



THE NATIONAL GUARD'S ON GUARD

VOLUME XXII, NO. 8

MAY 1993

Army Guard dedicates new center

After years of planning and construction, the Army National Guard has moved to its new Readiness Center on the site of the former Arlington Hall Station.

A dedication ceremony was conducted April 22, for the \$38 million complex that is home for nearly 950 military and civilian personnel assigned to the major directorates of the Army National Guard. Previously, these staff members were located in the Pentagon and other office space throughout the National Capital Region.

The Readiness Center consists of two wings connected by a central atrium. In addition to office space and conference rooms in the four-story west wing and three-story east wing, the building features a large multi-purpose room, operations center and cafeteria. Floor space is approximately 250,000 square feet. Multi-story parking for 640 vehicles is part of the complex.

Visitors to Washington, D.C. may reach the Center, located at 111 S. George Mason Drive in the suburb of Arlington, Va., via either Route 50 or Columbia Pike. Regular shuttle bus service is available from the Pentagon. Commercial telephone numbers to the building will begin with the area code and prefix of 703 (Virginia), followed by 607. The DSN prefix is 327.

The Readiness Center occupies a large portion of the former Arlington Hall Station, home for a variety of U.S. Army and De-

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Florida's Army Guard builds tent city after tornado hits

'These are good people helping good people'

By SFC Joe Dwyer
Florida National Guard

MIAMI — The Florida National Guard once again answered Governor Lawton Chiles' call to duty. This time, their mission was to help rebuild a South Dade tent city erected in the aftermath of Hurricane Andrew for storm displaced residents.

Governor Chiles responded to the call for help by activating 44 South Florida Guardmembers from five units. Citizen-soldiers came from Miami's 50th Area Support Group, 149th General Supply Company, 494th Medical Detachment, 260th Military Intelligence Battalion, 1st Battalion, 124th Infantry Division and Ft. Lauderdale's 743rd Maintenance Company.

Still reeling from the devastation caused by Hurricane Andrew on last August, these South Dade residents got another taste of nature's fury when a tornado touched down destroying 58 tents and flattening 32 more.

"Our mission was to erect 90 tents to house 600 people," said SGM Joe Carreiro, NCO in charge of the project. "We had to build flooring, run electrical power, install lights, smoke detectors, fire extinguishers, and fill sand bags."

"These are good people, helping good people," he added, "I just can't say enough about them."

"I received the call at 3 p.m. on Monday, March 15 saying we were needed at the tent city," reported MSgt. Tom Clayton, Acting 1st Sgt. of HHC, 50th Area Support Group. "We had 44 soldiers on the site at 7:30 a.m. Tuesday, and by noon, 20 tents were erected," he said.

Governor Chiles praised the work of the National Guard. "The Guards-



GOOD NEIGHBORS - Spc. Diomedes Perez (above) of Florida's 149th General Supply Co. helps put up a tent. The Florida Guard helped house 600 South Dade residents left homeless after a tornado hit the tent city they were living in after Hurricane Andrew.

men have done a fine job here. I am very proud of each and every one of them," said Chiles. "Their ingenuity and training has once again been put to the test."

Although all Florida Guard mem-

bers were proud to have helped heal some immediate wounds, some knew it was just the first step. "This isn't over just because we put up a few

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For the health of it

By Lt. Col. David Super
National Guard Bureau

When I joined the National Guard in the summer of 1966, my first drill weekend included all that I had expected. There were formations, unfamiliar words, bumpy truck rides, cigar-smoking sergeants, and a tough map-reading exercise.

Oh, and one more thing, a keg party!

The keg, and lots of food, were the reward for completing the compass course.

Nineteen years old, a veteran of zero military service, but the survivor of a few campus taps of the keg, I was convinced that this thing called the National Guard was my kind of outfit. Twenty-six years later, I'm still convinced about my commitment to the National Guard, but an experience last spring helped me understand how we have changed - for the better!

Coincidence put me on TDY in California. Amidst the retelling of old legends and general conversation, I learned something unexpected.

"What's your cholesterol, Dave?" quizzed a senior colonel.

Whoa! What had happened to these guys since the 60s when "X" on a map marked a high-calorie treasure? Now these non-smoking, health-conscious grandfathers wanted to know my two-mile run time and whether my Pentagon assignment provided a convenient spot for daily PT.

They're just older, you're saying. Older, obviously, but most importantly, wiser in ways that have had an impact on everyone.

Just as in my hometown unit years ago, all of us remain committed to demanding training. And there is enjoyment in the camaraderie of belonging to a unit that can have fun after it completes a mission. But now, the payoff for everyone comes with a new viewpoint and healthy habits.

So we jogged. We talked. We drank a beer and turned in early. Most importantly, we understood without making a big fuss that we have been part of a challenging lifestyle change that benefits us, our families, and the National Guard.

