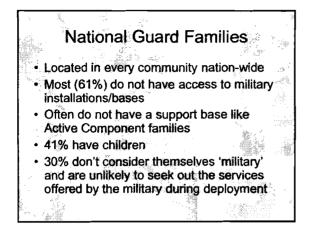
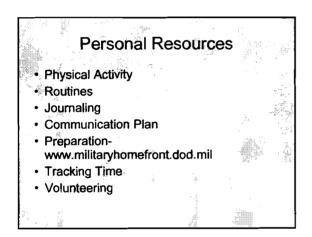
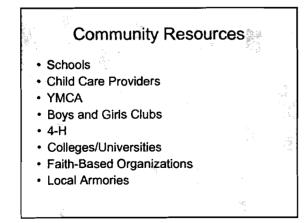


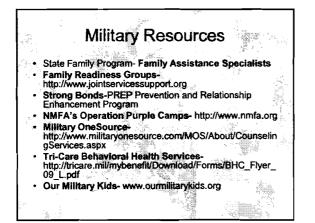
National Guard 101

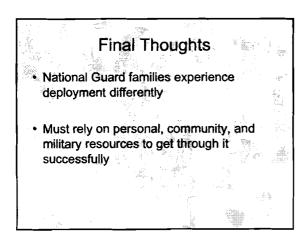
- 371 Years Old-oldest component of the Armed Forces
- · Colonists organized militias
- Has carried a dual status (both federal and state responsibilities) since the War of Independence
- Decades following Viet Nam required little participation
- Desert Storm-75,000 Guardsmen deployed
- OEF/OIF/Noble Eagle-89,666 currently activated/388,854 since 2002 (as of 15 Sep 09)











References

- Fiese, B.H., Tomcho, T.J., Douglas, M., Josephs, K., Poltrock, S., and Baker, T. (n.d.). A review of 50 years of nesearch on naturally occurring lamity routines and rituals: Cause for calabration. Journal of Femily Psychology, 16(4).
- Psychology, 16(4). Fernity rituals & routines improve health. (2003, November 23). Retrieved August 31, 2009 from www.about.com Grosche, M. (n.d.). Communicating. Retrieved September 1, 2009 from http://extension.missouri.edu/bs/i/communicating/index.htm Health benefits of journaling. (n.d.). Retrieved September 9, 2009 from http://fsych.central.com/lib/2006 Houseman, E. (2006). Volunteering is good for your mental health. Retrieves September 14, 2009 from http://ezinearticles.com

- September 14, 2009 from http://ezinearticles.com Mental health benefitis of exercise. (n.d.). Retrieved August 27, 2009 from http://www.findcourseiing.com/ournel/health-fitness Preparing your home and life for deployment. (n.d.). Retrieved September 3, 2009, from http://www.military.com/spouse/fs/0.,fs_deploy_archiveprepare.00.htm]