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# THE ON GUARD

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Photo by Mr. Ken Hackman

## OLYMPIAN EFFORT

Vermont Guard athlete Spc. Laura Tavares, a member of the U.S. Biathlon team, fires from the standing position during the 4 X 7.5 kilometer women's relay competition. The U.S. ladies finished 8th, beating 11 other international teams. See related Olympic coverage on Page 10.

## 'Individuals' a top concern throughout restructuring

*'We are doing everything we can to ensure that not one person gets lost in the shuffle'*

By TSgt. John Malthaner  
National Guard Bureau

The reality of restructuring has generated concern among Guardmembers facing possible separation. As a result, leaders have pledged to manage reductions carefully.

"We are doing everything we can to ensure that not one person gets lost in the shuffle," insisted Maj. Gen. Raymond F. Rees, the acting chief of the National Guard Bureau. "Through this period of adjustment, people need to know that we're going to work with each individual to ensure that he or she is treated fairly."

Over the next five years the Army National Guard is scheduled to reduce by approximately 8,700 soldiers per year from its current end strength. Included in the Congressionally-mandated cuts will be a reduction of 2,360 full-time AGR and 1,477 military technician spaces. While the cuts are less than 12 percent of the force, officials have pledged to absorb the bulk of losses through attrition and reassignments.

As an example, the Army Guard had 408 people involuntarily separated from the Guard in 1993, but enlisted 67,366, with 24,805 newcomers on the books as of February 1994.

"There are still opportunities to serve and careers to be had," Rees said. "Regardless of restructuring we still have to maintain a fully capable force, and that means having enough people who are qualified to do their jobs."

The General said the Guard is being aggressive in protecting its own. He cited the development of Job Fairs, a serious initiative designed to help full-timers faced with elimination to relocate to states where jobs are available. The fairs have already resulted in more than 230 transfers.

These efforts, Guard officials emphasize, are designed to preserve careers and the "family spirit".

Rees has seen other positive signs. The General pointed to Wisconsin, a state that had to deal with the inactivation of one of its anti-tank battalions. By keeping lines of communication open, Rees noted, the battalion was absorbed by an already-existing infantry brigade.

The impact of downsizing on the Air National Guard is less dramatic, with its end strength scheduled for a projected reduction of 1,700 by the end of 1999. Some units are being reorganized and some with lose or change type of aircraft.

For those forced out, however, Rees said there will be compensation. "When it looks like we won't be able to help the individual soldier, at least we'll have transition ben-

efits to fall back on," he said. Some of those benefits include separation pay for Guardmembers with 6 to 15 years of service, continued GI Bill eligibility, two years of exchange and commissary privileges and eligibility for retirement pay at age 60 with only 15 years service.

Despite the projected losses, the General is steadfast in his assurance that the National Guard remains a vigorous institution.

Rees also dismissed claims some have made contending the National Guard's



Maj. Gen. Rees

See REES, Page 4



# DRUG USE IS LIFE ABUSE



# COMMENTARY

## COUNTERDRUG UPDATE

• As of March 10, 2,816 Army National Guard and 951 Air National Guard personnel were on counterdrug support duty in all 54 states and territories.

• As of March 10, the total value of cash and drugs seized by police this fiscal year, with National Guard's assistance, is \$2.184 billion.

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• 1993 Thomas Jefferson (DoD) winner for best funded newspaper  
• 1993 Keith L. Ware (U.S. Army) winner for best funded newspaper

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## New fitness program an accurate indicator

By Lt. Col. Ruth Wong  
Air Guard Health Promotion Officer

The Air National Guard will soon implement a new fitness program and change the way fitness testing is conducted. The purpose of this new program is to improve overall health and improve force readiness. The fitness program is designed to motivate members, regardless of fitness level, to exercise.

If you are not currently in an aerobic exercise program, you are encouraged to start. Participation in an active aerobic exercise routine leads the way to a healthier lifestyle. By being fit and healthy you can do your job better. The fitness program is a win-win situation. You benefit from increased fitness and the Air Guard benefits by improved readiness.

Why is the focus on aerobic fitness? Because a lifestyle change that includes an adequate aerobic exercise program will ultimately increase your quality of life. Aerobic conditioning helps you think more clearly, increases overall productivity and reduces injury rates. Low back pain, for example, is the one cause for dollars paid to compensate for job-related injuries. Increased fitness reduces those kinds of injuries.

Aerobic exercise involves activities that

use large muscle groups. Swimming, cycling, jogging, running, cross-country skiing, jumping rope, climbing stairs or high/low impact aerobics are all aerobic activities that increase your aerobic capacity. Maximum benefit occurs when these activities are done 20 to 60 minutes continuously a minimum of three to five times a week.

When the walk/run fitness program began a number of years ago, the standards were statistically based on aerobic capacity. Aerobic capacity is a measure of the body's ability to deliver and use oxygen to perform work. As you exercise, a number of physiological changes occur to increase blood supply and thereby increase efficiency of oxygen delivery and exchange to the muscles. At moderate to high work rates, the amount of blood pumped is directly related to the rate at which the heart pumps. Many times the walk/run standards were met only by individuals exerting a maximum effort. Instead of a measure of aerobic fitness, it became a survival test.

The new fitness program makes people accountable for getting themselves into shape and staying there. The sub-maximal cycle ergometer fitness test does provide an estimate of aerobic capacity. It is also a safe measure of aerobic fitness.



Photo by MSgt. Wendy Colby  
**HEALTH GAUGE - The Air Guard will soon use the cycle ergometer test to determine fitness levels.**

The results obtained from the cycle ergometer are very reproducible and measure a training effect. This allows people a way to measure their progress. If someone has not progressed and needs to, they need to get out and exercise. And that's what the whole program is about, making people try harder.

It is to your benefit to start a lifestyle change and engage in a physical fitness program now.

## LETTERS

### CONTEST WINNER

**E**ditor's note: Each year the Freedoms Foundation at Valley Forge, along with the Pennsylvania Department of the Military Order of the Purple Heart, sponsors a military essay category in the National Awards Program. What follows is the winning entry from Florida Air Guardmember Maj. Harry M. Austin.

When someone asks "What is the military like today?", in order to give the right answer, you would have to note the exact time and date when they wanted to know. This is because the military today can best be described as in a state of constant change. It seems as though every aspect of today's military is changing - everything from uniforms to commands to hardware to missions.

World and national events and political stability or instability dictate the degree to which the military is utilized. The end of the Cold War has put into motion one of the largest, fastest draw-downs of military forces and bases. It is a historical event of eminent proportion. The challenge for today's military and political leaders is to carefully make these changes in a time

when although the Great Bear (the former Soviet Union) is no longer a threat, there are still many wolves and vultures lurking about and within our own borders.

No more Strategic Air Command, Tactical Air Command or Military Airlift Command. Not many people would ever have predicted this. But, again, the changing world has dictated that the military today reorganize itself into a more compact, fast-reaction type force. This reorganization still employs the same basic missions and requirements to prepare to defend, to train, to fight and to practice to deploy.

Money, or the lack thereof, has also contributed significantly toward the changes facing today's military. The same tasks must be done with less. Quality, which has always existed, now must be given more emphasis, especially in terms of resource management.

With new leaders come new policies. Today's military is faced with issues and questions never before addressed. The final decisions that will be made will significantly affect the morale and the futures of everyone, including those serving in today's military and the military of the future.

Several aspects of today's military won't be altered despite the numerous changes taking place on what seems like a daily basis. These include the dedication to duty, the willingness to work hard, the professionalism, the sense of patriotism and the pride in preserving freedom. These will never change as long as dedicated men and women continue to serve in today's military.





# IN THE NEWS

- AAFES escorts
- STPA coming
- Medal criteria

## New positions open to women

*Many more Army, Air Guard job opportunities may be accessible*

By Lt. Col David Super  
National Guard Bureau

Women in the Army and Air National Guard soon will have expanded career opportunities as the Department of Defense and military services rescind the "risk rule" and develop a new definition for ground combat.

The change in policy has the potential of opening several thousand positions in nearly 150 Army Guard units nationwide and approximately 300 positions in Air Guard units. National Guard authorities are working with their counterparts in the Army and Air Force to have the Guard's policies mirror those of the active components. Women still will be barred from direct ground combat assignments, but many jobs in combat service and combat service support units will be opened.

Former Secretary of Defense Les Aspin announced the change in January and further explained the new, three-part definition of ground combat: First, direct ground combat means engaging an enemy on the ground with individual or crew-served weapons. Second, personnel must be exposed to hostile fighting. Third, there must be a high probability of hand-to-hand fighting. All three elements of the definition must be present before women can be excluded from that unit.

The services are using this definition to look at the missions of various combat service and combat service support units to see if women can be assigned.

"The risk rule explicitly banned women from combat service and combat service support units if the risk of

combat was the same for the support unit as for the direct combat unit," Aspin said. "The risk rule was really overcome by events."

The services have until May 1 to respond with their analysis of all units and positions closed to women and what changes to the policy will mean. A DoD-level implementation committee also will examine the proposed changes. The risk rule won't be rescinded until Oct. 1, to give the Congress a chance to examine the implications.

Women can be excluded from units for other reasons such as the prohibitive cost of changing berthing requirements to allow privacy. They can also be barred from units required to spend long periods of time with direct ground combat units. Women will not be assigned to units engaged in long-range reconnaissance missions or anything behind enemy lines. Finally, they can be banned from units where job-related physical requirements would necessarily exclude the vast majority of females.