A 'rung' of truth

This picture was in the *On Guard* newspaper dated March 1993. It states that the members are from the 114th Civil Engineering. To correct the reporter, they are from HHC, 153rd Engineer Battalion (C) from South Dakota. On the ladder is Spc. Cory Mallon (top left) and Sgt. Jim Reimer. The individual with his back to us is Spc. Philip Toft. I hope this correction can be made because our unit was also proud to serve in Northern Panama -Task Force Rushmore.

SFC Kenneth L. Shultz
South Dakota National Guard



A view from abroad

After viewing the damage in Florida on CBS evening news, and seeing the problems of the emergency services, namely FEMA (Federal Emergency Management Agency) one cannot help but hope that the governors and National Guard leadership of all the other states are paying close attention and learning from the mistakes of others.

When we are faced with budget cutbacks, let us not forget that it is the National Guard that responds to disasters of this kind to help our neighbors. And disasters happen a lot more frequently than wars! Governors and Guard leadership should be paying close attention to the problems associated with the Florida mess and reviewing plans to prevent these same problems from occurring in their states.

Local FEMA representatives who respond to a disaster should not reside in the same locale as

where the disaster occurs. FEMA representatives should be from neighboring states. That way their full attention can be applied to helping others and not having to worry about caring for themselves.

After living in Europe, I've noticed a number of other things regarding this disaster. Coverage of the hurricane damage was nonexistent to the people of France. Local news does not cover the aftermath. For all we know, if you were to rely solely on European news, nothing and no one suffered from the hurricane.

This tells me one thing. In times of disaster in the U.S., do not expect any help from the other parts of the world. Even though it is always the United States helping others, do not fool yourself into thinking it will be the other way around.

The people of the United States have to rely on their own resources. The main resource, of course, being a strong National Guard, not only to provide military police to supplement the local authorities, but also to provide engineers for rebuilding, demolition, and, just as important, food and health services. Look at Florida. Sure, police and MPs protect large downtown businesses. That's what the Chamber of Commerce and civic leaders demand. But what about the neighborhoods? Don't they deserve the same protection?

A strong Guard is to everyone's benefit. Remember, the Guard is not only a resource for military means. It's there for the community.

Let's not throw away a resource that is desperately needed in times of disaster.

Don Green
Washington Army Guard

Editor's Note: This page is dedicated to our readers. If there is an issue affecting the Guard you want to comment about, drop us a line: NGB-PAC (On Guard), Skyline 6, Rm. 401C, 5109 Leesburg Pike, Falls Church VA 22041.

Counterdrug Update

* As of April 14, 2,974 Army National Guard and 237 Air National Guard personnel were on counterdrug support duty in all 54 states and territories.

* As of April 14, the total value of drugs seized by the National Guard this fiscal year is \$6.076 billion, including almost \$4.6 billion in cocaine.

DRUG USE IS LIFE ABUSE

"On Guard" is published monthly using federal funds under provisions of AR 360-81 and is intended for the use of units and members of the Army and Air National Guard. It is printed in 55,000 copies and is distributed to each unit of the Army and Air National Guard as well as major commands by the Command Information Team, National Guard Bureau, NGB-PAC, Skyline #6, Suite 401C, 5109 Leesburg Pike, Falls Church, Va. 22041. The views and opinions expressed herein are not necessarily those of the Department of Defense, Army, Air Force or the National Guard Bureau.

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NATIONAL BRIEFS

'94 BUDGET ANNOUNCED

President Clinton's Fiscal Year (FY) 1994 defense budget was recently released, taking the first steps toward the President's vision of a new security for the post-Cold War era.

"This is in many ways the first truly post-Cold War budget," Secretary of Defense Les Aspin said.

For FY 1994 the budget proposes \$250.7 billion in budget authority for the Department of Defense (DoD). Although President Clinton plans to cut \$88 billion from the DoD spending authority during FY 94 through FY 97, his proposed budget reduction offers to maintain a defense balance.

Within this reduced spending reform, DoD still plans to fully integrate the Guard and Reserve forces with active forces.

The plan provisions were outlined to shift spending into four new dangers that affect America's defense posture since the Post-Cold War. They are: Nuclear danger, dangers to democracy, economic danger and regional dangers.

FY '94 DoD Manpower Budget

(End strength in thousands)

	FY '92	FY '93	FY '94
Army Guard	425.8	422.7	410.0
Air Guard	119.1	119.3	117.7

LANGLEY TAKES COMMAND 29TH INFANTRY DIVISION

Brig. Gen. Joseph H. Langley, Jr. assumed command of the 29th Infantry Division (Light), based at Fort Belvoir, Va. Langley enlisted into the Maryland Army National Guard and joined the 29th as a private in Company D, 121st Engineer Battalion in July 1960.

In his civilian career, the general is the director of the program support division for Surface and Area Anti-Air Warfare Systems, Naval Seas System Command in Arlington, Va. He replaced Maj. Gen. Thomas T. Thompson, who retired.

AIR FORCE BDU RANK CHANGES

Gen. Merrill A. McPeak has given the go-ahead for servicemembers to sew stripes back on BDU sleeves or put officer rank back on the collar but retain the aircrew style name patch with rank designator.

The mandatory date for adding the rank insignia is Oct. 1, 1995.

