] have incredible courage and incredible faith,” SSG Lindsey said. **GX**

DONATE:

If you can help Kendra with either medical services or funding, please contact:

SSG Michael W. Lindsey

✉: michael.lindsey@tx.ngb.army.mil

☎: 254-965-5222



IRAQI TIP LEADS SOLDIERS TO TERRORIST SAFE HOUSE

Courtesy of Army News Service

An Iraqi teenager's tip helped Task Force Baghdad Soldiers discover an insurgent safe house and take a terrorist into custody.

Soldiers searched the Baghdad house the tipster reported and found two sets of U.S. Desert Camouflage Uniforms, one rocket-propelled grenade sight and terrorist propaganda. The unit also detained and questioned a suspect at the site.

"This is just an example of how people are starting to feel safe and secure enough to provide us with information," said CPT Aaron Duplechin, commander, A Company, 3rd Battalion, 156th Infantry Regiment, 256th Brigade Combat Team.

"All residents ... are encouraged to help Iraqi Security Forces rid the streets of crime by calling or e-mailing the TIPS hotline," said LTC Clifford Kent, a Task Force Baghdad spokesperson.

ABOVE: SGT Sam Emery scans high while traversing through a market in Baghdad last month while on a cordon and search mission with the Iraqi Army. Photo by SGT Thomas Benoit.

UNIT CREDITS TRAINING IN OVERCOMING 27 INSURGENTS



ABOVE: Army SFC Marshall Ware and CPT Todd Lindner, platoon sergeant and commander of the Richmond, KY-based 617th Military Police Company, respectively.

Photo by Donna Miles.

By Donna Miles
American Forces Press Service

A Kentucky National Guard unit is being credited with responding in "textbook" fashion during an ambush in March, killing 27 insurgents and capturing a sizable weapons cache and valuable intelligence.

CPT Todd Lindner, commander of the Richmond, KY-based 617th Military Police Company, credits his unit's dogged commitment to training and unwillingness to cut corners with preparing his Soldiers for the firefight along an alternative supply route about seven miles southeast of Baghdad.

Three squads from the 617th MP Company were providing security for a convoy along

"These guys rock."

- CPT Todd Lindner, commander

the supply route when it came under attack by 40 to 50 insurgents armed with rocket-propelled grenades and automatic weapons.

The Soldiers positioned themselves between the convoy and the attackers, "putting down a heavy volume of fire" and flanking the enemy.

"They were armed to the teeth and looked like they were ready to fight for a long time," CPT Lindner said of the insurgents.

Ultimately, the unit killed 27 of the insurgents and captured several more. After the attack, they recovered a cache of RPGs, rockets, machine guns, assault weapons, hand grenades and ammunition.

Three unit Soldiers were wounded, two seriously.

"This proves what we've been saying all along: These guys rock," CPT Lindner said of his Soldiers.

"We had been training for this mission for the last year before we got here," he said. "Once we knew we were coming (to Iraq), we changed our training to focus specifically on this mission."

Equally critical, SFC Marshall Ware said, was the unit's strict adherence to standards — conducting precombat inspections, making sure weapons are clean, and requiring use of body armor, Kevlar helmets and eye and hearing protection.

"You can't completely take the risk out of what we're doing, but you can mitigate it," SFC Ware said.

SFC Ware, who served 10 years on active duty before becoming a full-time National Guardsman, said he came to the Guard with prejudices that its members played second string to the active force. But he said the Guard members he worked with quickly proved him wrong. "They're as good as any other active duty unit." **GX**

USAA KNOWS WHAT IT MEANS TO SERVE

Courtesy of USAA

Penny Anderson, Combat Stress Control NCO in the TXARNG, spent eight months in Bosnia helping fellow soldiers deal with the pressures of deployment. All the while, she knew her kids and husband faced pressures of their own. But Penny's employer, USAA, was looking out for them.

"My husband received calls from USAA to see if he had any questions, or if he needed anything," says Anderson.

As an employer and a financial services provider, USAA has a reputation for helping military families through deployments and other life-changing events.

USAA also offers financial planning, home and life insurance, banking, and investments. USAA provides products and services that other companies do not or cannot offer, such as life insurance policies without war exclusions and the option of deferred mortgage payments for deployed Guard and Reserve members.

"Everything we do at USAA – and every product we offer – is built around meeting the financial needs of the military community," says Bob Davis, USAA's chairman and chief executive officer.

The same focus applies to the way USAA supports its own Guard and Reserve employees, both in the workplace and the line of duty. Earlier in 2005, USAA was affirmed at the 5-Star Level of Support by the National Committee for Employer Support of the Guard and Reserve (ESGR). This is the highest ESGR designation available.

When Guard and Reserve employees are called to active duty, USAA provides a "Deployment Preparedness Kit," containing everything from power of attorney documentation to a pre-paid phone card. Most importantly, USAA's Guard employees know their families will be taken care of through USAA's policies for differential pay and continuing benefits.

For financial assistance, call:

 **800.898.7389**

For employment information, visit:

 **www.usaa.com**



SFC JON CRAWFORD

PAARNG RECRUITING AND RETENTION, PENNSYLVANIA
AGR
MEPS GUIDANCE COUNSELOR



AGE: 35

SERVICE: 5 years, PAARNG

EDUCATION: 13 + Years of education

DEPLOYMENTS:

Saudi Arabia 8 and a half months

"Belong to something that gives you something to believe in"

How did you feel about your service after returning home?

I am proud to serve.

Why did you join the Guard?

To serve the community.

If you could tell someone who is considering joining the Guard one thing, what would it be?

It is an opportunity in your life to belong to something that actually gives you something to believe in. **GX**

HOMETOWN: Red Lion, PA

FAMILY MILITARY HISTORY:

1987-2000 Regular Army, 2000 thru present PAARNG

SHARE YOUR GUARD EXPERIENCES! GO TO:



www.gxonline.com/mygx



PRIDE RESTORED

Kabul, Afghanistan

Cadets from the first class to graduate Basic Training swear in to the National Military Academy of Afghanistan, March 17, at the NMAA Parade Ground near Kabul, Afghanistan.

Photo by U.S. Army SGT Joe McFarren





RECON

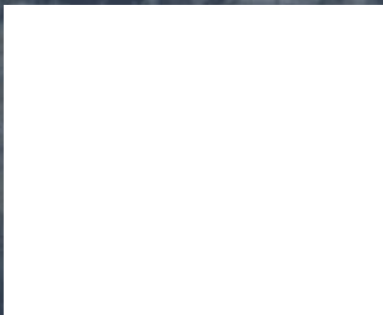
DUCK AND COVER

Al Asad, Iraq

A massive sand storm cloud is close to enveloping a military camp as it rolls over Al Asad, Iraq, just before nightfall on April 27, 2005.

DoD photo by CPL Alicia M. Garcia, U.S. Marine Corps

ESTIMATED HEIGHT OF THE DUST WAVE: 4,000 - 5,000 FEET





HUNTING INSURGENTS

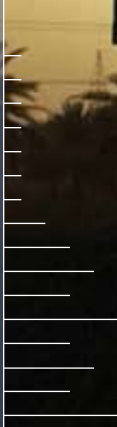
Al Iskandariyah, Iraq

Soldiers from 1st Battalion, 155th BCT, MSARNG and Marines from the 2nd Air Naval Gunfire Liaison Company, search for insurgents who launched mortars at them near Al Iskandariyah, Iraq.

Photo by PAO MAJ Mike Brady.



DISTANCE FROM IRAQ TO JACKSON, MS: 7041 MILES





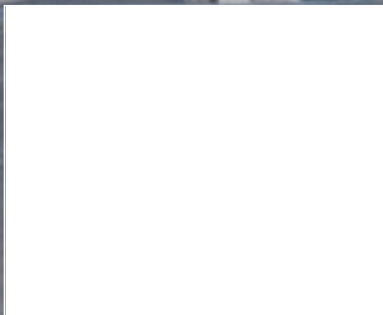
AIR MAIL

Kandahar Province, Afghanistan

Coalition Forces from D Company, 113th Aviation, Reno, NV, drop leaflets over Kandahar Province, Afghanistan. The leaflet drop is the first of three phases of Coalition Forces disrupting Taliban attempts to establish a presence in the province.

U.S. Army photo by SPC Johnny R. Aragon

DISTANCE FROM AFGHANISTAN TO RENO, NV: 7299 MILES





RECON

PATRIOTISM



**FREEDOM
ISN'T
FREE**

by
Jason
West

Photos courtesy the Soldiers and their families

IN AMERICA, PATRIOTISM is more than just the love of our country. True Patriots love more than the mountains, rivers, and cities that comprise the land we call the United States. True Patriots love the noble ideals that America was founded upon and continues to strive for today: Liberty, Justice, and Freedom. Patriots are willing to sacrifice, not just to preserve these great blessings for themselves, but to share them with people around the world.

Unquestionably, those who volunteer to risk their lives in the service of their Nation are the purest example of the virtue of Patriotism. They recognize that the rights and privileges we enjoy did not come to us without cost, and they cannot be preserved without sacrifice and toil. However, no Soldier serves alone. For every parent who leaves behind the comforts of home to answer their nation's call, there is a spouse who carries the

extra share of the load. For every son or daughter who volunteers, there are parents who reach out to support.

Guard members and their families understand that Freedom isn't free, because they are the ones who have chosen to make its preservation their personal mission. The sacrifices required to push back tyranny and spread freedom are never easy, and sometimes proud, strong public faces hide personal fears and worry. There is strength to be drawn from knowing that others share the same fears and concerns; in knowing that others have given as much and persevered. The Guard truly is a family, and no member is ever completely alone.

GX asked readers to share their stories of Patriotism and sacrifice. The accounts that follow are just a few characteristic examples. >>

"I AM AS PROUD TO BE A SOLDIER TODAY AS I HAVE EVER BEEN, I AM AS PROUD OF THE ARMY AS I EVER WAS, AND I AM AS PROUD TO BE AN AMERICAN AS I CAN BE"

- SSG TROY HALEY, NYARNG

AMERICA

TIME

Despite the extra effort required as a functionally single parent, SSG Rios has nothing but praise for his wife's choice to serve, "I am extremely proud of my wife and all that she has endured. First by putting up with the hours I give to the USAR. Second by turning around and joining to make even more of a difference... I support her 100%."

1LT Rios offers similar praise of her husband's parenting of their three children, Michael Anthony Tamez, 17, Malysa Amanda Rios, 13, and Mark Andrew Rios, 11: "My husband is the best mom for our children that I could have asked for. It's a juggling act." Communication seems to be the key to the mutual support in the Rios family. Emeterio related that, "The kids have read emails from their mother and spoken to her on the phone... So I think they have been OK. They understand the danger and commitment to service. I at times worry, but that is only human nature."

When asked what they felt like they had sacrificed to serve their nation, they both agreed, "Time." "Simply put, time apart," responded SSG Rios, "sharing our lives together." "Leaving my family has been the hardest thing I've ever done," conceded 1LT Rios.

As far as what had been gained through this sacrifice, both were equally clear. "She is leading by example, not only to our kids who see mom and dad in uniform, but to all the other people around us. It's a sacrifice that's worth the effort. It shows we can all make a difference if we really want to."

1LT Rios reported, "I joined because I wanted to be part of the solution. It's very rewarding to be helping the people of Afghanistan. This has been an experience I will never forget. I will be one of the old ladies in the nursing home telling war stories." As for the danger she faces, "I thank God for every morning that I awake to. Should I not make the next sunrise, I could not have asked for a better way to go—serving my country."



ABOVE: Carrie Watson gives her husband, SPC Blue Watson, a farewell kiss. He is expected to return in March 2006.

THE MOST COMMON AND BASIC sacrifice made by Guard Soldiers and their families is time. Time spent training or on deployment is time away from home, time away from family, time away from careers and everything else that makes up "normal" life.

CARRIE WATSON

During two weeks of training at Ft. Hood, SPC Blue Watson, TXARNG, along with some of his fellow soldiers, was asked if he would be willing to go to Iraq with another company that was shorthanded. His wife Carrie said he was quick to respond, "Being the true American soldier that he is, of course he said yes, along with every other man standing with him. Blue has always been a soldier, even before he became one. He has always felt it is his duty as an American to serve his county."

Carrie is not the only family member to express pride in her husband's service. Their two daughters, Amber, 12, and Cassandra, 8, "are so proud that they're the first to tell someone 'my dad can't be here, because he's in Iraq.'" Their father's absence has left an empty place in their lives, "For my daughters, it's that he can't coach Cassandra's soccer team anymore and Amber misses the way he would give her a hard time about the boys at school... But the most touching thing to hear them say, while other children are complaining about their dads' grounding them or getting mad at them, is 'I wish my dad were here to ground me or get on to me for something'... the things you miss when they're gone."

When asked about how she was dealing with her husband's absence, she admitted that it hadn't been easy and that sometimes she felt alone, "I have read so many stories, the book *The Soldier's Wife* and so on, and none of them sound like my story. The one's I've read make it sound so easy to take over where your husband left off... I haven't heard anything about the children's emotions or how they stay up until 2 a.m. trying to deal with it..." Despite the hardship, she seems to be bearing up, "I have to stay strong and stand tall. I have our daughters to raise."

SPC Watson left home on August 18th, 2004 and is due home in March 2006.

Carrie feels some trepidation about how things will be when he returns, "I know he will be a different person. I basically feel that life as we knew it before Iraq is over. But as long as there is life after Iraq, then we'll get through it because we are Americans and we are strong people."

1LT SANDRA RIOS, TXARNG SSG EMETERIO RIOS, USAR

1LT Sandra Rios (TXARNG) and her husband SSG Emeterio Rios (USAR) knew that as a dual military family, it was only a matter of time until one of them was activated. As it happened, it was Sandra who was called up to serve in Afghanistan, leaving Emeterio to raise their three children and keep up with his studies as a full-time mechanical engineering student.

RIGHT: From left to right—SGT (now 2LT) Chad Daniels, SGT Theresa Lagerstam, CPT Mike Deer (in the far back), SPC Daniel Fessler, and MAJ Robert Wilkinson.



MAJ ROBERT WILKINSON, ILARNG

In the wake of the tragedy of 9/11, most Americans supported Operation Enduring Freedom, but Operation Iraqi Freedom (OIF) has caused a deep divide among many in our country. In the case of MAJ Robert Wilkinson, ILARNG, his firm belief in service to his nation, a moral disagreement with his wife over OIF and the stresses of deployment proved too much for their marriage.

RELATIONSHIPS

MAJ Wilkinson wrote, “My wife feels that war isn’t the way to solve problems. She understood that my deployment to Afghanistan was directly related to attacks on America and it was morally justified in her mind. But when the Commander in Chief ordered our forces to prepare for war in Iraq, she became increasingly opposed to the war.” When they learned that he would be deployed in support of OIF, “She asked me to get out [of the Guard]. I just couldn’t—not now—not when I was needed the most. That disagreement fractured our bond. That crack became a chasm as time and distance took its toll.” His wife filed for divorce once he had returned home, saying that she never wanted to be alone like that again.

The MAJ offered his story, not as an attack on his wife, but rather in response to the question of what he had sacrificed in his service. Despite the loss of his marriage, he feels he made the right choice, “I don’t think I would do anything differently if I could do it over again.” The only other cost that he thought was worth mentioning was time away from his son, but “one day, when he is older (perhaps after becoming a parent himself), he will realize that I made the sacrifice for his benefit as well as the greater good. The long hours, extra weekends, extra duty and deployments are all part of keeping America strong, deterring our enemies and defending our way of life. I enjoyed a wonderful way of life when I was growing up thanks to those who served before me. I hope one day my son will appreciate the fact that his Dad made things better for him.”

DONNA BARNETT

Donna Barnett, wrote to share her son’s story and in the process offered a powerful description of a mother watching her son become a Soldier.