Aspin listed some areas the services will specifically review. In the Army, officials will look at maneuver brigade headquarters, divisional forward support battalions, engineer companies, divisional military police companies and air defense artillery, among others.

In the Air Force, officials will consider assigning women to tactical air command and control teams at Army brigade level and as air liaison officers at Army brigades.

In the Navy, officials will look at construction battalions and small boats.

In the Marine Corps, officials will examine whether women can be assigned to Hawk missile battalions and batteries and Marine air-ground task forces.

Jim Garamone, American Forces Information Service, contributed to this story.

## Sweeping changes will affect Army Guard career choices

Sweeping changes are being introduced into the system that manages the careers of all Army Guard personnel.

Called STPA, the new system is based on a redesigned way of "Selecting, Training, Promoting and Assigning" soldiers. Five states are testing the system that is scheduled for implementation next February.

The system selects the best qualified soldiers through a state centralized promotion/selection program for appropriate career training. Once trained, soldiers then are offered reassignment to a vacant position and promoted when all education requirements have been met.

The biggest difference between STPA and the current process is a new policy that reserves training

Bureau's Enlisted Personnel Branch. "Also, it is a fair and equitable system that allows all qualified soldiers to compete for a vacancy and authorized position."

Once each year, states will generate a verified list of all soldiers who meet minimum promotion criteria, including those who have not completed education prerequisites for promotion. The list will identify each soldier's promotion determination points earned via traditional measurements such as weapons qualification, fitness scores, military education and civilian education.

As vacancies develop, the first soldier on the list for that MOS is offered the position. If the soldier declines, the job is offered to the next person. Soldiers who decline an offer and live within 50

■ See CHANGES, Page 4



Photo courtesy of Pennsylvania National Guard

**FUTURE LEADERS - Citizen-soldiers attending leadership schools (above) will have to meet certain criteria.**

for soldiers selected for promotion. In the past, training was available to all otherwise fully qualified troops.

"The program will ensure that we get the biggest bang for our training dollars," explained SGM Gary Franklin, senior NCO for the Guard

## NATIONAL BRIEFS

### WHEELCHAIRS AVAILABLE AT BASE, POST EXCHANGES

The Army and Air Force Exchange Service has added escorts and wheelchairs at the entrance of all U.S. exchanges.

Guardmembers, including retirees, have unlimited shopping privileges at all exchanges. Trained AAFES employees will be available to assist disabled shoppers with merchandise selection, check cashing, product information and in transporting purchases to their vehicles.

According to regulations, all customers with disabilities are authorized a person of their choice to accompany them while shopping. If the companion is not an authorized patron, the companion must be issued a letter of authorization by the local installation commander.

### HUMANITARIAN SERVICE MEDAL CRITERIA OUTLINED

The Humanitarian Service Medal has been authorized for members of the Air National Guard who have directly participated in any of several recent operations. Members who believe they are entitled to the award should provide documentation to their base personnel office.

Locations include:

- Joint Task Force Provide Relief, Kenya and Somalia from Aug. 18 to Dec. 4, 1992.
- Task Force Bulm Restore, American Samoa from Dec. 13-25, 1991.
- Joint Task Force Hawaii following Hurricane Iniki from Sept. 12 through Nov. 8, 1992.
- Joint Task Force Marianas following Typhoon Omar from Aug. 28 to Sept. 19, 1992.
- Fire Storm '91 in the Spokane, Wash., area from Oct. 16 through 25, 1991.
- Hurricane Andrew relief operations, Aug. 23 to Nov. 10, 1992 (Florida); Aug. 26 to Oct. 8, 1992 (Louisiana).

### 'BEAR' OF A DAY

After 13 combat missions, a mascot named "Pook Bear" is helping to brighten the day for a youngster somewhere in the former Yugoslavia.

The stuffed animal helped boost the spirits of a combined crew of Air Guardmembers from Texas, Georgia and Alaska who recently completed 13 relief missions into Sarajevo.

Members of the Air Guard, Air Force Reserve and active duty forces have been delivering relief supplies into the former Yugoslavia in what has become the longest sustained relief effort conducted by the U.S.



## CHANGES

From Page 3

miles will be removed from the promotion list and not eligible until the next board is convened. If the assignment is outside a 50-mile radius, a soldier may decline without prejudice.

Once selected for a vacancy, that soldier will be scheduled for appropriate training and then promoted once all requirements are completed.

**Q: Is STPA for Army Guard enlisted personnel only?**

**A:** STPA is an Army Guard program being developed and tested for enlisted personnel, however, similar changes are underway for officers and warrant officers.

**Q: What are the goals of STPA?**

**A:** STPA will permit the training of those soldiers who need to be trained first. Personnel officials expect STPA to reduce the growing backlog for NCOES slots.

**Q: How does STPA change the present NCOES program?**

**A:** STPA does not change the Army Guard Leader Development Institutional Training requirements. It provides a more objective way of identifying people who need to be trained first. PLDC still is required for promotion to Sergeant; BNCOC for Staff Sergeant, etc.

**Q: What effect will STPA have on soldiers currently awaiting promotion, class dates, etc.?**

**A:** There will be an immediate reduction in the growth rate of backlog for NCOES, trimming the waiting period for those NCOs awaiting NCOES for promotion purposes.

**Q: How will STPA affect mid-career troops (those with 10 or more years)?**

**A:** STPA is designed to be a fair and equitable system that will allow all soldiers within a given state to compete for vacant and projected positions by grade and MOS.

**Q: Will there be exceptions to STPA?**

**A:** STPA is designed to be flexible. States can make exceptions to policy as warranted. Soldiers who do not agree with their standing on the list may appeal to correct deficiencies and oversight.

*The preceding story was compiled by Sgt. Claude Holman, Michigan National Guard*

# New jet takes off at McEntire

## South Carolina's 169th Fighter Group gets advanced F-16s

By Capt. Les Carroll  
South Carolina National Guard

When two F-16 Fighting Falcons flew in tight formation over the airfield at McEntire Air National Guard Base, S.C., recently, it was difficult to tell the old jet — a 1979 version of the F-16A — from the new one.

To the untrained eye, there didn't appear to be much difference between the 14-year-old F-16As, which the South Carolina Air National Guard's 169th Fighter Group flew during the Gulf War and to victory at Gunsmoke '89, and the new sleek, shiny F-16C/Block 52, the Air Force's newest and most advanced version of the Fighting Falcon. The Palmetto State Air Guard received its first Block 52 jet Jan. 12.

"The avionics on this jet is the best I've seen on an aircraft," said Maj. Henry Fisher, an Air Force pilot attached to the South Carolina Air Guard as an advisor to the 169th. "It's the next generation avionics. The new jet has the capability of shooting the most advanced



Photo by MSgt. Phillip H. Jones

radar-guided missiles, and finding targets on the ground that we couldn't find with the A-model. It gives us a lot of advanced capability we haven't had before."

The 169th Fighter Group are expecting to receive between 18-24 aircraft. South

**TAKING FLIGHT - South Carolina now flies the F-16C/Block 52 jet.**

Guard won Gunsmoke in 1989 and flew 50 combat missions in Desert Storm in the old F-16A, came back impressed.

"It's a beautiful jet. I can't wait to fly it," he said.

Only 54 of the F-16C/Block 52 models are scheduled to be produced. The 169th and only one active-duty Air Force wing are expected to fly this particular version of the F-16C. Each jet costs between \$20-40 million.

"We're fortunate to receive this type of equipment," said Col. Jerry Risher, 169th commander. "Our past successes certainly helped bring this aircraft to McEntire. It gives McEntire a vital mission for years to come."

## RECENT F-16 CONVERSIONS

- 113th Fighter Group (Andrews, Md.) F-16 A to F-16C
- 158th Fighter Group (Burlington, Vt.) F-16A to F-16C
- 187th Fighter Group (Dannelly, Ala.) F-16 A to F-16C
- 178th Fighter Group (Springfield, Ill.) A-7 to F-16C
- 174th Fighter Group (Syracuse, N.Y.) F-16A to F-16C
- 180th Fighter Group (Toledo, Ohio) F-16A to F-16C
- 138th Fighter Group (Tulsa, Okla.) A-7 to F-16C

Carolina Air Guard pilots are expected to fly their first training missions this month.

Several pilots have attended the F-16C conversion training. Maj. John "Bullet" Bellinger, who helped the South Carolina

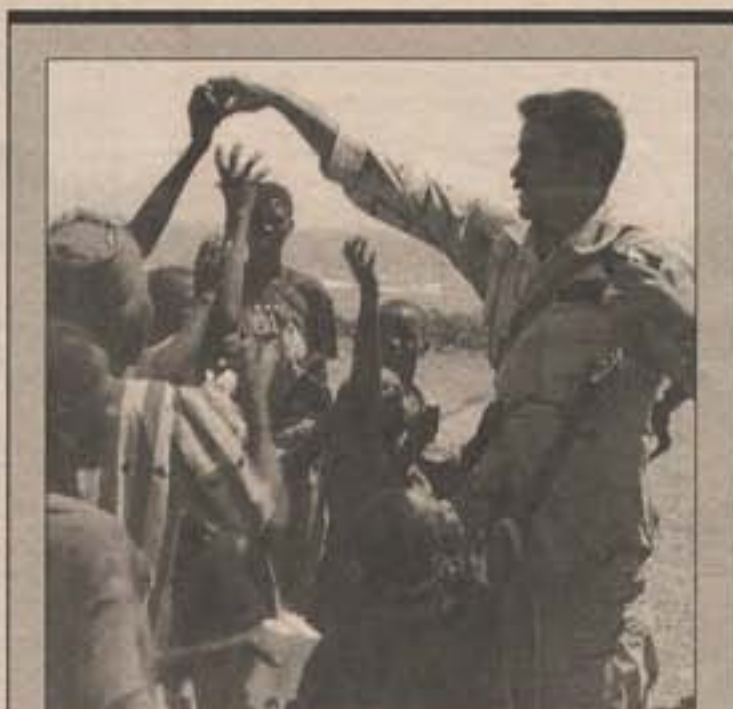


Photo by SSgt. Herb Webster

## SOMALIAN AID

SSgt. Kenneth Buschard of the Florida Air Guard's 290th Joint Communications Support Squadron disperses food to villagers near Mogadishu. Buschard, who was attached to the U.S. Central Command, recently spent 97 days aiding Somalis.

