GX PROFILE:
CHIEF WIGGLES
of Operation Give

PROFESSIONAL
MANEUVERS
Leadership Counts

POLE WINNER
DAYTONA 500
National Guard #16

VOL ONE ISSUE ONE

GX
THE GUARD EXPERIENCE

MOBILIZATION
BEEN THERE. DONE THAT.
NOW WHAT?
HOW TO HANDLE THE REUNIONS AHEAD

2004 Merchandise

GBN1400

GBN2401

Owner and Pit Stop Series

National Guard Racing 2004 Products

ITEM No.	Item Description	S	MD	LG	XL	2X	Total Qty.	Retail	TOTAL
GBN1400	GB WHT Number 16 Tee							$18.70	
GBN2401	National Guard Sideline Hat							$20.40	
GB4-O2-16NG	1:24 Owner Series Die-cast							$67.15	
GB4-W2-16NG	1:24 Pit Stop Series Die-cast							$17.00	
GB4-W6-16NG	1:64 Pit Stop Series Die-cast							$5.10	

Owner Series
- Sequentially numbered
- Hood and trunk open
- Fully functioning suspension
- Fully detailed engine

Pit Stop Series
- Die-cast chassis
- Clear windows
- Hood opens (1:24 scale)

*Prices, styles and availability are subject to change without prior notice
*Please allow 3-5 weeks for delivery of in-stock items
*Please call 1-888-332-9700 for returns/exchanges

Order Summary:

Subtotal of Items Ordered		$
In NC add 7.5% Sales Tax		$
Shipping Charges	$0-50	$7
	$50.01-100	$9
	$100.01-150	$10
	$150.01-200	$12
	above $200	$15
Total Amount of Order		**$**

Bill To:

Name

Address

City State Zip

Daytime Phone Evening Phone

e-mail address

Ship To:

Name

Address

City State Zip

Daytime Phone Evening Phone

e-mail address

Method of Payment (For Prepaid) Check One: ☐ Visa ☐ MasterCard ☐ American Express

Card No. Expiration Date Authorized Signature

TeamCaliber®

To place an order use discount code NGMEM2004:
Call: 888.332.9700 Fax: 704.720.4905 Web: teamcaliber.com

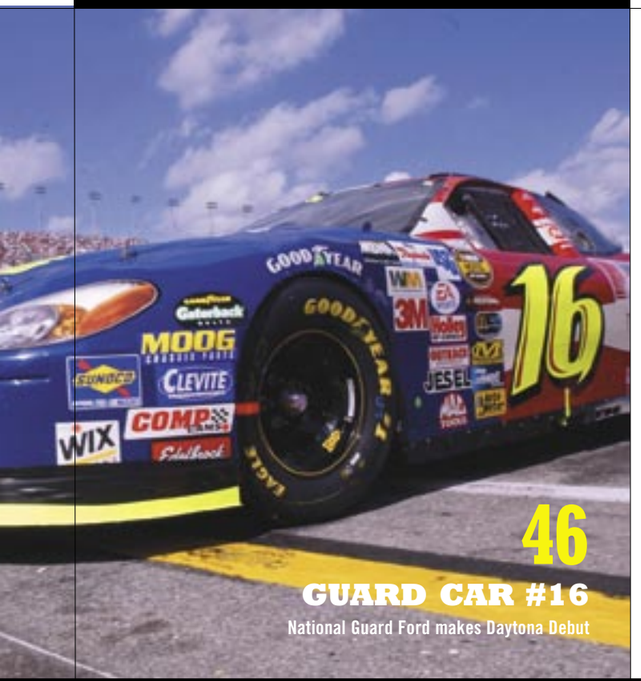
National Guard used by permission of the National Guard Bureau. SUBWAY is a registered trademark of Doctor's Associates Inc. Roush Racing and Greg Biffle's name and/or likeness used by authority of Roush Racing, Livonia, Michigan. All rights reserved. Prices are subject to change. Designs subject to change without notice.

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

ARMY NATIONAL GUARD
YOU CAN

DEPARTMENTS



46
GUARD CAR #16
National Guard Ford makes Daytona Debut

GX Profile
p.68

RECON
p.18

Upper-Body Exercises
p.62

10
In The Loop
News and Events in the Guard Experience.

26 **EARNED REWARDS**
MILITARY TRAVEL Guard Members are entitled to many air travel discounts. Need to plan a trip?

42 **PROFESSIONAL MANEUVERS**
LEADERSHIP When you took your oath, you entered into a pact with those around you.

55 **GEAR & GADGETS**
SATELLITE RADIO Compact, portable and CD-quality sound from coast to coast.

62 **PERSONAL IMPROVEMENT**
EXERCISE Unit readiness begins with physically fit soldiers and leaders. First in a four-part series of exercises designed specifically for soldiers.

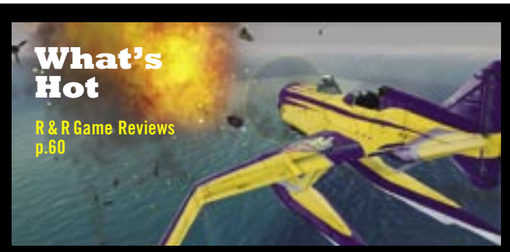
FEATURES

28 **Demobilization**

28 **COVER STORY**
DEMOBILIZATION WELCOME HOME. NOW WHAT? There's a lot to do when you get home and here's some great guidance to get you started - things you need to do, when and why you need to do them.

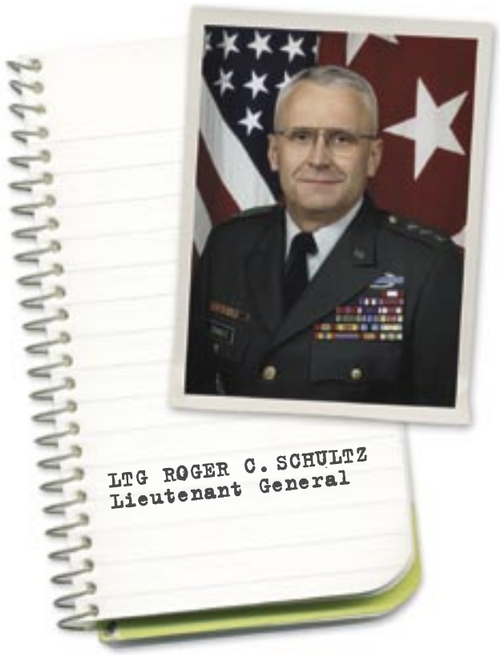
58 **HIT PLAY**
MOVIE REVIEWS A Soldier's Guide to some of the most popular movies about war.

68 **GX PROFILE**
CHIEF WIGGLES Utah National Guardsman becomes a favorite of Iraq's children and the Commander-In-Chief.



What's Hot
R & R Game Reviews
p.60

66
Romeo Heroes
PARTY TIME: ITALIAN STYLE
The perfect dinner, the perfect date. National Guard style.



Greetings

Welcome to the inaugural issue of GX Magazine: The Guard Experience.

The magazine you hold in your hands has been created especially for members of the Army National Guard team — our soldiers and their families. As you'll see on the following pages, GX Magazine is packed with timely articles and recurring columns of interest to all members of our team, from the most senior soldiers, to spouses, and new recruits. Within the pages of GX Magazine, you'll also find opportunities to provide your feedback to Guard leaders on issues of importance to soldiers and family members alike.

I am pleased to launch this magazine, which will be produced on a bimonthly basis. As I see it, any tool that can improve communication within the Guard family on issues that matter to our team is a winner. GX Magazine is no exception.

12
Ready and Relevant
The Way Ahead
by General Schoomaker, Army Chief of Staff

"Readiness — The Final Measure. Our job is to be constantly prepared for the duties and responsibilities of our federal and state missions. It is our heritage and our future. YOU CAN make a difference. You already have."

LTG Roger C. Schultz
Director, Army National Guard

If you would like to have GX Magazine delivered to your home, visit the Virtual Armory at www.virtualarmory.com to request your free subscription.

I hope GX Magazine is as enjoyable for you to read as it was for my staff and me to produce. It is truly an honor for me to lead our great Guard team. I am proud of each of you and I thank you for your outstanding service to our nation.

Sincerely,

Roger C. Schultz
Lieutenant General
Director, Army National Guard

Hello

I am pleased to participate in the launch of the Army National Guard's own magazine, GX Magazine: The Guard Experience, because I think that our entire team—soldiers and family members—will benefit from the information on the following pages.

GX Magazine is packed with stories about Guard soldiers doing great things and the most up-to-date information on issues of interest to soldiers and those close to them. I hope you and your fellow soldiers will participate in shaping the future of GX Magazine. By sharing the concerns that are foremost on your mind, you contribute to the process of making Guard service more satisfying for all of our soldiers.

As I write this, the Army Guard is in a period of unprecedented mobilizations. More than 140,000 Guard soldiers are currently deployed for missions stateside and abroad. Many have made the ultimate sacrifice. Our soldiers have proven, as they have since 1636, that our nation can depend on the Guard to defend freedom. The Guard is making the world a better place and the American public is very aware of the sacrifices that our team makes on a daily basis. As I travel the country in the course of my official duties, I am often stopped by citizens, young and old, who ask me to convey their gratitude for the service of the soldiers that I am honored to represent.

If your days are like mine, it may be a challenge to find time to read a magazine. I hope you will make it a priority to carve out a few minutes for yourself to read GX Magazine. I think you'll find that the time you spend reviewing these pages is well spent. GX Magazine is more than a publication about the Guard—it's a tool you can use to improve your own Guard experience and to help shape our team's future.

I hope that you'll enjoy this first issue of GX Magazine as much as I have. Despite the many years I have served on the elite Guard team, I learn new things about the Guard nearly every day. I am awed by our proud past and also by the Guard soldiers of today. You are the Guard's future and I am honored to serve with you.

Sincerely,

A. Frank Lever, III
Command Sergeant Major
CSM, Army National Guard

"I honor beyond measure those who do their full duty ... and all the more because the doing of duty generally means pain, hardship, self-mastery, self-denial, endurance of risk, of labor, of irksome monotony, wearing effort, and steady perseverance under difficulty and discouragement."

Theodore "Teddy" Roosevelt, New York National Guard 1882 - 1886, U.S. President 1901 - 1909

COVER PHOTO:
SGT Scott Matthews, D CO 140th Aviation
A moment on the flightline - Bagram AB, Afghanistan

"Uncommon Excellence"

Pouring through stories these past several weeks, it became increasingly obvious that part of the Guard experience includes examples of excellence nearly every day.

Time and again, we read accounts of loyalty, duty, honor and selfless service—stories of sacrifice and kindness.

We read of long-standing family traditions of Guard service: of fathers, uncles and sets of siblings serving together. There are stories of soldiers giving up their ticket home so a friend could go see their newborn.

There are always the stories of bravery and honor that prove in deed the warrior's promise, "I will never leave a fallen comrade."

And yet in the midst of war, personal time is given generously to teach, to aid, and to rebuild homes, schools and shattered lives.

One such story is our first GX Profile. The story of Chief Wiggles, a Utah Guard member recently honored by President Bush, shows the difference one soldier can make in the lives of hundreds of Iraqi children.

This premiere issue of *GX Magazine* could easily be ten times the pages and still not cover every great story, but an effort has been made to uphold our mission — to faithfully portray the real-world Guard experience.

In these pages, you'll find evidence of the uncommon excellence present within the men and women of the Army National Guard. You should also find information that helps you with your professional career and your personal life, as well as some tips for maximizing your service benefits ... and ideas for rocking on during downtime.

As we publish this first issue, many of you are returning home from very long deployments, so our feature story focuses on demobilization — rejoining family, friends, employers and co-workers — and restarting your life.

So, what is it that makes a young man or woman do such remarkable things?

Look around your unit for the answers. We believe you will see the discipline and toughness in the faces of your teammates.

Every day, we see the proof of what is in their hearts.

- The GX Team

GX

MISSION: To faithfully represent the real-world Guard experience. To provide today's Army National Guard warrior 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
FEATURES EDITOR Jason West
DEPARTMENTS EDITOR Chris West
DESIGN DIRECTOR Heather Dryden
STAFF WRITERS Jason West, Chris West, Jennifer Johnson
CONTRIBUTING WRITERS Loree Gold, Joe Johnson Brittany Hailes, Heather Buckner
LIBRARIAN Jennifer Johnson
PHOTOGRAPHER Raye Dene Berry
CONT. PHOTOGRAPHERS Richard Grimm, Scott Matthews, O'Neil Williams

PRODUCTION ARTISTS Kenneth White, Robert Bright
ONLINE ARTISTS Lisa Sarmento, Trace Scarborough
PRODUCTION MANAGER Raye Dene Berry
PUBLISHER Mitch Powers

Published by ioMedia&Publishing, a partner venture of Iostudio, LLC.

President & Publisher Mitch Powers
VP Design Ed Brown
VP Engineering Jason West
VP Operations Chris West

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

Voice: 615.256.6282
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 615.256.6282 voice, 615.256.6860 fax.

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

Copyright ©2004, 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 WANTS YOU

GIVE US YOUR FEEDBACK

We want to make this a good magazine, and we need your help. You are the only ones who know what the Guard Experience really is. So tell us.

Tell us about what it was like for you being deployed overseas, serving domestically, or just making it through basic. Send us pictures of you and your service buddies – in action or just goofing off. Did we get something wrong (or right)? If so, let us hear about it.

GET BACK GREAT STUFF

Oh, and because we know you're very busy, we thought we might try to make it worth your while.

- If we print one of your letters, stories or photos, we'll send you a shiny new GX Magazine T-Shirt.
- If we use one of your pictures in the "Recon" section we'll send you $250.
- If one of your stories makes it to the cover: $250. And if you shoot the cover shot: $1,000.

INTHELOOP

NEWS AND EVENTS IN THE GUARD EXPERIENCE

Flag Patch

UPDATE TO UNIFORMS

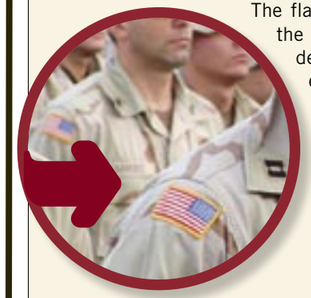
All Soldiers can now wear the U.S. flag insignia on the right shoulder of their utility uniform, as a continued reminder that the Army is engaged in a war at home and abroad.

A message on the uniform policy went out to the force Feb. 14, 2004 announcing "the current policy of deployed Soldiers wearing the U.S. flag on utility uniforms is expanded to include all Soldiers throughout the force regardless of deployment status."

All Soldiers have until Oct. 1, 2005 to get the insignia sewn on their uniforms.

Currently there are not enough flags in the inventory, which is why soldiers have a substantial amount of time to get the flags sewn on. Deploying troops have the priority.

Enlisted Soldiers will not have to purchase the flags. They will be issued five flags from their assigned unit, and commanders will make arrangements for getting the insignia sewn on. However, if Soldiers purchase the flags on their own, they will not be reimbursed, he added.



The flag is worn on the right shoulder to give the effect of the flag flying in the breeze as the wearer moves forward.

PRESTON TAKES OATH AS 13TH SMA

Introduced by Army Chief of Staff Gen. Peter Schoomaker as the right man for the job, Sgt. Maj. Kenneth Preston was sworn in as the 13th Sergeant Major of the Army during a Pentagon ceremony Jan. 15, 2004.

As Sergeant Major of the Army, Preston will act as the Army Chief of Staff's personal adviser on all enlisted-related matters, particularly in areas affecting Soldier training and quality of life.

Among Preston's stated priorities in his new job are: ensuring Soldiers are properly trained and equipped to win against the nation's enemies; instilling the warrior ethos in all Soldiers as "every Soldier is a rifleman first;" facilitating change as the Army embraces new formations, technologies and tactics; and caring for Army families.