"The Chief of Staff listened to what Air Force members had to say and approved the return of rank insignia to the BDU," said Maj. Mary Wood, chief of the Air Force uniform board secretariat.



Photo by Rick Roth

SNOWED IN — Members of the Maryland Army Guard's 229th Main Support Battalion cleared snow from a heater air intake at a retirement home in Oakland, Md.

Guard helps dig out East Coast after storm

Blizzard prompts call-up of several units

By Maj. John A. Guarascio
New Jersey National Guard

It may not have been the "mother of all storms" that had been predicted, but it also wasn't anyone's "weak sister."

For the third time in four months, Mother Nature prepared to unleash her fury on New Jersey and the East Coast, in general.

Maj. Gen. Vito Morgano, the adjutant general, said, "Our recent experience with the two prior

storms gave us the ability to predict where the heaviest damage would likely occur. We were able to alert Guard facilities and units in high risk areas before the storm hit."

When the storm hit the Jersey shore at 5 a.m. on March 13, many New Jersey Guard members were already in position at their armories. By 10:38 a.m. the blizzard's winds were reaching almost 70 miles per hour and threatening to break through the sea walls protecting the shore-area towns along the central New Jersey coast. Governor Jim Florio declared a "state of

emergency" and Morgano ordered the National Guard into action. Within the hour New Jersey National Guard vehicles and troops were arriving in 41 municipalities to assist in the evacuation of residents.

As the day progressed and snow blanketed the entire state, the missions given to the Guard increased in number and variety. The bulk of the 67 missions assigned to the Guard were for citizen evacuations, but additional requests for the transportation of medical personnel to hospitals, delivering

emergency supplies and equipment to shelters, and the movement of fire fighting equipment were also received.

According to Morgano, himself a shore resident, "The memory of the December Nor'easter was still vivid in our minds. The coastline had still not fully recovered

from the terrible damage December's storm had caused."

In total, 445 Jersey Guard members were placed on state active duty, and almost 100 vehicles were put in service.

"Our recent experience gave us the ability to predict where the heaviest damage would likely occur."

Air Guard selects its top Airmen

Winners will compete for Air Force's 12 Outstanding Airmen award

By Lt. Col. David Super
National Guard Bureau

After careful evaluation of their accomplishments, nine members of the Air National Guard have been selected as Outstanding Airmen of the Year for 1993.

The award winners will be in Washington, D.C. May 17-19, to receive their honors from Lt. Gen. John B. Conaway, chief of the National Guard Bureau, and Maj. Gen. Philip G. Killey, director of the Air National Guard.

The winners include:

SMSgt. Lisa Kerwin, recruiting and retention program manager, District of Columbia.

MSgt. Pattie S. Boring, instructor, I.G. Brown Professional Military Education Center, Tenn.

MSgt. Kevin P. Wilson, education manager, 191st Mission Support Squadron, Mich.

TSgt. Troy Arce, pararescue specialist, 129th Rescue Squadron, Calif.

TSgt. Debra A. Derosa, financial management specialist, 143rd Resource Management Squadron, R.I.

TSgt. Walter T. Michael, inventory management specialist, 113th Resource Management Squadron, District of Columbia.

SSgt. Mark A. Frye, life support specialist, 180th Airlift Squadron, Mo.

SrA. Timothy M. Dilliner, non-destructive specialist, 110th Consolidated Aircraft Maintenance Squadron, Mich.

SrA. James E. Hatfield, Jr., command and control specialist, 125th Fighter Group, Fla.

These Guard members now will compete for selection as one of the Air Force's 12 Outstanding Airmen of the Year Award.

Last year, the Air National Guard's MSgt. Sharon A. Page, electronic computer switching systems maintenance NCOIC, 224th Joint Communications Support Squadron, Georgia, was named to the Air Force list of Outstanding Airmen.

The winners will receive a tour of the Pentagon and several other area attractions.



MISSILES AWAY

SSgt. Kevin Foley (right) of Idaho's 124th Fighter Group installs the guidance fins on an AGM-88 HARM anti-radiation missile. Last month the 124th sent air and ground crews to Southwest Asia to operate their F-4G "Wild Weasel" aircraft. "We have one of only two Wild Weasel fighter groups in the total Air Force, and actually represent over half the Air Force's ability to suppress enemy radar and air defense during combat," noted Maj. Gen. Darrell V. Manning, Idaho Adjutant General.



Photo courtesy of the Idaho Air National Guard

Crash claims five lives

Minnesota mourns loss of crewmembers

An investigation continues to determine the cause of a helicopter accident that killed five and injured two others at Camp Ripley, Minn., the Guard's training site.

Killed were: CWO2 Mark Nelson, Sgt. Larry Roalstad, CWO4 James Nichols, CWO2 Dale Schmidt and Sgt. James Teel.

Injured in the accident were Sgt. Roy Phurong who remains hospitalized while recovering from his injuries and 1st Lt. John Millen who has been released from the hospital.