## REES

From Front Page

future is tenuous.

"There is a strong commitment on the part of Congress and the leadership in the U.S. to continue to have a strong military, although smaller in size," Rees said.

Despite cutback publicity, Col. David B. Sanfason, chief of the Army Guard's Recruiting and Retention Division, says his people are having a banner year. "Recruiting and retention are up this year," he reported.

The Colonel said cutbacks in the Army Reserve have benefitted the Guard. This year, more than 1,000 Reservists came over, while 250 Guardmembers transferred to the Reserves.

Sanfason sees other reasons for the boom. "I think we're reaping the harvest of the publicity the Guard has gotten for its involvement in Hurricanes Andrew and Iniki, the floods, the California earthquake and the blizzard," he observed. "I think young people want to belong to an organization that does good work."

As for retention, Sanfason believes Guardmembers have faith in its leadership to make correct decisions. "The National Guard has become old hands at restructuring," he said. "We've learned from our mistakes in the past. We're good at placing soldiers in new jobs."

General Rees could not agree more.

"I think everyone will have a great degree of confidence that they will be treated fairly throughout this entire process, and will be eager to continue to serve with the Guard into the next century," he said.





# PEOPLE

When the active Army, Air Force and Library of Congress can't figure out their computers, they call Kansas' Karl Pruett

## COMPUTER GURU

By Sgt. Tom Springer  
Michigan National Guard

If you've ever bought a home computer that you couldn't figure out, then you'll appreciate the rare genius of SMSgt. Karl Pruett.

He's the guy to call after you've read the manual — and still can't make your stubborn computer work.

Pruett, the NCO-in-Charge of communications for the Kansas Air Guard's 190th Refueling Group at Forbes Field in Topeka, often takes more daily phone calls than Larry King. They call him from across the United States; from Turkey, Iceland, Germany and Japan. They call from the Air Force and Army, the Veteran's Administration and Library of Congress. And, after a brief chat with



Photo by MSgt. Jerry Geer

Pruett, their computer problems are usually history.

It all began about two years ago. To use computer lingo, Pruett was trying to make the new Federal Logistical Data System (FEDLOG) more "user-friendly."

FEDLOG is the computer system used worldwide by the U.S. military and government to order parts and supplies. With FEDLOG, you can use a personal computer to look up nearly every item in the

federal inventory. This mountain of information would fill about 1 million printed pages. Through FEDLOG, it's been condensed to four compact disks. Previously, this data was stored on 925 sheets of microfilm.

But before Pruett came along, there was usually only one computer per base wired to the FEDLOG system. For example, if a mechanic needed FEDLOG information about an aircraft part, he

**GURU** - SMSgt. Karl Pruett (left), as usual, at his computer.

might have to drive across base to find a terminal. For convenience sake, it wasn't much of an improvement over microfilm.

Pruett's answer was to link FEDLOG with a local network of more than 300 computers. Now, for mechanics and supply clerks at Forbes Field, the FEDLOG system is only a few footsteps away.

The Air Force was excited about Pruett's innovation and asked him to share his expertise. Would he mind, they said, if "a few guys called" him for advice?

"Come to find out," Pruett noted, "I've had several thousand calls since then." As the FEDLOG troubleshooter, he fields about 25 calls per week. His name and number are even listed in the FEDLOG data base.

Pruett enjoys helping others detect the "bugs" they encounter while wiring up their FEDLOG computer networks. Still, getting the job done at Forbes Field remains his top priority. As a result, he often spends hours of personal time manning the FEDLOG hotline.

His reward comes from providing a crucial service that isn't available elsewhere. "When guys call me they're often desperate," Pruett said. "Their commanders said they just have to get the system running. So it's rewarding to solve their problems — you can almost see the light bulbs turning on."

## A modern day samaritan

By Sgt. Paul S. Emus  
California National Guard

When it comes to helping people in need, Sgt. Carvel Gay is a one man team. After an earthquake rocked Los Angeles recently, he found himself being called upon by the California Army Guard and the Red Cross.

Gay is not only attached to the 40th Infantry Division's Public Affairs Office, but he's also a Disaster Action Team captain with the American Red Cross' Glendale Chapter.

The sergeant owns a towing business in Southern California and drives a '93 Chevy Suburban with personalized plates "TOW MAG." His truck is filled with disaster response equipment. He was busy during the recent fires with disaster relief work in Altadena and Malibu for six days.

When a 6.6 magnitude earthquake struck at 4:31 a.m. Jan. 17, he was activated with the Red Cross and tasked to open a shelter. The Glendale armory was identified as one of 32 shelters for 7,400 people. Thousands more remained homeless in the parks or with friends. Gay is no stranger to the armory. He served with Company D, 3rd Battalion, 160th Infantry — based in Glendale — for five years.

When he was called, it was natural for him to swing into action, coordinating friends, family and community leaders in the relief campaign.

Not alone in his efforts, Patricia, his wife of 33 years, is the Mass Care specialist for the Red Cross Chapter. "She more or less took the responsibility with another lady to make sure there were enough meals prepared for all the people in the shelter in a safe, clean environment," Gay reported.

"I can honestly say with all the hats I wear, plus running our towing and repair business together, it's a dual partnership," he added. "It wouldn't be possible without her."

Actively involved in the community, he is a past member of the Jaycees, and has chaired many events including the Days of Verdugo's Parade for about 10 years. He has been a carnival chairman and a past president of the Glendale Rose Float Association. He is a past president of the Glendale Parks and Recreation Commission, a member of the Glendale Rotary Club and currently chairs the city food fest for the World Cup for the Pasadena Rose Bowl. Gay also has operated his business for 29 years.

The only thing Gay doesn't have time for, it turns out, is a reporter's questions. "We'd be here all day talking about what I'm doing," he insisted. "I'm busy!"



Photo by Sgt. Paul Puente

**DYNAMIC DUO** - Patricia and Sgt. Carvel Gay found themselves helping their neighbors again. This time the two aided earthquake victims



## GUARD ABROAD

# Treating Guatemala

Kentucky medical specialists help Central American country heal itself

By SSgt. James O'Connor  
Connecticut National Guard

People walked for hours to get to a remote Central American village, waiting hours longer to receive medical treatment from Kentucky Army National Guard citizen-soldiers.

That was the scene recently in El Terrero, a remote village outside of Zacapa, Guatemala, where members of the 475th Mobile Army Surgical Hospital, a Frankfort MASH unit, had set up a clinic in the local school to bring medical treatment to the villagers.

"We're seeing seven-to-eight times as many people as we would normally during a training mission," said Capt. Thomas Ayers III, the mission's officer-in-charge. "I expect to see four-to-five thousand people in the eight days we'll be out here. We're currently seeing between five and six hundred per day."

Ayers and other citizen-soldiers deployed to this remote region of Guatemala from their armory in Frankfort to perform a medical readiness training exercise with the Guatemalan army and the country's own medical personnel.

The unit sent 32 of their people, including doctors, nurses, medics and dental specialists attached from the 973rd Dental Detachment, also from Frankfort, to the Central American nation.

According to Ayers, a normal MASH mission would be conducted in a field environment supporting a battalion or brigade-sized element to treating wounds and



Photo by SSgt. James O'Connor

handling other types of ailments.

Abroad, Guatemalan soldiers jumped in to lend a hand by keeping lines moving, aiding those patients who needed assistance and distributing pharmaceuticals. The bustling scene resembled a country fair, with many of the local folk arriving in their best clothing. Many chatted amiably with friends and their new acquaintances from the U.S.

Five doctors, including one from the Guatemalan army, two dentists and the rest of the Guard contingent were in constant motion as they received the villagers into the hastily-prepared clinic set up in the local rural school. Four more villages were visited later.

"These are very noble people, and they have high expectations of us," said Capt. Jose J. Lopez-Agudo, from Salinas, Puerto Rico, a doctor with the 201st Evacuation Hospital of the Puerto Rico Army National Guard.

That MASH unit also sent two other members from

**SMOOTH OPERATOR** - Lt. Col. Brian Nolan (far left) removes a cyst from a Guatemalan resident's eye with the assistance of Capt. Rudy Antonio Obregon, a Guatemalan Army doctor.

their home station of San Juan to assist and act as translators.

"It's just that they (the local Guatemalan residents) lack real facilities this far from the cities," Lopez-Agudo added. "I think this should be a part of every doctor's training, not only for the exposure to problems not common in daily practice, but to provide a service."

Reviewing the treatment records revealed every kind of disorder imaginable. According to the senior medical officer, Maj. James Stutts, the list included maladies from a common cold to tumors and cancer to an extremely rare form of rickets found in one of the elderly patients.