"Change has been, and will continue to be, the norm for the Army," Preston said. Preston has served in the Army for 28 years, mostly in armor units throughout his career. Prior to his selection as Sergeant Major of the Army, he was the Command Sergeant Major for Combined Joint Task Force 7 in Baghdad, Iraq.

Kenneth Preston sworn in as the 13th Sergeant Major of the Army Jan. 15 in the Pentagon.

PHOTO: STAFF SGT. GAIL BRAYMEN, NGB

FAST FACT:

Two of seven Special Forces Groups are in the Army National Guard

Get Paid!

Are you a mobilized soldier with pay problems?
Checks not coming in on time?
Checks getting cut for the wrong amounts?

Help is on the way.

If you need assistance, contact The Army National Guard Financial Services Center (NGB-ARC-F) by calling

1-877-ARNGPAY (276-4729)

or email them at

ARNG-MILPAY@ARNG-FSC.NGB.ARMY.MIL

You've earned your pay, and now there's someone to make sure you get it!

HELPFUL LINKS

SUPPORTING OUR TROOPS

Operation Military Pride
A volunteer organization which works to boost the morale of our troops deployed overseas. We send cards, letters and care packages.
www.operationmilitarypride.org

Books for Soldiers
A soldier support site that ships books, DVDs and supplies to deployed soldiers and soldiers in VA hospitals.
www.booksforsoldiers.com

Adoptaplatoon.org
Our mission is to ensure that no U.S. deployed soldier is forgotten.
www.adoptaplatoon.org

Operation Air Conditioner
Sends air conditioners to our troops in Iraq.
www.operationac.com

Operation Gratitude
Seeks to lift troops' morale by sending food, toiletries, necessities, and entertainment items to troops overseas.
www.opgratitude.com

Messages of Support
Helping loved ones and new friends keep in touch with soldiers.
www.estripes.com

The Ships Project
Send handcrafted items (knitted, crocheted, or sewn items are fine) to our deployed soldiers.
www.wtv-zone.com/kjsb/bataan.html

Fisher House
These homes enable family members to be close to a loved one during hospitalization.
www.fisherhouse.org

Operation Dear Abby
Send a special message to our men and women in the military defending American freedom worldwide.
anyservicemember.navy.mil

Operation Uplink:
Keeps military personnel and hospitalized veterans in touch with their families with a free phone card.
www.operationuplink.org

Say Thanks
Send a thank-you to a member of the U.S. Military.
www.defendamerica.mil

USO Care Packages
Enables individuals to write a personal message and financially support care packages that will be delivered to deployed service members.
www.usometrodc.org/care.html

Army Emergency Relief
Helping the Army Take Care of Its Own.
www.aerhq.org

Give the Gift of Groceries
Lets every American make a contribution to the morale of military personnel at home and across the globe.
www.commissaries.com

Support the USO
The USO provides a touch of home, even while serving in the tough living conditions of distant lands.
www.uso.org

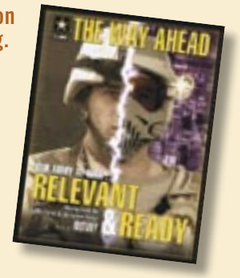
Operation Hero Miles
Provides a way for you to help our troops overseas by donating your unused frequent flyer miles.
www.heromiles.org

Home Depot
Through volunteer program "Project Home Front," is providing up to $1,000 for home repairs to families whose military sponsors are deployed.
www.projecthomefront.org

READY & RELEVANT:

THE WAY AHEAD

Your mission is changing.



In the past, to attack our country, someone would have to mass a force on our borders and come at us head-on. This is no longer the case. Today, we live in a world where we are not assaulted by armies, but rather by individuals or small groups. Our enemy has changed tactics and so must the Army.

General Schoomaker, the new Army Chief of Staff, wants you to understand the changes that are happening. The new "The Way Ahead" website (www.army.mil/thewayahead) is intended to provide you with a clear picture of the Army's evolving mission and the return of focus to the Warrior Ethos.

In his introduction to the site, the General writes: "This is not business as usual... My intent is to communicate the Army senior leadership's view of how the Army will fulfill its mission... I encourage you to become familiar with the ideas presented here so that you can contribute to improving our Army."

In an effort to help spread this message, the editorial focus of the next issue of *GX Magazine* will be "The Warrior Ethos".

www.army.mil/thewayahead.com

Army National Guard 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.

ARMY NATIONAL GUARD YOU CAN

The Right Force. The Right Career. The Right Opportunity.

NATIONAL GUARD BUREAU CHIEF VISITS DEPLOYED MEMBERS

By Master Sgt. Bob Haskell, National Guard Bureau

"THE AMERICAN PEOPLE ARE PROUD OF YOU, AND I AM PROUD OF YOU. THERE HAS NEVER BEEN A MORE IMPORTANT TIME TO BE IN THE NATIONAL GUARD, BECAUSE WE ARE DEFENDING OUR HOMELAND."

Army LTG H. Steven Blum addressed about 2,000 Army and Air Guard troops helping to fight the global war against terrorism nearly half a world away from their families and homes.

Blum shook hands with every Guard member he saw. He presented Bronze Star Medals to six soldiers in the Indiana Army Guard's 1st Battalion, 293rd Infantry for their combat service in Iraq. He promoted one junior officer to captain, and he gave his personal coin to troops who have made significant contributions to the war effort.

He also said he would tell the state adjutants general that it is only fair to promote people who have accumulated enough time in grade, even if deployments prevented them from attending the required schools.

"We are committed to not penalizing people for being patriots and for answering their country's call," said Blum. Promoting people and then giving them time to attend their schools or complete their educations after their deployments is the right thing to do, he observed.

"Any policy that disadvantages you while you are deployed will be changed or rescinded."

PHOTO (TOP): LTG H. Steven Blum, chief of the National Guard Bureau, gets acquainted during dinner in the field with Iowa Army National Guard soldiers in the 234th Signal Battalion and a couple of Marines who are performing their Operation Iraqi Freedom duties at the Baghdad International Airport.

New law provides military more tax breaks

BY IRS PUBLIC AFFAIRS

The Internal Revenue Service is helping taxpayers use a new law that adds deductions for some reservists, expands the definition of combat zone, and provides income exclusions for military death-benefit payments and certain home sales.

President Bush signed into law the Military Family Tax Relief Act of 2003 on Nov. 11, with retroactive provisions making it beneficial for some Soldiers to file amended returns on form 1040X.

"The IRS asks them to put the words 'Military Family Tax Relief Act' in red at the top of such (amended) returns to speed processing," said IRS spokeswoman Gloria Wajciechowski.

For 2003 returns, IRS officials said taxpayers should use Form 2106 or 2106-EZ to figure the deduction amount and carry it as a "write-in" to Form 1040, line 33, putting the letters "RC" and the amount on the dotted line and include this subtraction in the entry for line 33.

In addition, the definition of "combat zone" was expanded under the new law to include contingency operations. The various extensions granted to combat-zone participants to hold off on filing returns or paying taxes until after they return will also apply to those serving in contingency operations, as designated by the Secretary of Defense, IRS officials said.

Soldiers who think they may need to file an ammended return, but cannot find a copy of their previous tax return, may use Form 4506, "Request for Copy or Transcript of Return," to get an earlier year's tax return, Wajciechowski said. This form and Form 1040X are available on the IRS Web site at www.irs.gov, or by calling 1-800-TAX–FORM (1-800-829-3676).

Task Force Olympia:

101ST TRANSFERS AUTHORITY

MOSUL, Iraq – As hundreds of regional Iraqi leaders and Coalition partners looked on, the 101st Airborne Division (Air Assault) transferred authority and operational control of Ninewa, Irbil and Dahuk provinces to Task Force Olympia at the palace headquarters complex in northern Mosul.

Task Force Olympia is a sub-element of I Corps headquarters based at Fort Lewis, Wash. The unit includes representatives from all three components of the United States Army (Active, Reserve and National Guard) as well as United States Marine Corps and Australian officers. The ceremony marked the culmination of several weeks of transition operations and regional handovers in Tall Afar, Qayyara and Mosul, as many units under the operational control of Task Force Olympia worked in conjunction with 101st Airborne Division soldiers to ensure a seamless transition of authority.

PHOTO: TOP, SPC. AARON RITTER AND LOWER, SPC JESSE ARTIS

ABOVE PHOTO: Mosul Chief of Police Mohamad Barhawee and Task Force Olympia commander, BG Carter Ham, salute during the Iraqi National Anthem at the ribbon-cutting ceremony for the Althaqafa Police Station.

RIGHT PHOTO: BG Carter F. Ham, Commander, Task Force Olympia, and SGM Patrick Pacheco, unfurl the colors of 1st Corps during a ceremony held at the palace headquarters in Mosul.

Task Force Phoenix:

TURNING COMBAT VETERANS INTO A PROFESSIONAL ARMY

By Master Sgt. Bob Haskell
National Guard Bureau

ARLINGTON, Va. – More than 500 members of an Oklahoma Army National Guard infantry brigade are transferring the military training skills and cultural lessons they have been mastering this fall in Colorado to the southwest Asian country where they will serve for most of the upcoming winter and spring.

The citizen-soldiers and Marines attached to the 45th Enhanced Separate Brigade are moving out this month for Afghanistan to take charge of training the new Afghan National Army. It will become the next Task Force Phoenix.

The brigade, commanded by BG Thomas Mancino, will assume the training mission from members of the active Army's 10th Mountain Division in December and will remain in Afghanistan until next June.

"Many of these Afghan troops are already combat veterans. Our job is to turn them into a professional army that is already engaged in combat operations," said MAJ Eric Bloom, a spokesman for the 45th Brigade.

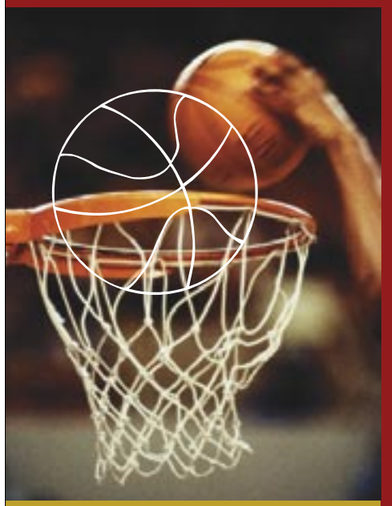
The Guard force includes citizen-soldiers from Army Guard regional training centers in Rhode Island and Texas. They will conduct nine-week basic training courses for about 4,000 Afghan nationals at the Kabul Military Training Center outside of the country's capital city.

They will also supervise programs for training new officers and noncommissioned officers and combat leaders at the center as well as courses in managing ranges and training areas, said MAJ Tom Hanley, a member of the Army Guard's Training Division.

About 50 members of the Vermont Guard's regional training center have been conducting that training for the 10th Mountain Division, Hanley explained.

HOOP IT UP

IT'S TIME SHAQ JUMPS BACK...THE NBA WANTS YOU!



Registration for 2004 events opens March 17th, 2004. To enter a team, email to: DriveToTheGoal@VA.com. For tour schedule and more information, visit www.hoopitup.com or, call 1.888.945.PLAY.

You play the game because you love it, right? That's what it takes to play "Hoop-It-Up", the official NBA 3-on-3 tour and the largest 3-on-3 basketball tournament in the world! For its 2004 Season, NBA Hoop-It-Up will visit 15 select cities during its 16th annual national tour ...the exclusive military partner is the Amy National Guard!

You play because it's competitive, right? Perfect. NBA Hoop-it-Up puts your sky-hook to the test while tough referees call the score. Never miss a shot? Enter The Minute-Man Competition free-throw contest and take home the National Guard's prize! You can also win fun contests, give-a-ways and special events sponsored by Gatorade, Foot Locker, McDonald's, Sprite, Verizon Wireless and New Balance!

READY TO PLAY, RIGHT? HERE'S ALL YOU NEED TO KNOW:

National Guard teams enter free and are guaranteed a minimum of 3 scheduled games. Tournaments are during late March -— late September, start on a Saturday morning and end on Sunday afternoon. Plus your team receives official NBA Hoop-It-Up T-shirts with the Army National Guard's logo!

The champion from each city gets invited to the Hoop-It-Up National Tournament. So get your team together and select the city you want to "Hoop-It-Up!"

BROTHERS FOR THE GUARD

TWO LOCAL BROTHERS SERVING THE NATIONAL GUARD; ONE IN NASCAR AND ONE IN IRAQ

Jeff Silver has been working at Roush Racing for four years in the body shop and is currently the front tire carrier for the No. 16 National Guard team. His older brother, John, joined the United States Army right after high school.

John remained on active duty with the Army for 12 years. A little over two years ago, he decided it was time for something new and left the military to pursue other career opportunities.

During those two years, however, our country went to war. So last December, just as the National Guard decided to join forces with his brother's race team, John decided to enlist as a Guard member.

John is currently stationed at Fort Bragg, N.C. and is expected to leave for Iraq soon. However, before shipping out, he got to join his brother as part of the #16 National Guard team in the Subway 400 as an honorary crew member.

"I never would have thought that Jeff and I would both be associated with the National Guard in such different ways," said John. "I know that he'll be here every week showing his support for us over there but you can bet that I'll be watching the races and cheering for him and the National Guard car all season too."

FAMILIES FIRST

The National Guard Family Program office in each state joint force headquarters (JFHQ) is designed to assist family members of all service members, regardless of the military organization or status, with information and/or referrals. Following is a list of State Family Program Coordinator telephone numbers.

Alabama
1-800-231-2846

Alaska
1-888-917-3608
1-907-264-5346

Arizona
1-800-233-7758

Arkansas
1-800-446-4645

California
1-800-449-9662

Colorado
1-303-677-8845

Connecticut
1-800-858-2677

Delaware
1-302-326-7050

District of Columbia
1-202-685-9812

Florida
1-800-226-0360

Georgia
1-800-625-5843

Guam
1-671-647-2717

Hawaii
1-800-732-6964

Idaho
1-800-543-0887
1-208-422-3787

Illinois
1-800-832-9225
1-217-761-3413

Indiana
1-800-237-2850 ext. 3192
1-317-247-3192

Iowa
1-800-294-6607

Kansas
1-785-274-1171

Kentucky
1-800-372-7601

Louisiana
1-800-541-5860

Maine
1-800-581-9989
1-207-626-4410

Maryland
1-877-399-6221
1-410-576-6019

Massachusetts
1-800-668-7806

Michigan
1-517-702-5116

Minnesota
1-888-234-1274

Mississippi
1-601-324-3239

Missouri
1-800-299-9603

Montana
1-406-324-3239

North Carolina
1-800-621-4136 ext. 6324

North Dakota
1-800-242-4940

Nebraska
1-800-432-6778

Nevada
1-755-887-7328

New Hampshire
1-603-225-1215

New Jersey
1-609-562-0668

New Mexico
1-505-474-1220

New York
1-877-715-7817

Ohio
1-800-589-9914

Oklahoma
1-405-228-5591

Oregon
1-877-881-5181
1-503-584-3543

Pennsylvania
1-800-634-1790

Puerto Rico
1-787-289-1503

Rhode Island
1-877-440-7994

South Carolina
1-803-806-1750

South Dakota
1-800-658-3930

Tennessee
1-615-355-3996

Texas
1-800-252-8032

Utah
1-866-456-4507
1-801-523-4533

Virgin Islands
1-340-712-7787

Virginia
1-434-298-6129

Vermont
1-800-607-8773
1-802-338-3347

Washington
1-800-364-7492

West Virginia
1-800-794-8273

Wisconsin
1-800-292-9464

Wyoming
1-800-635-4917

KNOCK. KNOCK.