“I have only one child, SPC Jamison Chase Fugate, KYARNG. It’s been just the two of us since his father and I divorced when he was only nine years old,” began Ms. Barnett’s letter. She said that following 9/11, her son felt compelled to do something. Since he was 17 at the time, the Guard was his only option. He decided to join during his junior year in high school. Like many parents, Donna was fearful for her son’s safety, “I didn’t support my son’s decision at first. I cried, pleaded, attempted to bribe, but he was determined... Please don’t misunderstand me. I am proud of my son. I believe he made a very noble choice. His heart was, and is, in the right place. He enlisted for the love of his country. He’s proud to be an American.”



ABOVE: SPC Jamison Fugate with his grandmother, Betty Watts (left), and his proud mom, Donna Barnett.

is... He explained that he’d be the guy on top of the Humvee with the .50 caliber.” Learning that her son would be in what

she felt was a very vulnerable and dangerous position came as an almost physical blow. After protecting and watching over her son for all of his 20 years, he was “facing the most potentially dangerous situation of his life and there was absolutely

nothing I could do but watch and pray. It was frustrating.”

“In the midst of all the anxiety and anticipation, my son never wavered. He was anxious to go and do what needed to be done.” During the pre-deployment training,

FAMILY

As rumors of deployment began to circulate through Chase’s unit in the spring of 2004, Donna became more and more anxious. Soon, the word came down: Chase would be deploying to Iraq. “Then came the day he was given his assignment: Gunner. He asked me if I understood what a gunner



SEPARATION FROM FAMILY is a clear and commonly recognized cost of service. Dennis Hammer, INARNG (retired), shared the story of his son's less obvious sacrifice.

DENNIS HAMMER, INARNG (RET)

CPT Jeffery Hammer (INARNG) “has always been a very patriotic person. During his freshman year at Purdue University, Operation Desert Storm was conducted and he decided that he wanted to join the military.” Following in his father’s footsteps, he joined the Army National Guard. After returning from basic, “his unit put him up for the Soldier of the Year competition, which he won... He decided to sign up for the ROTC program at his school.” After Jeff was commissioned as a 2LT in Military Intelligence, he entered a full-time Guard program supporting local state and federal law enforcement in the war on drugs—a position he held until his activation for duty in Afghanistan.

He deployed along with the rest of Task Force Phoenix III in July 2004. While there, he has taken on additional projects to help the local citizenry. He coordinated with an old family friend, a school teacher named Gwynda Eversole to collect school supplies for Afghani children. He worked with a police district in Kabul to help them obtain handheld radios as well as computers and office equipment to modernize their operations. His latest project is trying to get money appropriated for reliable flashlights because the lack of outside lighting makes night patrols dangerous and difficult for street officers.

What has a bachelor and career officer sacrificed? “Jeff would love to find someone to settle down with and raise a family, but that is hard when you dedicate yourself to the military.” He father explains, “Jeff has always loved children and felt a need to have close family ties. He has even set up a special kids’ room in his bachelor pad where he enjoys having his married friends and family visit with their kids... Jeff made our whole family promise to use his house while he was overseas because he wanted to feel that he was still an active part of our family... I feel he has made sacrifices in his own right, though they are much different than the sacrifices typically made by military personnel with a spouse and children. He has sacrificed having that family so that he could better serve the Guard, his community, and his Country.”

BELOW: CPT Jeffrey Hammer with his favorite niece, Samantha K. Parrish.



ABOVE: SPC Jamison Fugate (left) with his best friend, Josh Neace.

Chase constantly assured his mother that he would use caution and wisdom. He encouraged her to begin preparing for the separation as well. “My son amazed me. Even with the burden he has to bear, he was assuming my burden. If it were possible, I became even more proud of my son. It was then that I realized I had to find a way to embrace his situation positively. His burden was by far the greater one to bear; I wasn’t going to add to it.”

AS HE EMBRACED ME, HE SAID, ‘WE HAVE TO SAY GOOD-BYE NOW, MOM. I’LL CALL AS SOON AS I CAN. I LOVE YOU.’

Chase and his unit headed to Ft. Dix, NJ in January to prepare for departure. On Valentines Day, their last day before departure, the commander invited the families to the barracks. “I noticed such a difference in my son at Ft. Dix... It was as if he’d established his independence, become a man overnight. I embraced this with mixed emotions. I felt I’d lost my baby boy, yet found comfort in knowing he’d become a mature soldier.” Finally, the time came for the troops to prepare for departure. “It was that strong confident soldier who strode down the sidewalk toward me. As he embraced me, he said, ‘We have to say good-bye now, Mom. I’ll call as soon as I can. I love you.’ As he walked away I called ‘I love you’ one more time. He stopped and waved before he disappeared into the barracks. Again, my son did me so very proud.”

RIGHT: CPT Jeffrey Hammer (center) with his proud mother, Barbara, and Dennis Hammer, father and retired member of INARNG.



**EVEN IN THE SMOKE OF A WILDFIRE
OUR MISSION IS CLEAR:
TO PROTECT AMERICA**

Whether it's a wildfire in the west, a hurricane in the Gulf or flooding in New England, the Guard responds. When disaster strikes, Americans count on the skilled personnel of the Army National Guard. If you want to

pursue a career as a firefighter, police officer or mechanic, you can get the education and training you need to perform at the highest level. To learn more, contact us today, by phone or on the web.

www.1-800-GO-GUARD.com



YOU CAN

Join the National Guard
visit us at
www.1-800-GO-GUARD.com

ALTHOUGH 1LT ED SALAU and SGT Andy Butterworth (NCARNG) “sacrificed wonderful military careers doing what we loved to do... serving our state and our country”, they gained a strength they never knew they possessed.

**1LT ED SALAU, NCARNG
SGT ANDY BUTTERWORTH, NCARNG**

1LT Salau wrote that while on patrol one day, “I was platoon leader. ‘Butter’ was my gunner in my Bradley. I trusted him with my life before I learned exactly what that meant.” The platoon was ambushed and their vehicle was hit by two rocket-propelled grenades. “One penetrated the seam between the turret and the hull.” It wasn’t until the two decided to ditch the vehicle because of an inoperative turret that they realized they had been hit. Ed had lost his left leg and Butter had lost his right. The two got out, started applying self aid, and called for the medic. Two combat life savers, SGT Stacy and SPC Ransom treated SGT Butterworth, while the medic SGT Wallace aided 1LT Salau. SGT Butterworth had lost a significant amount of blood and SPC Ransom was having difficulty admin-

BELOW: SGT Andy Butterworth (left) and 1LT Ed Salau with their wives Katie and Terri, respectively, at the homecoming of their platoon to Fort Bragg.



**LIFE &
LIMB**

istering an intravenous drip. Butter calmly explained the necessary steps to the difficult procedure. “When I say he was calm, I need readers to understand he did not raise his voice; he just simply explained how to accomplish the task as he looked on like an evaluator,” Salau emphasizes. “SPC Ransom was very proficient, but SGT Butterworth had the expert skill critical to saving his own life.”

After medevacating to LSA Anaconda and then to Germany, the two found themselves in rehab together, sharing a hospital

room. “I noticed that the NCO in him was very much alive, he had to be better than the LT and I couldn’t let that happen... Each of us has a commitment to excel, and that makes us stronger. Butter motivated me to get better... medically and otherwise. Our wives joked that we would wound innocent bystanders while we raced our wheelchairs through the hallways.” The two friends competed to complete every significant milestone in recovery. 1LT Salau grudgingly admitted that his SGT had managed to be discharged from the hospital one day earlier.

Neither man sees himself as held back by a disability, but rather as motivated by their newfound strength. “Our futures are bright, mostly because we each have the love and support of our families.” SGT Butterworth wrote, “So now its back to life, even with one leg, I plan on accomplishing all of my goals to include an outstanding career as a football official, hopefully up to the pro’s, but the collegiate level at least.” Looking to the future, 1LT Salau says, “I have some dreams and I will pursue them with the same fire and vigor I realized during my rehab. I am excited about what the future holds for the Butterworths and my family. We are all definitely stronger now.”



FINALLY, SFC LELAND LESHAR forwarded emails he had received from SSG Troy Haley (NYARNG). For those who receive most of their information about the Global War on Terror through the distorted lens of mass media, Troy’s emails provide an insightful, often moving take on the real story in Iraq.

In his letters, SSG Haley sometimes laments the negative coverage that is being fed to most Americans. In particular, he finds it sad that families at home may never know of the deep and abiding good their soldiers are doing while overseas. He comments, “I can only say that slowly and surely we are winning this war... Freedom is now becoming a Muslim word... There is a real possibility of peace in the Middle East, and that will be a great legacy of the soldiers that have been lost...” and in a later message, “This war is being won. Despite what some talking head on TV may say. Every day, little victories take place... Every day, a new Iraqi stands up and decides to stay in the fight.”

He even tells the story of one Iraqi translator and that man’s decision to stand against those who would destroy his nation’s chance at freedom. The Iraqi came to SSG Haley to resign from his job as an interpreter. Interpreters are often targeted by insurgents and the man was understandably afraid. However, since arriving in Iraq, Troy’s unit had lost 12 soldiers and no interpreters, so as Troy put it, “I was not as sympathetic as he had hoped I would be.”

SSG Haley spoke with the man for over an hour and showed the Iraqi the unit’s memorial wall where they had hung pictures of

each soldier who had been killed. As Haley explained, "The only way this country, this nation is ever going to succeed in this fight... was for the Iraqis to take up the fight, and to protect their homeland. I told him the men on the wall gave him and his nation a tremendous gift and because of their sacrifice, his nation had an opportunity to be free."

After the interpreter left, Troy felt he had failed and wondered, "How was it that Americans could have the courage and commitment to give this country their freedom, the commitment to fight and die here and their own people are not willing to put forth the same commitment? I asked what the hell are we here for? ... I was very angry. I was tired of losing our men." He was surprised when, a little over a week later, the

He concedes that this will not be an easy war to win. "We face an enemy with no moral character, no courage, no honor and no respect for human life... They use woman and children as cover. They look at our commitment to take the moral high ground as a weakness." This, he goes on to say, stands in stark contrast to the efforts US Soldiers go to in order to ensure the safety of innocents:

"We protect life, even at the risk of our own, and that story is often missed in a quick press release to satisfy some news editor's desire to get a quick reaction. Most of the articles tell the news, but not the story. The news is an event, but it does not paint the picture, it does not tell the story of the honor our soldiers display every day on this battle field... The news does not tell the

SSG Haley tells about a class on Army Values he taught to young soldiers. Duty, Honor, Respect, Courage, Selfless Service, Integrity and Loyalty—these are powerful words that barely seemed relevant to the men and women about to deploy. But now, those same troops find themselves in a war zone, these values "have come to be the center of what we are... I am as proud to be a soldier today as I have ever been, I am as proud of the Army as I ever was, and I am as proud to be an American as I can be. For the soldiers, the Army and America have lived up to these values in recent events. It would have been easy not to, but in the end, all did and I am proud."

Patriotism springs from pride in our nation and the virtues it represents. But pride alone is not enough. The greatness of America

WHY THEY SACRIFICE

same man returned and asked to speak with the SSG. "He had tears in his eyes ... he could not live with the idea of other men fighting for his freedom, while he had done nothing. He decided that it was better to stay and fight, and even possibly die, than to let the insurgents win." Before leaving, the Iraqi said, "Thank you, brother, for coming here" and hugged Troy. Buoyed by this incident, SSG Haley wrote, "It was a little victory, but a victory the same and the insurgents—they lost another fight, and the fight they keep losing, one Iraqi at a time."

On another occasion, SSG Haley wrote about the soldiers who had died while deployed. He saw in the list of their names the diversity which helped create our great nation: Christain Reardon, Christian Engeldrum, Wilfredo Urbina, David Fisher, Henry Irizzary, Kenneth Vonronn, Christopher Babin, Bradley Bergeron, Kurt Comeaux, Huey Fassbender, Armand Frickey, Warren Murphy, Francis Obaji, Alain Komalvathin, Wai Phyo Lwin, Azha Ali and Paul Heltzel. Troy comments, "The names show how our nation has overcome so much to unite and be a nation of free people... The names show the power of democracy. The names reflect so many people from different backgrounds, upbringings, and places coming together for the common good of humanity. For no other nation on earth has sacrificed her sons and daughters for the good of other nations like America."

story of a soldier risking his life to ensure that before he engages a target, it is legitimate... The risk soldiers take to go back and assist Iraqis when they are hurt. The news does not tell the story that soldiers always assist and help people and ask for nothing in return...The insurgents blow a bomb in front of a school, we rebuild it. Insurgents kill us one day, we help people the next. We temper our anger with professionalism and every day we go out, we assume risk in order to remain professional and on the moral high ground. This is the story in Iraq. "

arises from our willingness to take action. Patriots believe so strongly in what our nation represents that they seek to share it with others. Guard Soldiers and their families endure financial hardship, separation, and risk life and limb to shine the light of freedom into the darkest corners of the world. Patriotism is pride in our nation; Patriots are the ones who make us proud.

» **GX**

BELOW: SSG Troy Haley pauses to hand out candy to children while on patrol in Baghdad, Iraq.



On Holiday

Great travel opportunities for
Guard members and their families

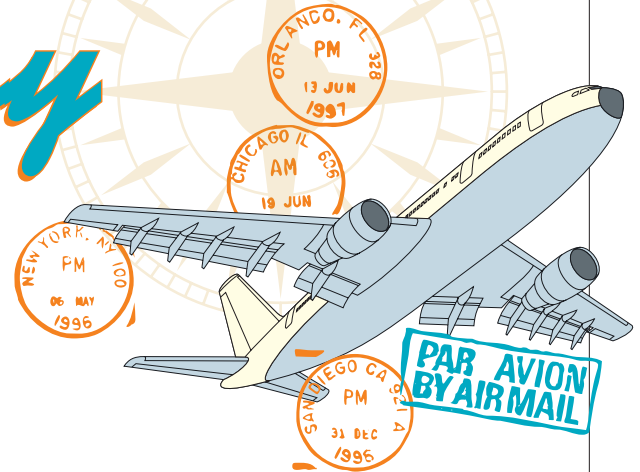
The Armed Forces Vacation Club (AFVC) is a "Space Available" program that offers Department of Defense affiliated personnel the opportunity to take affordable condominium vacations at resorts around the world for only \$249 per unit per week. The AFVC makes this possible by utilizing "excess" inventory at condominium timeshare resorts. "Excess" inventory consists of condominium units that resort owners do not use, which generally means off-season or short-notice travel. If you enjoy off-season activities in popular locations without the hassle of high-season prices, crowds and lines or if you can travel on 10 days notice or less, the AFVC offers an incredible vacation value.

Eligibility

You are eligible to participate in the Armed Forces Vacation Club if you are 21 or older and a:

- ✦ Current National Guard member
- ✦ Retired National Guard member
- ✦ Spouse or child (21 or older) of an active or retired member of National Guard and have a current DD Form 1173, United States Uniformed Services Identification and Privilege Card.

There are NO membership applications to fill out, fees or dues to pay or timeshare presentations to attend.



Making Reservations

Call 1-800-724-9988

(ALL TIMES ET/STD)

Mon - Fri: 7 am to Midnight

Sat: 9:00 am to 8:00 pm

Sun: 9:30 am to 8:00 pm

Please have the following information ready:

- ✦ NAME
- ✦ NUMBER IN PARTY
- ✦ BRANCH OF SERVICE
- ✦ INSTALLATION NUMBER
- ✦ TRAVEL DATES AND DESTINATION
- ✦ CREDIT CARD NUMBER

When a vacation guide answers, they will ask for your account number. If this is your first call, tell them you are a "first-time AFVC caller." The vacation guide will take your name, address, telephone number, AFVC Installation Number and assist with making your reservation. At the end of the call, even if you do not complete a reservation, the guide will assign you an account number for future use.



★★★
CHIEF'S
FREEDOM
CHALLENGE



GET ONE FOR THE GUARD



ALWAYS READY. ALWAYS THERE.

