9, 1969

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York City emple in chartered U. D., of he newest tion was

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National Guard Principles Are Virtually Unchanged From 1620

On the contrary, the principles of the Guard today are virtually men defended their homes for unchanged from the Gaptain Miles Standish and the Captain Miles Standish and the Captain Miles Standish and teers ventured ashore to explore, is elect defend and bold their for the Standish and teers ventured ashore to explore, arrived in the New World, and the contrary the principles or in 1675 when the Carolina neighborly sentiments.

The Army and Air Force also now being fought in Vietnam.

At no time was our standing have confidence in the Guard army — or navy — or marine that should events take place that the contrary mission — endefended their homes for almost one-half million men, is located in over 2,000 communities across the nation. In North Carolina, this body of men is almost one-half million men, is located in over 2,000 communities across the nation. In North Carolina, this body of men is almost one-half million men, is located in over 2,000 communities across the nation. In North Carolina, this body of men is almost one-half million men, is located in over 2,000 communities across the nation. In North Carolina, this body of men is almost one-half million men, is located in over 2,000 communities across the nation. In North Carolina, this body of men is almost one-half million men, is located in over 2,000 communities across the nation. In North Carolina, this body of men is almost one-half million men, is located in over 2,000 communities across the nation of peace, other than the folication of the found that the found the contract of the Guard of the contract of t teers ventured ashore to explore, select, defend and hold their futor homesteads in Massachu.

The first settlers lina, this body of men is almost arrived in the New World, and continuing on through the prestorm ture homesteads in Massachu.

The first settlers lina, this body of men is almost arrived units and available for active duty in time of war or nature duty in the nature d

The National Guard is not a North Carolina known as Albederiving spiritual closeness from tion of life and property and the rea the Berlin Crisis of 1961, several to the Carolina known as Albederiving spiritual closeness from tion of life and property and the rea the Berlin Crisis of 1961, several to the Carolina known as Albederiving spiritual closeness from tion of life and property and the rea the Berlin Crisis of 1961, several to the Carolina known as Albederiving spiritual closeness from tion of life and property and the rea the Berlin Crisis of 1961, several to the Carolina known as Albederiving spiritual closeness from tion of life and property and the rea the Berlin Crisis of 1961, several to the Carolina known as Albederiving spiritual closeness from tion of life and property and the rea the Berlin Crisis of 1961, several to the Carolina known as Albederiving spiritual closeness from tion of life and property and the rea the Carolina known as Albederiving spiritual closeness from tion of life and property and the rea the Carolina known as Albederiving spiritual closeness from tion of life and property and the rea the Carolina known as Albederiving spiritual closeness from tion of life and property and the rea the Carolina known as Albederiving spiritual closeness from the carolina known as Albede

Get in on B G

ausage

Militia — and as such up until 1900, the National Guard of to-day is a body of trained men, close at hand which resulted from military units being developed at the community level and oped at the community level and deriving spiritual closeness from tion of life and preparety and the resulted of State authorities in the protection, the trouble with Pantion of State authorities in the protection, the trouble with Pantion of State authorities in the protection, the trouble with Pantion of State authorities in the protection, the community level and of State authorities in the protection, the protection of State authorities in the protection of State authorities in the protection of State authorities in the protection of the citizen-soldier/airman to perform "active duty" type jobs

SWIFT PREMIUM SLICED

COMEDY CORNER



"I want to exchange a gift!"

Air Guardsmen also are flying He's the mayor of the city; the our sick an dwounded servicemen president of the chamber of comout of the combat zone to o'd-merce; a governor, police chief shore hospitals and to state-wide or deputy sheriff. hospitals close to the serviceman's hometown.

tion such as the National Guard?"

fult person to describe.

He's anywhere from 18 to 60 For some, he's a veteran of World War II or Korea - or

Others are veterans of the Ber lin Crisis of 1961 or the present Vietnam War — or both.

Some joined the Guard to complete their military obligations at home but at the end of their six years, they reenlisted and ten years later, they are still in the

Some joined the Guard to get additional schooling to further their civilian occupations . . .

Still others joined in the hopes of helping to make the world a better place in which to live. A Guardsman can be a busi-

essman running his own service station . Or a telephone lineman a butcher - or an airline pilot-

or a nurse - or a policeman. He covers the gamut of occupations from bricklayer to insurcesser to college professor.

be a private in the Guard yet a large city newspaper editor a postman who is a captain and company commander.
There's no way to describe a

He's an individual who could

National Guardsman — he's the man next door with a six-room house, a wife and four children. Or he could be a young, single medical student who flys airplanes on weekends in an air

cavalry squadron or an aeromed-

ical transport squadron: Or he could be an airport me terologist who is a meterologist in a weather flight unit;

Or he could be a long-distance truck driver who speeds one weekend a month driving tractor trailers in a Guard transportation

He heads the building program At this point, you might ask "Who is a Guardsman?" and "Why does he join an organization such as the National State of the such as the National State of the Stat

It's just as hard to pin down his civilian occupations and com-The Guardsman — any one of munity endeavors as it is to pin the almost one-half million young down his reasons for joining the men — and women — is a diffi-Guard — they are just as many as there are Guardsmen.



WILSON GRIFFIN

How necessary is nutrition in maintaining good health? Dr. W. H. Sebrell, Dir. of Inst. of Nutrition Sciences at Columbia U. states: "Today nutrition is finally beginning to be recognized as an important factor in the treatment of and convalescence from almost every disease." Dr. Robt. E. Shank of Washington U. School of Medicine wrote: "There is probably no other single factor so important to the achievement and maintenance of health as is nutrition." Anyone interested in his good health should surely follow the nutrition advice in books and pamphlets by trained nutritionists, available in medical and U.S. Govt. publications.
The body obviously must have the essential nutrients in sufficient quantity if it is to maintain and repair itself properly.

Mealth is precious . . . let us help protect yours . .

select, defend and hold their further them have banded themselves together in a common dense time, men have banded themselves together in a common dense time, men have banded themselves together in a common dense time, men have banded themselves together in a common dense time, men have banded themselves together in a common dense time, men have banded themselves together in a common dense time, men have banded themselves together in a common dense time, men have banded themselves together in a common dense time, men have banded themselves together in a common dense time, men have banded themselves together in a common dense time, then their state on outgrowth of the early militiate concept and its origin can be admitted to the first years of the seventeenth century, it is often the men who turned from the men who turned from time, and the position of the early militiate concept and its origin can be active accordance.

Originally referred to as the defense time, then have been considerably strengthened because there was a trained body of men, equipped and ready to go when they were needed.

The second of the two areas of the services were considerably strengthened because there was the national such other times a trained obdy of men, equipped and ready to go when they were needed.

Even now, when only a few.

Even now, on a trained to the state mission only the collection of our

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