"For many of these people, this is the first medical treatment they've seen in years," Stutts added. "But these are problems I've seen in places like this where there are few resources and limited capabilities to deal with them. I only wish we could do more."

Preventive medical care was the focus of the exercise due to the limited time the unit could spend with the residents. Classes on personal and household hygiene were taught, as well as instructions for food preparation,

water purification and other preventive measures to ward off the most common ailments and parasites.

According to Lt. Col. Brian Nolan, a Kentucky Guard ophthalmologist, their training is especially tested under such conditions.

"We deploy to the field (on annual training in the U.S.) and see mostly young, healthy, athletic troops who are immunized and not exposed to a lot of diseases," Nolan said. "Mostly we treat sprains and cuts and bruises. But here we've seen 3-year-olds, 100-year-olds, people with new problems or those with problems that have been present for years."

Many unit members expressed great satisfaction with the mission.

"This is the best experience I could ever have," said Spc. Donald Brewer, a MASH triage technician from Frankfort and a trauma nurse at the University of Kentucky Hospital. "It's a reality check when you see these people. And they're really sincere and appreciative."

# Repairing Panama

By SFC John Ruehl  
Connecticut National Guard

As the Salsa music echoed inside their massive garage, citizen-soldiers of the 130th Task Force inspected a five-ton dump truck for necessary repairs.

"I feel good about being able to help the people in this area. They're our neighbors," said Sgt. Celso Muniz, a full-time mechanic with the Puerto Rico National Guard. Muniz and three other mechanics of the 130th Task Force are on a four-month tour in Panama supporting the 296th Engineer Company of

Mayaguez, Puerto Rico.

On a two-week rotation in Central America, the 296th is attached to the Theater Equipment and Maintenance Site (TEAMS) based on Fort Kobbe. The personnel of this U.S. Southern Command maintenance facility organize the warehousing and shipment of equipment and maintenance for ongoing military missions to assist host nations in the furtherance of their economic and social development goals. This results in saving millions of dollars for countless deploying reserve component units to Latin America.



Photo by SFC John Ruehl

Annually, TEAMS and about 30 Army Guard and Reserve cadre, located throughout the more than six-acre site, support 24 reserve component exercises, 11 engineering projects, 11 maintenance rotations and three major task forces while operating a repair-parts warehouse.

Although these projects keep

Muniz, 55, busy, he said he misses his family very much. He stated that his wife, Gladys Medina, and his 22-year-old daughter, Elizabeth, understand his commitment to the Guard.

"They know how important my work here is to me," he added. "My wife told me that she was proud of the work we are all

**CONFERENCE** - Puerto Rico Guard's Sgt. Celso Muniz (left) confers with CWO3 Eduardo Santiago on repair needs.

doing here." Elizabeth is also a heavy-equipment mechanic, working as a civilian employee at Ramey AB near the family's hometown of Aguadilla.

Maintaining and repairing heavy equipment is hard work, but when coupled with Panamanian heat and humidity, the work can be physically exhausting.

But that doesn't bother Guardmembers from Puerto Rico National Guard, like Muniz. "The troops' favorite music enables them to keep their minds off the heat and their spirits high," he said.



## Guard Abroad

# Building Belize

Kansas  
Army  
Guard  
engineers  
spend eight  
weeks  
building an  
elderly care  
facility in  
Central  
America

By Spc. Matt  
Taylor  
Kansas  
National Guard

More than two hundred Kansas citizen-soldiers recently spent two week shifts working to build up the Central American country of Belize.

Four rotations of the 891st Engineer Battalion, headquartered in Iola, Kan., formed Team Jayhawk, an eight-week project that offered humanitarian and non-combat assistance to Belize, a small democratic country located just south of Mexico's Yucatan Peninsula. The first rotation of soldiers from the 891st deployed to Belize Jan. 5, and finished in mid-March. Each rotation lasted approximately 15 days and include about 50 volunteer soldiers.

When the Kansas soldiers arrived at the work site, they converged on it like a colony of army ants. Working in 80-degree weather, the soldiers spent the majority of their time constructing a 3,600-square foot elderly care facility in the heart of Belize City, a port community with a population of 50,000. Among the soldiers' duties were roofing, interior framing, sheetrocking, plumbing and wiring. Most of the soldiers are trained and qualified as combat engineers.

Eugene Scassa, U.S. ambassador to Belize, who met with the troops, said the building is the only elderly care facility in the entire country. He added there is no American military presence in Belize. The country declared its independence from Britain in 1981.

The U.S. soldiers worked side-by-side with soldiers from the Belize Defense Force (BDF), numbering 950 members.



Photo by Capt. Philip Thornton



Photo by Capt. Philip Thornton

The groups were able to work together easily because English is the official language of Belize.

Some squads were assigned to work on maintenance enhancement projects at the BDF base where the Kansas troops were quartered. The engineers built a pistol firing range and laid additional sewer lines at the facility.

The Belize project is not the first time the 891st traveled to Central America to train. Two years ago, the unit deployed to Panama, and last year, Costa Rica.

"Back in July, I got a call from the adjutant general asking us if we would participate in this project," said Maj. Robert King, Team Jayhawk commander.

**BELIZE BUILDERS** - Kansas Army Guard's Sgt. Mike Dent (left photo), a construction company owner back home in Chanute, saws the trusses on the roof of an elderly care center. SSgt. George Houser (below, left) helps SSgt. Edward Rogers guide a hoist into place at the Belizian Defense Force pistol range.



Photo by Spc. Matt Taylor

**HAMMERING AWAY** - Spc. Richard Allen (left), a plumber with the Kansas Army National Guard's 891st Engineer Battalion, constructs a catwalk over swampy ground behind a new elderly care facility his unit built in the Central American country of Belize. The 891st spent eight weeks abroad.

"We earned a good reputation in Panama and Costa Rica, and Belize wanted the best engineering unit the Army knew that would complete the project. That's why they turned to us."

King was not just talking. The 891st received the Army Superior Unit Award recognizing it as the top unit of its kind in the Army.



## HEALTH and FITNESS

## Standing the 'test' of time

Poorly conditioned Spanish American War vets prompted the start of the fitness test

By Maj. Michael Burley  
Army Physical Fitness School

Like counting rings on a tree stump, one way to measure the age of a soldier's military career is to tally the versions of the physical fitness test posted to his or her records.

Do you date only from the current, three-event test? Is there a mark for the four-mile walk/run? What about the five-event exam that included everybody's favorite - the low crawl? Does anyone remember the program to introduce the game of team handball into every unit in the Army?

Since the end of World War II when the Army became serious about fitness, the methods for testing have changed every five to eight years. The current test was introduced in 1980 as



The modern day push-up.

a streamlined exam that requires no equipment, is field expedient and contains the same events for men and women.

Fitness training and testing were not part of routine military life until the early 1900s. Before that, the daily demands of military life were judged sufficient to keep the fighting force in shape.

In response to poor fitness levels during the Spanish American War, the first testing was ordered in 1906, an exam of running, swimming, gymnastics, calisthenics and weekly road marches. Opposition was widespread - not because of the testing, but because officers did not participate.

President Theodore Roosevelt, a former New York Guardsman and by then famous Spanish American War veteran, was embarrassed by the sight of overweight, unfit senior officers in the war. He ordered that all officers be tested for stamina. If an officer couldn't complete a three-day, 90-mile horse mounted march or 45-mile foot march, they were considered for separation.

At the beginning of World War I, the Army was in good physical shape, but the sheer volume of men needed meant conscripting outside the professional force. This led to lowering fitness standards. High rejection rates of men examined for military service focused attention on fitness. In 1919, the first

edition of FM21-20, "Physical Fitness Training," was published.

During World War II, the Army again experienced lowered fitness standards as millions of men were drafted. The length of their service and rigors of ground combat on two major fronts eventually evolved a fit force, but not without risk. For example, many World War II infantrymen drowned from exhaustion during the war's many amphibious landings.

Army leadership became serious about fitness after the war, with testing in 1947 geared toward assessing speed, strength and stamina. Events included sprinting, rope climbing, squats, pull-ups, push-ups and sit-ups. After this point, the test changed several times until 1973 when the Army devised seven tests that were linked to the type of unit where you served. The basic test consisted of five events: the inverted crawl, sit ups, overhead ladder, shuttle run and two-mile run.

The impact of more women in the military during the early 1970s preceded

the next revision of testing standards. In 1979, President Carter asked for an assessment of fitness throughout the military. The analysis revealed there was a lack

of fitness research, data collection, skilled fitness leadership and resources. The Army's response was creation of the Physical Fitness School, recently relocated from Fort Benjamin Harrison, Ind., to Fort Benning, Ga. In 1992, the Army Guard further strengthened fitness regulations. Officers who fail two consecutive physical fitness tests are processed for separation. Enlisted personnel who fail two tests have a bar to their reenlistment placed on their record and eventually can be separated.

The school remains the force in promoting proper fitness throughout America's Army. Thousands of Army Guardmembers have graduated from its resident or regional fitness trainer courses and now serve as unit fitness leaders.

Experts at the school are studying a modification to the sit-up event in the current Army test. Montana and Maryland are among places throughout the active and reserve component Army where a curl-up (no partner holds the feet) is being substituted during the next 18 months of testing. Officials at the school anticipate the curl-up will give a truer assessment of abdominal muscular endurance and may alleviate neck discomfort.