The accident involved two UH-1s from the Minnesota Army Guard's 2nd Battalion, 147th Aviation, based in St. Paul. The helicopters were participating in routine flight training as part of a regularly scheduled training weekend when they crashed seven miles north of Ripley's main gate.

CENTER

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partment of Defense intelligence-related commands from the early days of World War II until 1989. During the war, Arlington Hall Station was the duty location for 5,700 civilians and 2,250 military, including 1,000 members of the Womens Army Corps. They were part of the U.S. Army Signal Security Agency and its oper-

ating arm, the 2nd Signal Service Battalion. The post operated around the clock, six days a week on a range of high-level code-breaking and intelligence matters. Before the Army purchased the location in 1942, the area housed the Arlington Hall Junior College for Girls.

Today in addition to the Army Guard's new center, the area is the location of the Department of State's Foreign Service Institute, a training facility for U.S. diplomats and State Department employees.

Guard aids states

By Evelyn D. Harris
*American Forces
Information Service*

Governors can call on their state units of the Army and Air National Guard to do pretty much whatever must be done.

"The Guard is a part of the military's total force," said Gary Gault, an Air Guard historian for the National Guard Bureau. "Like the regular military, the Guard has units to take care of whatever people need - food service, medical service, police and security, communications water purification - you name it."

"The Guard will

sandbag riverbanks, fight fires, build airstrips so supplies can come in, whatever."

And if the state or territory in need doesn't have enough National Guard members to do the job, the National Guard Bureau can put it in touch with other state's National Guard units.

Last September, Mississippi and Pennsylvania National Guard units flew to Guam to help after Typhoon Omar struck.

National Guard units from all over the United States helped out in Florida and Louisiana after

Hurricane Andrew and in Hawaii after Hurricane Iniki.

According to the Bureau's Directorate of Military Support Operations, the states called up their National Guard units 322 times in fiscal 1992.

Four call-ups were for civil disturbances connected with the Los Angeles riots. Natural disasters, including hurricanes and fires, accounted for 112 activations.

In 1991, states called up their National Guard a total of 337 times: 76 times for natural disasters, one for a civil disturbance, and the remainder for rescues.



New York soldiers help local cops with drug seizure

More than five million crack vials and seven million glassine envelopes are recovered

By 2nd Lt. Kate Boucher
New York National Guard

Twenty soldiers assigned to the New York National Guard Counterdrug Program assisted the New York City Police Department's Narcotics Division by transporting a large quantity of seized drug paraphernalia to a police warehouse.

The New York City Police Department seized over 5.5 million crack vials, seven million glassine envelopes, 250,000 glass crack pipes, several hundred scales, strainers and other items of drug paraphernalia in a raid of 14 storefronts in Upper Manhattan.

Sixteen persons were arrested in what the New York City Police Department is calling one of the largest seizures of drug paraphernalia in New York City.

The merchandise that was seized had a street value of over \$388,000. If the vials were filled they would have held crack cocaine with a street value of \$27.5 million. The glassine envelopes, if filled, would have held controlled substances with a street value of \$21 million.

"The widespread availability of drug paraphernalia glamorizes and encourages the evils of drug abuse and addiction," stated Attorney General Rob-

ert Abrams. "I urge the legislature to pass tough measures to strengthen the powers of police in combatting the pervasive sale of drug paraphernalia."

The storefronts portrayed themselves as ordinary neighborhood variety stores. Instead, they were involved in the retail distribution of narcotics paraphernalia, supplying narcotics manufacturers and traffickers with the packaging needed to sell their product.

Speaking at a press conference, Police Commissioner Raymond W. Kelly proposed that the penal law be changed to make the sale of very large

amounts of drug paraphernalia a felony crime.

"I promise you that we will continue to attack the illegal narcotics trade and all who profit from it," Kelly said. "This includes drug dealers, drug users, and other individuals who profit from the illegal narcotics activity such as the sale of the drug paraphernalia displayed here today."

Lt. Col. Richard Buehler, counterdrug coordinator, was quick to point out, "This is one of the many ways Guard members are helping the law enforcement community keep drugs and drug criminals off the streets."

Dental plan offers expanded benefits

The dependent dental plan benefits for persons on active duty is being expanded.

The monthly premium will increase to \$19.30 per month for family coverage and \$9.65 per month for single coverage.

Active Guard or Reserve personnel must have orders assigning them to qualify for enrollment.

Soldiers currently enrolled in the Dependent Dental Plan (DDP) will be automatically enrolled in the expanded benefits

program. Non-enrolled members who have 24 months remaining on active duty, and are eligible to enroll will be automatically enrolled for DDP benefits beginning in April 1993. Enrollment can be verified by checking the March Leave and Earnings Statement.

Soldiers who are automatically enrolled will have four months from the program start date to disenroll with full reimbursement of premiums for the expanded program. If any dental benefits are used after April 1, however, the

soldiers is committed to remain for the full 24 months.

Soldiers who have requested retirement, or have less than 24 months remaining on active duty, will not be automatically enrolled.

However, soldiers who are eligible for retention on active duty and have the intent to remain on active duty for 24 months or more, may voluntarily enroll.