"The strength of the Army National Guard depends on soldiers and citizens like you."

H STEVEN BLUM
Lieutenant General, US Army
Chief, National Guard Bureau

SHOW YOUR SUPPORT AND **WIN ONE OF THESE!**



Padfolio



Die-cast #16 Car



Booney Hat

FREE ADMISSION TO BUSCH PARKS



Photo courtesy Anheuser-Busch

FAST FACTS

Previous promotions included Yellow Ribbon Summer following the first Gulf War and the Anheuser-Busch Salute to America's Heroes, a post-9/11 tribute that included all branches of the U.S. military. Nearly 2 million service members and their families visited for free during these.

Last year Anheuser-Busch donated \$1 million to create the Intrepid/Anheuser-Busch Fallen Heroes Fund to provide scholarships to spouses and children of U.S. military and coalition personnel killed during the war in Iraq.

Anheuser-Busch has supported the U.S. armed services for nearly 150 years.

The company also supports veterans' memorials in Washington, including the Korean Memorial and the Vietnam Wall. The company also provides scholarship funds for USO members and Desert Storm survivors.

The company is one of the largest theme park operators in the United States, is a major manufacturer of aluminum cans and is the world's largest recycler of aluminum beverage containers.

Anheuser-Busch Inc. announces its "Here's to the Heroes" program, which will honor the U.S. Armed Services by offering free single-day admission to its SeaWorld and Busch Gardens parks to active duty military, active reservists, U.S. Coast Guard, National Guard members and as many as three direct dependents through Dec. 31, 2005.

"In our own small way, we're giving something back to the brave men and women and their families who make sacrifices every day for our country," said August A. Busch IV, president, Anheuser-Busch Inc. "As a salute to America's heroes, we wish to extend a message of thanks and an invitation."

Any active duty, active reserve, ready reserve service member or National Guard member is entitled to free admission under the program. He or she need only register, either online at <http://www.herosalute.com/> or in the entrance plaza of participating parks, and show a

Department of Defense photo ID. As many as three direct dependents of military personnel also are entitled to free admission. Dependents may take advantage of the offer without their service family member, though an adult must accompany minor dependents.

PARTICIPATING PARKS:

SEASONAL:
Busch Gardens Williamsburg
Sea World San Antonio

YEAR ROUND:
Sea World Orlando
Sea World San Diego
Busch Gardens Tampa Bay



www.herosalute.com

12 WAYS YOU CAN MAKE A DIFFERENCE



Here are twelve great ways you can help to create a buzz about the many opportunities that await new recruits in the Army National Guard.

Photos courtesy ARNG

SHARE YOUR STORY

1

Add one of these newly designed banners to your outgoing emails to let people know you support the Guard. Each is complete with buttons that link to important areas at www.1-800-GO-GUARD.com.

USE EMAIL TEMPLATES



 www.1800goguard.com/downloads

LETTERS TO THE EDITOR

2



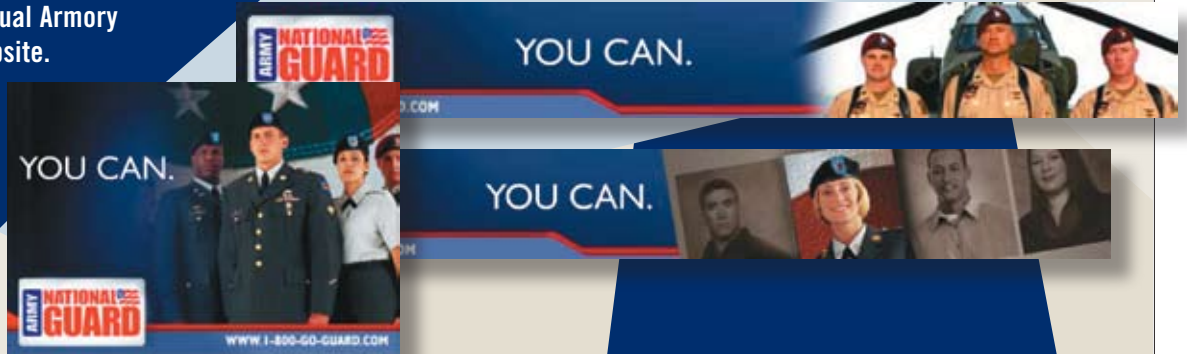
Write or email letters to all of your favorite publications, especially local newspapers, explaining how rewarding it is to be a brave and honorable member of the National Guard.

SPREAD THE WORD

3

If you have a website, personal or business-related, you can use these interactive banners to get people's attention and spark their interest in the Guard. You can download them for free on the Virtual Army website.

INTERACTIVE BANNERS



 www.virtualarmory.com/downloads

A blog is basically your personal, online forum to talk about whatever you need to get off your chest. You can update or add to your blog any time you like, and it's a great and easy way to express your opinions to thousands of people around the world.

4

START A BLOG

DETAILS:

Visit blogger.com for full details on how to start your own blog



EXAMPLE SITES:

- iraq.billhobbs.com
- bigalsarmylife.blogspot.com
- thenationalguardexperience.blogspot.com



**DESKTOP
PLANNER**

5

IF YOU, OR ANY OF YOUR family or friends, are a teacher, coach, counselor, etc. at a local high school or college, here are some resources that are available to you to get students interested in the Guard.

If you, or any of your family or friends, are an owner or manager of a small business, you can receive any of these materials display on the job to encourage support for the Guard.



**CONTACT
YOUR LOCAL
RRNCO**



BE ONE OF AMERICA'S MOST POWERFUL WEAPONS.

AMERICAN SOLDIER, DEFENDER OF FREEDOM

STAND UP AND BE COUNTED

Visit www.1-800-GO-GUARD.com today or fill out and mail the attached reply card for more information.

1-800-GO-GUARD ext. 131 • www.1-800-GO-GUARD.com

YOU CAN



**PAYING FOR
COLLEGE
GUIDE**

**RECRUITMENT
POSTER**

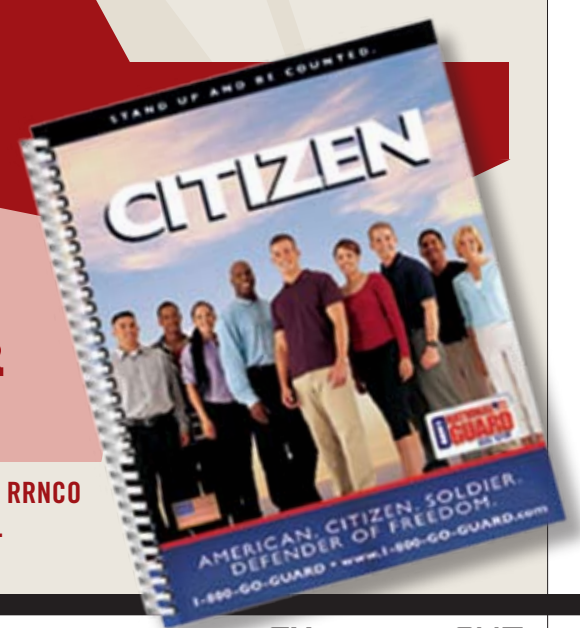
SPREAD THE WORD AT SCHOOL & WORK

WALL PLANNER

**RECRUITING
BROCHURES**

**LENTICULAR
NOTEBOOK**

If you are unable to get in contact with your local RRNCO for these materials, please contact MAJ David Hill.
703.607.1439 >> David.Hill@ngb.army.mil



An American flag is shown waving against a sunset sky. The stars are illuminated with a golden glow, and the stripes are in shades of red, orange, and yellow. The overall mood is patriotic and solemn.

Freedom Isn't

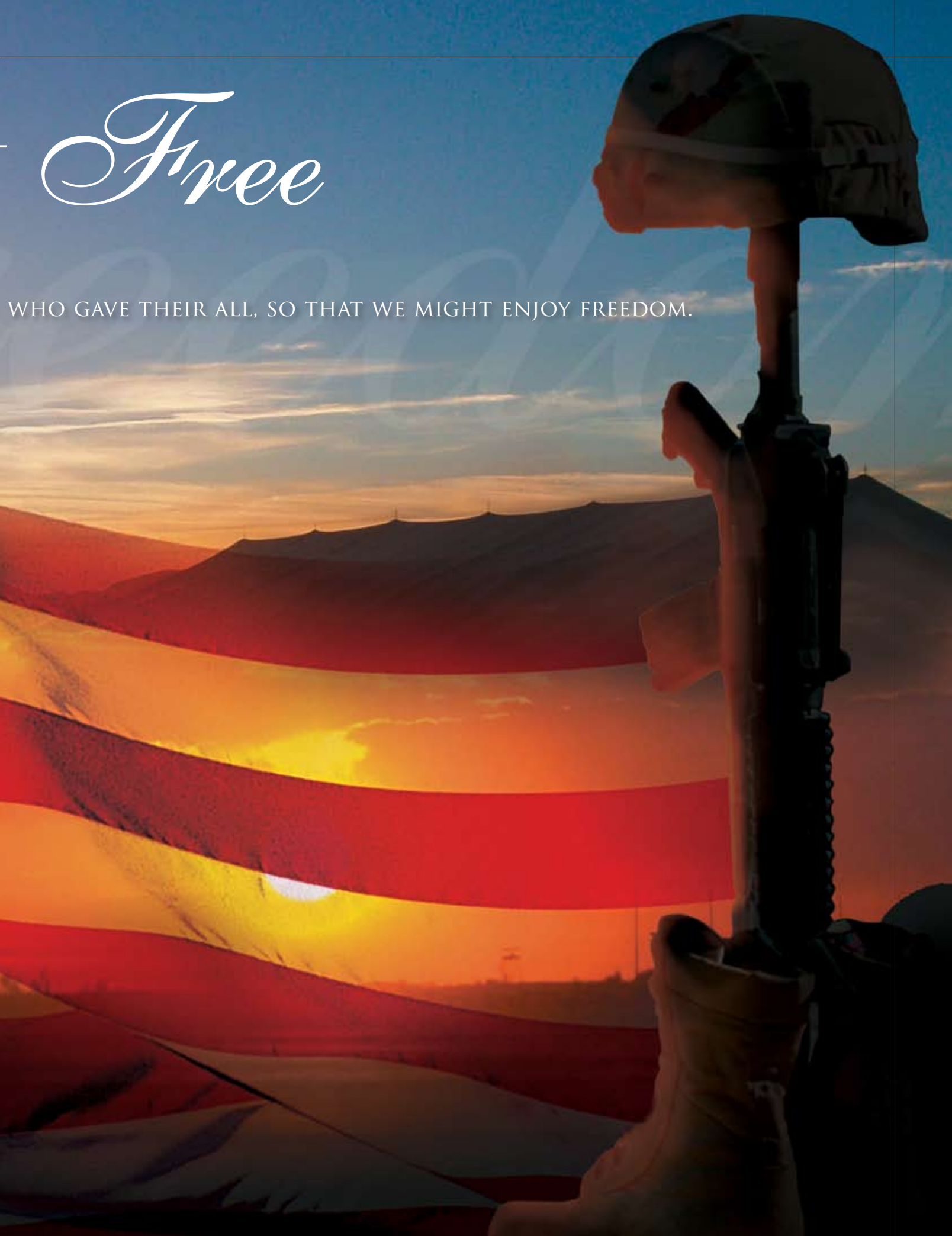
GX SALUTES

THE FALLEN HEROES OF THE ARMY NATIONAL GUARD

Memorial Day
REMEMBER THEIR SACRIFICE THIS MAY 30TH

Free

WHO GAVE THEIR ALL, SO THAT WE MIGHT ENJOY FREEDOM.



SHOW YOUR PRIDE

6

Sport this free Guard t-shirt so everyone can see your pride. Go to www.virtualarmory.com for details.



 www.virtualarmory.com

WEAR GUARD GEAR

 www.1800goguard.com

GET THE HERO BAND



The Hero Band is a great way to honor the brave men and women of the National Guard, both past and present, and it's free to everyone.

7

FOR UNIT COMMANDERS AND 1SG'S:

These kits can be used at your next organized event to really promote the National Guard, or use the included materials to canvas your neighborhood.

8

ACTION RECRUITING KITS



YARD BILLBOARD - 6' X 10'
(4 QTY)



YARD SIGN - 26" X 16"
(500 QTY)

POLE SIGN - 16" X 11"
(500 QTY)



CONTACT:
MSG Thomas Holley
thomas.holley@ngb.army.mil

INCLUDE IN EMAIL :
Date of Event
Description of Event
State
Unit Name
Shipping Address
POC's Phone # and email

INCLUDED IN THE KIT:

- SELF-STANDING YARD BILLBOARDS (4) 6' X 10'
- YARD SIGNS (500) 26" X 16"
- POLE SIGNS (500) 16" X 11"
- WINDOW CLINGS W/ ADHESIVE (100) 15" X 10"
- WINDOW SIGNS (100) 15" X 10"
- BUMPER STICKERS (100) 4" X 6"
- IN APPRECIATION CERTIFICATES (25)
- CAMPAIGN BUTTONS (100) 1.75" X 2.75"

9

TAKE IT TO THE STREETS

An open house at your unit is an excellent way to tell the National Guard story directly to citizens or a select group of individuals you invite. If your unit does not have the capacity to host a public open house, consider conducting a more limited program for the employers of your members.

HOLD AN OPEN HOUSE

For any open house event, the key to success is adequate and thorough planning. Allow several months lead time for planning, and check with your higher headquarters for guidance on regulations and policies that govern what you can do and what funds can be spent to host your guests. Since planning for, setting up and conducting an open house will compete for precious training time, be certain that everyone understands what duty status will cover their participation. You will find that preparation for an open house requires a generous amount of volunteer effort, so you will have to plan accordingly.

Work with local news media to spread the word about a public open house, and don't forget to issue reporters special invitations to attend the event. When you're hosting a boss night for employers, work with your unit members to ensure invitations are issued to appropriate people within that person's civilian workplace chain of command.

Contact your headquarters and full-time public affairs office for additional assistance with audio-visual materials and other presentation items that could be used during an open house.



SOME IDEAS FOR A SUCCESSFUL EVENT:

1. Have a theme: "History of the Guard est. 1636", "Freedom isn't Free", "Your Unit's Deployments"
2. Camouflage face painting for kids
3. PT Testing (completing with Guard Soldiers)
4. Equipment or Weapons Demonstrations
5. Mission Sand Table Display
6. Humvee Rides
7. MOS based Displays and Demonstrations
8. Armory Tours
9. Tournaments: Simulator competitions, Guard Games
10. Historical Reenactments



**WE BRING
FOOD, WATER,
MEDICINE
AND HOPE.**

When disaster strikes, the people of the United States count on the skilled personnel of the Army National Guard to help pull them through. Today it's a flood, tomorrow it could be a wildfire, earthquake, or tornado. Whether you want to pursue

a career as an engineer, pilot, mechanic, or even doctor, the Guard can help you get the education you need to perform at the highest levels — both in and outside the Guard. To learn more, contact us today, by phone or on the web.

www.1-800-GO-GUARD.com



YOU CAN

Join the National Guard
visit us at
www.1-800-GO-GUARD.com

12

GIVE CREDIT WHERE IT'S DUE

Here is a great way to honor the men and women who stay at home and give constant support and encouragement to Guard Soldiers serving at home and overseas. Order one of these kits today and thank someone who has supported your decision to serve in the Army National Guard.

HOMEFRONT HEROES



www.virtualarmory.com



Proud Family of an



Proud Family of an

AMERICAN SOLDIER



COMING SOON...

New information is on the way that will help you be an even more effective leader and Soldier. These tools will make recruiting, retention, and training soldiers easier and more efficient. Watch for them in the coming weeks.