## Putting back MUSCLE into the Guard

Oregon Army Guard's Spc. Laverne Valentine can 'pump you up' too

By TSgt. John Malthaner  
National Guard Bureau

The children who attended gym class with Spc. Laverne Valentine remember her as the kid who used to hand them their towel in the locker room. Because of problems with her joints - doctors thought she had rheumatic fever - Valentine wasn't allowed to participate. Truth is, the Oregonian didn't break an aerobic sweat until she had already given birth to three children (she would add another) and was 28-years-old.

These days, the 37-year-old puns those towels to good use wiping down her chiseled 5-foot 4-inch, 135 pound bodybuilder physique. She has also carved out an enviable reputation as a fitness trainer in the downtown-Portland Golds Gym and in the National Guard as a person who can lead you to a healthier body and lifestyle.

Valentine's fitness odyssey also took time to develop. It began at an exercise class at her church. "It was always something I wanted to do," she said. Within five months, the local YMCA had asked her to teach an aerobic class.

Shortly thereafter, she was going to Southern Oregon State College to pursue a degree in communications. "As I would go to each class it would be like opening a Christmas present," she observed. "I just couldn't get enough knowledge."

Yearning for new experiences, the Grants Pass, Ore., native decided to join the military. "Every time I would see a parade, or someone in uniform, I would get this stirring inside of me. I knew it was something I had to do sometime in my life," she explained.

Sadly, the opportunity came on the heels of a divorce. Her military enlistment also required her to transfer custody of her children.

After completing basic training and



Photos courtesy of Laverne Valentine

truck driving school at Fort Dix, N.J., Valentine was again off and running. In the interim she had met and fell in love with Roger Valentine. The two would marry in October, 1990. In less than a month, tragically, Roger died.

"It would have been very easy for me to crawl in a hole and die myself," she confided, "but I chose to move on."

That decision prompted her to take her remaining 24 college hours in one semester and earn her degree. She always found herself pumping iron like never before.

"People would see how hard I was working out and ask me if I was preparing for a competition," she recalled. "It was actually a way with dealing with it (her husband's death), an emotional release."

Never one to allow good work to go to waste, the Company A, 141st Support Battalion public affairs specialist and master fitness trainer (a position rarely given to a person of her rank), decided to compete in a bodybuilding competition. Her first chance to flex her muscles earned her a second place finish.

Surprisingly, Valentine insists her life was forever altered after attending the Master Fitness Course at Fort

Benning, Ga., last year.

"It literally changed my life," she said. "Up until then, everything I did physical was always for me. I went to the school and discovered how fun fitness could be and I wanted to share that with other people."

"A new Laverne came back," she revealed.

SSgt. Barbara McNeff, Valentine's former training NCO, says she and many others have benefitted from the new and improved Laverne. "I have arthritis and she set me up with some exercises that have helped," McNeff noted. "She has also helped people on the weight program and people who have failed their PT test."

These days, Valentine combines weight lifting and aerobic activity at least six times a week. The training helped her pump out 62 push-ups and 80 sit-ups on a recent PT test, however, it slowed her two mile time to 15 minutes. "I used to run 13 minutes, but I'm packing an extra 20 pounds (of muscle)," she said.

Maj. Michael Burley, chief of the Reserve Component Division at the Master Fitness School, says Valentine is an inspiration. "She really gets you to want to work out and that's the key. She really cares about people," he said.



TRAINER - Spc. Laverne Valentine (top photo) strikes a pose. The Oregon Guardmember is also her unit's journalist (above) and master fitness trainer.

The management at Golds Gym saw that immediately. In Portland, visiting her kids, she decided to pump iron. Inside of two hours she was offered a job as a non-paying personal fitness trainer. Less than a year later, she is the full-time director of the nutrition and fitness programs at one of the largest gyms in the world. Despite her hectic schedule, Valentine still makes time to tutor those who seek her advice.

"It's just as much of a thrill for me to see other's progress," she said. "It's as if it were my own body."



NEW METHODS Students (above) learn different ways to build up their bodies.

## Fitness course offers solution

Fort Benning class  
offered 19 times annually

When Spc. Laverne Valentine says attending the Master Fitness Trainers Course changed her life, she's not exaggerating. After taking in two weeks of instruction at Fort Benning, Ga., a year ago, the Oregon Army Guardmember returned home to make a career out of helping others get fit.

Today she is the director of the nutrition and fitness programs at one of the Portland, Ore. Golds Gyms.

Maj. Michael Burley, the chief of Reserve Component Division at the school, can't promise similar results for other attendees, but remains steadfast in his belief of the course's importance to the Army Guard.

"You can't fight a war if your people

are unfit," he stated.

Burley said the school provides fitness trainers with the latest information regarding health and exercise. With this foundation, trainers can return to their units to educate and guide others.

The two week course, open to 60 students per class 19 times a year, educates trainers on the scientific side of exercise. The course also teaches students how to map out individual exercise programs for fellow citizen-soldiers.

"The course showed me how much fun fitness could be," recalled Valentine. "I wanted to share that with other people."

Fitness trainers also learn that sometimes old methods are not the best. Such mainstays such as unit runs are generally pooh-poohed by those at the school. "There will always be a time and place for unit runs," Burley noted, "but when you only have an hour to work out, it isn't the best way to maximize your training. It's better to break out in ability groups of five to ten so people can train harder."

Those interested in attending the school need to talk to their unit training NCO to determine if they're qualified.

## Choosing the correct shoe

By Maj. Michael Burley  
Master Fitness School

Every time you wander into an athletic store to check out running shoes, it's amazing how costly they can be (ranging all the way to \$200), and all the gimmicks used to market the latest shoe.

For instance, have you seen terms describing the construction of shoes, like Hy Elvaloy (fluid silicone capsules), Air (air capsules), Ionic cushioning (material pillars), Hexalite (honey-combed material), Gel (silicone pads), Stabel air (air pockets), and ARC (plastic fingers)? How do you select the right shoe for you?

Proper shoe selection is important for

good performance, as well as prevention of injuries. Poor shoes, or shoes that do not have the features that your anatomy or running style dictate, can increase the chance of injury. The worst thing you can do is buy a pair of athletic shoes solely on the basis of cost.

First, decide what type of runner you are: heavy heel striker (needs extra cushioning), pronator (excessive rolling inward of foot), or a fast, biomechanically efficient runner. Shoes are basically constructed around a foot-shaped "last," either straight or curved, with or without a semi-rigid fiber board in the sole. Straight, board-lasted shoes are the most stable—good for pronators and those who

See SHOES, Page 11





# SPORTS

- Tennessee runners
- Minnesota biathletes
- Hawaii fun run

## SPORTS SHORTS

### 'VOLUNTEER STATE' GOES THE DISTANCE

Members of the Tennessee Air Guard's 134th Air Refueling Group have been busy beating feet. Last year alone, the 13 members of the 134th Runners Club logged 33,380 miles among them. A trip around the world is 23,000 miles.

Recently, 12 members of the club participated and finished the annual Marine Corps Marathon.

### MINNESOTA TAKES BIATHLON TITLE

A team of biathletes from the Minnesota National Guard recently captured the Chief of the National Guard Winter Biathlon Championship trophy. The event was held in Jericho, VT.

Team members, Greyson Morrow, Paul Peterson, Chad Salmela and Royal Davis accumulated a team score of 197,790 narrowly edging the host Vermont team. The Oregon National Guard squad finished third while Alaska Guardmembers took fourth.

The National Guard biathlon program is considered a feed for the U.S. Biathlon Team. Fully one-half of this year's U.S. Olympic team that competed in Lillehammer, Norway, was comprised of members of the Guard.

### HAWAII FUN RUN SEES BIG TURNOUT

More than 600 Hawaii Guardmembers and their families recently competed in the 1994 Hawaii National Guard Fun Run held at Bellows Air Force Station. Scott Kinsey of the 199th Fighter Squadron covered the five-mile course in 20:43. Tracie Tanakaya of the 154th Consolidated Aircraft Maintenance Squadron was the top female finisher with a clocking of 21:36.



**FLASH BY** - Sgt. Curtis Schreiner, a New York Army Guardmember, skis past the crowd of onlookers as he strains to reach the finish line.

## Guard biathletes turn in 'best ever' performance at Lillehammer games



**OLYMPIC EFFORT** - Vermont's Spc. Laura Tavares (above) and Sgt. David Jareckie (below), made their mark.



Photos by Mr. Ken Hackman  
**SHOOTER** - PFC Beth Coates of the Colorado Army Guard takes aim in Lillehammer.

### Guard Olympians stand tall in Norway

Two National Guardmembers of the 1994 U.S. Olympic Biathlon Team helped the squad to a "best ever" finish in the sport that combines cross-country skiing and shooting.

PFC Beth Coates of Colorado and Spc. Laura Tavares of Vermont were joined by civilians Joan Smith and Joan Guetschow to earn eighth place in the 4-by-7.5 kilometer relay race.

Pvt. Ntala Skinner of Idaho also was a member of the Olympic team, but did not compete in Norway. Olympic rules permitted six men and six women on each team, but only four could be named by coaches to ski in any event.

The biathletes were equipped with single-shot, bolt-action .22-caliber rifles.