Voluntarily enrolled soldiers must stay enrolled for the minimum period of 24 months.

The following services and rate projections: 100 percent diagnostic and preventative; 80 percent for simple restorations and sealants; 60 percent for endodontics, periodontics and oral surgery and 50 percent for crowns and casts.



Photo by SFC Joe Dwyer

TENT CITY

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tents. These people still need a lot of help," observed Spc. Anthony Days of the 149th General Supply Company. "We are trying to organize a basketball game with a local radio station to raise money to help these people. We should be able to get a game soon."

The Florida Guard was also joined by hundreds of college students, who used their spring break to travel to South Florida. "We can party anytime," said Marsha Turner, a science and arts student at Oklahoma Christian University. "Right now, these people need our help."

"I have never seen an operation run so smoothly," said Metro Dade site coordinator Mike Ladkowski. "Words alone cannot describe the good they (the Florida Guard) have done here."

DIGGING IN -- Members of the Florida Army National Guard (left) shovel sand into the back of a truck. The sand was used to fill sand bags used after South Dade, Florida residents, living in a tent city after Hurricane Andrew, were struck by a tornado.



Testing your fast food knowledge

By Jill Akey

U.S. Army Physical Fitness School

From 1970 to 1980 alone, the number fast food outlets in the U.S. more than quadrupled, from 30,000 to 140,000. Everyday an estimated 46 million Americans eat in them, ordering, among other things, some 200 hamburgers every second reports the Massachusetts Medical Society's Committee on Nutrition.

It also reports that fast food meals usually contain much more fat and sodium than most major health organizations recommend.

Do you know just what ingredients are in your favorite fast food order? Take this quiz to find out.

1. Which breakfast contains the greatest amount of fat?

(a) McDonald's Hotcakes with butter and syrup (b) Dunkin' Donuts Bran Muffins (c) McDonald's Egg McMuffin

2. The greatest amount of sodium is in

(a) McDonald's Large French Fries (b) Arby's Jamocha Shake (c) Wendy's Bacon, one strip.

3. Lunch or dinner will prove least fatty with (a) Pizza Hut Pepperoni Personal Pan Pizza (b) Kentucky Fried Extra Crispy Chicken (c) Taco Bell Taco Salad (d) Burger King Bacon Double Cheeseburger.

4. Someone who wants to take in as much calcium as possible should opt for (a) one slice of a medium Pizza Hut Thin'n Crispy Cheese Pizza (b)

McDonald's Hot Caramel Sundae (c) Burger King Chocolate Milk Shake

5. For iron, the best choice would be (a) Wendy's Chili (b) McDonald's Big Mac (c) Arby's Regular Roast Beef Sandwich (d) Jack-in-the-Box Beef Fajita Pita.

Answers to Quiz:

1. (b); One Dunkin' Donuts bran muffin contains 13 grams of fat; Egg McMuffin 11, the hotcakes, 9.

2. (b); One strip of bacon has 125 milligrams and the fries supply 200, but the shake has about 260.

3. (c); The fattiest dish, believe it or not, is the taco salad, which contains about 941 calories, and a whopping 61 grams of fat. That is nearly three times the amount found in the chicken and about twice as much as in the Burger King Bacon Double Cheeseburger or the pizza.

4. (a); Good news for pizza fans. One slice provides 33 percent of the U.S. Recommended Daily Allowance for calcium.

5. (d) The Jack-in-the-Box Beef Fajita actually supplies three times as much of the mineral required.

Proper diet, exercise keys to healthy life

By SSgt. Dennis B. Guaglianone, U.S. Army Fitness School

It's no secret that most Americans become less active during the fall and winter months. Our eating habits remain the same and the pounds begin to accumulate. Don't let that be the case this year. Maintain a solid exercise program that includes aerobic activities and step right back into that swimming suit with no worries.

Our military installations offer a multitude of fitness programs and indoor facilities. Some great cardiorespiratory (aerobic) equipment is right inside our military gymnasiums and fitness centers. If you don't have an indoor running track, find an alternative. Rowing machines, stationary bicycles, life steps, and tread mills can provide excellent variety to your program.

Set realistic goals for yourself and go for long term. If you exercise regularly, you can safely lose about one pound a week. If you were to start the beginning of May, you could take off 16 pounds by the end of August. Strive for a weight you feel com-

fortable with.

Personal appearance may be a crucial determinant - do your clothes fit comfortably, do they feel snug, or do you continually tug and pull at them? Ask yourself if you are within your service's height and weight standards. Avoid a program that causes constant weight gains and losses. This can be both discouraging and counterproductive. When you are reducing by diet alone, you lose both muscle and fat, but when you regain weight, you mostly put back on fat.

When you eat, be sensible. The results of overeating begin to show up rather quickly. Those spare tires that men worry about, and the saddlebags women find discouraging, are generally the result of taking in too many calories. Your exercise program should result in more calories burned than ingested. Strive for a 300-calorie-per workout burn. Learn to read food product labels and bear in mind that there are nine calories per gram of fat and four calories per each gram

of protein and carbohydrate. No more than 30 percent of your total calories should come from fat in your diet each day. By reducing your caloric intake and by staying below the 30 percent limit, coupled with exercise, you can gradually take off weight. A good starting point might be eliminating snack foods or foods cooked in fat.