TO LEARN MORE, GO TO:



www.virtualarmory.com

DIRECTORS STRENGTH READINESS OVERVIEW (DSRO)

- » Detailed reports for your state/unit down to company level
- » Customizable reports automatically e-mailed to you
- » Gives your leaders the ability to empower subordinates

RETENTION NOW

- » Over 15 training modules addressing unit needs
- » All training outlines, lesson plans and slides
- » Available to all levels of leadership

TEAM MOBILIZATION

- » Training Modules for Pre/Post MOB
- » Developed by returning soldiers for soldiers
- » Tools that will reduce problems for units and soldiers

WHAT WORKS FOR YOU?



WE WANT TO KNOW!

We are all in this together—soldiers and civilians, mothers and fathers, spouses and children—and we can all help to make a difference!

If you have any ideas, suggestions or advice for getting people's attention and helping to increase recruiting and retention, let us know.



editor@gxonline.com



615.256.6282



GX 1625 Broadway 3rd Floor
Nashville, TN 37203

ON THE BALL

THE GUARD SCORES BIG AT THE MISSOURI VALLEY CONFERENCE TOURNAMENT

By SFC Howard J. Holmes

Photos courtesy of ILARNG

Teamwork, commitment, execution and individual effort are key ingredients for building and achieving success. These are traits used by the teams participating in the Missouri Valley Conference (MVC) basketball tournament in St. Louis, and marketing team members of the Illinois and Missouri Army National Guard, and the Illinois Broadcasters Association.

These professionals launched a major marketing assault using multiple outlets to create exposure for the Army National Guard. "We realized that in order to gain national exposure, we needed to get involved with NCAA sporting events," said SFC Scott Radunz, Marketing NCO for the Illinois Army National Guard (ILARNG).

He explained that in the MVC, the second oldest men's basketball conference in the country, "Illinois has the most universities represented in the tournament. Our intent is to develop relationships while showing our schools we're supportive of them." The best way to develop relationships and show support is by getting directly involved.



Getting involved with this program included coordinating efforts with the Illinois Broadcasters Association (IBA). "I approached the president of the IBA, Dennis Lyle, who has a solid relationship with the MVC and discussed available opportunities. We provided him with a 'wish list' and Dennis presented it to the Conference," Radunz explained.

"Because of the long-standing relationship he has with the MVC, Dennis Lyle was instrumental in assisting us," SFC Craig Leonard, also a Marketing NCO with the ILARNG, said. "He did this to add value to our relationship." Leonard explained that the strong working relationship that the ILARNG has with the IBA is instrumental in obtaining broadcast time and exposure for the Guard, especially during major events.

Once Lyle and the MVC agreed on costs and parameters, Radunz and Leonard got to work. They put the marketing strategy together in just four weeks. They designed displays for the flip-board in front of the scorers' table, the main scoreboard screen and all other promotional and advertising activities.

LEFT: The color guard presents the flags for the first time in MVC Tournament history.

ABOVE: ARNG ads run on the center court scoreboard. A variety of these ads appeared throughout the tournament.

With the marketing plan in place and the tournament located at the SAVVIS Center in St. Louis, they decided to contact the Missouri Guard Marketing NCO, SSG Dominic Butel. "Last year, Scott Radunz invited me to the conference to see if I wanted to get involved with this tournament," Butel said. "I accepted. I went out and decided that this was definitely a worthwhile event."

"We had several meetings and made many phone calls. We laid out a game plan and talked about what was needed to make this

"It is events like this that allow the opportunity for exposure, while cultivating relationships and opening doors for other events."

- SFC Scott Radunz, ILARNG

**JOIN US AT
HISTORIC FORT AP HILL IN
CAROLINE COUNTY, VA
JULY 25-AUGUST 3
FOR THE 16TH ANNUAL
NATIONAL BOY SCOUT
JAMBOREE!**

STRENGTH READINESS IS IN YOUR HANDS

Today's recruiting environment requires that uniquely qualified Non-Commissioned Officers, who are capable of winning the confidence of college-bound students and their parents, step up to the plate and represent the Army National Guard as Recruiting and Retention NCO's.



If you have a positive self-image, integrity, self-confidence, and a competitive spirit, then you may have what it takes to be part of a team of highly skilled, polished military sales professionals.

Helping young Americans pursue their personal and professional goals and seeing the pride on their parents' faces is a gratifying and rewarding experience.



If you've served in the U.S. Military or are currently in the Army National Guard at the rank of Sergeant/E-5 or equivalent and are interested in a career as an Army National Guard Recruiting and Retention NCO, contact your local Recruiting and Retention Supervisor, log on to www.virtualarmory.com or contact your local Recruiting and Retention NCO.



YOU CAN

www.VirtualArmory.com

event successful while getting the most bang for the buck.” said Butel. “That’s when the idea for the rally towels came up.” Since this is a major college event, “we came up with the concept of putting the ‘100% Tuition’ message on the towel, hoping this would draw attention and create curiosity,” he explained.

“We put the MVC logo on the towel with the ARNG logo,” Radunz added. “We did this to make the towel a collector’s item and something that people would be more likely to hang on to.” The towels were rolled and wrapped with “Defend Freedom” wristbands, and, during timeouts, cheerleaders threw them into the crowd. “The wristbands are a hot commodity right now so collectors really wanted them,” said Radunz.

Even with the rally towels, wristbands, public service announcements and booth inside the SAVVIS Center, the Marketing NCO’s were still not satisfied, so, they setup an outside exhibit as well. The exhibit included a 36-foot trailer with graphics, which Radunz likened to a “portable billboard.” The trailer hauls the *Patriot*, a souped-up Humvee sporting a patriotic paint job, a high-end sound system and Playstation 2. There was also a 36-foot inflatable tent and a football challenge, provided by the MOARNG.

This year is also the first time in MVC history that a military color guard presented the American and state flags during the singing of the National Anthem.

If the displays and announcements didn’t provide enough exposure, there was major TV coverage, including Fox Midwest, Fox College, Comcast, and ESPN I and II. “I would say that’s a lot of bang for the buck,” Radunz concluded.

“It is events like this that allow the opportunity for exposure, while cultivating relationships and opening doors for other events. It’s through face-to-face interaction that bridges are built and relationships are formed.”

This contact not only creates business relationships, but also allows the average person to come in contact with Guard members. “When people come into personal contact, they realize that Guard members are just a group of regular people doing a necessary job—they really loosen up.”

With the 2005 tournament over, Radunz and Leonard want to expand the number

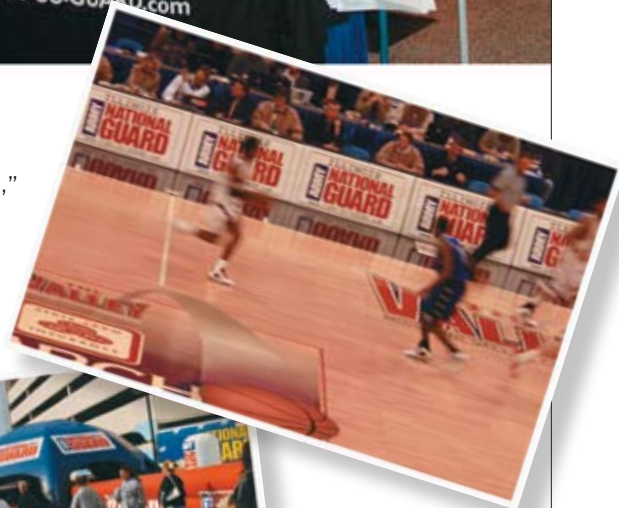
CLOCKWISE FROM TOP:

- a) The recruiting booth helps spread the word.
- b) Players streak past the ILARNG banners at the scorers’ table.
- c) The inflatable football challenge stands in the courtyard.
- d) Promotional towels drape seats throughout the arena.
- e) A fan accepts the football challenge.
- f) A player waits by the Guard signage to get in the game.



of states participating in this event. “We would like to see Nebraska, Kansas and Indiana involved with this,” said Radunz. “The intent is to involve all states who have schools participating in the tournament.”

The positive response and outcome of this event is proof that teamwork, execution and individual performance breed success and victory. **GX**



STRIPES FOR BUDDIES



GET ON THE FAST TRACK TO ADVANCEMENT

Become a PFC even before you complete Basic Training



A Private (E1) who refers just one qualified person who enlists will advance to Private (E2).



A Private (E2) who refers two qualified applicants (a total of two, not two additional) who enlist, will advance to Private First Class (E3).

VICTORY MAP

PUT YOURSELF IN THE PICTURE



Alaska

AKARNG, along with AKANG, Naval Reserve, Marine Corps Reserve, Coast Guard, Army, Air Force, and the Public Health Service, conducted a two-week operation, called Operation Arctic Care, where medical care was provided to Alaska's rural communities.

New York

125 members of the 204th Engineer Battalion, Company "B" came home after a year in Afghanistan working on road and other construction projects.

D.C.

Military families will begin receiving financial assistance and help locating quality child care thanks to a joint initiative between the Department of Defense and National Association of Child Care Resource and Referral Agencies.

D.C.

In April, Army and National 4-H officials launched Operation Military Kids, a support network for children of deployed personnel.

Missouri

The 7th CST (WMD) recently returned from deployment in support of the NCAA Final Four basketball championship in St. Louis held April 1-4. Other recent events that the 7th CST has supported are the 2004 World Series, the presidential debate at Washington University in St. Louis, and most recently the inaugural ceremony for Governor Matt Blunt. The 7th CST is an on-call unit, available to deploy within three hours of activation, 24 hours a day, 365 days a year.

Oregon

State Senate gave unanimous support to a bill allowing OR NG, when called to active duty, to withdraw from college classes without penalty and receive credit for room, board, tuition, and fees.

ALABAMA

Alabama Guard's 1165th MP Company will receive a Presidential Unit Citation for its service in Iraq from June '03 to July '04.

El Salvador

Soldiers from the 133rd Engineer Battalion, 240th Engineer Group, and Airmen from the 11th Civil Engineer Squadron renovated a public school that was destroyed in an earthquake.

Florida

Members of B Co., 1st Battalion, 111th Aviation Regiment returned home after a year-long deployment to Afghanistan.

Tennessee

The Grand Ole Opry, hosted by Dolly Parton with new Opry member Defense Secretary Donald Rumsfeld, held a special broadcast as part of the Department of Defense's 'America Supports You' campaign.



SEND YOUR NEWS TO:

✉ editor@gxonline.com

Iraq

NCARNG's 30th Engineer Brigade hosted its annual Juvenile Diabetes Research Foundation Walk in Balad during April.

Iraq

Task Force Liberty soldiers detained two suspected terrorists in As Sadiyah during a series of nighttime raids.

Iraq

In early April, Defense officials report that the number of terrorist incidents in Iraq have dropped to the lowest level since March 2004.

Iraq

256 Soldiers of the 256th BCT, 3rd Infantry Division extended their service, as LTG H Steven Blum, administered the oath in late March. As of early April, 334 Soldiers from the 256th have opted to re-enlist.

Iraq

Task Force Liberty soldiers detained a suspected terrorist cell leader near Hawija during an early morning (0300) raid.

Iraq

Soldiers from 3rd Battalion, 278th Regimental Combat Team conducted a village assessment in Marganna, providing medical and humanitarian assistance to the villagers.

Iraq

Iraqi and Coalition Forces, including Soldiers of the 116th BCT's Task Force 2-116 Armor, conducted a raid and caught 7 suspected terrorists in the Kirkuk area.

Iraq

Task Force Liberty Soldiers detained three individuals in connection with an improvised explosive device attack on a Coalition combat patrol on April 12 near Muqdadiyah in Diyala Province.

Afghanistan

U.S. forces captured a top heroin trafficker who officials say has been providing drug money to Osama bin Laden and al Qaeda.

SHARE YOUR P

THI



RIDE S JULY FOURTH

Be among the lucky recipients of one of these commemorative shirts, available for a limited time only. Wear it during the coming months, between Memorial Day and Independence Day, to let everyone know just how proud you are to be a part of the Army National Guard. It is our hope that through your display of patriotism and pride, others will be inspired to show support for you and all of the other men and women who serve so bravely.

FOR COMPLETE DETAILS VISIT:

WWW.VIRTUALARMORY.COM





FOR THE KIDS

By Kathy R. Williams

PLAN AHEAD » When mailing letters or care packages, you have to think ahead. With mail times extended during the holidays and possible overseas delays, you need to send your correspondence early to arrive at the desired time. The post office usually announces a preferred time for mailing packages overseas during peak mailing periods.

PHONE CALLS » While my husband was deployed with his ARNG unit to Afghanistan as part of Operation Enduring Freedom IV, the most comforting communication for our children was a phone call. Hearing Dad's voice over the phone gave them instant verification that Dad was OK. However, overseas phone calls can be very expensive. Find out costs before calling your spouse and budget your calls. Additionally, your Family Readiness Group can inform you if there are options available for free calls on military lines.

EMAIL » This is one of the most popular and instant forms of communication. If you do not have internet service at home, you can access the web from your local public library or internet café. You should also be able to attach a digital photograph to your email for added interactivity.



Close-up pictures or video of everyday events can capture that unique moment in time for your Soldier.



Communication During A Parent's Deployment

"Communication with my family is what got me through all the months of separation during my deployment. Nothing beats a letter or package from someone you love," said CW3 O'Neil Williams Jr. about his recent deployment to Afghanistan.

Communication between children and their deployed parents should be a priority during mobilizations. Children often worry about their parents' safety and may not be able to cope easily with the stress that accompanies deployments. Communication can ease anxiety and boost the morale of children and Soldiers.

Children can communicate many ways with a deployed parent. Each family

will have their favorite communication. Before the Soldier deploys, ask him/her what form of communication will be the best way to stay in touch. Some communication will be limited or unavailable to select Soldiers, depending upon their mission and available resources. Just as parents have favorite ways to communicate, children have their favorites too.

The most common communication between a deployed parent and child will be letters, emails, video conferencing, tape recordings, phone calls, photographs, art, and care packages.



SOLDIERS CALL HOME FOR FREE!

» www.cellphonesforsoldiers.com » www.operationuplink.org

MAIL » While helping my husband unpack when he returned from the war zone, I suddenly found myself on the verge of tears when I saw, neatly stacked and tucked among his most precious possessions, the correspondence that our children and I had sent him while he was in Afghanistan.

For most Soldiers, nothing beats getting a letter when they are deployed in a war zone. This is an inexpensive mode of communication and gives Soldiers a tangible connection to their children. When Soldiers feel lonely, they can read a letter over and over to help them feel closer to their families. You may want to date your letters since sometimes the mail is irregular overseas. Your children should write about something positive

and uplifting to their deployed parent, not about negative things that the deployed parent cannot control.

Have them write a letter to their Dad or Mom at least once a week. Some everyday things may seem mundane to you but may be exactly what the Soldier wants to hear about.

Shop at a discount card store and let the children pick out several cards for their parent. When it comes time to jot a note or letter to Mom or Dad, they will have a card ready to write in. You can address and stamp the envelopes and have them ready to mail when the child writes a letter or card.

Photo courtesy ARNG

ARTWORK >> Most children can draw or paint a picture for their deployed parent. The child can create art anytime he or she wants. Artwork can be important, visual communication between the child and the deployed parent. Soldiers can tack up a painting in their tent and can have a constant reminder that someone at home loves them.

HANDPRINT ART >> Preschoolers may not be able to draw or paint with expertise, but their guardian/parent can paint the child's hand, blot it on a paper, and it can be a masterpiece. Depending on the length of the deployment, you may want to do two handprints during a deployment. One could be done right after the parent leaves; then create another six months later.

PICTURES—DIGITAL, FILM OR VIDEO >> "A picture is worth a thousand words," and photos of children, family, and home speaks millions of words to deployed parents. Include a photograph of the children whenever it is possible. Close-up photos or videos of missing teeth, sporting events, riding a bike, Christmas morning, birthdays, first steps, prom, etc., can be captured to share a unique moment in time.

VIDEO CONFERENCING >> A video conference was set up by the unit Family Support Group near Christmas during my husband's deployment. Check with your Family Support Group to see if a similar opportunity is available.