Soldiers breech a locked door during a raid in Falluja, Iraq.

The raid was recently conducted following reports that the building serves as a storage site for stolen goods and weapons, as well as a location for counterfeit money production.

The Soldiers are assigned to the 115th Military Police Company, Rhode Island Army National Guard.

U.S. Army photo by Spc. Derek Gaines
This photo appeared on www.army.mil.

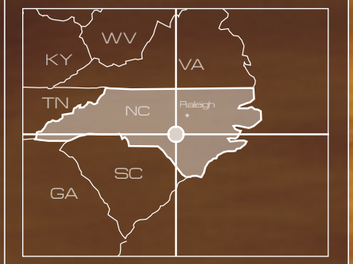
DISTANCE FROM RHODE ISLAND TO FALLUJA, IRAQ: 5810 MILES

DOUBLE TIME.

Soldiers of Bravo Company 1-115 Infantry of the Maryland Army National Guard attack MOUT town at Fort Bragg, N.C., renamed Chu Don for Operation 38 North Yankee at Annual Training 2003.

U.S. Army photo by Sgt. Michael J. Minardi.

This photo appeared on www.army.mil.



DISTANCE FROM MARYLAND TO FORT BRAGG, NORTH CAROLINA: 298 MILES

NICE LANDING.

A CH-47 Chinook helicopter hovers near a rooftop to receive a detainee captured by 10th Mountain Division Soldiers during Operation Mountain Resolve.

Pilot is Larry Murphy, Co.G, 104th AVN, a unit combined from the PA and CT Army National Guard.

The operation took place in eastern Afghanistan's Kunar and Nuristan Provinces.

U.S. Army photo by SGT Greg Heath

DISTANCE FROM PENNSYLVANIA TO AFGHANISTAN: 6848 MILES

AWESOME VIEW.

Sniper course instructors teach marksmanship techniques to soldiers with the 101st Airborne Division (Air Assault) during sniper training in Mosul, Iraq.

The National Guard Marksmanship Training Center in Camp Robinson, North Little Rock, Ark., sent sniper course instructors to northern Iraq to train coalition forces. This the first time since 1968, that a sniper school has been held on foreign soil.

U.S. Army photo by Spc. Josh Hutcheson

DISTANCE FROM LITTLE ROCK, ARKANSAS TO MOSUL, IRAQ: 6743 MILES

TRAVEL ON MILITARY AIRCRAFT

Army National Guard members are entitled to travel, on a space-available (Space-A) basis, at no cost on military aircraft within the continental United States, (CONUS) Alaska, Hawaii, Guam, U.S. Virgin Islands and Puerto Rico. To make use of space-available transportation, a member of the Army National Guard must meet the following conditions:

- He or she must have a current and valid military ID card.
- He or she must be in a pay or non-pay status, and perform regular periods of inactive duty training-drill.
- He or she must have a DD Form 1853. The DD Form 1853 authorizes him or her to use military space-available transportation. The unit commander must sign this form or his or her duly designated authority must sign the form.

Members may go to a Passenger Service Center in the passenger terminal to register for Space-A flights or may register by mail, fax, e-mail or phone. Passports, visas and immunization records are required for overseas travel. Members are placed on a standing list and the list is based on several priority levels. The name will remain on the list for 60 days. The passenger must be ready to travel when notified. You may face long waiting periods to travel and to find return travel; this depends on location and destination of travel and the demand level from higher priority classifications. Soldiers should take adequate money and resources to sustain them if they are delayed.

Did you know that when a Guard member is on active duty outside the continental United States that dependents may be able to travel space-available on military aircraft? Certain restrictions and conditions apply.

The following passenger reservation center contact numbers are provided for use by RC members:

Continental US: Toll Free 1-800-851-3144
DSN 229-7390
Commercial (618) 229-7390

Euro Command: DSN 330-7251/2/3
Commercial 011-49-69-69-7251/2/3

Pac Command:

Hickam AFB DSN 449-9973/4/5
Commercial (808) 449-9973/4/5

Yokota AB DSN 225-9711/9912
Commercial 011-81-311-755-9711/9912

Government Quarters:
Guard and Reserve component members and their families may use government quarters while on vacation on an "as available" basis.

Airline Programs

ATA AIRLINES

ATA provides free travel for immediate family members who are visiting an active duty soldier who is convalescing in any US hospital due to injuries suffered during military action in Iraq. Also offers discounts to friends and extended family under similar circumstances. For more information call 1-800-435-9282 and refer the agent to ATA's Military Family Assistance Program or online at www.ata.com.

CONTINENTAL AIRLINES

Continental will waive advance purchase and minimum requirements for immediate family members visiting recovering military personnel who sustained their injuries while serving in Iraq.
For more information call 1-800-468-7022 or www.continental.com.

UNITED AIRLINES

United provides immediate family members a discounted "Special Care Fare" to cover transportation to specified military locations. For details, call 1-800-864-8331 or www.ual.com.

US AIRWAYS

US Airways offers the "Salute Savings" discount fare program to military personnel and their families. For details, call 1-800-428-4322 or www.usairways.com.

NEED TO KNOW

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

"We are at a critical juncture in our nation's history, where the National Guard is probably more necessary today and more relevant today than at any time since before we were a nation. When we think about what the Guard is asked to do today, what they are called upon to do, and how they have responded, we can all be very proud."

- LTG H. Steven Blum, chief, National Guard Bureau

WELCOME HOME. NOW WHAT?

Demobilization, WHAT YOU NEED TO KNOW.

GO SLOWLY. If you get nothing else out of the articles that follow, the one rule of thumb that will serve you best in all of the aspects of returning to your civilian life is: Go Slowly.

Returning home can be more stressful and harder work than leaving was in the first place. You have grown and changed through your experiences and your friends, family, and co-workers haven't been standing still either. Accepting that there will an unavoidable period of re-adjustment can go a long way to reducing the stress and emotional turmoil that is stirred in this process. So just remember, this is going to take a while so GO SLOWLY.

The Single Guard Member:

Returning Home

Returning from deployment creates a unique set of challenges for the single Guard member. Your life has likely been moth-balled while you were away. Your first priorities upon return should be putting your life and household back in order. If someone else has been maintaining your residence, it will take time to make it feel like your home again. If you gave up your home or apartment to deploy, then you will need to make arrangements for a new living space.

After dealing with these immediate issues, you should make a conscious effort to reconnect with your friends and family. Spending time with the people who were in your life before you deployed will help you feel more at home. During this process, it is important to remember that you and the people you left behind will have grown and changed during your absence. While growth is generally good, it usually brings stress as well. During the two- to four-week transition period, you may go through worry, frustration, anger, confusion, loss of appetite, fatigue, mood swings and sleep disturbances. This is normal for a time, but if these feelings persist, you should consult your physician or mental heath professional for help.

One of the major sources of stress for returning single Guard members is the loss of camaraderie. People that you grew close to while deployed may either be left behind or return to their own families, leaving you feeling alone or abandoned. Making plans, especially for the first few days after you return, can help avoid many of these symptoms. Even if you feel as if nothing is how you thought it would be, it is vital for you to try to get out and reconnect with your new/old environment.

Returning from deployment will also offer you an opportunity to review and rethink the direction of your life. Now would be a perfect time to consider changes that you might want to make. Do you want to return to school? Is it time for a career change? While you should not make any rash or sudden decisions, you will rarely have such obvious chances to make conscious choices about who you want to be and what you want to do.

Photo by: SSGT EMILY BEIGHTOL, 167TH AW, WVANG , 167TH AW, MARTINSBURG, West Virginia, US

Photo by: SSGT EMILY BEIGHTOL, 167TH AW, WVANG , 167TH AW, MARTINSBURG, West Virginia, US

"A MAN WHO IS GOOD ENOUGH to shed his blood for his country is good enough to be given a square deal afterwards. More than that no man is entitled, and less than that no man shall have."

Teddy Roosevelt
Springfield, Illinois
July 4, 1903

Sgt Katie Ritter, 157th Military Police Company, West Virginia Army Guard, reunites with her husband Kilby at the 167th Airlift Wing, Martinsburg, W. Va., Dec. 22, 2003.

Reunion and Your Spouse:

You and your spouse will both have changed in subtle and not-so-subtle ways during your deployment. You have probably been exposed to a completely foreign culture or at least a very different set of living conditions. Your spouse was suddenly thrown into having to handle not only his/her own household responsibilities but yours as well. You will both have grown in new directions. These changes will likely be sources of personal enrichment in the long run, but can cause stress and discomfort during reunion.

It is common for individuals returning from deployment to be concerned and maybe even a little threatened by changes in their families. The best way to overcome these worries is communication. Ask your partner about how he/she handled the change. Learn about modifications he/she had to make to the household routine and rules. Be supportive of the choices he/she has made, even if they are not the choices you would have made. You cannot change what has come before, so being critical will accomplish nothing positive and will create tension, and possibly hostility, on the part of your partner. Trust that he/she did the best they could, given the circumstances. Instead, focus on expressing pride in the efforts that he/she has made and the growth that he/she has shown in your absence.

You have received ribbons, medals and awards for doing good work while serving your country. The only appreciation that your spouse receives for supporting your decision to be in the military is what he/she receives from you. Many military spouses feel that without that emotional payoff, going through deployments and other military-related disruptions of family life is just is not worth it.

Give yourself some time to readjust to living at home. Such abrupt changes are more stressful than most people realize or are willing to admit. You may feel let down or even depressed after returning. This is normal for a time. Try to have realistic expectations about how long it will take you to settle back into life at home. Four to six weeks are usually necessary to make the transition. This period will be smoother if you ease back into relationships and responsibilities rather than trying to immediately force a return to how things were before you left. Try to cut yourself, and those around you, as much slack as possible. *Cont. on page 032*

Be supportive of the choices they have made, even if they are not the choices you would have made.

MAJ Jake Callahan of the 81st Armored Brigade of the Washington ARNG, his wife, Kathleen, and their children share a special moment.

Finally, avoid the I-had-it-worse-than-you game. Honestly, the separation was difficult for both of you. But, it was probably more difficult for the spouse that stayed at home, shouldering all of the household and family responsibilities and worrying about your safety.

Intimacy

Hopefully, you and your partner have maintained a solid emotional connection during deployment through frequent communication. Obviously, you have not been able to maintain the sexual component of your relationship. Since sexuality is a highly personal aspect of your lives, you need to deal with this area with patience.

Sex is frequently a key focus for both partners during reunion and sexual intimacy can resume instantly. However, the overall level of comfort and emotional closeness that you shared before deployment may take several months to regain.

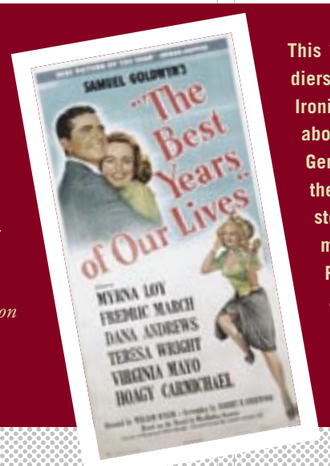
You will both have grown and changed considerably during your separation, so it makes sense to take time to get to know each other again. Recognize that the two of you are out of practice at being together. As a result, it's not unusual for some awkwardness to arise–you may feel a bit uncomfortable together initially. If this happens, avoid overreacting. Relax, take your time and let your sexual relationship resume at a natural, comfortable pace.

THE BEST YEARS OF OUR LIVES

Directed by William Wyler

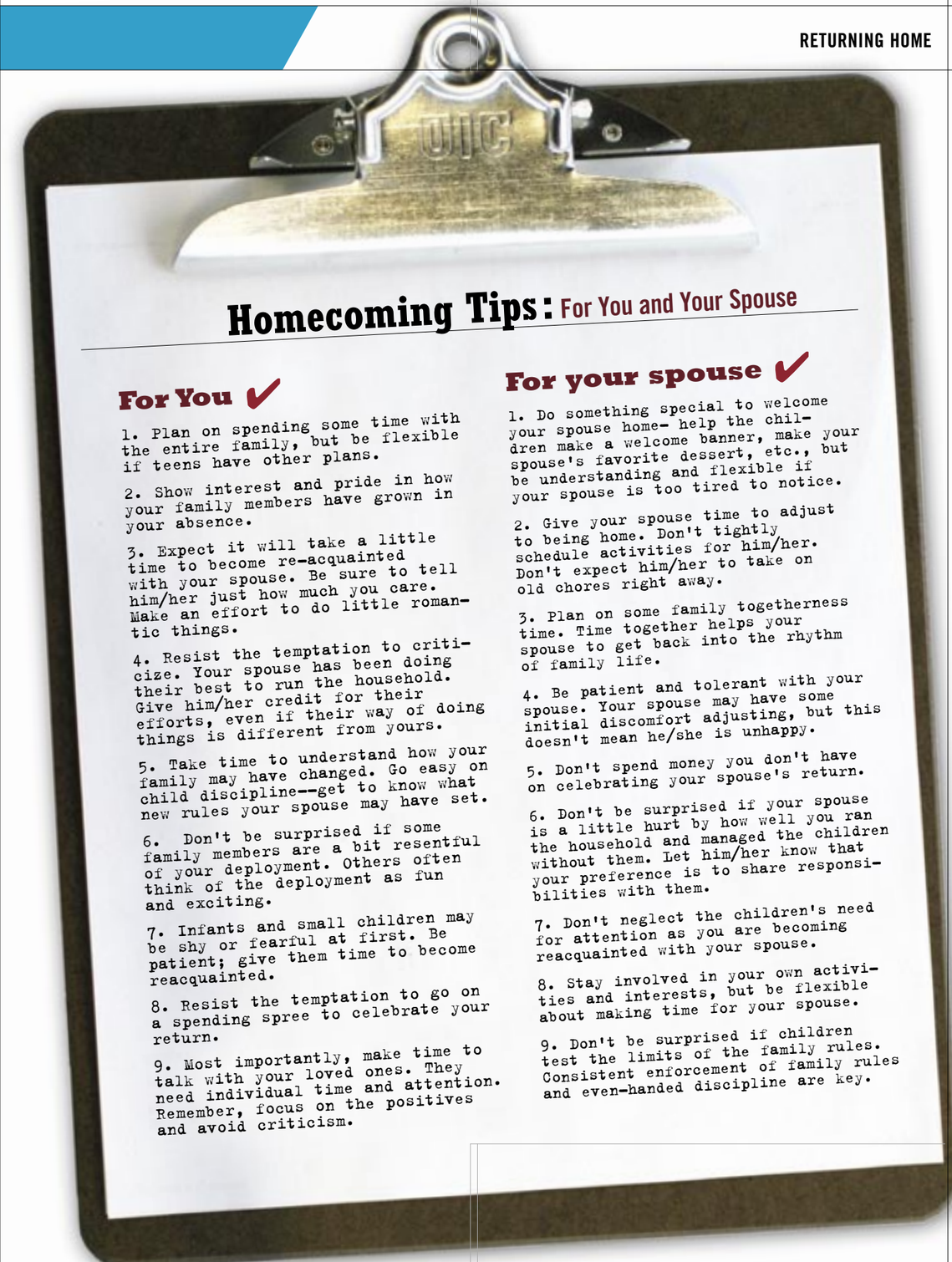
"Look at everyone playing golf, as if nothing has happened"

—Fredric March as Sgt. Al Stephenson



This 1946 film is a look at the lives of three WWII soldiers as they struggle to return to their pre-war lives. Ironically, we find the soldiers as nervous and awkward about going home as they were about entering Nazi Germany. In an attempt to adjust to their new lives, they find friendship and solace with one another. This story is both humorous and heart-wrenching. The movie won 8 Academy Awards, including for Harold Russell, a WWII sergeant who lost both his hands, an honorary Oscar "for bringing hope and courage to his fellow veterans."