If you are a milk drinker, drink low fat or skim milk. Eat fish or skinless chicken. Add more pasta on the dinner menu. A suggested meal portion of red meat is three ounces, or about the size of a deck of cards. Salads and fresh fruit for lunch offer a nutritious alternative. You will probably feel stuffed if 60-70 percent of your caloric intake in your meal is from carbohydrates.

Now, don't start your physical training by doing marathon workouts. Doing too much too soon causes people to develop an aversion to exercise. Engage yourself in an activity that suits you. If you are not a runner or do not like running, try walking. If you walk with some intensity, you will find the results to be near that of running the equivalent distance.

Get started and keep at it. Regressing is not abnormal if you are tempted and can't resist some ice cream on a particular day, don't think of yourself as a miserable failure; just pick up where you left off. Make exercise part of your daily or weekly lifestyle.

FILLING PLAYGROUNDS NOT PRISONS

BE A PAL

The National Police Athletic League (PAL) is the only national youth organization whose primary objective is to offer opportunities to three million underprivileged boys and girls.

Kids are only 25% of our population but 100% of our future. Your participation and encouragement will help today's youngsters become more productive leaders tomorrow.



CORPORATIONS

COPS

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Cops and kids together is what PAL is about, where respect and mutual trust is built. Be a pal ... support PAL for a better and safer America.

Contact:

NATIONAL PAL
200 Castlewood Drive, Suite 400
North Palm Beach, FL 33408
407-844-1823





Office injuries on the rise

The office of Safety and Health Administration (OSHA) estimates by the end of the decade that 50 cents of every medical dollar will be spent on cumulative trauma injuries.

It reports that more than 7,000 cases of Carpal Tunnel Syndrome were reported in Silicon Valley in one year alone.

Office related injuries are on the rise, yet experts insist with some education and communication amongst co-workers, injuries in your workplace can be reduced.

Cumulative Trauma Disorder, according to the Office Ergonomics facilitator guide, is defined as "injuries to the musculoskeletal and nervous systems. They can affect nearly all tissues, tendons, ligaments and muscles and can happen in various parts of the body, including the neck, back, arms and wrists." The three main types of CTDs: tendon disorders, nerve disorders and neurovascular disorders. "The symptoms range from slight discomfort to severe pain," said the guide.

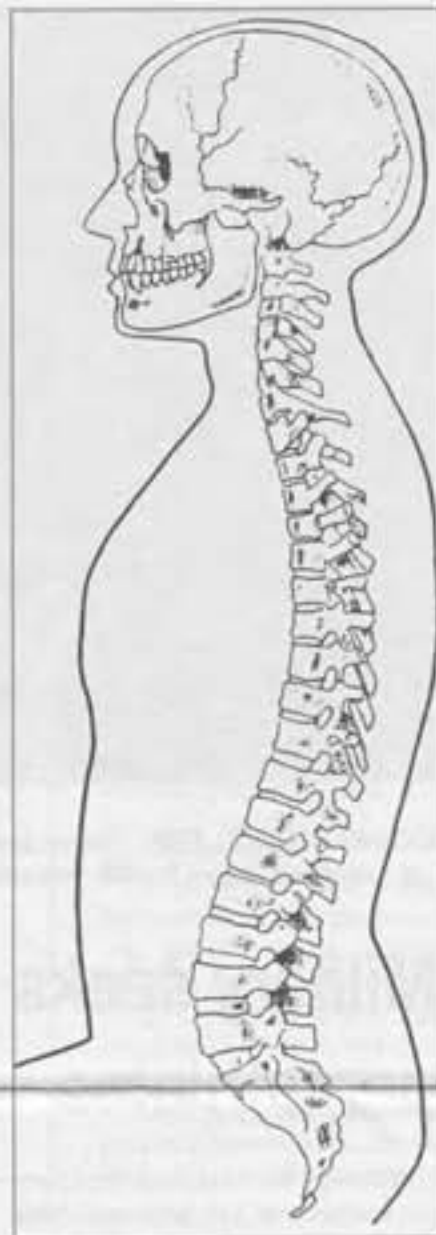
CTDs are caused by excessive repetitive motions such as data entry, high force exerted to staple thick documents together and awkward body

positions. "Awkward body postures include reaching above the shoulder level and poor wrist position at the keyboard," states the guide.

To combat CTDs experts suggest asking yourself these questions:

- Is your neck straight or slightly forward, while keeping both the neck and shoulders relaxed?
- Are your arms below shoulder level?
- Do you keep your elbows in close to your body without the forearms rotated inward or outward?
- Are your forearms roughly parallel to the floor.
- Do your hands and wrists extend naturally from the forearms.
- Is your spine in its natural "S" shaped position - slouching forward in your chair puts stress on the tendons and ligaments of the lower back.
- Is the angle between the trunk and thigh greater than 90 degrees, while the angle between the calf and thigh should be greater than 60 degrees.
- Do you keep both feet flat on the floor or a footrest?