TAPE RECORDINGS >> A deployed parent may want to make recordings in a war zone if he or she has the equipment. It is fascinating to listen to thoughts and feelings spilling out onto a voice recording. Additionally, children may want to tape record a special school event to send the parent.

CARE PACKAGES >> Use sturdy boxes to send anything that the Soldier would enjoy from home. We sent at least one care package a month. We shopped for Christmas in September and October and even sent a small Christmas tree for him to put up in his tent. We included some homemade ornaments and one or two special ones from our family Christmas tree.

Ask neighbors, friends, and family members to write notes, cards, or select photos to include with the package. **GX**



Ways for Children to Deal with Deployment

By Kathy R. Williams

SUPPORT GROUPS >> Your Family Readiness Group can offer ways to deal with deployments. Everyone in this group is going through a similar experience. Just having others to share feelings with is helpful for children and adults. Additionally, each state has Family Assistance Centers that can connect families and children with support for needs during deployments.

INVOLVE OTHERS IN PARENT'S DEPLOYMENT >> Make sure your children's teachers, friends, neighbors and church know that a parent is deployed. In our children's classrooms, fellow classmates made cards and sent goodies for their deployed Dad as a class effort. Two of the classrooms made welcome-home banners when my husband returned home. He went and spoke to all three classrooms and thanked the schoolchildren for their prayers, letters, and support.

Additionally, a local store advertised for photos of Veterans to display. We took a photo in, and every time we shopped there, the kids saw a patriotic display of their Dad among other Veterans.

PERSONAL GIFTS >> Before my husband left on his deployment, he asked for one item from each child to keep with him. Our oldest child gave him his favorite Carolina baseball cap. The middle child, a girl, gave him a green, decorative writing journal so that he could write about what he was doing and keep a record of his deployment days for his daughter. The youngest child gave him a shiny polished stone. It was the child's favorite. Dad told them all that each time he wore, wrote in, or touched the object, he would think of the child. This made the children feel closer to their Dad during his absence.

THINKING OF OTHERS >> Our children chose to send items to needy children in Afghanistan. Troops from the ARNG Battalion were able to go on humanitarian missions and give away school supplies, kites, and toys to children during a school opening and visits to base hospitals. We gathered supplies and toys from family members and sent them to my husband to hand out.

By focusing on other children's needs, they found a positive way to deal with their own Dad's deployment. They saw their own Dad doing something positive for the children of Afghanistan. Currently, numerous organizations collect donations for humanitarian aid for distribution in Afghanistan and Iraq. **GX**



FREE SHIPPING SUPPLIES

The U.S. Postal Service offers free packing materials to military families, including:

- ✪ 10 boxes
- ✪ 10 customs forms + envelopes
- ✪ 10 "Mili-Pac" envelopes
- ✪ 1 roll of Priority Mail tape



Call 1-800-527-1950 and request Care Kit 4



Photo by Digital Vision/Picturequest

DOD Launches Military Spouse Career Center

Courtesy of Military.com

A new Military Spouse Career Center website, www.Military.com/spouse, was commissioned by the Department of Defense Office of Military Community & Family Policy and launched in April. This new resource connects America's one million military spouses with education options, scholarships, training programs, career planning tips, and employment opportunities.

"Military spouses also serve, and we aim to put... opportunities and resources at their fingertips," said John Molino, Deputy Undersecretary for Defense for Military Community and Family Policy.

The new Military Spouse Career Center offers an extensive job board that includes hundreds of thousands of jobs from the public and private sectors, including a list of military spouse-friendly employers.

The new site features information on entering and advancing in popular career fields, especially when relocation requires finding a new job. The Career Center covers many so-called "portable" career fields that lend themselves to continuity despite frequent relocations. Also included is information regarding jobs on military installations, overseas employment opportunities, and volunteer options.

For those exploring career options, the Military Spouse Career Center has a "Career Advice" section outlining a step-by-step approach to career planning. This section includes tips for job searches, resumes, interviews, and starting a career, as well as, family support resources that can be key in pursuing a career.

Employers seeking to hire military spouses indicate their interest at www.Military.com/spouse. Educational institutions and other service providers can also indicate their scholarships or programs for military spouses at this website.

www.Military.com/spouses

Operation Military Child Care

Courtesy of naccrra.org & childcareaware.org

Operation Military Child Care helps mobilized or deployed National Guard members and their families find and afford dependable child care. Eligible applicants include Soldiers who are mobilized or deployed in support of the global war on terrorism and their families.

Many deployed Soldiers' families will need additional help during a deployment. This program helps deployed Guard Soldiers who are using licensed/legally operating community-based child-care providers by offering reduced fees. Families living near military installations will be referred to on-post child-care programs.

To participate in this program, a military member, spouse, or legal guardian must contact the Child CareAware hotline at 800-424-2246 or register on the www.childcareaware.org website. A representative from The Nation's Network of Child Care Resources and Referral will gather information from the child's representative

to determine eligibility and current child-care needs.

Applicants with children already enrolled in a legally operating child-care program may apply for reduced fees. Applications are submitted via the website, mail, or fax. Child-care providers must also apply for approval and verification that they are a legally operating provider. All applications are processed within five business days upon receipt of both applications. Reduced fees are effective after the application processing. This program is not an entitlement and is subject to geographic availability of provider care and Department of Defense funding.

For additional information, call 800-424-2246 or log on at www.childcareaware.org.



www.childcareaware.org



1-800-424-2246





Children of military service members and others interested in Operation Military Kids (OMK) can participate in three outreach activities geared to raise awareness for the program in their community:

SPEAK OUT FOR MILITARY KIDS >> “Speak out for Military Kids,” is a youth speakers’ bureau, formed by military and non-military youth who give presentations to schools and community groups to help educate and raise awareness about military life and deployment.

HERO PACKS >> Civilian youth in OMK states will have the opportunity to participate in community service projects to assemble and distribute “Hero Packs,” knapsacks filled with a variety of items. The packs are given to military children and youth as a thank-you for the sacrifices they make while their parents are deployed.

MOBILE TECHNOLOGY LABS >> OMK states will receive Mobile Technology Labs to be used to connect geographically-dispersed military children with their deployed parents. The labs come equipped with laptops, digital photo equipment, video cameras, scanners, DVD burners, plastic laminators, and a variety of software.

Operation Military Kids Creates a Community Support Network For Military Youths

By Margaret McKenzie - Army News Service

Operation Military Kids, a community support network for school-age children of deployed military service members, was officially launched in April.

The U.S. Army Community and Family Support Center, Boys and Girls Clubs of America, National 4-H, Military Child Education Coalition, National Association of Child Care Resource and Referral Agencies, and other community groups came together to provide and coordinate support for geographically dispersed military families.

The partnership identifies agencies, resources, and community assets to deliver recreational, social, and educational activities to youth who suddenly find themselves with deployed family members, but who don’t live on or near a military installation.

“Being a military kid is a tough situation for these young people to be in,” said Sen. Charles E. Grassley, R-Iowa, during his

opening remarks at the national launch of the program.

Although the program is open to all military children regardless of service affiliation, it is specifically focused on the children of deployed Army National Guard and Reserve members.

“The OMK program supports Army National Guard and Reserve youths like myself,” said Gary Ashcroft, son of a U.S. Army Reserve member from Georgia. “It has become more than just a program to many in our nation, it has in fact become a way of life — a means of existence. The program provides military children with a sense of structure and support that they may not have had before.”

The OMK initiative was established in January 2004 and currently consists of representatives and partners in 20 states experiencing high deployment rates: Alabama, Arkansas, California, Florida,

Georgia, Hawaii, Idaho, Indiana, Iowa, Maryland, Missouri, New Hampshire, New York, North Carolina, Ohio, South Carolina, Tennessee, Texas, Virginia, and Washington.

“The Global War on Terror and the activation of so many National Guard and Reserve service members have touched communities across our country,” Grassley said. “It is imperative that we, as Americans, show our support for military children and families by connecting with them in our communities. Supporting programs such as Operations Military Kids is an important way to do so.”

For more information or to participate in the program, visit its web site at www.usda-army-ydp.org/omk. **GX**

www.usda-army-ydp.org/omk

SLUGFEST

Beretta 92FS (M9)

By Chris West

When it comes to making weapons for the military, it's always a good idea to go with a company that has extensive experience and a reputation for excellence. Beretta, the makers of the Army's M-9 Pistol, started business in 1526 when Mastro Bartolomeo Beretta received 296 ducats as payment for 185 arquebus barrels (an early firearm). Since then, the business has been passed from generation to generation, building a reputation along the way for quality and reliability.

In the 1980's when the Army was looking to replace the venerable and beloved M1911-A1, it conducted an extensive series of handgun tests. At the end of the day, the Beretta M-9 (civilian model 92FS), with its centuries-long lineage, was chosen as the new sidearm for all of the U.S. Military.

Today the M-9 is issued to military police, aviators, crew-served weapon crewmen and other Soldiers needing a weapon for short-range personal defense. It has served with distinction through several major conflicts including the Gulf War, Bosnia, Kosovo, Afghanistan and Iraq.

The Army's selection of the M-9 pistol as a replacement for the popular M1911-A1 was a controversial decision that sparks heated debate among shooters to this day. The primary point of friction is over stopping power. Purists argue that the 1911-A1's larger .45 caliber cartridge is more effective than the M-9's 9mm cartridge. This is an issue best left to the experts with combat experience. However, if we set that contentious item aside, the M-9 has much to recommend it.

Beretta was kind enough to provide a 92FS for testing, and while we don't have the facilities to do a true scientific study, we did walk away with some very positive impressions of the weapon.

Overall, we found this gun to be very easy to shoot. It uses a traditional double-action where the first shot is fired double-action, (pulling the trigger cocks the hammer and

The gun breaks down for cleaning in seconds

fires the gun) and subsequent shots are fired single-action (the hammer remains cocked and pulling the trigger fires the weapon). This combined with the soft recoil of a 9mm round, a full-sized gun, and excellent ergonomic design makes for extremely rapid and accurate follow-up shots.

A number of other design elements make this an excellent sidearm. The 15-round magazine allows extended shooting time before reloading. The open slide design makes for an extremely reliable firearm that is less likely to jam. A clever de-cocking / safety lever allows the pistol to be safely carried with a round in the chamber.

The final cherry on the sundae was the ease with which we were able to field strip and clean this weapon. The gun breaks down for cleaning in seconds and reassembles just as quickly.

The only complaints we had were with the trigger and the overall size of the gun. The M-9 has an extremely long and stiff double action trigger that felt a little jerky during our tests. We even found the shorter single action shots to be stiffer than expected. This, however, could easily be addressed by a qualified gunsmith. Finally, the double stack magazine and trigger placement may make the gun awkward for shooters with smaller hands.

In our tests the Beretta Model 92FS / M-9 proved to be an excellent sidearm with only a few minor flaws. It was extremely accurate and easy to shoot and the 15-round magazine seemed to never quit. **GX**

Photo by Raye Dene Berry

FREE FOR ALL

The Army opens up competition for its new assault rifle



The Army is changing the way the Infantry is equipped. In the coming years, the Infantry Soldier is going to transform into a fully integrated individual combat system. This system will include weapons, full-body protection, networked communications, individual power sources and much more, dramatically increasing a Soldier's effectiveness in almost any environment.

One of the first steps in this metamorphosis is the replacement of the M-16 rifle, the M-4 carbine and the M249 squad automatic weapon. To accomplish this goal, the Army will conduct an open competition this summer, pitting the best that small arms manufacturers have to offer against each other.

We don't yet know what the new Army rifle will look like, but it will have an impressive array of features including the ability to be reconfigured into compact, carbine, marksman and light machine gun models. These different models must share 80% of the same parts (50% for the light machine gun), a move that will dramatically simplify maintenance and logistics. In addition, the rifles will feature limited-visibility fire control with an infrared aim light, illuminator, and visible red laser pointer. Couple this with a lighter and more durable weapon and you have something the 11B's (Infantry MOS) have been dreaming about.

Heckler and Koch's entry into the field, the XM8, was far along into the testing process but due to its lack of a light machine gun variant, the Army has decided to look at other options. Expect to see

entries from FN Herstal USA Inc., Colt, Steyr-Mannlicher and others. Don't count the XM8 out though, it has performed extremely well during initial tests and you can bet H&K isn't giving up.

If all goes well during testing, the first weapons could reach the field as early as the second half of fiscal year 2006.

» **EX**

Source: Army Times

OUT WITH THE OLD

One winner will replace all of these

M-4



M-16

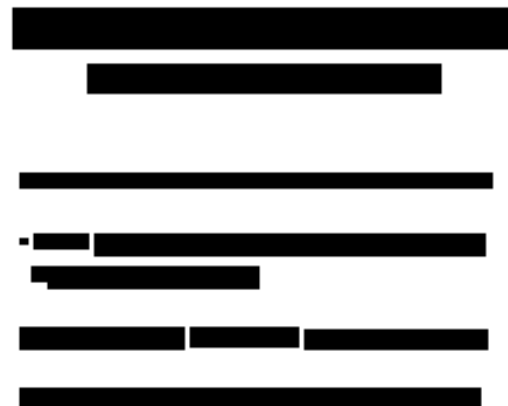


SAW



VINCENNES UNIVERSITY

ONLINE IT COLLEGE COURSES



CS Continuing Education SOLUTIONS
Premier eLearning Courses

CROWS NEST

Common Remotely Operated Weapon Station

By Chris West

The job of turret gunner on a Humvee has always been a dangerous one. The gunner's head and torso are outside the vehicle and, as a result, are exposed to enemy fire and shrapnel. PM Soldier Weapons/Crew Served, in cooperation with multiple federal agencies and private industry, is deploying a new weapons system designed to make this job significantly safer.

Their solution is the Common Remotely Operated Weapon Station (CROWS). This weapons system replaces the standard Humvee weapons pintle with an automated setup that allows a gunner to fire his or her weapon from inside the vehicle using a joystick and computer screen. The gunner remains protected by the Humvee's armor while retaining the ability to quickly find and engage targets. In fact, in many ways the sensor suite dramatically improves the gunner's battlefield awareness by providing a laser rangefinder, a fire control computer that allows on-the-move target acquisition,



night vision, telescopic vision, environmental sensors and a slew of other tools that let Soldiers do their job more effectively.

This innovative system has completed its initial rounds of testing and is currently being deployed on M1116s (up-armored Humvees) in Iraq. The reviews from the combat veterans, who are putting the system through its paces in the field, have been very positive and have resulted in a number of improvements such as increased ammunition capabilities and improved sensors.

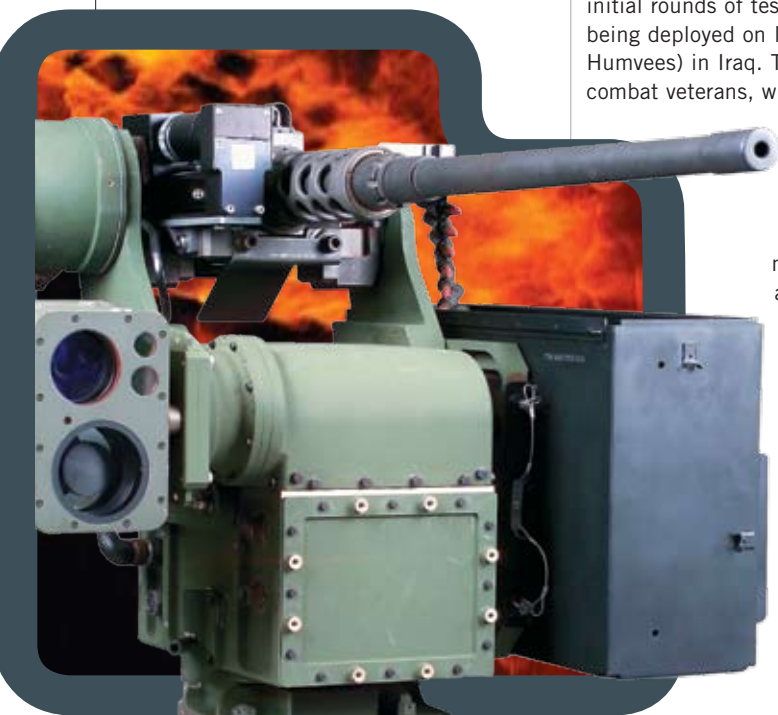
According to LTC Stoddard, the Product Manager for Crew Served Weapons, CROWS was fielded under an urgent needs request from the DOD. As a result it has been fast-tracked through the development process in order

to get the system in the field as quickly as possible. Interdepartmental cooperation and help from private industry, combined with the Army's burning drive to save lives, have pushed this project from the drawing board to the battlefield in just a few years.