### MEN

**10 Kilometer** - Sgt. David Jareckie, Vermont, 64th. **20 kilometer** - Sgt. Curt Schreiner, New York, 65th.

**4 X 7.5 relay** - Jareckie and Schreiner were joined by civilians Duncan Douglas and John Engen to finish 14th.

### WOMEN

**7.5 Kilometer** - Coats, 51st. **15 Kilometer** - Tavares 32nd; Coats 33rd.



# Meeting the CHALLENGE

The National Guard is making a difference in many young lives

Hugs, tears, caps and gowns, families, pride and hope.

Those were the images when the Connecticut National Guard held a ceremony last December to honor the graduates of its Youth Corps Challenge Program.

The graduation was the first of 10 states where the National Guard is operating ChalleNGe Programs to provide training and new opportunities to troubled teenagers.

"It changed me a lot," remarked graduate Shaune West, 16, of Bridgeport. "I can be somebody. There is more to life than the streets."

Developed by the National Guard in cooperation with a wide range of state youth protection and education officials, the ChalleNGe programs are tailored to provide five months of closely supervised residential training and classroom instruction to former high school dropouts. The students live at state National Guard military installations and work under close supervision of teachers and counselors, many of them Guardmembers, who help them with responsible citizenship, educational excellence, physical fitness, community involvement, life-coping skills, health and sex education, leadership/followership and skills training.

Participants go as far as they can during the semester, with successful completion of the GED as one of their goals. Of the 74 graduates who completed



Photos courtesy of the Connecticut National Guard



**THE CHALLENGES -** Students at Camp Weicker, part of the Connecticut Guard's ChalleNGe Program, strut their stuff (above), discuss rules with retired SGM Roger Daigle (far left photo) and put in the necessary classroom work (left) to graduate. Of the 74 graduates who completed the Connecticut training, 35 earned a GED, while 26 others narrowly missed the cutoff.

their training in Connecticut, 35 earned their GED with another 26 scoring over 200 on the test (225 is required for passage). Two Connecticut graduates were awarded full four-year scholarships to Eastern Connecticut State University.

To be accepted into ChalleNGe, youths must be drug free, not in trouble with legal authorities, pass a basic sports

physical and be nominated by a member of his or her community. Participants receive \$15 per week for expenses. An additional \$100 per week is set aside for educational expenses, or to get started in a career field, once the student finishes the residential phase.

The volunteers earn more than a GED and spending money. After finishing the residential

component, graduates are enrolled in a 12-month mentor program where each student works one-on-one with a specially trained National Guard volunteer who serves as their mentor to help them finish the GED or achieve other goals.

"The program is designed as an intervention model, versus a remedial model. We try to reach these teenagers before they

become a statistic - another drug user, alcoholic, or someone with a prison record," said Capt. Bill Morris, the National Guard Bureau ChalleNGe coordinator.

Nationwide, 2,744 youths enrolled in the first ChalleNGe classes. This year 16 states will conduct ChalleNGe programs.

Capt John Wiltse of the Connecticut National Guard contributed to this story.

## SHOES

From Page 9

run on uneven surfaces. Curved shoes with no board last are best for the efficient runner. For extra cushioning for the heavy heel striker, ask about the midsole of the shoe. The compound EVA has the

most cushioning properties, polyurethane the least.

Before you go shopping for shoes, check out a copy of *Runner's World* magazine's annual shoe issue. They list all new models, how they are constructed, and what type of runner the shoe is best suited for. Go to a store that uses knowledgeable runners as sales people. You can ask a few specific questions about shoe construction to see what the sales person knows about shoes. If they can't answer to your satisfaction, move on to another sales

person, or store. Once you decide on a pair of shoes, check the store's price against those of the direct mail stores in the back of runner's magazines; often you can save up to 20 percent.

Expect to have a "break in" time of at least three to four days. Break the shoes in slowly. In addition, materials in the midsoles (EVAs) breakdown after about 600-800 miles of running. After that, you should consider shopping for new shoes.



## NEWS

## MAKERS

Compiled by Spc. Jason Allen  
Michigan National Guard

A pair of Nebraska Army National Guard captains recently earned distinguished state honors. Capt. Tom Brewer of 1/167th Cavalry was selected as the Gen. Douglas MacArthur Leadership Award winner for 1993. Capt. David Hutton of 1/168th Artillery was presented with the 1993 Company Level Commander of the Year Award.

The recruiting team of New Hampshire's 157th Air Refueling Group returned from the northeast region recruiting and retention workshop with top honors. The unit received the Patriot Award as the state with the highest net gain and the Team Spirit Award for the overall outstanding regional recruiting office. SMSgt. Julia Lightner received the Moss Award as the outstanding regional recruiting and retention programs manager. Other team members included MSgt. Roger Landry, TSgt. Jeffrey Adams and TSgt. Norma Long. MSgt. Fred Greaves, the 157th's career and education manager, was cited for his retention efforts.

The best weather forecasting unit in the Air National Guard is Indiana's 113th Weather Flight based at Hulman Field, Terre Haute. Part of the 181st Fighter Group, the unit won on the merits of high-profile deployments and participation in Air Guard flying exercises. The unit also participated in forecasting support for Hurricane Andrew, the 1993 flooding in the Midwest and a deployment to the jungles of Central America.

Sgt. William Evans of Ohio's Company B, 216th Engineer Battalion, recently was awarded the Ohio Distinguished Service Medal for courage shown at the scene of an August 1991 fire. Evans, a bricklayer and member of the Manchester Volunteer Fire Department, crawled into a burning mobile home to rescue a child. A subsequent explosion threw Evans and the youngster from the building. Both received minor injuries.

Sgt. Wayne C. Theurer of the New York Air Guard's 107th Fighter Group, Niagara, is the recipient of the 1993 Military Public Health Technician of the Year Award for the Air Guard. Theurer, the 107th's NCO-in-charge of military public health, was cited for his community involvement and job performance on and off duty.

Each fall the National Guard Bureau honors the top Army Guard recruiting and retention NCOs from each state, territory and the District of Columbia. Among the 1993 recipients were Texans SFC Terry Boike and SFC Stewart Thompson.

Capt. James Ziegler has been named the first full-time commander of the 157th Security Police Flight located at Pease ANGB, N.H. A native of Alton and a graduate of Norwich University, Ziegler has been in the military since 1981.

A member since 1979, Col. Mary Cobb is the Iowa Army National Guard's first female colonel, serving as chief nurse at state headquarters. In civilian life Cobb is the Maytag Company's coordinator of nursing services, based in Newton.



Florida Air Guard's TSgt. Dudley Vaughan has been busy lately.



Superior performances run in the Geer family.



Iowa Army Guard's Col. Mary Cobb pins on eagles.



MSgt. Rachel Thompson takes over as paralegal liaison.

The 134th Consolidated Aircraft Maintenance Squadron of Knoxville, Tenn., has received the first Community Service Award at McGhee Tyson ANGB. The award recognizes the unit's exceptional community service to local hospitals, Boy Scouts, Little Leagues, Goodwill and various community activities.

The Kansas Army Guard's 891st Engineer Battalion has been recognized by the Army as a Superior Unit. The unit was selected because of its community involvement, successful inspections and an outstanding retention program. The award is given to 20 units Army-wide and is rarely received by a National Guard organization.

Father and son TSgt. Pat Geer and SrA. Richard Geer, both assigned to the Florida Air Guard's 125th Fighter Group in Jacksonville, were named Superior Performers during a recent Operational Readiness Inspection. Both Geers are aircraft system specialists.

SSgt. Dave Leaverton's lack of luck in selling raffle tickets for his enlisted association fundraiser turned into unexpected good fortune and a free trip to the 1993 Holiday Bowl. Leaverton, a member of Ohio's 299th Signal Detachment, didn't sell his book of tickets so he bought them and won the top prize. He received notice of the prize on his birthday. Among his presents was a set of luggage.

An artist and full-time marketing director for the South Dakota Army Guard's recruiting office, SFC Tim Vogel has sculpted a bronze statue to honor National Guard participation in Desert Storm. The 24-inch work depicts male and female soldiers dressed in field uniforms. Limited edition copies are being sold to raise money for the Corning Scholarship Endowment named in honor of the state's long-time adjutant general, the late Maj. Gen. Duane L. "Duke" Corning. Vogel has a masters degree in painting and serves as an adjunct faculty member at a community college.

TSgt. Dudley Vaughan of the Florida Air Guard's 290th Joint Communications Support Squadron based at MacDill AFB, recently graduated from St. Leo College with a 4.0 in accounting. He accomplished this while working full-time and raising a family.

2nd Lt. Ann Meacham of the Nevada Air National Guard was an honor graduate from the Academy of Military Science at Knoxville, Tenn. She was picked because of composite scores and leadership abilities. Meacham graduated from the University of Nevada with a degree in electrical engineering.

MSgt. Rachel F. Thompson of the South Carolina Air National Guard has been appointed as the Air Guard's paralegal liaison to the 9th Air Force. Thompson's appointment makes her responsible for monitoring the training accomplishments for all Air Guard paralegals assigned to 9th Air Force. Thompson has a masters of education from the University of South Carolina.



## A Utah medical and engineering unit return home after bringing hope to Niger

By 1st Lt. Scott D. Scharman  
Utah National Guard

Two Utah units joined forces recently in the desert of Niger, Africa to upgrade medical facilities and bring care to almost 3,500 people.

The Air Guard's 151st USAF Clinic, based in Salt Lake City, and the Army Guard's 115th Engineer Group, based in Draper, deployed for two weeks to the north central African nation. "The mission represented the first time Utah's Army and Air National Guard assets have been combined in the field," according to Maj. Richard Linton, 115th Engineers mission commander.