"Since 75 percent of the average office worker's time is spent sitting, it is important to have the proper posture while seated," says the guide.



DOs AND DON'Ts - When sitting, your spine should have an "S" shape (above). Your neck should be straight (left, top) and feet planted flat on the floor (left, center). You should not slouch.

Worker's tale of woe offers valuable lesson

'The barrel came down, striking me on the head, and I woke up in the hospital'

An old gem has turned up in the Victoria (B.C.) Daily Colonial. It purports to be a workman's compensation report submitted by a construction worker who ended up in a hospital after one hour on a new job.

The job was simple. He was merely required to move bricks from the top of a two-story building to the ground. But it proved to be more hazardous than it sounded. His report follows:

"Thinking I could save time, I rigged a beam with a pulley at the top of the house and rope leading to the ground. I tied an empty barrel on one end of the rope, pulled it to the top of the house, and fastened the other end of the rope to a tree.

"Going up to the top of the house, I filled the barrel with bricks.

"Then I went back down and unfastened the rope to let the barrel down. Unfortunately, the barrel of bricks was heavier than I, and before I



knew what was happening the barrel jerked me up in the air.

"I hung onto the rope and halfway up I met the barrel coming down, receiving a severe blow on the left shoulder. I then continued on to the top, banging my head on the beam and jamming my fingers in the pulley.

"When the barrel hit the ground, the bottom burst, spilling the bricks. As I was now heavier than the barrel, I started down at high speed. Halfway down, I met the barrel coming up, receiving severe lacerations to my shins. When I hit the ground, I landed on the bricks.

"At this point I must have become confused, because I let go of the rope. The barrel came down, striking me on the head, and I woke up in the hospital. I respectfully request sick leave."

DOING IT RIGHT- Many work-related injuries are sustained when workers attempt to pick up heavy materials without bending their knees, and working as a team.



GOING SMOKELESS - There are many benefits for those who give up smoking, even for 20 minutes.

Military seeks pentathletes

Although the next Summer Olympic Games won't be held until 1996, the Army is looking for candidates who may qualify for membership on the Modern Pentathlon National Training Squad.

Currently, Sgt. Dale Brynestad of Arkansas' 176th Public Affairs Detachment is the only Guardmember to join the team that trains full-time at Fort Sam Houston, Texas.

"No other sport tests the complete and total athlete," stated Brynestad. "Pentathlon is the only sport that tests man against man - fencing; man against the elements - running and swimming; man against himself -

shooting; and man against beast - riding." Brynestad and Capt. Paul Messenger of the active Army recently met with Army Chief of Staff Gen. Gordon R. Sullivan as part of a promotional effort to increase awareness about the search for Olympic-class pentathletes.

The program is open to men and women, officer and enlisted. Interested Army Guard members should work through the chain of command in their unit to contact their State Headquarters Plans Operations and Training Officer to learn how they might qualify for membership on this team. To qualify, men must run two miles in 10 minutes and one mile in 4:45; and swim 100 yards in 54 seconds and 300 meters in 3:40. Women must run one mile in 5:10; and swim 100 yards in 1:10. Experience in fencing, shooting and horseback riding is desirable, but not required.

World class athletes needed

While their numbers may be small, National Guard athletes of world class caliber may qualify for the Army's World Class Athlete Program. Those who qualify can be placed on active duty for training and competition leading to the Pan American, Winter and Summer Olympic Games.

"If you want to pursue your Olympic goal," explained Maj. Willie Davenport, Olympic gold medalist and All-Army Track Team coach, "this program provides excellent training and competition."

A world class athlete is anyone who has a high national ranking; or has

been selected to a U.S. national or world class team within three years of the Olympic Games, or is determined to have the potential as a world class athlete. Army Guardmembers who believe they qualify may apply by submitting DA Form 4762-R and 4763-R through their command channels.

Air National Guard members interested in military sponsorship may contact the Air Force Fitness and Sports Division for information. Their mailing address is: HQAFMWRSA/MWPF, 555 E. St. West, Suite 05, Randolph AFB, TX 78150-4534

Cancer Society lists non-smoking benefits

Going smokeless for 20 minutes can be helpful

The American Cancer Society says that when you stop using tobacco, within the hour of your last puff you become fitter. Here is your schedule:

Within 20 minutes:

- Blood pressure drops to normal.
- Pulse rate drops to normal.
- Body temperature of hands and feet increases to normal.

Eight hours:

- Carbon monoxide level in blood drops to normal.
- Oxygen level in blood increases to normal.

24 hours:

- Chance of heart attack decreases.

48 hours:

- Nerve endings start regrowing.
- Ability to smell and taste things is enhanced.

72 hours:

- Bronchial tubes relax, making breathing easier.
- Lung capacity increases.

Two weeks to three months:

- Circulation improves.
- Walking becomes easier.
- Lung function increases up to 30 percent.