Photo by: BARRY SWEET, Poster Credit: The Best Years of Our Lives,1946, MGM (Metro Goldwyn Mayer)



Homecoming Tips: For You and Your Spouse

For You ✔

1. Plan on spending some time with the entire family, but be flexible if teens have other plans.

2. Show interest and pride in how your family members have grown in your absence.

3. Expect it will take a little time to become re-acquainted with your spouse. Be sure to tell him/her just how much you care. Make an effort to do little romantic things.

4. Resist the temptation to criticize. Your spouse has been doing their best to run the household. Give him/her credit for their efforts, even if their way of doing things is different from yours.

5. Take time to understand how your family may have changed. Go easy on child discipline--get to know what new rules your spouse may have set.

6. Don't be surprised if some family members are a bit resentful of your deployment. Others often think of the deployment as fun and exciting.

7. Infants and small children may be shy or fearful at first. Be patient; give them time to become reacquainted.

8. Resist the temptation to go on a spending spree to celebrate your return.

9. Most importantly, make time to talk with your loved ones. They need individual time and attention. Remember, focus on the positives and avoid criticism.

For your spouse ✔

1. Do something special to welcome your spouse home- help the children make a welcome banner, make your spouse's favorite dessert, etc., but be understanding and flexible if your spouse is too tired to notice.

2. Give your spouse time to adjust to being home. Don't tightly schedule activities for him/her. Don't expect him/her to take on old chores right away.

3. Plan on some family togetherness time. Time together helps your spouse to get back into the rhythm of family life.

4. Be patient and tolerant with your spouse. Your spouse may have some initial discomfort adjusting, but this doesn't mean he/she is unhappy.

5. Don't spend money you don't have on celebrating your spouse's return.

6. Don't be surprised if your spouse is a little hurt by how well you ran the household and managed the children without them. Let him/her know that your preference is to share responsibilities with them.

7. Don't neglect the children's need for attention as you are becoming reacquainted with your spouse.

8. Stay involved in your own activities and interests, but be flexible about making time for your spouse.

9. Don't be surprised if children test the limits of the family rules. Consistent enforcement of family rules and even-handed discipline are key.

SGT Rick Ammons and wife Karen with their three daughters

Photo by: SSGT EMILY BEIGHTOL, 167TH AW, WVANG , 167TH AW, MARTINSBURG, West Virginia, US

Reunion and Children:

Sudden change is as stressful for children as it is for adults, and your return home will be a major change in the life of your child. You should be prepared for them to act out and possibly regress to a less mature stage for a readjustment period of four to six weeks. You can help ease your family's reunion by having realistic expectations of how your children will behave and by not overreacting. Below is a breakdown of what you can expect, based on your child's age.

Toddlers (1-3 Years)

Toddlers will typically hide from you, cling to their primary caregiver, and cry. Give the child time to warm up to you. To help this process, sit at eye level with them (so you are less intimidating) and talk with them. Gently offer to play with them, but do not force the issue, as doing so will only push the child away.

Preschoolers (3-5 years)

Children at this age tend to think that the world revolves around them. Accordingly, they may think that they somehow caused you to leave them or that you left because you no longer cared about them. As a result, a preschooler may feel guilty, scared or abandoned and express these feeling as intense anger. They may try to push you away so that they won't be hurt again in the future. Accept the child's feelings, do not act overly concerned, and focus on rewarding positive behaviors. Talk with them about whatever interests them and give them some undivided attention. Finally, support the other parent's enforcement of house rules, but do not immediately step into an authoritative role.

School Age (5-12 years)

A school-age child's reaction to your return will depend heavily on the nature of your relationship before you were deployed. If the relationship was strong, you will likely receive a warm reception. The child may run to you as soon as he/she sees you. On the drive home, they will try to talk your ear off and upon arrival at home, they will want to show you items that have been important to them during your deployment. Be sure to spend some time focused solely on them. If your relationship was strained before you left, the child may fear that you will punish them for any misbehavior while you were away. If this is the case, the child is likely to be shy and withdrawn while readjusting. The best way to reconnect is to show a friendly interest in what they have done and praise their efforts and accomplishments.

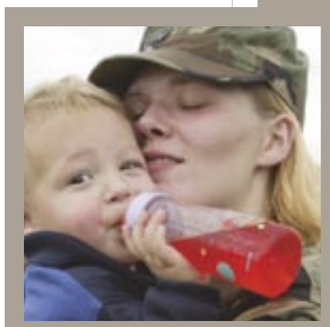
Adolescent (13-18 years)

Adolescents are normally prone to radical mood swings, and so their reaction to you may be characterized by mixed emotions. You may receive a warm reception, but teens can be reticent to show emotion in public. Children in this age range are very sensitive to being unfavorably judged or criticized. With this in mind, be sure to make time to discuss what is going on in your adolescent's life and share some of your experiences with him/her.

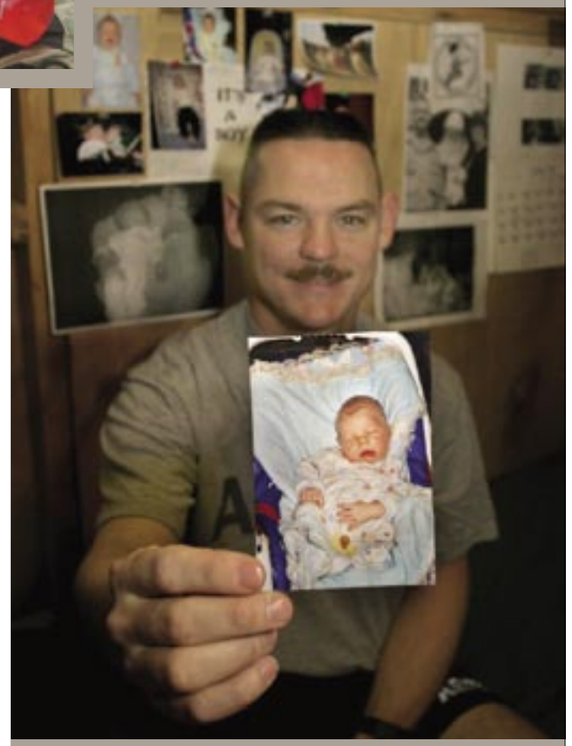
Returning Home as a Single Parent

As a single parent, you will experience some special concerns about reuniting with your children. In general, the strategies for reconnecting with your children will be the same for you as those described in "Reunion and Children." However, you must also deal with certain additional concerns. Specifically, if you are the custodial parent, you need to give some thought and consideration to the bond your children will have formed with their caregiver while you have been away. If you do not have primary custody of your child, you may be concerned about how your child will respond since you have missed regular visits.

If you are normally your child's primary caregiver, your child will have been in the care of someone else while you have been deployed. Your child will likely have formed a strong bond with that person and may show loyalties to them that may be painful for you. You may initially feel rejected or even jealous. Again, go slowly. Communicate with both your child and the caregiver and recognize that it may take time to adjust to the sudden change in living conditions. This resettling period (which can last several weeks) will be awkward for both you and your child. To smooth this process, actively involve the person who has been caring for the child while you were deployed. This is especially important for young children, as a sudden separation can be emotionally traumatic. If you are not the custodial parent, it will be key to remember that your child may harbor some resentments, anger and fears over your departure from his/her life. It will take time for you to become reacquainted with them. Go slowly.



Jen Flint hugs her eighteen month-old son following a mobilization ceremony held September 27, 2003, in Dunn, North Carolina, for Flint and other members of Company B, 230th Support Battalion of the North Carolina Army National Guard.



Proud papa...SSG John Taylor, 1-130th Av Reg, NCARNG, Bagram Afghanistan Section, Motor Mtn holds a photo of his and his wife, Bonnie's first child. Logan Clayton Taylor was born on Sept. 23, 2003 while his dad was on deployment in Afghanistan.

Your Rights:

Returning to Work by Master Sgt. Bob Haskell

Gov. Kenny C. Guinn honors Nevada Army National Guard's 72nd Military Police Co.

The 120 soldiers who make up the Nevada National Guard's 72nd Military Police Co. were honored in a ceremony at the Henderson Armory.

The ceremony also included honoring the 10 soldiers in the unit who were awarded Purple Hearts.

The unit spent the last six months in Baghdad guarding prisoners of war at the Abu Grahib prison. The company also spent time in the so-called Sunni Triangle, the area between Baghdad, Ramadi and Tikrit, where resistance to U.S. forces has been the deadliest.

Official Photo by: MAJ TERRY CONDER of the Nevada National Guard, United States

"Will I get my job back?" is on the minds of a lot of Guard members returning from deployment. The short answer is that you should. Your best plan is to be familiar with your rights according to the Uniformed Services Employment and Reemployment Rights Act (USERRA).

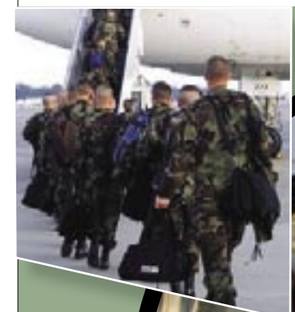
Your rights are protected by USERRA if:

1.) Advance written or verbal notice was given to the civilian employer
2.) The cumulative length of absence(s) does not exceed five years
3.) The person's character of service was not adverse.

The first step in securing employment is to report to work or submit an application for reemployment within a specific period of time based on duration of service:

It is possible that your employer may not be required to reemploy you. However, the burden of proving that reemployment is not possible falls on them.

Militia units made up 70% of the U.S. Army that fought the Mexican War in 1846 and 1847.



Far Left Photo by: Don Teft, CIV DAC Fort Stewart

FAR LEFT PHOTO: Units from Illinois, Kentucky, and Kansas National Guard board a commercial airline for deployment from Hunter Army Airfield in support of Operation Enduring Freedom. The guardmember are part of Task Force Santa Fe.,

PERIOD OF SERVICE:	RETURN / APPLY TO RETURN OF WORK
Less than 31 Days	Return no later than the first full regularly scheduled work period on the first full calendar day
More than 30 days but less than 181 days	Apply no later than 14 days after return
More than 180 days	Apply no later than 90 days after return

There are a number of specific areas that are covered by USERRA; two of particular interest are:

Benefits: You are entitled to seniority and all its benefits as if you had never left.

Health Care: You may choose to continue your employer's health care coverage for up to 18 months after your return.

If you have any problems with returning to your civilian employment, contact the National Committee for Employer Support of the Guard and Reserve for help. Their toll free number is 1-800-336-4590. If you are covered by USERRA, you can also file a complaint with the Assistant Secretary for Veteran's Affairs' Employment and Training at the Department of Labor if an employer fails or refuses to comply with the act. More information about USERRA can be found at the following websites:

http://www.esgr.org/employers2/thelaw.asp?c=userra.html
http://www.dol.gov/vets/usc/vpl/usc38.htm
http://www.defenselink.mil/ra/family/toolkit/pdf/B-2-3.pdf

The Personal Side

Returning to Work

Knowing your rights is only part of the picture when it comes to returning to your civilian job. You need to be prepared for your own reaction to your return, as well as the reactions of others.

To ease your own adjustment period, be proactive about reintegrating to your work environment. Ask questions about major decisions that have been made in your absence. Learn about any general changes in work flow or company policy. Talk with the people who were "taking up the slack" during your deployment. Find out why decisions were made.

Refrain from overt or excessive criticism of what went on while you were away. You cannot know what went into the thought processes at the time and should trust that your co-workers did the best they could. Besides, since you can't change the past, you don't have much choice but to accept and move forward. Berating or scolding employees will not change what has happened and may create resentment and anger.

The other half of the picture is being prepared for what others are feeling. There may well be a degree of resentment

Be proactive about reintegrating to your work environment.

towards you from people who feel that they had to "pull your weight" in your absence. Some people may have a romanticized view of what military life was like and so they feel as if you ran off to "play soldier" while they stayed home and did the heavy lifting.

Your initial reaction to their feelings may be to "set them straight" or "tell them how it really was." Responding in anger will not help the situation and, again, may stir more resentment. A more constructive response might be, "I understand where you're coming from, and in your shoes I might feel the same way. I appreciate all of the hard work you did to cover my responsibilities while I was deployed. I'm glad to be back and to be able to have dinner with my family each night and sleep in my own bed again." In this way, you can subtly point out to them the sacrifices you have made in the service of your, and their, country.

Finally, one last potential source of irritation among your colleagues will be your "deployment war stories." To a point, people will likely be interested in hearing about your experiences, especially if they ask. However, they will eventually reach their individual "saturation point." If you notice that people begin to disconnect when you launch into another story, it may time for a change of conversational topic. Also, make sure to express an interest in hearing about what happened in their lives while you were away.

Reward the Boss for Supporting Your Service.

The Department of Defense will send your boss – through your unit commander – a personalized Certificate of Appreciation if you, the National Guard member, apply for it. The certificate comes mounted in a handsome folder, bearing the DoD seal embossed in gold.

Take time to do your best to "brag" about your boss. The stronger your boss' support (as shown in the application), the greater the likelihood that he or she will also receive a higher award. Each Employer Support of the Guard and Reserve (ESGR) Committee (one in each state, the District of Columbia, Guam, Puerto Rico, and the U.S. Virgin Islands) presents plaques to their six most supportive employers each year. The ESGR National Headquarters sponsors the prestigious PRO PATRIA award, presented each year by each ESGR Committee to their single most supportive employer. The Secretary of Defense presents the highest awards, the Employer Support Freedom Award, to the most outstanding employers for the year—one national winner and four regional semifinalists.

Applications can be obtained from your unit ESGR representative, any member of your ESGR Committee, ESGR's Web site, www.esgr.org or by calling ESGR directly, 1-800-336-4590.

Post-Deployment Health, A DoD Priority

by Sgt. 1st Class Kathleen T. Rhem, USA

American Forces Press Service

DoD officials believe caring for service members after a deployment should be a national priority. They've taken the lessons learned since the Gulf War and devised a set of guidelines for healthcare professionals to care for service members with deployment-related health concerns.

Beginning March 1, 2004 healthcare providers will ask service members who seek medical care if their visit is related to concerns stemming from a deployment.

"We're not necessarily asking patients to make a diagnostic call and tell us whether their disease or ailment is caused by that deployment," said Army Lt. Col. (Dr.) Charles Engel, "but is that part of the concern that's driving their care that day?"

Engel is the director of DoD's Deployment Health Clinical Center at Walter Reed Army Medical Center in Washington, DC. He also serves as the DoD consultant for the new clinical practice guidelines.

If the service member answers "yes," the new guidelines require the provider to take certain steps, including a specific evaluation and to arrange follow-up visits. Engel said patients receiving routine check-ups or wellness visits would not be asked the deployment question.

After the 1990-1991 Gulf War, DoD realized veterans were suffering from unexplained health problems, typified by fatigue, diffuse pain, and sleep and memory problems, Engel explained.

He said DoD officials have come to realize deployment-related health conditions may not show up during or immediately after a deployment.

"A certain proportion of people return [from deployments with] valid and real physical symptoms, and unfortunately diagnostic testing doesn't give us the exact answer as to what their disease is or ailment is," Engel said. "And what we have found after the Gulf War is that even 10 years later, the best science doesn't give us a discreet answer as to what exposure on the battlefield may be responsible for this."

However, he said, DoD medical professionals are trying to do a better job of acknowledging patients' concerns than has been done in the past. That's where the Clinical Practice Guideline for Post-Deployment Health Evaluation and Management comes in.

"Part of what the guideline does is essentially teach doctors how to meet and greet service members returning from a hazardous workplace with valid physical concerns and address those concerns in an expeditious way – the sort of way that they're entitled to after having served their country and made important sacrifices," Engel said.