While this technology is formidable, it is just the beginning. CROWS is being constantly evaluated, tested and refined in order that it can be deployed throughout the Army. In addition, new technologies can be incorporated into this scalable platform as they become available. For example, a system currently in development will be able to detect the sound of a gunshot, triangulate the direction from which it came and automatically move the weapon to lock on the target. It is still up to the gunner to pull the trigger, but his or her reaction time will be a fraction of what it once was.

After some initial hesitation, LTC Stoddard confirmed that the first unit to deploy CROWS was a Guard unit, but he declined to identify the unit. When asked why, he stated flatly, "The Army Product Managers do not see Active Army, Reserve or Guard. We see Soldiers." **GX**

Photos courtesy of Army.mil



GUARD

YOUR EMPLOYMENT RIGHTS!

WITH THE CIVILIAN EMPLOYMENT INFORMATION DATABASE

The Department of Defense's online database for Guard employment details, the CIVILIAN EMPLOYMENT INFORMATION DATABASE (CEI), is the easiest way for all Guard members to comply with the law that requires them to inform DoD of who employs them when not performing their military duties.



DO IT TODAY!

www.dmdc.osd.mil/Guard-ReservePortal



Please have your Social Security number ready when you access the site.

www.dmdc.osd.mil/Guard-ReservePortal

SURVIVAL OF THE FITTEST

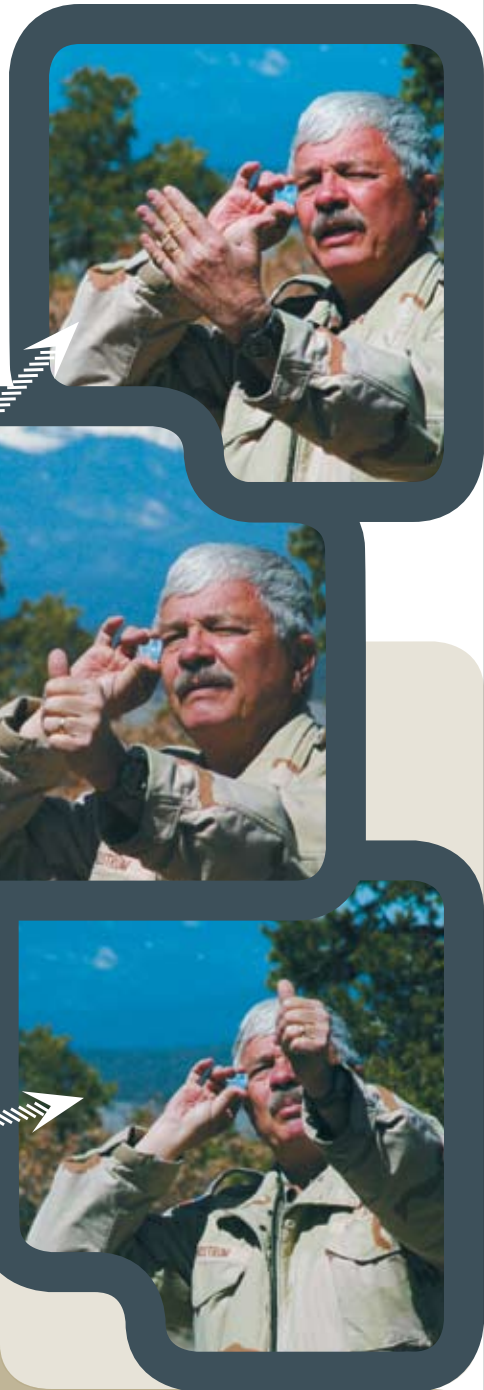
Sometimes, you simply have to make do with what you have on hand. This is never more true than in the worst-case scenario of a survival situation. CW4 Landstrom, a veteran with 30 years of experience as a survival instructor, provided us with the following tips for making do with the materials you have.

In order to signal an aircraft flying overhead you will need a signal mirror, piece of glass, shiny credit card or just about anything else with a reflective surface.

1 Orient yourself towards the sun and place the reflector next to your eyes. Hold your hand open in front of you and focus the reflecting light onto your palm.

2 Holding the reflector steady, raise your thumb and focus the reflected light onto it.

3 Slowly move your thumb, along with the reflected light until it covers the aircraft. Move the light back and forth to signal the aircraft.



Photos by Chris West



Field Expedient Signaling

As demonstrated by CW4 Landstrom (RET)

THE ONLY THANKS THEY GET WILL BE FROM YOU



FREE



As a Soldier you have received ribbons, medals and awards in recognition of your service to your country. Until now, the friends, family and employers who have supported you received no such recognition. That's about to change, because now you have a great way to honor them through the Home Front Heroes Salute.

Your personalized Home Front Heroes Salute Package includes:

- Custom-designed presentation envelope
- Personalized letters from National Guard leadership
- Home Front Heroes bumper sticker
- Engraved Heroes lapel pin.

Log on to www.VirtualArmory.com today and send a salute to your Home Front Heroes. It will cost you nothing but will mean much to those you are recognizing.



YOU CAN

“I tell you what: this car is AWESOME!”

- Greg Biffle

BACK UP ON TOP

BIFFLE SHOWING NO SIGNS OF STOPPING AS HE SWEEPS THROUGH THE SOUTHLAND



TEXAS MOTOR SPEEDWAY APRIL 17, 2005

After advancing from the back of the field of 43 cars, Greg Biffle lead 219 of 334 laps and finished out front for his second win of the season on April 17th.

Biffle ran the entire race in his backup No. 16 Ford after having crashed during Saturday's practice.

“As soon as I caught my breath after the crash, I told the guys I was OK and to get the backup out,” said Biffle. “They did an incredible job.”

It was lap 87 that saw Biffle take the lead for the first time.

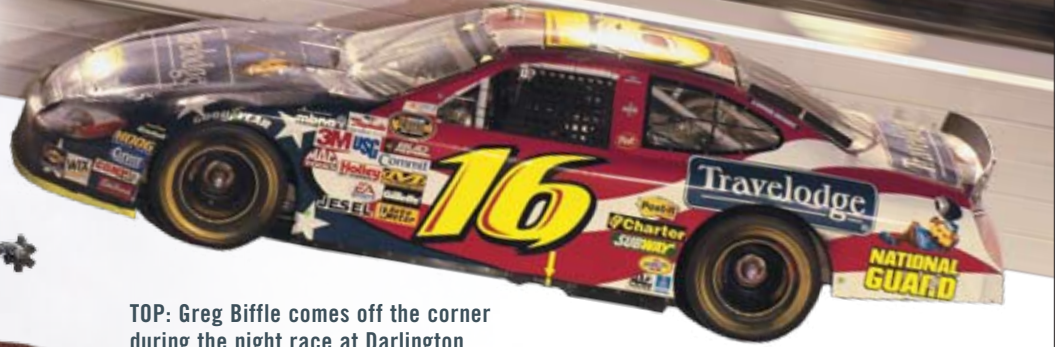
With 29 laps remaining, the front pack took final pit stops. That pit stop saw Casey Mears beat Biffle out of the pits. But when the green flag finally came out during lap 309, Biffle needed only three laps to drive inside Mears to retake the lead. And the contest was over.

Biffle pulled away to a 20 car, 3.244-second lead on runner-up Jamie McMurray at the finish. **GX**

Greg Biffle celebrates his Samsung/Radio Shack 500 victory at Texas with the traditional burn-out and an exuberant car stand.

Photo by Jeff Gross/Getty Images

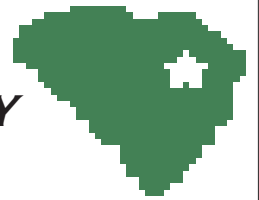




TOP: Greg Biffle comes off the corner during the night race at Darlington.

Photo by Rusty Jarrett/Getty Images

DARLINGTON RACEWAY MAY 7, 2005



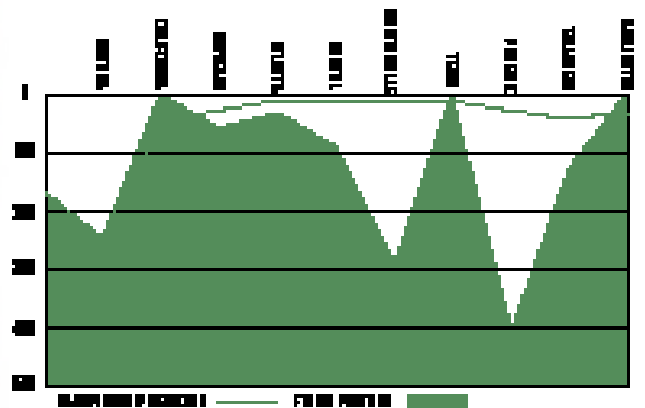
The Dodge Charger 500 got underway just before 7:30 p.m. on May 8 in Darlington, South Carolina. Biffle immediately took his National Guard/Travelodge Ford from his 3rd place starting position to second. By lap 12 Biffle had taken the lead, which he was able to maintain for a good deal of the race.

Biffle, after a bad air pressure adjustment, was in second with six laps remaining. However, a late caution on lap 363 allowed the National Guard crew to send Biffle out with 4 new tires in the fourth position. The green flag flew for a green-white-checker restart on

lap 368 and Biffle immediately pushed into second. By the time the field came back around for the white flag, Biffle had the lead and he was able to hold onto it for the checkered flag.

"This is really special for me and the National Guard team," said Biffle. "I think we're gonna win a couple more this season and we're gonna be tough when it comes down to the championship hunt." The win in Darlington moves the National Guard team to third in the point standings. They are currently only 21 points behind Gordon for second and trail points leader Jimmie Johnson by 127 points. **GX**

THE SEASON SO FAR



Source: Roush Racing, Inc.

LEFT: Greg Biffle holds the trophy for winning the Samsung/Radio Shack 500 at Texas Motor Speedway.

Photo by Rusty Jarrett/Getty Images

RACE to the PAST



Photo courtesy of Rally Sports, Inc.



ABOVE: Michael Dingman, driver, and navigator, Patrick Dingman, raced their 1940 Ford Convertible across America in the 2004 Great Race.

On June 25, 2005, the 23rd annual Great Race, presented by the Army National Guard, will start on the west side of the U.S. Capitol building in Washington, D.C., with the Halls of Congress as a backdrop. In a scene unlike any ever seen in motor sports, a starting grid of more than one hundred vintage and antique automobiles will line up at one of the most historic settings in American history, take aim up Pennsylvania Avenue and, at the drop of the green flag, roar past our country's most revered monuments and then across America. "It's the chance of a lifetime," said Wayne Stanfield, COO of the Great Race. "I've been involved with this race from the beginning and this is the absolute highlight. We've always been about Americana, and I don't see how we could start at a better location."

This year's competition will take place over fourteen days, finishing in Tacoma, Washington.

For 22 years the Great Race has been the center of free family celebrations in more than 800 cities in North America. The teams of drivers and navigators have logged nearly 6,000,000 competitive miles.

The competition is a time/speed/endurance road-rally for vintage automobiles manufactured at least forty-five years ago. Often called a "seat-of-the-pants" competition, the teams of drivers and navigators attempt to follow hundreds of driving instructions each day. There are checkpoints secretly located along the race route where the cars are timed. As in golf, low score wins. The event regulations limit the teams to a speedometer, time-of-day clock, stopwatch, pencil, and paper.

G. R. Pike of Searcy, Arkansas, and Bobby Hadskey from Germantown, Tennessee, are returning this year as defending Great Race Champions in their 1916 Hudson Super-Six. They won last year in the closest competition in event history. After 4,300 miles of rally racing, they finished in a dead heat with a 1939 Ford Convertible driven by Roush Racing's Dale and Susan McClenaghan. Both teams tied with a cumulative score of 1:54. In old car racing, the tie goes to the older vehicle, so the

Hudson's 23-year age advantage gave Pike and Hadskey the victory. "It was the biggest thrill of my life," said G. R. Pike. "We came in second so many times on the Great Race that to finally win was unbelievable."

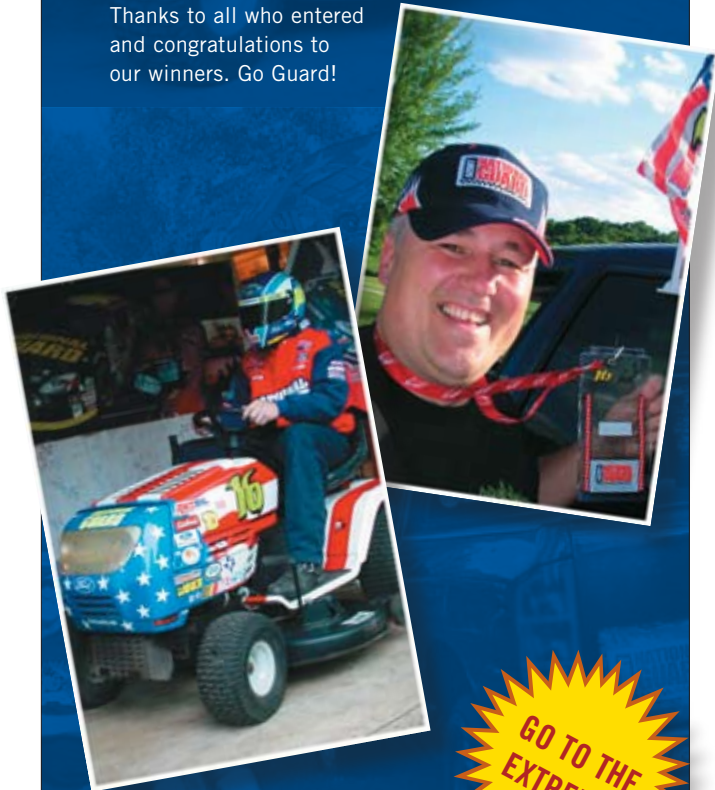
Teams vie for a prize fund of more than \$250,000 in a competition that is both incredibly difficult and seemingly easy at the same time. The entrants run the gamut from a rocket scientist to a housewife, a standup comic to the CEO of a major corporation.

For the participants, the Race offers the adventure of discovering America—and the American people—from a unique perspective. When the Great Race rolls into town, the drivers and navigators bask in celebrity welcomes. Each day, crowds line up, eager to assist in repairing the historic cars and energizing the competitors with spare parts and hospitality—with engines and ice cream, helping them to achieve the dream—to finish. **GX**

AND THE WINNER IS...

Congratulating the winners of the EXTREME FAN CONTEST

The final tallies are in, and the most extreme fans of Guard Motorsports have been selected. These two contestants have gone the extra mile to make certain that all of their friends and neighbors know how passionate they are about supporting the # 16 car and crew. We hope they will inspire some other GX readers to go to the extreme in cheering for Greg Biffle this season. Thanks to all who entered and congratulations to our winners. Go Guard!



GO TO THE
EXTREME!

Looking for an Exciting Opportunity?

If you are a CPT/MAJ with strong analytical and communication skills and looking for a unique opportunity, we have a position for you!

Applications are now being accepted for full-time employment as a Research Analyst (Title 10) at National Guard Bureau in Washington D.C.