At the request of the European Command, and with funding through the Joint International Training Activities Program, the units took on the task of turning a two-room open face clinic into a fully enclosed facility complete with air conditioning and hot and cold running water.

Construction in Niger, a former French colony, required a great deal of pre-planning and adaptation to elements not found in the U.S.

"Four foot termite hills were one visual sign that wood construction would not be recommended. Instead, a combination of mud brick and cement would be necessary," Maj. Linton said.

Bricks, manufactured by local residents, were so brittle one in three broke when used. Each, therefore, had to be filled with cement for stability, making completion of the project on time more difficult.



**UTAH SPIRIT** - A Nigerian girl (far left photo) receives a specially constructed set of crutches. Lt. Col. William Reid (below), an Arizona Air Guard optometrist checks a youngster's eyes. MSgt. Brad Watts (left) trains a local midwife on the use of an ultra sound machine.



Photos courtesy of the Utah National Guard

# Out of Africa

Because of stagnant waters in the neighboring River Niger, 1st Sgt. Linda Engle, 151st Clinic, said unit members had their hands full. "Infections, schistosomiasis, intestinal worms, and bladder worms are commonplace, and were among the ailments we treated, she said."

The 17 clinic members were tasked to

assist the resident French doctor and his midwives during the construction. Clinic commander Lt. Col. Mark Howard, said Nigerian women average 7.2 pregnancies compared to 1.3 in the U.S. The infant mortality rate, he added, is approximately four times that of Utah's.

While in Niger, 151st medical experts

saw a myriad of ailments. Patients suffered from syphilis, trachoma, tuberculosis, microfilaria (a type of malaria), elephantiasis, malnutrition and acute polio meningitis.

In total, 3,492 people received treatment. The treatment was made possible by more than \$350,000 in donated medical supplies.

Linton and Howard were impressed by the way the Utah Guard units meshed together. They were not alone. "Even Niger's minister of defense did not think it could be done in such a short amount of time," Linton said.



## MAUI MANEUVERS

Hawaii Army Guardmembers from Maui's Company C, 1st Battalion, 299th Infantry (right) practice air mobility maneuvers. A Charlie Company soldier (above) guides a Huey. The Hawaii infantrymen were at the Kaho Training Area in February.



Photos by SSgt. Stephen M. Lum





# STATES

- Oregon's new gym
- Georgia upgrades
- Delaware digs out

## PENNSYLVANIA

Record breaking snows and low temperatures in Pennsylvania this winter have kept the Keystone State's National Guard busy.

The Guard was called to state active duty three times, a total of 20 days, transporting dozens of people, clearing mounds of snow and hauling hundreds of thousands of gallons of fuel oil and tons of salt. They also helped open frozen floodgates on two small streams.

There were 61 missions, involving more than 3,000 mandays. On Jan. 27, the Pennsylvania Department of Transportation called for help when its supply of highway salt dwindled to alarmingly low levels. Convoys of Army and Air Guard trucks headed for salt mines in upstate New York to return with 3,500 tons of material. Army and Air Guard drivers traveled 76,000 accident-free miles to complete the mission.

## GEORGIA

Georgia's 129th Air Control Squadron, based in Kennesaw, will receive new highly-advanced radar equipment that will allow trackers to identify friend or foe and help direct fighters to the suspect target. This system will also have the capacity to direct air-to-air refueling, direct search and rescue and guide strike packages.

The system is currently being used by active forces in Bosnia.

## NO BREEZE

Spc. William Artman (left) and Sgt. Timothy Hall of the Florida Army Guard's 164th Air Defense Artillery Brigade follow events in the computerized simulated air war at Breezing Palmettos '94. The exercise integrated Hawk, Patriot and Chaparral air defense artillery coverage. Active Army, Air Force, Army Reserve and Guardmembers from three states were involved. The cost of the exercise was just \$6,000.



Photo courtesy of the Florida National Guard

## OREGON

The Oregon Army Guard's 162nd Combat Engineer Company, based in Portland, spent its annual training helping to build a gym in Gresham. Engineers uprooted concrete and asphalt pavements and subgraded and sodded the area for the Police Activities League Club of Portland.

## OHIO

Workers at the Ohio National Guard's Camp Perry have started construction on a new rifle range. The 16-lane electronically-controlled and computer-scored rifle firing system features nine pop-up targets set at intervals from 25 to 300 meters. The new range will provide a convenient location for rifle qualification for Buckeye State Guardmembers and others from nearby states.

## DELAWARE

The Delaware Army and Air National Guard was called to state duty for five days in February to assist "The First State" with an ice storm that virtually paralyzed the southern third of the state.

313 citizen-soldiers and airmen worked with the Department of Transportation removing downed trees that block roadways and left many areas without electricity.

This was Delaware's largest call-up since the civil disturbance of 1968.

## KANSAS

By 2nd Lt. Erica Hillbrant  
Kansas National Guard

*"The eagle is a symbol of strength, honor and integrity."*

Those succinct words were used by Native American artist David Knoxsah, a member of the Kickapoo Indian Nation, to describe his painting of an eagle that adorns the nose of a KC-135 tanker from the Kansas Air National Guard's 190th Air Refueling Group, based in Topeka.

The eagle, also a symbol of flight, links the mission of the Kansas Air National Guard and the meaning of the word

Kickapoo, "he who moves about." Knoxsah designed the nose art that features the phrase "Kickapoo" above the eagle and "Lords of the Plains" on a banner below.

The idea for new nose art started when the 190th needed to change its design to conform with new Air Mobility Command regulations. All AMC nose art must be gender neutral, symbolic and convey national and civic pride.

SSgt. Larry Wallace, one of the airplane's crew chiefs, wanted to use a Native American design. "I contacted the Kickapoo in Kansas and they

did the rest," he recalled. Knoxsah, the artist, had no specific design in mind. "I just sat down and drew it out," he stated.

Nose art has been a big issue to airplane crews since World War I, said CMSgt. Elbert Cole, Topeka. Choosing nose art is a careful, selective process, he explained, "when you start messing with their (crew chiefs') nose art, it gets kind of personal," he asserted.

The Kansas state seal and other symbols of the great plains are being considered for future 190th nose art designs.



ARTIST - David Knoxsah (left), a member of the Kickapoo Indian tribe, stands beside a Kansas 190th Air Refueling Group aircraft that displays the nose art he designed.





## The National Guard in World War II

# Facing the Gustav Line

The late spring of 1944 in Italy was not green with promise. German forces were still entrenched across the narrowest portion of the peninsula in the well-prepared "Gustav Line." American and British divisions were nearly under siege at Anzio. Allied resources were being drained from what had come to be an unproductive theater (Italy) to what would be the war-winning theater of the war, France.

Facing the Gustav Line, the U.S. 5th Army still saw the German-held Abbey of Monte Cassino glowering down at them, a menacing presence, even after tons of high explosive had reduced the monastery to rubble. The town of Cassino itself was even more defensible since allied artillery forces had pounded the town.

To the north of the Cassino battlefield, and along the coast, the American Corps that had landed at Anzio was itself beset by Germans occupying the towering hills, who defended the ground with tenacious savagery.

In Italy, it seemed whenever hope bloomed, despair was the harvest.

Plans were prepared to break the impasse. Whereas the landing at Anzio was designed to break the stalemate at Cassino, the new reality was that now, a breakthrough at Cassino was needed to break the deadlock at Anzio. The 5th U.S. Army was split into two parts by the situation. Six divisions were bottled up at Anzio, two of them, National Guard divisions, the 34th "Red Bull" Infantry Division, and the 45th "Thunderbird" Infantry Division. The remainder of the 5th Army was facing the Gustav Line in the Aurunci Mountains, which touched the Tyrrhenian Sea.

At Anzio, both the 45th and 36th Divisions were placed in nearly unique circumstances. For the entire war, the two divisions had been in the attack, now they were on the defensive; both divisions dug in deep. After

Maj. Bruce Conard  
NGB Historian



two months on the line, the 45th was finally given a small respite by being placed in reserve. Even being in reserve was dangerous at Anzio, since the battle had turned into an artillery exchange. German shells rained periodically on nearly every sector of the beachhead. No one was safe. The 34th, in order to retain its offensive spirit, maintained an aggressive patrolling program. This program also had the advantage of keeping the Germans off balance.

By the first of May, the stage was set for the final push to Rome. Both the "Red Bull" and "Thunderbird" Divisions were coiled to strike from the Anzio Beachhead, and the 36th "Texas" Division had troops both on the Cassino front and at Anzio. The British 8th Army was poised in front of Cassino, and the mountain-trained French troops of the French Expeditionary Corps and the U.S. II Corps were prepared to scale the heights of the Aurunci Mountains to leverage the Germans out of the strong Gothic Line positions.

Hope was blooming yet once again, maybe this time the hope would bear fruit.

# The Jungleers take on Hollandia

## The 41st Infantry Division continues to island hop through the South Pacific

April 1944 found the 41st Infantry Division "Jungleers" continuing their island-hopping advance through the Southwest Pacific. The 41st consisted of former National Guard units from Oregon, Montana, Washington, Idaho and Wyoming.

For the "Jungleers" the next stop would be Hollandia located on the north coast of Dutch New Guinea. Hollandia was strategically important because it was capable of basing many of the 7th Fleet's largest combat vessels. It also provided unlimited potential for airdrome development from which to stage future air strikes in the Pacific. Command estimates speculated that if Hollandia was taken the war against Japan would be shortened by as much as six months.