"This is an evaluation for people who've been to what essentially amounts to a hazardous workplace – a deployment of some sort – in service to their country," he said. Engel said the team developing the guidelines didn't want to use a strict definition of deployment, because that might exclude people from being treated properly under the guidelines.

"If too strict a definition of deployment is used, it becomes a way that many veterans feel like they're being cut out of care rather than brought into it," Engel said. "If the person relates their health concern to a deployment, however improbable the healthcare provider might think that is, they are cared for under this guideline."

For more information on post-deployment healthcare, visit www.pdhealth.mil.

Leadership

"A good leader must sometimes be stubborn. Armed with the courage of his convictions, he must often fight to defend them. When he has come to a decision after thorough analysis—and when he is sure he is right—he must stick to it, even to the point of stubbornness."

- General Omar Bradley

Success requires solid leadership. Despite what you might have been told, leadership is not a gift; it is a skill. Like all skills, it must be practiced, studied and refined. Becoming and remaining a good leader requires dedication to constant improvement. Leadership skills that you develop while serving in the Guard will apply not only when you're in the field, but also in your civilian life.

Leadership is influencing people, by providing purpose, direction and motivation, while operating to accomplish the mission and improve the organization. But there's more to it than just passing on orders. The example you set is just as important as the words you speak.

In the course of its more than 200 years of distinguished service, the Army has identified a framework for leadership development and assessment, which can help you develop the necessary skills to carry out your role. Two of the key leadership competencies are ***decision making*** and ***ethical reasoning.***

Decision Making

A leader's decision-making skills are often his or her defining characteristic. Being a good decision maker means not only being fully informed about a situation but also making an ethically sound and timely decision.

Every once in a while, you may come across a decision that's easy to make: yes or no, right or left, on or off. But there will always be difficult decisions that require imagination, that require rigorous thinking and analysis, or that require you to factor in your gut reaction. Those are the tough decisions, the ones you're getting paid to make.

Another important form of decision making is in setting priorities. As a leader, this task once again falls to you. If you give your subordinates a list of things to do and say, "They're all important," you may be trying to say something about urgency. But the message you actually send is "I can't decide which of these are most important, so I'll just lean on you and see what happens."

Sometimes all courses of action may appear equally good (or equally bad) and that any decision will be equally right (or equally wrong). Situations like that may tempt you to sit on the fence, to make no decision and let things work themselves out. Occasionally, that may be appropriate; remember that decision making involves judgment, knowing whether to decide. More often, things left to themselves go from bad to worse. In such situations, the decision you make may be less important than simply deciding to do something. Leaders must have the personal courage to say which tasks are more important than others. In the absence of a clear priority, you must set one. Not everything can be a top priority, and you can't make progress without making decisions.

STEPS FOR MAKING TOUGH DECISIONS

- IDENTIFY THE PROBLEM
- IDENTIFY FACTS AND ASSUMPTIONS
- GENERATE ALTERNATIVES
- ANALYZE THE ALTERNATIVES
- COMPARE THE ALTERNATIVES
- MAKE AND EXECUTE YOUR DECISION
- ASSESS THE RESULTS

THERE WILL ALWAYS BE DIFFICULT DECISIONS THAT REQUIRE IMAGINATION, THAT REQUIRE RIGOROUS THINKING AND ANALYSIS, OR THAT REQUIRE YOU TO FACTOR IN YOUR GUT REACTION.

Ethical Reasoning

All decisions that you make must be informed by ethical reasoning. This means that you must do the right things for the right reasons all the time, even when no one is watching. But figuring out what's the right thing is often, to put it mildly, a most difficult task. To fulfill your duty, maintain your integrity and serve honorably, you must be able to reason ethically.

When you face a situation in which the right ethical choice is unclear, consider all the forces and factors that relate to the situation and then select a course of action that best serves the ideals of the nation. Often the values found in the professional Army ethic can help you select the best course of action.

You will find integrity woven throughout the fabric of the professional Army ethic. Integrity means being honest, upright, avoiding deception, and living the values you expect from your subordinates. Integrity demands that you act according to the other values of the Army ethic.

You must be absolutely honest, and avoid deceptive behavior. Integrity is the basis for the trust and confidence that must exist among members of the Army. Further, you must demonstrate integrity in your personal life. If you compromise your integrity, you break the bonds of trust between you, your soldiers and your leaders.

Why is leadership so important?

There are two reasons why leadership is important to you and to the Army. The first was expressed eloquently by General Douglas MacArthur in a 1962 speech. General MacArthur spoke about what he had learned about soldiering and service in a career that spanned fifty years and two world wars:

"Your mission… is to win our wars… You are the ones who are trained to fight. Yours is the profession of arms, the will to win, the sure knowledge that in war there is no substitute for victory; that if you lose, the nation will be destroyed."

If that were not enough, there is a second reason you must strive to become the very best leader you can be: your people deserve nothing less. When you took your oath, when you agreed to be a leader, you entered into a pact with your subordinates and your nation. America has entrusted you with its most precious resource, its young people… what they ask in return is competent leadership.

SEND BOOKS TO TROOPS IN IRAQ

Books For Soldiers is a soldier support site that ships used books, DVDs and supplies to deployed soldiers and soldiers in VA hospitals, via their large volunteer network.

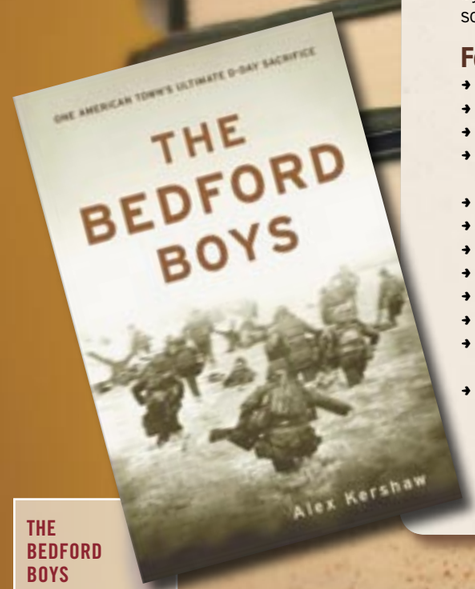
WWW.BOOKSFORSOLDIERS.COM

RECOMMENDED READINGS by CSM LEVER

I advise all soldiers to take a moment and go through this list of recommended readings. Contained within these books is valuable information that can be used by the leaders of today and tomorrow, and well-read soldiers are more likely to become great leaders.

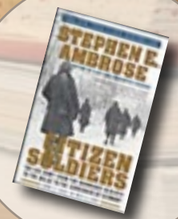
For all Soldiers

- The Bedford Boys, Alex Kershaw
- Taking Charge, Perry Smith
- Art of the Leader, William H. Cohen
- D-Day / Citizen Soldier / Undaunted Courage, all by Stephen Ambrose
- My American Journey, Colin Powell
- Hope Is Not A Method, G.L. Sullivan
- Who Moved My Cheese?, Spencer Johnson, MD
- Black Hawk Down, Mark Bowden
- Ghost Soldiers, Hampton Sides
- The Greatest Generation Speaks, Tom Brokaw
- The Will to Win -- The Life of General James A. Van Fleet, Paul F. Braim
- Yanks: The Epic Story of the American Army in World War I, John S.D. Eisenhower with Joanne Thompson Eisenhower

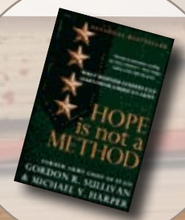


THE BEDFORD BOYS Alex Kershaw

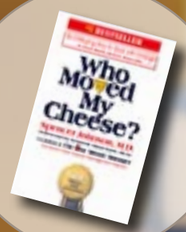
GHOST SOLDIERS



CITIZEN SOLDIERS



HOPE IS NOT A METHOD



WHO MOVED MY CHEESE?

ARMY NATIONAL GUARD YOU CAN

KEEP YOUR CAREER IN HIGH GEAR

Visit the Virtual Armory today to request a free copy of the 2004 National Guard Almanac to be sent to your home.

www.VIRTUALARMORY.com

DAYTONA
500
The Great American Race
FEBRUARY 15
2004
DAYTONA
NATIONAL GUARD
TAURUS
16
NATIONAL GUARD
SUBWAY
DAYTONA

No.16 National Guard Ford Makes Daytona Debut

Daytona Beach, Fla. - Although they won't be taking home a win, the No. 16 National Guard team will leave Daytona with the Bud Pole Award and the knowledge that, despite adversity, they put a contending race car on the track for the 2004 Daytona 500.

It was an interesting week for the team as they started it on the sidelines of the Bud Shootout, looking on and hoping that a pole in the upcoming season would give them a nod into next season's kick-off event of Daytona Speedweek. They wouldn't have to wait long, as their first qualifying session of the season was scheduled for noon the next day.

The No. 16 Ford was the 24th car to take the track for the inaugural qualifying session of the season. At the time, Elliott Sadler held the pole position with a speed of 188.355 MPH. When Biffle crossed the line on his final qualifying lap, it was at a speed of 188.387 MPH, beating Sadler's time by 0.008 seconds and securing a front-row starting position in the Daytona 500.

"I figured we had a chance at it yesterday, running as fast as this car has," said Biffle, following his qualifying effort. "We have a new engine program and that has really helped Yates and Roush out. I'm happy that Ford has done that, but I'm more excited about this No. 16 car having a front-row starting spot."

Before the 500, however, came the 125's. Biffle started from the pole position in the first of the twin 125's and held the lead for the first 21 laps. A slide in the pits caused a loss of track position that couldn't be made up before the end of the 50-lap event. Biffle finished 14th, but the Bud Pole trophy he took home earlier in the week was a guaranteed ticket for a front-row seat at the start of the main event.

Biffle and the team continued through the rest of the week's practice sessions, making minor adjustments but overall being satisfied with the performance of the No. 16 Ford. The team made the allowed one engine change prior to Saturday's final practice and sent Biffle for Happy Hour with a fresh engine. He reported throughout the practice that the car didn't seem to have the horsepower it had earlier in the week. Following the practice, a problem was detected and a second engine change was made. This one, however, would send them to the back of the field for Sunday's race.

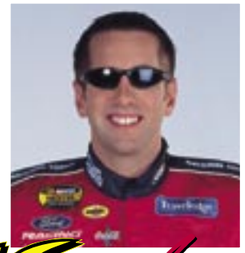
"Of course it's disappointing," said Biffle, "but that engine wouldn't have gotten us to the end of the race and we've got a car that can win it. I still have the Bud Pole trophy and we'll still be in the Bud Shootout next year, but we'll just have to go to the back during the pace laps on Sunday. The guys on this team have worked really hard to give me a fast car this week and I know we'll make our way to the front."

Biffle took the green flag for the 200-lap event from the rear of the field but by the time a caution came out on lap seven, he had already made up 10 positions. He continued his charge to the front following the restart and by lap 20 he was 11th on the board. Biffle reported that the car was tight and a caution on lap 32 allowed him to come in for tires, fuel and adjustments. By lap 60, he had made his way into the top-10 and was competing for a top-five position when "The Big One" happened right in front of him on lap 71.

"They went three wide in front of me and the car on the bottom just got loose," said Biffle. "I jumped on the brakes and drove through it. I don't know how I made it through because I was right behind (Michael) Waltrip when it happened."

DRIVER PROFILE

GREG BIFFLE Driver, No. 16 National Guard / Ford Taurus / Roush Racing



NASCAR DRIVER NOTES

- 2004 Wins Bud Pole Award
- 2003 Finished in 20th place for inaugural Winston Cup Series season
- 2003 Won Pepsi 400 at Daytona International Speedway
- 2002 Won Busch Series Championship
- 2002 Produced four wins, five poles, 20 top-five finishes, and 25 top-10 finishes
- 2001 Won Busch Series Rookie of the Year
- 2001 Set eight rookie records with team including most wins, most top-five finishes, most top-10 finishes, most starts, most points overall, most laps led, and most money won
- 2000 Won Craftsman Truck Series Championship
- 2000 Won five races and posted eighteen top-five and top-10 finishes
- 1999 Set Craftsman Truck Series record of nine wins in a single season
- 1998 Won Craftsman Truck Series Rookie of the Year
- 1998 Established a rookie record for Bud Pole positions (4)
- 1998 Recorded eight top-five finishes and twelve top-10 finishes

AFP PHOTO/Paul J. RICHARDS

President George W. Bush tours the race cars on the starting line of the 2004 Daytona 500 NASCAR race. Bush had the honor of starting the race with the traditional ".....Gentlemen, start your engines!"

Following the close call and two more pit stops, Biffle had made his way to the front and was battling Tony Stewart for the lead with 80 laps to go.

"We thought we were going to get out there and lead some laps but Tony (Stewart) was doing a lot of blocking," said Biffle. "That's just part of restrictor plate racing, though."

Biffle was still running at the front of the field when he came in to pit for the final time under green on lap 170. A speed miscalculation on the entrance to pit row, led to a drive-through penalty for Biffle on the next lap.

"I thought I had slowed up earlier than I had the last time I came in, but I locked up the brakes and slid a little that time," said Biffle. "A lot of guys did it, we were just the ones who happened to get the penalty."

Biffle returned to the track in the 14th position but the field was so spread out at that point that little ground could be made up before the checkered flag dropped. The field ran under green for the remaining laps and the No. 16 National Guard Ford took the finish in the 12th position.

"The car was awesome," said Biffle. "We were a little tight all day but we had a fast car. Without the penalty, we were easily a top-three car. We were the fastest out there next to the (No.) 8 car and I know we would have had something for him in those last laps. It's disappointing, but it's not a bad start to the season. We finished the race and we know we had a good car. The finish doesn't really show how good we could run, but we've got the rest of the season to do that."

After the Daytona 500, Biffle went into the points battle in the 13th position, only two points behind John Andretti who finished behind him but managed to lead a lap in the race.

16

ARE YOU A GUARD CAR FAN?

SHOW IT.

Be one of the first 500 fans to register online at

www.1-800-GO-GUARD.com/NASCAR/SuperFan

and you'll receive a Guard Car Super Fan Package.

Support the #16 National Guard Car and show your colors.

YOUR GUARD CAR SUPER FAN PACKAGE INCLUDES:
Two of each: T-shirt, hat, seat cushions, credential holder, bumper sticker, round decal, bandana, and one each of the following: #16 license plate frame, metal license plate, 3'x5' flag, and 8'x3' banner.

BUMPER STICKER

3'X5' FLAG

8'X3' BANNER

ROUSH Racing®

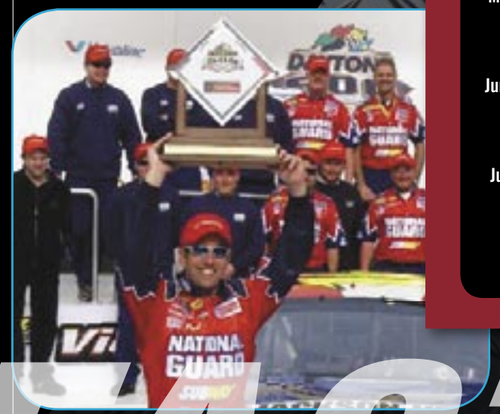
Roush Racing and Greg Biffle's name and/or likeness used by authority of Roush Racing, Livonia, Michigan.