Candidates should ideally have an undergraduate/graduate degree with strong math and analytical background. Applicants should also have completed their Captains Career Course and Company Command, although Finance Corps and Adjutant General Corps officers are exempt from this requirement.

www.virtualarmory.com

For complete information on this challenging position and a list of all application paperwork needed, visit our website, virtualarmory.com, and look under Current Events.

STEP IT UP

By Stephanie Weichart



STEP EXERCISE

Start by placing your left foot on a step (8-24 inches from the ground - based on fitness level and durability of the knee joints). Place your hands together and lean slightly forward.

Step-up by bringing your right knee up until it reaches as high as your hips. Immediately return to the start position and continue until you have reached 20-30 repetitions on the same leg.

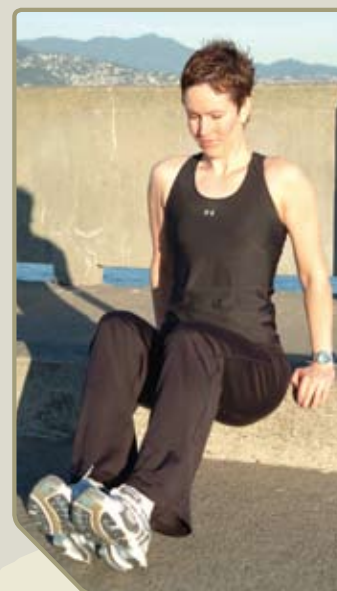
Switch your legs and continue until you have reached the same amount on the other leg. Perform three sets of this exercise. Allow approximately 90 seconds of rest between sets.

DIP EXERCISE

Start the exercise by placing your hands on a step (16-24 inches from the ground) with your palms down and fingers forward. Place heels down, toes up, legs slightly bent and knees together.

Dip your body by bending your arms until you reach a 90-degree angle at your elbows. Return to the start position by straightening your arms.

Perform 3 full sets of 15-30 repetitions per set of this exercise. Allow approximately 90 seconds of rest between sets.



A couple of weeks ago SGT Ken™ assisted his mother-in-law by mowing the lawn. He began by pushing the lawn mower. To my surprise, when he finished the end of the row, he moved the lawn mower over, lined up the wheels and began pulling the lawn mower backwards! How odd, I thought. Interested, I asked him why he was pulling the lawn mower. He told me, "to work my back (muscles)." How just like SGT Ken™ to pull and push the lawn mower to add to his daily workout routine!



FUNCTIONAL FITNESS

With an ever abounding number of gyms opening and products continuing to be super-sized, sometimes it is easy to forget that we can burn calories just by adding a couple of extra steps to our everyday life.



Take the Walk

SGT Ken™ decided to use mowing the lawn to help with his fitness routine that Saturday. You can burn a few extra calories by literally adding additional steps to your day.

- Park in the furthest spot available when you drive to the store, mall, movies etc.
- Take the stairs instead of the elevator.
- On lighter shopping days, use the hand held basket instead of rolling your groceries in a wheeled shopping cart.

Cut Down the Extras

It is Girl Scout Cookie time. Remember the nutritional facts are based on an average of two cookies, NOT the entire package. Do not keep your sweets hidden away where you can go and hide to consume a few extras without anyone else's knowledge. The extras eaten in private deliver the same number of calories as those consumed in public.

- For cookies, take two and share the rest.
- When dressing your salad, ask for it on the side. Be aware of how many portions you are actually consuming.
- Never eat foods directly from a bulk container (like nuts and cereals). Portion the food out into a small container. For an example, eat your cereal from a standard-sized coffee cup.



ABOVE: (l-r) Stephanie and SSG Ken Weichert

The START (Strategic Army Training) Fitness™ program incorporates the same exercises that are used annually to test the strength and endurance of the National Guard. START Fitness is a program created for Soldiers by Soldiers.

SGT Ken Weichert, six-time Soldier of the Year and veteran of both Iraqi Freedom and Desert Storm, began the START Fitness™ program in 1997. Now partnered with his wife Stephanie, Strategic Director of START Fitness and a certified personal trainer, the Weicherts are conquering the fitness industry. START Fitness™ has been profiled in *Backpacker Magazine*, the *San Francisco Chronicle*, *The Washington Post*, and now you can expect it in the pages of *GX*.

For more information, visit:

 startfitness.com

You can work out with SGT Ken™! Purchase all three of their workout videos (VHS & DVD) on their website.



GOT A QUESTION?

ASK SGT KEN

 askthetrainer@startfitness.com



Illustration by Seamas Gallagher

Dear SGT Ken,™

My fitness routine consists of weights and cardio. What gives better results – weights before running or vice versa?

Thanks,
Wayne B.
Start Fitness Member™
San Francisco, CA

Dear Wayne,

Theory: There is no perfect science to determine which should be performed first – weights (anaerobic) or cardio (aerobic). Your body composition, diet and rest pattern will always determine your opportunity to obtain optimum results from your fitness routine.

The Army Physical Fitness Test (APFT) is designed with push-ups, sit-ups and a two-mile run. The exercises were deliberately placed in that order with aerobic activity last. This is a usual practice during most military physical fitness sessions. The first theory behind this is that in order to handle the jarring that occurs in the joints while running, the muscles must first be warm and firm through anaerobic activity in order to support the joints during aerobic exercises. The other theory that comes to mind is that the military uses running or other aerobic exercises to loosen up the muscles after anaerobic exercises (body resistance or weight training exercises), thereby leaving the fitness session with more relaxed muscles.

Warning Statement: Your aerobic activity should be light during fitness sessions where your anaerobic activity is extreme. Meaning, when the muscles are too exhausted to properly support bone joints due to the result of extreme anaerobic work, remember to be careful when performing aerobic exercises that create impact on the joints.

Suggestion: Perform a circuit with several anaerobic exercises and maybe one to two aerobic exercises targeting similar muscle groups. Example section of an indoor fitness routine targeting the legs: Anaerobic activity such as lunges and leg presses accentuated with two minutes of jogging on the treadmill and/or stationary cycle and perform the circuit three times.

Dear SGT Ken™,

I am an avid runner but for about three years now, I have had pain on the inside of my left leg, near my ankle. The pain felt like it was only in a small area about two inches long, but whenever I ran more than about 15 miles a week, it would always feel very sore. I started reading about leg length discrepancy so I experimented by putting a gel insert into my right running shoe and no insert into my left running shoe. At first this felt very strange but after doing this for two months now, I can say that the old pain I had in my left leg is almost gone and I still run the same mileage. My new problem is that my right knee has started to hurt now. What should I do?

**Francisco Zuniga
LTC, EN, TXARNG
Executive Officer**

Dear LTC Francisco Zuniga,

Theory: It is quite true that in some cases an insert placed in the right shoe may help posture and stability. In fact, I am an Operation Iraqi Freedom veteran that came back with a couple of minor combat-related injuries. I am currently a user of the PostureFlex insert (www.postureflex.com/). Getting use to the product felt weird for me as well. I also experienced some issues with my right knee on the fourth week. Lee Cole, the creator of PostureFlex, suggested a different grade of thickness for my insert. After experimenting with a thinner insert and adding a great deal of core strength training exercises to my weekly physical fitness routine, I am running with no pain

whatsoever and my endurance is actually better than what it was prior to my deployment.

As far as running shoes are concerned, I suggest New Balance 855 running shoes. Now, I receive absolutely no endorsements from any sports company at all. My suggestion is based on my experiences and what works well for my fitness members.

Bottom line is that a gel insert may not be the correct method of recovery. Also, we all need additional core training. Please refer to the PostureFlex link above.

Once again, thanks for contacting GX and START FITNESS™. Feel free to contact us at any time with any questions or concerns that you may have regarding Health and Fitness for you, your family, or your friends.

Strategic Army Training (START), LLC assumes no association with the United States Army or the Department of Defense. Copyright © 1999 START™. All Rights Reserved.

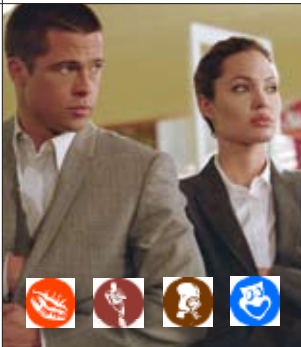
Got a fitness question? Email SGT Ken™:

 askthetrainer@startfitness.com

SUMMER BLOCKBUSTERS

OUR THOUGHTS ON THIS SUMMER'S NEWEST FLICKS!

Photos courtesy 20th Century Fox, Warner Brothers Pictures, and Paramount Pictures



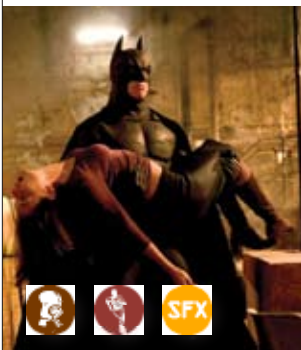
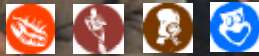
MR. & MRS. SMITH

Starring: Brad Pitt, Angelina Jolie, Adam Brody
20th Century Fox

Two notorious assassins have been pitted against one another -- who are you voting for... the husband or the wife? We just want to see a married couple literally try to kill each other -- this is quality entertainment.

WHAT MAKES IT POP? If your guilty pleasure is a certain teenage soap opera -- then you'll buy a ticket just for Adam Brody.

Release Date: **6.10.2005**



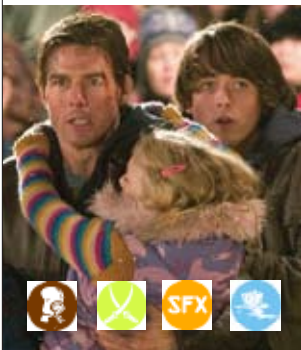
BATMAN BEGINS

Starring: Christian Bale, Michael Caine, Liam Neeson, Katie Holmes
Warner Brothers Pictures

Batman goes back to the beginning! But he's a colder, darker, more conflicted Batman in this prequel, where we learn what turned Bruce Wayne into Batman. Now, who's the best Batman? ... discuss.

WHAT MAKES IT POP? The Batman suit chest is no longer anatomically correct.

Release Date: **6.17.2005**



WAR OF THE WORLDS

Starring: Tom Cruise, Dakota Fanning
Paramount Pictures

H.G. Wells fascinated generations before us, and hopefully this generation's version will, too. Tom Cruise plays a father trying to keep his family alive while the world is being taken over by aliens.

WHAT MAKES IT POP? It's Steven Spielberg's version of a controversial radio broadcast.

Release Date: **6.29.2005**



CHARLIE AND THE CHOCOLATE FACTORY

Starring: Johnny Depp, Helena Bonham Carter
Warner Brothers Pictures

Since the original, we've avoided all blueberry-flavored bubblegum and ferry tunnels, but our curiosity has gotten the better of us and we have to go back. Our guess: this is the golden ticket.

WHAT MAKES IT POP? Here's hoping the Oompa-Loompas aren't quite as freaky as the originals.

Release Date: **7.15.2005**



KINGDOM OF HEAVEN

"BE WITHOUT FEAR IN THE FACE OF YOUR ENEMIES. SPEAK THE TRUTH, ALWAYS, EVEN IF IT LEADS TO YOUR DEATH. SAFEGUARD THE HELPLESS AND DO NO WRONG. THAT IS YOUR OATH..."

Ridley Scott (director of *GLADIATOR*, *BLACK HAWK DOWN*) has brought us *KINGDOM OF HEAVEN*, "which tells the sweeping saga of the Crusades through the eyes of one man caught up in an epic struggle for an ideal." Based upon historical events and characters, this fictionalized story restores our faith in being a true protector and fighter.

Finally, we have a character that's a genuine, true hero. **ORLANDO BLOOM** plays Balian of Ibelin, a blacksmith who finds himself fighting in the Crusades.

Balian is a man of character and worth. His quiet realism tells us how powerful silence can be. He puts aside his pain for what's important and worries not of what he can take advantage of, but of what he can help and make better. Greed and political power do not overtake him; they only make him more of a hero. Known as "the perfect knight," he is truly someone any soldier should admire.

The Knight's Oath was something Balian learned and carried with him, eventually demonstrating and teaching to others: "Be without fear in the face of your enemies. Speak the truth, always, even if it leads to your death. Safeguard the helpless and do no wrong. That is your oath...."

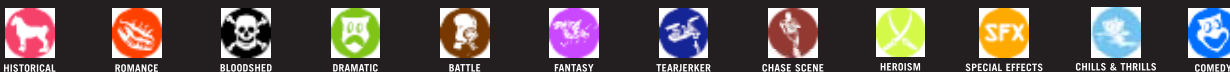
As an unbiased story and without propaganda, it portrays the humanity of both sides of this particular war. This story especially restores our faith in the soldier movie, giving us a reason to respect those fighting with a conscience for the welfare of others.



"[Ridley Scott's] films are a feast for the eyes, but they also leave you questioning and wondering, with a sense of purpose. It's truly extraordinary and I feel incredibly lucky."
- Orlando Bloom



CHECK OUT GXONLINE.COM IN THE POP CULTURE SECTION FOR MORE MOVIE REVIEWS!





KNOCK KNOCK

The Soldiers of the 20th Special Forces Group have an odd way of telling a knock-knock joke. Apparently, when they tell it, it goes something like this:

Knock, knock.
"Who's there?"
Boom. Flash. Bang. Multiple Gunshots.
"Room Clear, Room Clear!"

Feeling pretty good about your home's steel-walled front door and its hardened dead-bolt lock? I hate to tell you, but it wouldn't even slow these guys down. In fact, they prefer for the doors to be closed.

A simple McGuyvered device, det cord and duct tape (high speed duct tape, to be sure) and poof, your Home Depot security special is now a metal taco on the other side of the room.

Take it as an article of faith that you do not want to be on the wrong side of any door they are coming through.

High Speed Entry with 20th Special Forces Group
By The Brothers West

Visiting with the 20th was like attending a “Scared Straight” class for potential terrorists. Watching them come through the door with blazing guns, every round on target, is one of the most intimidating sights you can imagine. Run this tape on Al-Jazeera a few times and see if insurgent recruiting doesn’t drop off. It all happens so fast that by the time you realize they’ve entered a room, it’s been cleared and they have moved on to the next task (the next task usually involving explosions, running and more gunfire).



The Wrong Side Of The Door >>

On the right, you can get a little taste of what it looks like to be on the business end of an explosive entry.

The door in the picture is locked on the left side and hinged on the right. The 20th approached and taped det cord (a flexible tube containing plastic explosives) to the hinged side of the door. A short countdown later and boom, the door has been cleanly sheared from its hinges.

The shrapnel and explosion from the door would serve to disorient anyone in the room and give the Soldiers the seconds they need to carry out a high-speed entry.



<< Clockwise from Far Left.

A massive battering ram combined with the judicious application of brute force sends a door flying off its hinges.

Soldiers stack up for exfiltration after a successful assault has been completed. We wouldn’t have thought that leaving a cleared building would require training but every aspect of the operation is practiced again and again in order to maximize safety and efficiency.

The 20th uses a custom “shoot house” that allows them to practice their maneuvers using live ammunition.

Photos by Chris West

POI+ - A - P

THE ELEMENTS OF A GOOD PARTY. LOCATION AND MUSIC.

TAKE YOUR MUSIC—AND THE FUN—EVERYWHERE YOU GO!
BY JC JOHNSON AND AMANDA M. BAINES

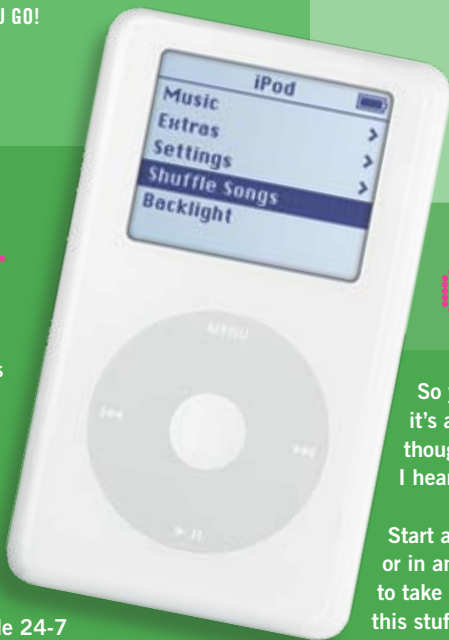
Start with...