The ground attack responsibility for Hollandia lay with I Corps commanded by Lt. Gen. Robert L. Eichelberger and designated Task Force Reckless.

Under Eichelberger's command were the 24th and 41st Infantry Divisions. The amphibious assault plan called for the 24th Division's two Regimental Combat Teams (RCTs) to go ashore at Tanahmerah Bay, while simultaneously two 41st RCTs would go ashore at Humboldt Bay. The 41st Division's 163rd Infantry would land

at Aitape. After establishing beachheads they were to drive inland and complete a "pincers movement" to seize Japanese air fields in the vicinity of the Lake Sentani Plain.

The 41st was commanded by Maj. Gen. Horace H. Fuller. For the men of the 162nd and 186th Infantry Regiments (Oregon National Guard), who were designated to land at Humboldt Bay, D-Day was at high tide (April 22 at 7 a.m.).

At 7 a.m., following a 30-minute naval and air bombardment, the "Jungleers" disembarked at four separate beaches called Beaches White 1-4. The beaches at Humboldt Bay presented the 41st soldiers with complex command and control problems. Two sandbars divided the beaches, which were narrow and sandy. The Jautefa Bay shore was covered by thick tangled mangrove swamps. Rising above the beaches to the north was Pancake Hill suspected to harbor Japanese defensive positions.

3rd Battalion, 162nd Infantry landed at White Beach 1 without opposition, as most of the Japanese soldiers (Japanese 10th Army) had fled to the hills. 3rd

Battalion was followed on the beach by the 1st and 2nd Battalions, tanks from the 603rd Tank Company, elements of the 116th Engineers and the 146th Field Artillery.

3rd Battalion's initial objective was to move inland and secure Hollandia while the 2nd Battalion would secure the northern edge of the Hollandia-Pim road and assist the 3rd in taking Hollandia Town. 1st Battalion would be in reserve.

While the 162nd was moving on Hollandia-Town the 186th was taking Pim. The two RCTs met little resistance and suffered only token casualties. Pancake Hill was taken at 8 a.m. only an hour after landing. The 146th Field Artillery then dug in its howitzers. A Japanese anti-aircraft gun was found atop Pancake Hill still covered by its canvas weather covering. This gun could have created havoc on the assaulting "Jungleers" had the Japanese been prepared to defend the beaches.

As the evening of D-Day approached, a Japanese bomber flew in low over White Beaches 1 and 2 and dropped a string of four bombs. While three landed in the ocean, one bomb scored a direct hit on a Japanese ammunition dump, sending the beach up in flame. As a result, 24 "Jungleers" died and more than 100 were wounded. Much of the 41st Division sup-

plies, rations and ammunition were destroyed.

The next day the 2nd and 3rd Battalions, 162nd Infantry, kicked off at 7:30 a.m. in an effort to take Hollandia Town. Meeting very little enemy resistance the town was secured in less than four hours. Over the next three days the 162nd and 186th Infantry continued their inland movements toward the major island objectives, the airfields in the vicinity of Lake Sentani.

Movement was slow due to the mangrove swamps, sporadic series of Japanese counterattacks, ambushes and orders from Gen. Fuller to cease daily operations at 3 p.m. daily. Fuller wanted to give the "Jungleers" ample time to prepare nighttime defensive positions. In addition, heavy rains turned the island into a huge quagmire.

On the morning of April 26 the 1st Battalion, 186th Infantry seized the Cyclops Drome with negligent opposition, while the 2nd Battalion secured the Sentani Drome. Defensive positions were constructed and patrols were sent out to mop up the remaining pockets of Japanese in the vicinity. At 4:45 p.m. the patrols made contact with patrols of the 24th Division. This completed the "pincers movement."

In four days all objectives of the Reckless Task Force had been met.

Today the 1st and 2nd Battalions, 162nd Infantry and the 1st Battalion, 186th Infantry are assigned to the 41st Infantry Brigade, Oregon Army National Guard.

Maj. Jeffrey L. Pope  
NGB Historian







# TRAINING

## URBAN CONFLICT

Connecticut engineers  
take it to the streets

By PFC Alan Gilman  
*Connecticut National Guard*

Approximately 120 Connecticut Army Guard combat engineers, setting booby traps along the way, descended upon a small Maine town. After nine days, according to those who witnessed the assault, the engineers were ready to quell any future urban conflicts.

The citizen-soldiers, all members of Connecticut's 242nd Engineer Battalion, flew to Bog Brook via CH-47D Chinooks to participate in a nine-day exercise called Military Operations in Urban Terrain, or MOUT training.

Throughout its history, according to Capt. Ron Welch, 242nd training officer, the U.S. has been involved in more than 17 large, urban conflicts.

"The goal of MOUT training is to teach skills and prepare combat engineers for any type of urban conflict that might arise in the future," he said.

The battle was just one of many aspects of the training, said 1st Lt. David D. Williams.

"The training develops subordinate leadership, battle skills and esprit de corps," he said.

Williams added that he saw more aggression during the heat of battle from 242nd's engineers than he did with a previous infantry unit he was with.

According to engineer officials, the role of the combat engineer is evolving in new directions. No longer will they be a rear element; they will work side-by-side with front line infantry units, helping them breach obstacles.

"I'm proud of myself. The training has helped me for the real thing," said Spc. Joe A. Seres, a Company A, 242nd combat engineer.



Photo by SSgt. James O'Connor



Photo by SSgt. Michael M. Blinn

**ATTACKERS** - Members of the 242nd Engineer Battalion (below) arrived to battle via Chinooks. Two soldiers (far left) assault an active sniper position. Engineers (left) hide behind a fence line as they fire upon a building.

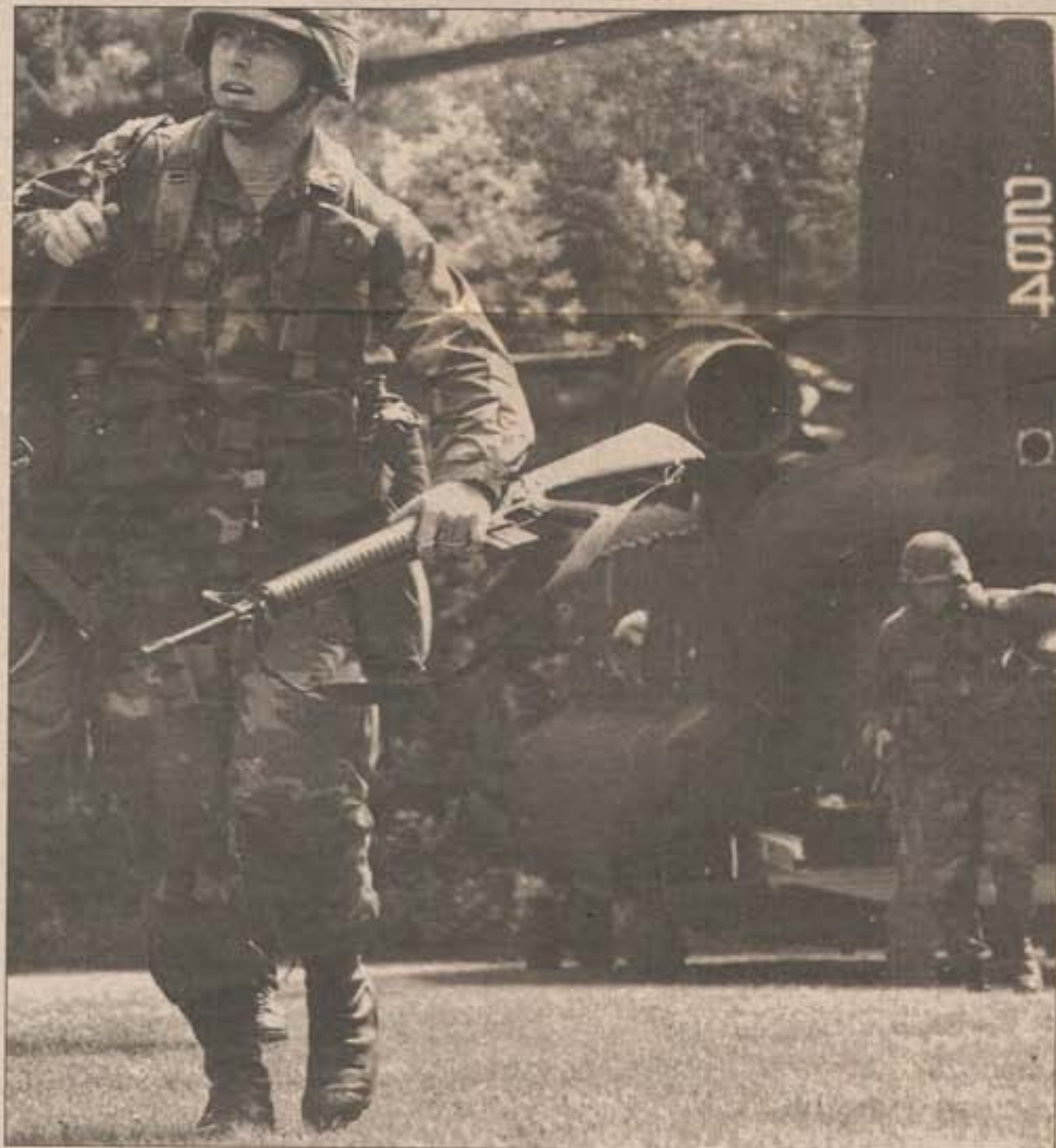


Photo by SSgt. James O'Connor