ARMY NATIONAL GUARD

2004 SCHEDULE:

NEXTEL CUP SERIES SCHEDULE

Mar	28	Bristol Motor Speedway
Apr	04	Texas Motor Speedway
	18	Martinsville Speedway
	25	Talladega Superspeedway
May	02	California Speedway
	15	Richmond Int'l Raceway
	22	Lowe's Motor Speedway
	30	Lowe's Motor Speedway
June	06	Dover Int'l Speedway
	13	Pocono Raceway
	20	Michigan Int'l Speedway
	27	Infineon Raceway
July	03	Daytona Int'l Speedway
	11	Chicagoland Speedway
	25	New Hampshire Int'l Speedway
Aug	01	Pocono Raceway
	08	Indianapolis Motor Speedway
	15	Watkins Glen International
	22	Michigan Int'l Speedway
	28	Bristol Motor Speedway
Sept	05	California Speedway
	11	Richmond Int'l Raceway
	19	New Hampshire Int'l Speedway
	26	Dover Int'l Speedway
Oct	03	Talladega Superspeedway
	10	Kansas Speedway
	16	Lowe's Motor Speedway
	24	Martinsville Speedway
	31	Atlanta Motor Speedway
Nov	07	Phoenix Int'l Raceway
	14	Darlington Raceway
	21	Homestead-Miami Speedway



FASTEST

The Fastest Man in Daytona

Daytona Beach, Fla. - On Sunday afternoon, Greg Biffle surprised everyone except maybe himself when he piloted the No. 16 Jackson-Hewitt/National Guard Ford to the Bud Pole position for the Daytona 500.

After turning in the second and fifth fastest times in the two practice sessions on Saturday, Biffle reported that he felt confident about a top-10 qualifying effort the next day but he had higher goals in mind.

"I know we can qualify in the top-10 tomorrow but I believe we have at least an outside chance at the pole," said Biffle. "This is the best we've ever been right off the truck in Daytona. The guys have worked hard and we have a fast car. I can't wait for qualifying tomorrow."

The No. 16 Ford was the 24th car to take the track for the inaugural qualifying session of the season. At the time, Elliott Sadler held the pole position with a speed of 188.355 mph. When Biffle crossed the line on his final hot lap, it was at a speed of 188.387 mph, beating Sadlers time by 0.008 seconds.

"With these guys it's all about the team," said Biffle. "I'm so proud of these guys working together. I've got to thank everybody for coming on board - National Guard, Jackson Hewitt and Subway. I figured we had a chance at it yesterday running as fast as this car has. We have a new engine program and that has really helped Yates and Roush out. I'm happy that Ford has done that, but I'm more excited about this 16 car having a front row starting spot."

GUARDCAR FACTS: FORD TAURUS SPECIFICATIONS

ENGINE:

Type: FORD V-8
Displacement: 358 cubic in.

TRANSMISSION:

Type: Roush 4-speed manual

CAPACITIES:

Fuel System: ATL (22 gallons)
Oil System: Roush Racing

EXTERIOR:

Wheelbase: 110"
Length: 17'
Treadwidth: 60" (center to center)
Height: 51"
Curb Weight: 3,400 lbs

CHASSIS:

Design: Rear-wheel drive
Suspension-rear: 9" Ford rear end housing
Steering: Re-circulation ball
Brakes: Brembo
Wheels: AERO (10" width, 15" diameter)
Tires: Goodyear Eagle Racing Tires

NASCAR 101

Know anybody that loves NASCAR? Some friends that love fast cars and a smart sports fan? Sure, so to really impress them, here's a few NASCAR terms you'll want in your hip pocket.

AERODYNAMIC DRAG

A number that is a coefficient of several factors that indicates how well a race vehicle will travel through the air and how much resistance it offers is aerodynamic drag. Crewmen work to get the best "drag horsepower" rating they can, determining how much horsepower it will take to move a vehicle through the air at a certain mile-per-hour rate. At faster speedways, teams strive to get the lowest drag number possible for higher straight-away speeds.

AIR PRESSURE

With the advent of radial tires with stiffer sidewalls, changing air pressure in the tires is used as another setup tool that is akin to adjusting spring rates in the vehicle's suspension. An increase in air pressure raises the "spring rate" in the tire itself and changes the vehicle's handling characteristics. If his race vehicle was "tight" coming off a corner, a driver might request a slight air pressure increase in the right rear tire to "loosen it up".

CAMBER

Camber addresses the angle at which a tire makes contact with the track surface. "Positive camber" indicates the angle of the tire is tilted away from the vehicle's centerline while "negative camber" indicates the tire is tilted toward the centerline. A typical oval track setup would have positive camber in the left front and negative camber in the right front to help the vehicle make left-hand turns.

DOWNFORCE

The air pressure traveling over the surfaces of a race vehicle creates "downforce," or weight, on that area. In order to increase corner speeds, teams strive to create downforce that increases tire grip. The tradeoff for increased corner speeds derived from greater downforce is increased drag that slows straightaway speeds.

DRAFTING

The practice of two or more cars, while racing, to run nose-to-tail, almost touching is called drafting. The lead car, by displacing the air in front of it, creates a vacuum between its rear end and the nose of the following car, actually pulling the second car along with it.

GROOVE

Groove is the slang term for the best route around a race-track, the most efficient or quickest way around the track for a particular driver. The "high groove" takes a car closer to the outside wall for most of a lap, while the "low groove" takes a car closer to the apron than the outside wall. Road racers use the term "line." Drivers search for a fast groove, and it has been known to change depending on track and weather conditions.

HAPPY HOUR

Slang term for the last official practice session held before an event is happy hour. It usually takes place the day before the race and after all qualifying and support races have been staged.

LOOSE

(Also referred to as "free" or "oversteer.") A condition cre-ated when the back end of the vehicle wants to overtake the front end when it is either entering or exiting a turn. In qualifying mode, teams walk a fine line creating a setup that "frees the vehicle up" as much as possible without causing the driver to lose control.

MARBLES

(Also referred to as "loose stuff.") Bits of rubber that have been shaved off tires and dirt and gravel blown to the outside of a corner by the wind created by passing vehicles comprise the "marbles" that are often blamed by drivers for causing them to lose control.

PUSH

(Also referred to as "tight" or "understeer.") "Push" is a condition that occurs when the front tires of a vehicle will not turn crisply in a corner. When this condition occurs, the driver must get out of the throttle until the front tires grip the race track again.

TRACK BAR

(Also referred to as a "Panhard bar.") This bar positions the vehicle's rear end housing from left-to-right-under it. In calibrating the vehicle's "suspension geometry," raising or lowering the track bar changes the rear roll center and determines how well it will travel through the corners. During races, this adjustment is done through the rear window using an extended ratchet. Typically, lowering the track bar will "tighten" the vehicle and rais-ing the track bar will "loosen" it.

VICTORY LANE

Sometimes called the "winner's circle." The spot on each racetrack's infield where the race winner parks for the celebration; a place we hope to see the #16 Army National Guard car.

NASCARFLAGS

WHAT THE COLORS ARE:

Screaming past the start-finish line at 200 mph is not a good time for reading billboards. Rather than hold up a sign that says, "Slow down, Waltrip just crashed in turn 3 — again," drivers see a yellow flag instead (which means, "Slow down, Waltrip just crashed in turn 3 — again). Here's a quick look at the flags and what they mean:

GREEN: The track is clear and cars may proceed at speed. This flag is used to signal the beginning of the race and any restarts.

YELLOW (CAUTION): The track is not clear, slow down and hold your position behind the pace car. This flag is used to signal an accident, debris caused by contact or mechanical failure, or weather-related issues.

RED: The track is unsafe and there is a situation that requires immediate attention. Cars must go to a designated location and stop. In addition, NASCAR reserves the right to throw a red flag in the closing laps of a race to make sure the event ends under green conditions.

WHITE: There is one lap remaining in the scheduled distance.

CHECKERED: The event has reached its scheduled distance and is complete. In addition, there are flags that communicate information.

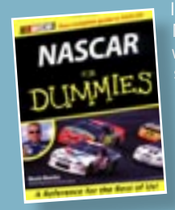
BLACK: Come into the pits immediately for consultation. Normally, this flag is waved at an individual car, either because it has a mechanical problem or has broken a rule. Waved in combination with a red flag signals the end of a practice session.

BLACK WITH WHITE CROSS: Cars that refuse to acknowledge the black flag are shown this flag, which means NASCAR will no longer score them until they come into the pits for consultation. Hint: Not a good flag.

BLUE WITH YELLOW STRIPE: A faster car is approaching from behind. Contrary to popular opinion, this flag does not make it mandatory that slower cars must move over for the leader of the race. This flag gets a workout at tracks like Bristol and Martinsville, where traffic becomes a major factor.

SUGGESTED READING:

★ **NASCAR FOR DUMMIES®**
by Mark Martin
Hungry Minds, Inc.
ISBN: 0-7645-5219-8



If you're a novice to NASCAR®, this book will help with understanding the basics of the sport. If you're a more "advanced" fan of America's number one motorsport, then this book will give you an understanding of the subtleties of the sport so that you can sound like an old pro. Mark Martin does a great job with the subject matter and even interjects a few secrets you can only get from a racer that happens to know how to write a good story. Best fast track book out there.

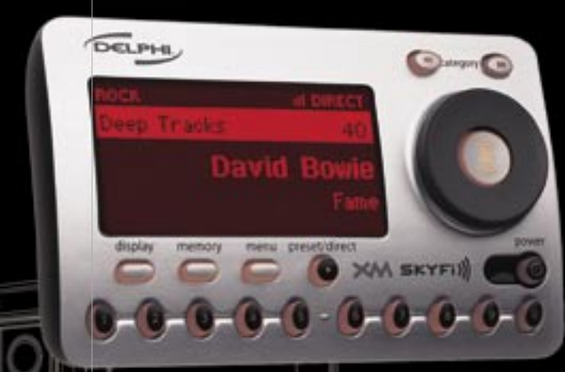
★ **NASCAR®: THE DEFINITIVE HISTORY OF AMERICA'S SPORT**
by Mike Hembree
Tehabi Books &
HarperEntertainment,
HarperCollins Publishers, Inc.
ISBN: 0-06-105080-6

The name may say it all. This book is packed full of NASCAR® history and terrific photography, but, perhaps most of all, it is beautifully written and gives the reader a real sense of how the great sport began and evolved. You understand not only the history but the values of the sport - a genuine American family sport. Well worth reading or just looking at the pictures and captions — a coffee table book that will be well worn (buy two).

SATELLITE RADIO:

SIRIUS SATELLITE RADIO STREAMER

SIRIUS provides commercial-free music, news, sports and entertainment with streams of satellite radio coast-to-coast, static-free, and with digital quality. STREAMER connects with existing in-dash radios or home stereo amplifiers to pull in the signal from space.
$99.00



XM SATELLITE RADIO DELPHI SKYFI AUDIO SYSTEM

The Delphi XM SKYFi Audio System, the first portable boombox for listening to XM Satellite Radio.
$99.00

XM SATELLITE RADIO UNVEILS THE DELPHI XM SKYFI RADIO

A compact unit that has the most advanced user features of any satellite radio on the market. SKYFi is a next-generation plug and play satellite radio which plays in the car, home, office, or virtually anywhere a subscriber wants to enjoy XM's 101 channels.
$99.00

SIRIUS SATELLITE RADIO AUDIOVOX SIRBB1 PORTABLE BOOMBOX

Listen to SIRIUS Satellite Radio anywhere with the Audiovox Portable Boombox. Available at consumer electronics and mobile audio dealers at retail for $99.99.

NASCAR ON XM SATELLITE RADIO

SPEND THE SEASON WITH NASCAR RADIO AT XM 144!

Listen to all the live race coverage, hear the inside stories, be the first to learn breaking news, dial in your opinions and catch all the action this season on NASCAR Radio, the exclusive Satellite Radio Service of NASCAR!

PHOTOS: (PRNEWSFOTO)

Check out www.xmradio.com and www.sirius.com for more details.

HONORING AMERICA'S HEROES

To learn more about this program, please visit www.virtualarmory.com
and click on the banner entitled
"American Soldier, Defender of Freedom, Freedom Salute."

American Soldier

THE ARMY NATIONAL GUARD · VICTORY · FREEDOM SALUTE CAMPAIGN

Defender of Freedom

The Freedom Salute Campaign is one of the largest Army National Guard recognition endeavors in history, designed to publicly acknowledge Army National Guard soldiers, their families, and those Centers of Influence who supported them during the President's call to duty for Operations Noble Eagle, Enduring Freedom, and Iraqi Freedom.

ARMY NATIONAL GUARD YOU CAN

A GUIDE TO MILITARY MOVIES

Hello Soldier,

With a slew of war and military movies out there, it could take weeks to view and categorize them all. And let's be honest, a person's gotta know their limitations. Not to worry though, we're here to help out! We stuffed our faces with popcorn, shed a few tears, and did some victory dances on our way to bringing you our movie ratings. In the end, we hope that some of our choices will make you scream, "HOOAH!"

Turn it off, man! It's sucking my will to live. "Wayne's World"

What we've got here is a failure to communicate. "Major Payne"

Well, there's something you don't see everyday. "Ghostbusters"

I've been ready for this my whole life. "Rudy"

You had me at "hello." "Jerry Maguire"

TriStar, Jerry Maguire 1996 Columbia TriStar

HIT PLAY

HOW IT RATES

Saving Private Ryan

Tom Hanks, Edward Burns, Matt Damon

Steven Spielberg certainly doesn't waste any time before he pulls you into this story of brotherhood and sacrifice. Shortly after hitting play, you'll be on Omaha Beach with thousands of soldiers, including National Guard Infantrymen from the 1st and 29th Divisions. Make it past enemy lines and you'll follow Captain John Miller (Hanks) as he leads a special mission to find Private James Ryan (Damon) and return him home. Through the journey, you'll learn a lot about what it takes to fulfill your duty and to hold on to your courage. Don't miss this one. It's solid from beginning to end.

All the principal actors underwent several days of grueling army training - except for Matt Damon, who was spared so that the other actors would resent him, and would convey that resentment in their performances. (Internet Movie Database)

Quote credits: Wayne's World 1992 Paramount, Ghostbusters 1984 Columbia, Major Payne 1995 Universal, Rudy 1993

Movie credits: Saving Private Ryan 1998 Dreamworks SKG, Black Hawk Down 2001 Columbia Pictures, Top Gun 1986 Paramount Pictures, Cold Mountain 2003 Miramax Films, Red Dawn 1984 MGM

If you could lift the microscopic groove from a DVD, and stretch it out into a straight line, it would be almost 7.5 miles long!

Black Hawk Down

Josh Hartnett, Eric Bana, Tom Sizemore, Ewan Mcgregor

HOW IT RATES

If you're looking for a real-life depiction of battle, we give Black Hawk Down our highest rank. After a special-op mission to capture a Somali warlord goes south, our boys have no choice but to focus on keeping one another alive. Finding themselves in the middle of a massive civil uprising, "leave no man behind" becomes more than just a motto. Don't expect any downtime in the movie - it's action packed.

Don't eat while watching these

OTHER RECOMMENDATIONS

- GETTYSBURG
- THE PATRIOT
- WE WERE SOLDIERS

Top Gun

Tom Cruise, Kelly McGillis, Val Kilmer

HOW IT RATES

Have you lost that lovin' feelin'? Are you in the danger zone? Well, hang on tight because one movie has got it all. Top Gun has high-flying air maneuvers, explosions, fights, and Tom Cruise himself. Through winning and losing, love and loss, Top Gun demonstrates the importance of teamwork within the military. Guys, need some dating advice? Try Maverick's singing technique. And ladies, two words: volleyball scene! This one is worth a second viewing, or third...

Great date movies

OTHER RECOMMENDATIONS

- PRIVATE BENJAMIN
- CASABLANCA
- THE LAST OF THE MOHICANS

Cold Mountain

Nicole Kidman, Jude Law, Reneé Zellweger, Kathy Baker

HOW IT RATES

All is fair in love and war, right? Not according to our strong southern characters in this civil war era movie. Set in the beautiful North Carolina mountains, this six Oscar nominee shifts its focus from combat on the field to the combat at home. How can you go wrong with Jude Law and Nicole Kidman adding to the "scenery"? You won't be disappointed.