Your favorite music.

You can download all your favorite tunes from any of the following online music services!

www.itunes.com
www.napster.com
www.sonymusic.com
www.getmusic.com

Songs start around 99¢ and are available 24-7 for your downloading and listening pleasure.



Gadgets!

So you have a portable music player (maybe it's an iPod like this one here). You've probably thought, "If only everyone could hear what I hear—that would be something!"

Start a party at your house, in your backyard, or in any remote location! Here are some options to take with you; you can go anywhere with this stuff!



AirClick

What's been missing from the MP3 player experience? The remote control! With the AirClick, you can hook your iPod to your sound system and wander through the house while in full control of your tunes. It uses RF signals that travel through walls for control anywhere in your home or outside, up to 60 feet away. Playing musical chairs has never been easier.

\$40 >>> By Griffin Technology



Where to Buy?



Griffin Technology products are available online at:
www.griffintechology.com

Harman Multimedia / JBL products are available online at:
www.harmanmultimedia.com

Gadget Photos courtesy Apple Computer, Inc., Griffin Technology, and Harman Multimedia/JBL.



OnStage

This is a transportable speaker station that is speaker compatible with all digital music players including the Apple iPod. It docks the iPod, doing double duty as a battery charger. It's 12-watts of desktop speaker sound, weighs one pound and requires AC power access. Big things really do come in small packages.



\$160 >>> By Harman Multimedia / JBL

iTrip

You are looking at the coolest iPod accessory in the world. The iTrip FM transmitter for the iPod can play your music through any FM radio in your car, at a party, or wherever the mood strikes you—and you have a radio. It needs no batteries—it receives its little bit of power from the iPod itself—no more batteries ever!

\$40 >>> By Griffin Technology



OnTour

This portable speaker is compatible with all digital music players. It's speakers fit in the palm of your hand. It's 6-watts of total power can run off AC power as well as battery power (meaning portable). It's small, it's light, it has a cover that doubles as a stand, and did we mention it's portable?



\$100 >>> By Harman Multimedia / JBL

More Info Online

Visit GXOnline.com in the Pop Culture section for more gadgets and gear!





COMBAT ARMS TRAINING COMPANY

NEW MEXICO NATIONAL GUARD

COMBAT ARMS TRAINING COMPANY

By Chris West

The face of war has changed since 9/11. The days of large scale combined arms operations that sweep massed enemy forces aside are probably over. The battlefields of tomorrow will likely tend more toward the close confines of urban warfare or the surprise ambush, that the Iraqi insurgents seem to prefer. Times have changed ... and so has the Army National Guard.

One of the finest examples of this adaptation can be seen at the Combat Arms Training Company (CATC) of the New Mexico Army National Guard. Here, amid the sand and scrub, the men and women of the NMARNG have changed the way they train in order to better prepare for the challenges they will face when they deploy. Three of their twelve drill weekends

are spent not at their armories, but on the CATC training grounds, where they learn the intricacies of urban warfare, wilderness survival and combat rifle tactics.

They forgo sleep and sometimes food over the course of a long weekend in order to cram as much training as possible into the limited time they have. You won't hear any complaints though; the soldiers tear through this training as if their lives depend on it... which of course, they do.

Each weekend focuses on one of three classes: Survival, Combat Rifle and MOUT (Military Operations on Urban Terrain).

The survival class focuses on the skills a soldier needs to survive in the wilderness until rescue arrives. The most important aspect, according to CW4 Landstrom, a 42-year veteran with 30 years of experi-

ABOVE: CATC students run drill inside an abandoned New Mexico state prison - the site of the infamous 1980 prison riot. Thirty-three prisoners were brutally murdered by fellow inmates. Photo by Chris West

ence as a survival instructor, is to create the right mindset in these men and women. Without a strong will to live and the skills needed to create a proper shelter, soldiers stranded in the field simply won't last long. This class gives them the confidence and tools needed to make sure they stay safe and healthy during this sort of worst-case scenario.

Combat Rifle focuses on creating modern "gunfighters," soldiers with practical experience in engaging and destroying targets from non-traditional firing positions. It is unlikely that in the heat of combat, soldiers will be able to take one of the standard firing positions (standing, kneeling or prone). It is much more probable that they will be firing from behind whatever cover is available or while they are on the move, tactics not usually covered in basic training. Rapid target acquisition, covering fire, maneuvering while firing, shooting from flat on your back and a number of

"WATCH YOUR MUZZLE!"

Gun safety is stressed throughout CATC. Often, instructors call out "Watch your muzzle!" to decrease the chance of friendly fire.

“EVERYBODY TRACKIN’?”

There is little downtime in CATC. Instruction is intense and moves quickly. Instructors take a minute to check if everyone is understanding, asking “Everybody trackin?” and move on.

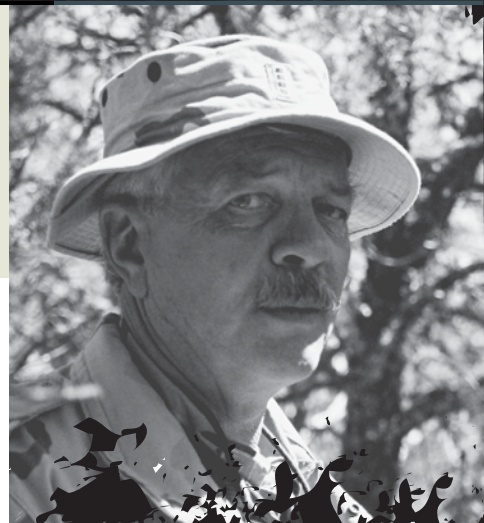


Photo by Keith Kawasaki

IN A SURVIVAL SITUATION:

Initially,

- 10 - 25% WILL STAY CALM**
- 10 - 25% WILL PANIC**
- 50 - 75% WILL GO INTO SHOCK**

But in the end, with proper training,

- 75 - 90% WILL KEEP IT TOGETHER**

ACCORDING TO CW4 LANDSTROM (RET),
CATC SURVIVAL LECTURE

other skills are drilled into the soldiers' heads during these live-fire exercises.

Each soldier will place a minimum of 250 live rounds down range during the course of the weekend, approximately four times what a normal Guard soldier shoots in the course of a year. The training shows; by the end of the weekend, the soldiers are carrying their rifles with more confidence and consistently putting rounds on target from some of the most unusual firing positions you've ever seen.

In the complex and challenging MOUT course, soldiers learn how to set up and man a checkpoint, proper search procedures and the best way to detain suspicious persons. From there, they move to convoy operations, learning how to spot and respond to roadside IEDs (improvised explosive devices), how to deal with an ambush, how to replace an injured driver at seventy miles per hour in less than seven seconds and much more. Defensive hand-to-hand tactics are taught, culminating in a full-contact round with padded instructors. Finally, the soldiers move on to learning how to clear a building using proper door breaching and entry techniques.

At the end of the weekend, they get a chance to put all of these skills to practical use. They are given a mission to capture and secure a 40,000 square-foot abandoned prison. Doesn't sound so tough, does it? What wasn't mentioned was that there are instructors hidden throughout the building, shooting back. This exercise involves force-on-force training using Simunitions® practice rounds (dye marker cartridges similar to paint ball) that allow soldiers to engage the “hostile” instructors with the weapons they will carry into war. Still sounds too tame? You don't know the half of it. These soldiers are running full tilt through a dark maze of cells and corridors filled with smoke, explosions with Simunition® rounds continually zipping past their heads. Confusion reigns, command struc-

tures are challenged and the soldiers have to adapt on the fly to an ever changing situation—something they do with extraordinary skill; stacking up outside of rooms, breaching doors and carrying out sweeps with an efficiency you would only expect from Special Forces. Thirty minutes after the operation began, this massive warren had been captured, swept and secured.

This amazing operation is the brainchild of two extraordinary men, GEN Montoya and 1SG Riley. GEN Montoya is the young, energetic and forward-thinking Adjutant General of the New Mexico Guard, whose dedication to preserving the lives of his soldiers led directly to the creation of the CATC. In 2002, the General went to 1SG Riley and told him in no uncertain terms, “Find out what will keep my soldiers alive and teach it.”

BELOW: CATC students engage in combat exercises during MOUT training. One by one, students faced off in real contact combat.

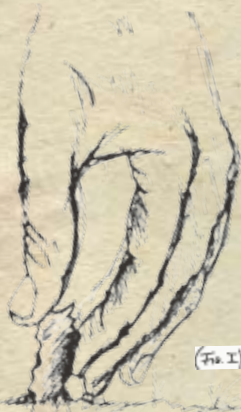
Photo by Chris West



HOW TO MAKE A :

Field Expedient Compass

1. Take a needle or other piece of ferrous metal and insert it halfway into the ground. After approximately four hours it will have become magnetized (see fig. I).



(Fig. I) magnetized needle

2. Place the needle on a leaf and float them both in a cup of water (see fig. II).



(Fig. II) magnetized needle in water

3. The leaf and needle will slowly swing around to point at magnetic north.

Illustrations by Andrew Nixon



ABOVE: CATC checkpoint security lecture
Photo by Keith Kawasaki

1SG Riley proceeded to hand-pick the 30 most dedicated, experienced NCOs in the NMARNG and provide them with all of the additional training they would need. This included a variety of military schools as well as "out of the box" training including some of the premiere civilian shooting academies. All of this training goes toward one purpose, to turn their trainees into aggressive, adaptable and battle-focused soldiers with high combat survivability.

The program is enjoying enormous success. It is much loved by the men and women of the NMARNG and is starting to make an impression nationwide. Observers from other states show up regularly to see what they can learn about better preparing their soldiers for the realities they will face. One soldier put it best at the end of the weekend, a fierce grin of pride plastered across his sweaty dirt-stained face, "This here's great training!". **GX**



Photo by Chris West

CHECK OUT
MORE CATC PHOTOS
AND COMMENTARY
ONLINE AT:

@ www.gxonline.com/ontheroad

CHIEF'S FREEDOM CHALLENGE

FOR RRNCO'S



ALWAYS READY. ALWAYS THERE.



01 FEBRUARY - 15 JUNE 2005

Our nation depends on its military to keep it safe, secure, and prosperous. With the current operations in Iraq and around the world, our armed forces, especially the Army National Guard, are in the spotlight, engaging in battle, keeping peace, and delivering humanitarian aid. At home, Guard soldiers are being deployed in significant numbers, bravely giving of themselves in defense of their families, friends, neighbors, and employers. Just as our team has achieved the decisive victory on the ground in Afghanistan and Iraq, so too, we must achieve victory in our mission to achieve the ARNG FY05 End-Strength objective. For more information about the Chief's Freedom Challenge contact your Recruiting and Retention Commander.

The strength of the Army National Guard depends on soldiers like you.

H STEVEN BLUM
Lieutenant General, US Army
Chief, National Guard Bureau

11 ACCESSIONS 01 FEBRUARY - 15 JUNE

2 ACCESSIONS
EACH MONTH
FEBRUARY & MARCH



DIRECTOR OF ARMY
NATIONAL GUARD
COIN & LETTER OF
COMMENDATION

2 ACCESSIONS
EACH MONTH
FEBRUARY, MARCH & APRIL



DIRECTOR OF ARMY
NATIONAL GUARD
COIN & LETTER OF
COMMENDATION



CHIEF OF NATIONAL
GUARD BUREAU
COIN & LETTER OF
COMMENDATION



DIRECTOR OF ARMY NATIONAL
GUARD COIN & LETTER OF
COMMENDATION



CHIEF OF NATIONAL
GUARD BUREAU
COIN & LETTER
OF COMMENDATION



SPOUSE INVITATIONAL
TRAVEL ORDER



TRIP TO WASHINGTON D.C.
ON JULY 4TH, 2005



BBQ & FIREWORKS
WITH CHIEF OF
NATIONAL GUARD
BUREAU AT FORT MONAIE,
WASHINGTON D.C.



CHIEF'S CHALLENGE
AWARD TROPHY

GAUNTLET of FIRE

by DON LOMAX

FROM THE AFTER ACTION REPORT :
02 NOV 04. SPC GERRIT KOBES WAS SERVING AS A MEDIC WITH A CALIFORNIA NG UNIT, TDY FROM HIS PARENT, BRAVO, 1ST BN, 160TH INF. THEIR TWO-DAY ESCORT MISSION WAS PART OF THE 1ST CAVALRY'S TASK FORCE STEEL DRAGON PROVIDING CONVOY SECURITY, FERRYING IRAQI SOLDIERS AND EQUIPMENT TO FALLUJAH FOR THE UPCOMING MISSION THERE.
DAY ONE, THEIR CONVOY WAS ATTACKED WITH AN I.E.D. AND SMALL ARMS. NO ONE WAS INJURED AND ONLY ONE IRAQI VEHICLE WAS DISABLED. THEY PUSHED THROUGH, BUT THE SECOND DAY, 03 NOV, THE STORY WAS DIFFERENT.

60 AMERICAN AND IRAQI VEHICLES MOVED OUT FROM THE STAGING AREA WEST OF BAGHDAD AGAIN TOWARD FALLUJAH. IT WAS A KILOMETER LONG CONVOY, 60 VEHICLES, WITH SPC KOBES'S TRUCK RIGHT IN THE MIDDLE.

THEN, ONE OF THE LEAD VEHICLES, CARRYING IRAQI NATIONAL GUARDSMEN WAS DISABLED BY AN RPG CAUSING CASUALTIES. HEAVY MACHINE GUNS AND SMALL ARMS FIRE FOLLOWED, RAKING THE STALLED CONVOY.



HIS VEHICLE UNABLE TO ADVANCE, SPC KOBES DISMOUNTED AND, WITH HIS PLATOON SERGEANT JOHN TODD SPURTED, UNDER HEAVY FIRE THE 500 METERS TO THE LOCATION OF THE WOUNDED IRAQIS.

A QUICK ASSESSMENT REVEALED FOUR WOUNDED, ONE WITH ARTERIAL BLEEDING.



SPC KOBES APPLIED A TOURNIQUET TO STOP THE BLEEDING OF THE MOST SERIOUSLY INJURED. THEN PUT A PRESSURE BANDAGE ON THE IRAQI WITH THE HEAD INJURY.

THE FIFTH CASUALTY WAS BEYOND HELP. AS THE CONVOY AGAIN STARTED TO MOVE, SPC KOBES EXPOSED HIMSELF TO ENEMY FIRE A SECOND TIME LOADING THE WOUNDED ON A VEHICLE FOR EVACUATION TO THE NEAREST AID STATION. THEY THEN RETURNED TO THEIR OWN VEHICLE TO CONTINUE ON TO FALLUJAH.

SPC KOBES RECEIVED THE SILVER STAR FOR HIS ACT OF PERSONAL HEROISM, RISKING HIS LIFE TO SAVE THE LIVES OF THE IRAQI NATIONAL GUARDSMEN. THIS GALLANTRY IN ACTION BY SPC KOBES AND THE SOLDIERS OF BRAVO COMPANY COULD HARDLY BE REFERRED TO AS AN ISOLATED INCIDENT.



the
End



YOUR NEW TITLE: SECOND LIEUTENANT



Become a leader in the Army National Guard – apply to Officer Candidate School. Wear the gold bar of a Second Lieutenant. Enjoy the respect, challenges and benefits of a commissioned officer. In the Army National Guard, YOU CAN!

www.VirtualArmory.com



YOU CAN

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



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

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

Learn more about the National Guard. Visit us at www.1-800-GO-GUARD.com • 1-800-GO-GUARD



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