Best looking cast

OTHER RECOMMENDATIONS

- GLORY
- OPERATION PETTICOAT
- PEARL HARBOR

Red Dawn

Patrick Swayze, C. Thomas Howell, Lea Thompson, Charlie Sheen, Jennifer Grey

HOW IT RATES

At the time of its release, Red Dawn was considered the "most violent film on record" and was the first film to get a PG-13 rating. This film brings to life the idea of a Communist takeover in America. Our heroes are a group of teenagers who take to the mountains to fight the enemy with their unique style of guerilla warfare. Even though the political accuracy isn't all there, it certainly depicts how scary things could be if earlier wars had ended differently. We'd love to see this movie remade and updated!

Movies with a message

OTHER RECOMMENDATIONS

- PLATOON
- THE THIN RED LINE
- THREE KINGS

Most movie theater screens have thousands of tiny holes so you can hear the sound from speakers placed behind them!

Between them, the Brothers West have over 40 years of gaming experience and once beat up a big-league game designer and took his lunch money. In spite of a lifetime of head- to- head gaming, the Brothers see games in completely different ways. The Elder mastered a cunning and wily approach early on. The Younger, unable to out-clever his brother, opted for more of a "Kill 'em all, let God sort 'em out" point of view.

The Brothers will ruthlessly use this space to prevent inferior game designers from bilking you out of your hard earned cash.

MEDAL OF HONOR: RISING SUN

PS2 (Pub: Electronic Arts Dev: EA LA), FPS, Multiplayer option

Sweet: Great environmental sounds and sound effects

Lame: Rigidly linear game play, weak level design, poor story continuity

Brother West the Elder (E): There wasn't much in the way of eye candy here. I wasn't impressed at all, but this is more your sort of game.

Brother West the Younger (Y): Well, it should be. But, bottom line, I just expect more from the Medal of Honor franchise. I never really felt drawn in.

E: Me either. It always felt like I was a rat running a maze. For example, every time I grabbed a machinegun, it started raining Japanese soldiers! No matter how thoroughly I cleared a level, grabbing a mounted weapon started a brand new deluge of charging baddies.

Y: Oddly enough, that's one of the few redeeming features I found. At least I was guaranteed the opportunity for wholesale slaughter.

E: So you're saying that, at best, intermittent opportunities at wanton mayhem made this worth while for you?

Y: No. Unfortunately I couldn't find much of anything exciting in the game. It felt like every other version of MOH I've played. Only less so.

E: Same engine, new tile set. Its not a bad game, but I expect better from EA.

Eye Candy: 👁 👁
Body Count: ⊕ ⊕ ⊕
Overall: ★ ★ ★
If your really into the MOH franchise, it's probably worth playing. Otherwise there are better FPS's out there.

CRIMSON SKIES

Xbox (Pub/Dev: Microsoft), Fly and shoot, Multiplayer: Xbox live

Sweet: Smooth play, stunning visuals, flaming wreckage, massive explosions, involving plot, fun cut scenes

Lame: A handful of "fling this friggin' thing against a wall" bugs, a few zero error-tolerance missions and no mission skip

Y: Flying through the exploding wreckage of my enemies has never been such fun, and apparently there are hundreds of pilots who are absolutely desperate to volunteer for a .50 caliber enema.

E: They did seem particularly eager to be reduced to fiery debris didn't they? And bless 'em for it! Between the bad guys' gloriously shredding planes and the eye-popping sets, this game was just chocked full of yummy eye candy goodness.

Y: And the turrets! You have to love unlimited hurling of hot death at evil's minions. I mean, be honest, doesn't spraying an endless stream of lead into a rapidly disintegrating plane just make you feel all warm and fuzzy inside?

E: As much as it pains me to admit it, I agree with my brother. The best part about the gorgeous backdrops and stunning effects, was that you forget all about them as soon as your finger hits the trigger. Crimson Skies is to video gaming what the Sistine Chapel is to the world of art. Each screen is a carefully composed masterpiece that enhances the overall experience.

Y: Uh, yeah, what he said. And in spite of the unfortunate lack of blood splatter and gore, from an unbridled destruction point of view, I heartily recommend this game.

Eye Candy: 👁 👁 👁 👁 👁
Body Count: ⊕ ⊕ ⊕ ⊕
Overall: ★ ★ ★ ★
This would have been the perfect game if not for a few infuriating bugs.

STAR WARS: KNIGHTS OF THE OLD REPUBLIC

PC (Pub: Lucas Arts, Dev: Bioware), RPG, No Multiplayer

Sweet: Strong visuals, great sound, excellent plot/backstory, stable gameplay

Lame: Sometimes slow, combat can become redundant

Y: I thought this was going to be a first-person shooter. I wanted this to be a first-person shooter. This is NOT a first-person shooter. I felt more like I was watching the game rather than playing it.

E: Dude, you can't review a game based on what you wanted it to be. Besides, this game is gorgeous. There were points where I would pause combat just to look around and admire the effects.

Y: But the combat becomes so repetitive. Most of the time, I just sat back and waited for someone to need healing. A few hands lightsabered off, an arterial spurt or two, is that too much to ask?

E: <yodavoice>"Anger... fear... aggression. The dark side of the Force are they." Not everything needs to be solved by application of blunt trauma. True to the Star Wars Universe, this game was as much about thinking your way through problems as about hacking away with a lightsaber.

Y: Yeah, well killing people may not solve your problems but it does keep them out of your hair while you think about what to do.

E: (sigh) This, my blood-thirsty sibling, is NOT the game you seek. I, on the other hand, was thrilled to be the hero in my own Star Wars movie.

Eye Candy: 👁 👁 👁 👁
Body Count: ⊕ ⊕
Overall: ★ ★ ★ ★
Although a bit shy on blood and guts, well worth playing for the cinematic experience.

GRAPHIC NOVELS!

HUSH

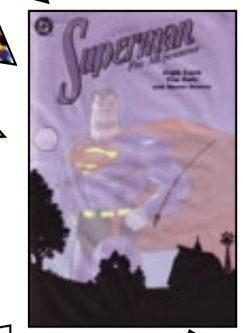
Jeph Loeb & Jim Lee (Pub: DC Comics)

After all these years, the Dark Knight and Catwoman are finally hookin' up. And who can blame them? The heroes haven't looked this good in years and may not again until Halle Berry and Guy Pierce pull on the tights for their upcoming movies.

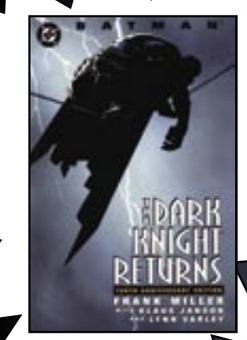
This Graphic Novel/Collection has everything. Jeph Loeb has written a compelling story line and great dialogue. He gives us Batman kicking Superman's butt while thinking "Deep down Clark's essentially a good person... and deep down, I'm not."

This is my favorite sort of Batman: dark, unrepentant and on the edge. He also manages to parade through just about every major villain who's ever come gunning for our boy. But what makes the whole thing a must-read is Jim Lee's art. No piddly 10 cells to a page, talking heads comic book here. Lee splashes our heroes and villains in iconic poses across full pages, and sometimes two page spreads.

I can't rave enough about the artwork. Killer Croc has never looked scarier; Superman more Boy Scout. Catwoman, Poison Ivy and even Lois Lane just plain old look good. And our boy, the Dark Knight himself hasn't looked this bad-ass since Frank Miller's Dark Knight Returns. Half hidden in shadow, scarred, battered and beaten by an unending stream of villains... Batman's determination, grimness and indomitable will show through in every frame of this book.



Superman For All Seasons - Jeph Loeb & Tim Sale Jeph Loeb's re-imagining of Superman's early years takes us back to the golden age of comic books. A compelling storyline and retro artwork evoke a time when the world was less grey and more black and white. I highly recommend this one to any fans of the man of steel.



Dark Knight & Dark Knight Returns - Frank Miller Batman the way he was meant to be: dark, brooding, and completely without mercy. This groundbreaking graphic novel set the tone for every one that has followed: stark visuals, gritty characters, and an attitude best summed up in Batman's own words: "striking terror, best part of the job".

UNIT READINESS

Unit readiness begins with physically fit soldiers and leaders. Combat drains soldiers physically, mentally, and emotionally. To minimize those effects, Army leaders are physically fit, and they make sure their subordinates are fit as well. Physically fit soldiers perform better in all areas, and physically fit leaders are better able to think, decide, and act appropriately under pressure. Physical readiness provides a foundation for combat readiness.

TIPS

TRAINING TIPS FROM "JOE" JOHNSON:

You most likely lost weight while serving in the Middle East. You can keep unhealthy pounds off by taking this chance to break pre-deployment bad eating habits. While you are returning to your home life, make a conscious effort to make healthier choices.

My advice would be to find the recommended number of calories for your body weight and maintain that weight.

One way maintain a better body weight is by eating 5-6 small meals a day rather than 3 large ones.

Another way to maintain a better body weight is by staying consistent with a workout program.

As far as hydration is concerned, we recommend at least half a gallon of water per day.

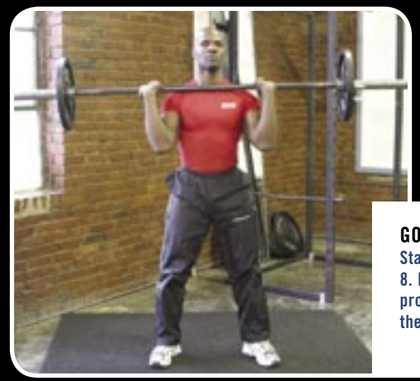
That amount can be increased depending on the following variables: gender, size, temperature, and amount of work done.

POWERCLEAN

This explosive move utilizes both the lower and upper body muscles.

1. Standing close to the bar, stand with your feet shoulder-width apart and toes slightly turned out. Place hands on the outside of your knees and grip the bar. Use a focal point in front of you; do not look down.

2. Not using your lower back, but using your legs, arms and upper back muscles, throw the bar up as fast as you can and use your wrists to catch it underneath.



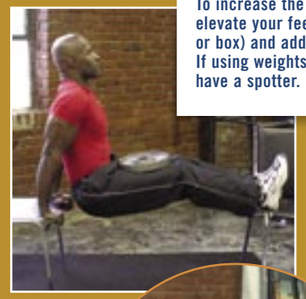
3. Stand up in the same position and repeat the set.

GOAL:
Start with 3-5 reps and do no more than 8. Begin with an empty bar and slowly progress the weight; start with getting the correct form mastered.

DIPS

This exercise works the tricep muscles.

GOAL:
To increase the level of difficulty, elevate your feet (on a stool, chair or box) and add weight to your lap. If using weights, make sure you have a spotter.



1. Using a chair, place your hands on the end of the chair at the same level as your buttocks. Your thumbs should be on either side of your buttocks. Ease yourself about one inch from the chair.

2. With your knees slightly bent, lower yourself slowly until your upper arms are parallel to the chair. Do not straighten your legs.

3. Come back up, slightly faster.

PT STANDARDS

The Army Physical Fitness Test (APFT) events are the push-up, the sit-up, and the two-mile run. The minimum and maximum PT and weight standards shown on the accompanying charts are the same for everyone in the Army whether active, Reserve or National Guard. All soldiers, regardless of rank, must meet the standards for their age group.

MEN'S

Age		Min/Max	
Years	Push-Ups	Sit-Ups	Two-Mile Run
17-21	42/71	53/78	15:54/12:00
22-26	40/75	50/80	16:36/13:00
27-31	39/77	45/82	17:00/13:18
32-36	36/75	42/76	17:42/13:18
37-41	34/73	38/76	18:18/13:36
42-46	30/66	32/72	18:42/14:06
47-51	25/59	30/66	19:30/14:24
52-56	20/56	28/66	19:48/14:42
57-61	18/53	27/64	19:54/15:18
62+	16/50	26/63	20:00/15:42

WOMEN'S

Age		Min/Max	
Years	Push-Ups	Sit-Ups	Two-Mile Run
17-21	19/42	53/78	18:54/15:36
22-26	17/46	50/80	19:36/15:36
27-31	17/50	45/82	20:30/15:48
32-36	15/45	42/76	21:42/15:54
37-41	13/40	38/76	22:42/17:00
42-46	12/37	32/72	23:42/17:42
47-51	10/34	30/66	24:00/17:36
52-56	09/31	28/66	24:24/19:00
57-61	08/28	27/64	24:48/19:42
62+			

YOUR FITNESS PROGRAM

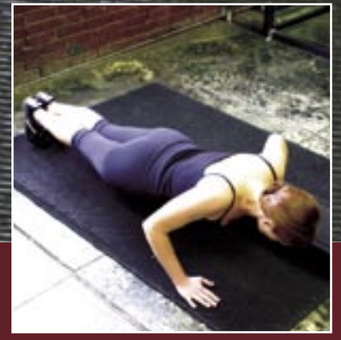
Make every effort to design a physical fitness program that prepares you for the rigors of combat. Readiness should be your program's primary focus; preparation for the APFT itself is secondary. (FM 21-20 is your primary physical fitness resource.)

"You have to lead men in war by requiring more from the individual than he thinks he can do. You have to (bring) them along to endure and to display qualities of fortitude that are beyond the average man's thought of what he should be expected to do. You have to inspire them when they are hungry and exhausted and desperately uncomfortable and in great danger; and only a man of positive characteristics of leadership, with the physical stamina (fitness) that goes with it, can function under those conditions."

General of the Army George C. Marshall Army Chief of Staff, World War II

CROSSOVER PUSH-UP

This exercise works on the major and minor pectoral muscles, triceps and the upper back muscles.



1. Position yourself in a regular push-up position with your left arm raised onto a box or stair step. Keeping your body straight, lower yourself into the down position with your feet together.

2. After completing the down position, cross your right hand over the left hand, raised on the stair step. (Both hands are now on the stair step). Spread your feet apart.

3. Putting your weight on the right hand, move your left to the floor and repeat the down position. Your feet should be touching again.

MARATHON FITNESS CO.

Elmond "Joe" Johnson, Morris Jamison and John Payne are co-owners of Marathon Fitness, a personal training facility dedicated to helping their clients obtain their fitness goals. Elmond currently holds a masters degree in Biology and is a doctoral candidate in the Department of Anatomy and Physiology at Meharry Medical College. Elmond conducts research in relation to stress and obesity and has been training individuals and athletes as well as non-athletes, for the past 14 years.

Roommate Advice

You're finally out of your parents' house... and on your own. You 're ready for your own space. You know what you want... your place has gotta be a totally cool place. But... economic reality has set in. No way you can afford to live in a great place and pay that kind of rent on your own. Way. You need a roommate. But the wrong roommate could make life miserable.

So... All you need to know is how to choose the right roommate for you. Here's a list of things you should consider when talking to prospective roommates:

- Work schedules
- Cleaning habits–a roommate should clean up after himself or herself and should share the cleaning duties in common areas
- Girlfriends, boyfriends and other frequent guests–you should discuss the frequency, duration and time of visits, use of food supplies and utilities
- Pets
- Medical conditions
- Smoking and drinking habits (and confirm no use of illegal substances)
- Shared costs
- Telephone use, television use and habits and computer connection use
- Safety and security plans and related concerns

Making a roommate selection is a gamble and should be done with due diligence and caution. Selecting the right roommate can make all the difference in the world in your happiness and quality of life. Good luck!

Update Your Vaccines and other Preventive Medications

The National Guard offers lots of opportunity for travel to exotic locales. Just ask anyone who's been deployed in the last year. But, don't forget, not every place in the world is as clean as your Mom's house. So make sure your shots are up-to-date, or you'll be spending a lot of time in the hospital tent. Go to : www.hooah4health.com for a complete list.

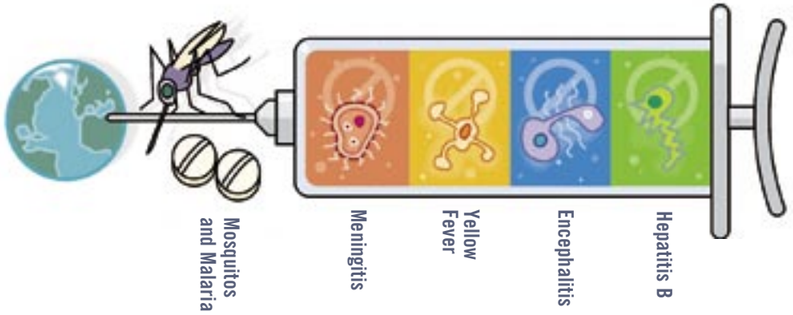
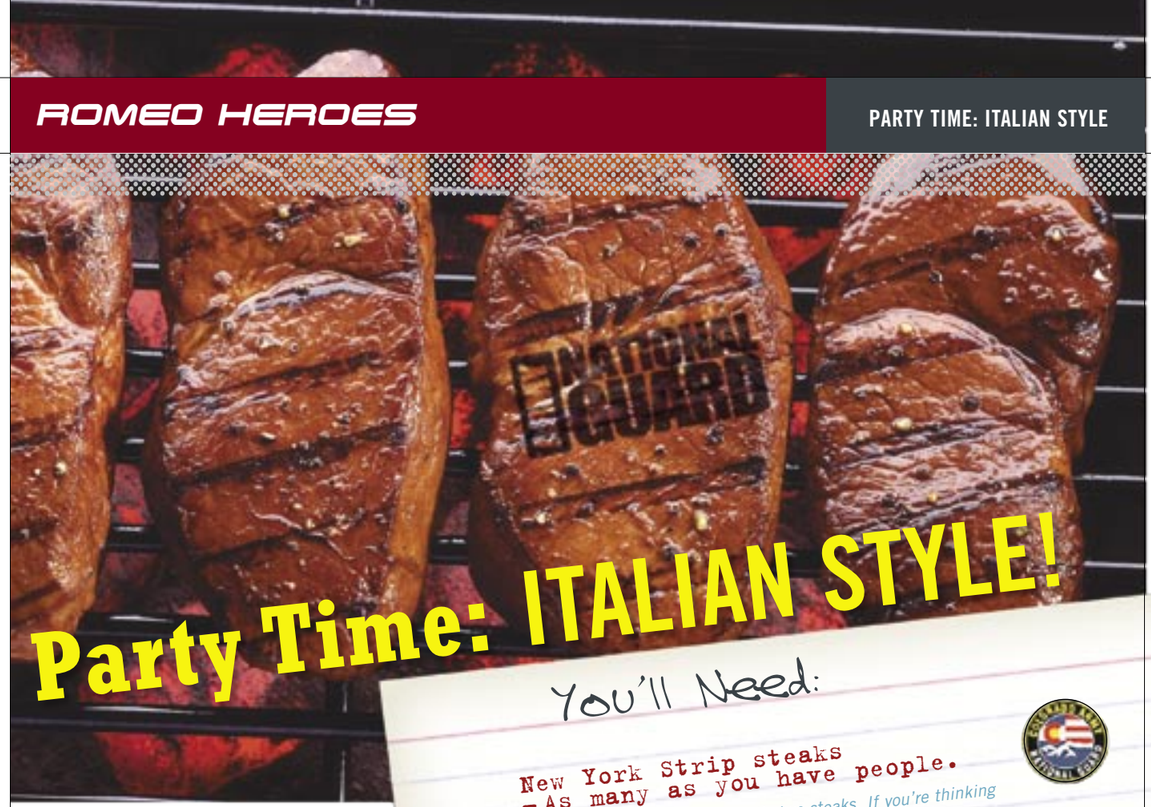


ILLUSTRATION: JEFF WEST



Party Time: ITALIAN STYLE!

by Stephen Green

My hometown of Colorado Springs is home to lots of National Guard members. Recently, members of the 2/157th Field Artillery Battalion ("King of Battle") packed up their MLRS to ship off for duty in Iraq.

The 157th has a great history. They fought against Spain in 1898, and they did a tour to help settle the Philippine Insurrection after that war. Both World Wars heard the big guns of the 157th, too. Desert Storm? You bet. Their medical unit treated over 18,500 refugees and POWs. In 1997, the unit helped recover that Air Force A-10 which crashed near Vail, Colorado. They've provided aid and relief in blizzards, escorted visiting dignitaries, and even provided backup for local police during the Columbine High School shooting. They've been to Germany, Hungary, and Bosnia in recent years, and now they'll see, once again, Iraq.

If I know Middle Eastern food – and I do – by the time they come back home, those men and women are going to be sick and tired of lamb, lentils, and MREs. So how about a party, Italian style?

Pull out the grill for this one, soldiers. Here we go. Just do what I say, exactly how I tell you to do it, and in less than 45 minutes you'll have a tasty Italian steak dinner so simple even a Regular Army guy could do it.

First things first. Take the steaks out of the fridge and set them aside.

1.) Prepare the marinade.
Pour the olive oil in a small bowl. Chop up the garlic into eraser-size bits and drop them in there. Then mince the parsley as fine as you can, and throw it in, too, along with the oregano.

2.) Start up the grill.
If you're using gas, don't tell me about it. Anyway, while the charcoal is starting to do its thing, it's time for you to do yours.

3.) Start some water boilng.
By now, the olive oil should have soaked up all the tasty herbs, so...

4.) Pour almost all of the oil on the steaks, turning them so you get stuff on both sides.
Don't worry if there are chunks of garlic stuck to them – they just make everything better.

5.) Peel the potatoes (no KP jokes, please), **cut in eighths, and put the pieces in the boiling water.**
After six or seven minutes, try sticking a fork in a potato bit. If the fork slides right in, then they're done. (That's called "fork tender.")

6.) Strain out the water, and put the potatoes in the mixer, along with the rest of the herbed olive oil. Mix until the potatoes are nice and fluffy. Don't add any milk or butter.

If you don't have a mixer, then don't worry about mashing the potatoes. Instead, set them aside for now.

7.) Take the same pot and put more water in to boil.
See? I'm always thinking about our men and women in uniform – less dishes to worry about.

Drop about half the bag of carrots in there, and forget about them for a little while, because it's time to grill those steaks.

Two words of caution when you put the steaks on the fire: Stand back. Soon as those babies hit the heat, that olive oil is going to drip off and catch fire. Makes for an impressive show and also helps seal in all the juices. Like your steaks medium rare? Then:

8.) Grill them 4 or 5 minutes on the first side, and 4 on the second.
Add about an extra minute per side for medium, and another minute if you like them medium-well.

If you want to make them look really fancy, lay them on at a 45 degree angle, and then rotate them 90 degrees halfway through each side. You'll get that crosshatch pattern you see at nice restaurants. Your honey will be impressed.

9.) Right after you flip the steaks, check on the carrots. If they pass the fork test like the potatoes did, then **Pour out the water, add a little butter, and set them aside.**

When the steaks are done the way you like them, then **10.) Put the steaks on plates and let them rest for five minutes.** While they're resting, **Dish out the potatoes and the carrots.**

Couldn't mash the taters? Then take out a frying pan, and finish them up on medium-high heat for a minute or two, using the last of the olive oil.

Worried about how everything will look? Don't be. Just make sure you have a couple matching plates, and arrange the meat, potatoes, and carrots in three little areas.

Light a candle or two, and pour a bottle of Ecco Domani Chianti. And take the AC/DC out of the stereo and put in some Sinatra.

Perfect dinner, perfect date – perfect party time, Guard style.

Stephen Green lives with his wife in Colorado Springs, where he invests, writes, and enjoys the occasional vodka martini. You can read him daily at www.vodkapundit.com.

WORRIED ABOUT HOW IT WILL LOOK?

PREP: 15 MINS / COOK : 20 MINS = TOTAL: 35 MINS

Don't be. Just make sure you have a couple matching plates, light a candle or two, and pour a bottle of Ecco Domani Chianti. And take the AC/DC out of the stereo and put in some Sinatra.

GX PROFILE

Chief Wiggles of Operation Give becomes a favorite of Iraq's children.

A Utah National Guard member's act of generosity has inspired a campaign to bring hope to the children of Iraq.

In September 2003, a small Iraqi girl was standing outside the fenceline of a U.S. base in Baghdad, crying because she had become separated from her mother. Chief Warrant Officer Paul Holton saw the child and was moved to help:

"She was obviously very poor, in her tattered old dress, totally worn-out plastic flip-flops, her hair matted against her head indicating she hadn't had a bath in a long time and her skin blistered from the dirt and weather."

He had the MP's bring the child inside, located her mother in the compound and brought the girl to her. Then, moved by the girl's sad state, he rushed back to his office where he recalled having some toys. He returned to the child and presented her with a toothbrush, toothpaste, a whistle, and a toy monkey.

"Her eyes lit up with such joy as I put the monkey arms over her head. She was so excited to receive everything"

The Chief later recounted this event in his blog (Web log–an online journal). Within days, Scott Evenson, who maintains the Chief's blog, was flooded with thousands of emails from concerned Americans asking how they could send toys to Iraqi children.

In the short time since, an entire organization has sprung up to accomplish the goal of getting toys and basic necessities to the children and people of Iraq. With the help of some friends, the Chief has established "Operation Give".

In 1948, Lt. Gail S. Halvorsen, was just one of the many US Air Force pilots making essential daily supply runs into the blockaded Berlin. Touched by the friendliness of the Berlin children around his air base, he promised he would drop candy for them the following day. Securing candy and gum to makeshift parachutes made from handkerchiefs and scraps of cloth, he did drop them candy the next day and many days thereafter.

Word of the "Candy Bomber's" exploits eventually made it back to the States, where it stirred a massive outpouring of generosity. Thousands of pounds of candy and material for parachutes poured into "Operation Little Vittles." By January 1949, he and his compatriots dropped over a quarter of a million treats to the children of Berlin. The group also arranged for candy to be delivered to children in schools and confined to area hospitals.

Ironically, since he hadn't received permission to carry out these mini-missions, he was nearly court-martialed. However, when the scope of his humanitarian efforts was revealed, he was instead given the Cheney award "for an act of valor, extreme fortitude, or self-sacrifice in a humanitarian interest."

Since then, Colonel Halverson has continued his charitable ways, most recently making a chocolate bar drop over Bosnia in 1994. He hopes to have the opportunity to make a similar run over Iraq and has been in contact with the Air Force to try to make arrangements.

When asked about Chief Wiggles' work in Iraq, he responded, "I'm 100 percent for it... I'm Uncle Wiggly Wings and he's Chief Wiggles... I think it's a marvelous thing he's doing."

Top Photo: Chief Wiggles
Bottom Photo: Uncle Wiggly Wings

OPERATION GIVE
WWW.OPERATIONGIVE.ORG

WHAT WE'RE COLLECTING:

TOYS: Dolls; cars and trucks; balls, especially soccer balls; plush toys and stuffed animals; plastic animals and dinosaurs; tool and cooking sets; puzzles; binoculars, Magna-Doodles, basic Legos; blocks; jump ropes; Frisbees; picture books; baby toys; stacking cups; shape-sorters; chess sets

NO: toys that will not work without batteries; toys that require electricity; violent toys (guns, violent action figures); toys that shoot projectiles; Barbies or comparables

SCHOOL SUPPLIES: Pencils, pencil sharpeners, pens, notebooks, etc. Calculators are especially needed.

ART SUPPLIES: Colored pencils, pastels, markers, brushes, paint sets, paper, chalk, coloring books, etc.

PERSONAL AND BABY CARE: Toothbrushes, toothpaste, dental floss, deodorant, shampoo, bar soap, diaper ointment, lotion, disposable razors, baby bottles, sippy cups, baby spoons

NO: medicines, cosmetics, food

CLOTHING: We welcome clothing in good condition of all kinds, including adult sizes. Shoes and flip-flops are especially needed.

This 100% volunteer group has accomplished stunning results in just a few months. AMB Property Corporation agreed to provide warehouse space in Maryland. Federal Express has agreed to air-freight donations from the warehouse to the Baghdad distribution center on a space-available basis. Overstock.com donated $20,000 worth of merchandise and provided a service so that anyone can purchase items through their website and have them directly shipped to Iraq. So far, the group has raised over $75,000 and delivered 1635 packages to the Chief including 850 lbs. of donations expressed by FedEx.

The man who started all of this, "Chief Wiggles," has chosen to push the spotlight on the organization he created rather that let it focus on him personally. Until recently, he had not even released his name to the press and has limited what he is willing to share in the way of personal information.

Instead of talking about himself, this thirty-year veteran of the Army National Guard uses the media exposure to show how one person's actions can make a difference.

The spotlight did, however, focus at least briefly on the individual behind these good works. On February 5, 2004, the Commander In Chief, George W. Bush, recognized Chief Holton's superlative efforts during a speech at the National Prayer Breakfast. The President mentioned the Chief by name and praised him for answering the "high calling" that is understood by our people in uniform.

If you would like to help by donating toys, funds, services, or personal or baby care items, you can find details at:

WWW.OPERATIONGIVE.ORG

TRAINING TIPS

"WHEN THE PIN IS PULLED, MR. GRENADE IS NOT OUR FRIEND."
- U.S. ARMY TRAINING NOTICE

"CLUSTER BOMBING FROM B-52'S IS VERY, VERY ACCURATE. FROM 30,000 FEET, EVERY SINGLE BOMB ALWAYS HITS THE GROUND."
- U.S. AIR FORCE AMMUNITION MEMO

"IF YOU SEE A BOMB DISPOSAL TECHNICIAN RUNNING, TRY TO KEEP UP WITH HIM."
- U.S. ARMY ORDNANCE MANUAL

WORD SPY

jump the shark

v. In a television show, to include an over-the-top scene or plot twist that is indicative either of an irreversible decline in the show's quality or of a desperate bid to stem the show's declining ratings. Also: JTS.
—jump-the-shark adj.
—jumping the shark pp.

calm technology

n. Technology that remains in the background until needed and thus enables a person to interact with it in a calm, engaged manner.

GX

NEXT ISSUE:
A WARRIOR'S ETHOS

I am an American Soldier.
I will always place the mission first.
I will never accept defeat.
I will never quit.
I will never leave a fallen comrade.
I am an American Soldier.

Download the GUARDFORCE game free. Feel the excitement and intensity of the Army National Guard on-screen. Liberate a city. Rescue citizens from a raging river. Bust through the enemy's defense in your M1 tank. Lead a covert strike operation.

www. 1-800-GO-GUARD. com

ARMY NATIONAL GUARD
YOU CAN

We've been helping folks sleep soundly since 1942.
They've been doing it since 1636.

Here at Travelodge, we're proud to support the National Guard—an organization that's been putting the country at ease for over 367 years. We know that protecting freedom can be an exhausting job. So after your next tour of duty, why not take a tour of the country? And while you're out there, why not come stay with us? We promise you a comfortable, affordable and above all, refreshing nights' sleep. All without that annoying early morning wake-up call.

Travelodge®
Recreate. Hibernate.℠

For hibernation information: visit www.travelodge.com or call 1.800.578.7878.

National Guard used by permission of the National Guard Bureau. Travelodge® and Sleepy Bear® are registered trademarks of TM Acquisition Corp., an affiliate of Travelodge Hotels, Inc.