One to nine months:

- Coughing, sinus congestion, fatigue, shortness of breath decrease.
- Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs, reduce infection.
- Body's overall energy level increases.

Five years:

- Lung cancer death rate for average smoker (one pack a day) decreases from 137 per 100,000 people to 72 per 100,000.

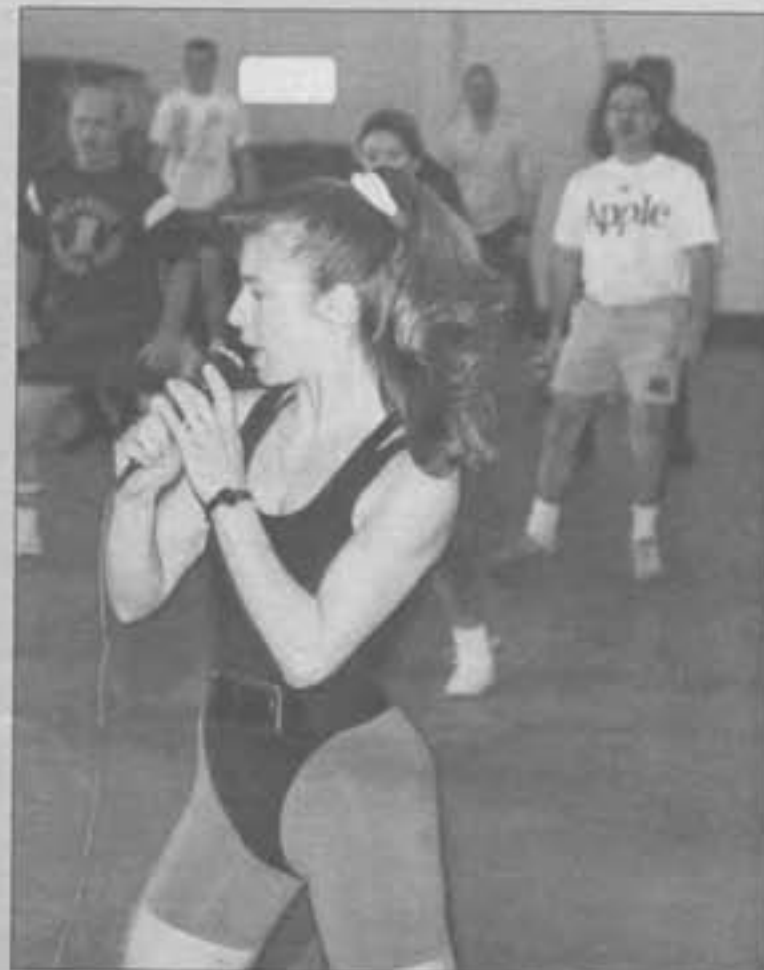
Ten years:

- Lung cancer death rate for average smoker drops to 12 deaths per 100,000 - almost the rate of non-smokers.
- Precancerous cells are replaced.
- Other cancers, such as those of the mouth, larynx, esophagus, bladder, kidney and pancreas, decrease.

Warnings: All of these benefits go down the drain with the smoking of but one cigarette.

DELAWARE DANCIN'

Soldiers with the Delaware Army Guard's Co. D, 150th Aviation Battalion were treated to 40 minutes of aerobic training at a recent drill weekend. The class was the idea of Sgt. William Boeckelmann, who went to 1Sgt. Francisco Quinones about substituting aerobics for their traditional PT.





Steps you can take to quit

Step One: List all of your reasons to stop smoking. Repeat the reasons to yourself each day, several times a day.

Step Two: Set a "quit date" and write it on your calendar. Tell your family and friends about the date.

Once you have quit:

Step Three: Avoid tempting situations.

Step Four: Do something else when you have the urge to smoke; take a walk, eat a piece of fruit, chew some gum, or call a friend.

Join a class to help you quit. Call your local American Heart Association or American Lung Association for more information.

Quitting smoking may be the best thing you can do for your health. Kicking the habit reduces your risk of heart disease and cancer. Quitting smoking also reduces your risk of stroke. Over 3 million Americans quit each year. You can, too.

President's Sports Council offers fitness challenges

Presidential Sports Awards available through 50 activities

Three out of every four people who begin an exercise program quit it within the first year, according to the President's Council on Physical Fitness and Sports.

The keys to a successful exercise program include finding a sport that you like, varying the routine to avoid boredom and setting yourself a realistic goal, said Arnold Schwarzenegger, the council's chairman.

In the military, physical fitness is mandatory. But it's also fun, and you can get recognition for your efforts through the President's Sports Award program. The program, run by the council and the Amateur Athletic Union, features more than 50 sports.

It's easy to enroll in the program. Just decide on the sport, pick up a copy of a personal fitness log, meet the requirements and keep track of them in the log, Schwarzenegger said. You should complete requirements

PRESIDENTIAL ACTIVITIES

Aerobic dance	Figure
Archery	Roller skating
Backpacking	Rope skipping
Badminton	Rowing
Baseball	Rugby
Basketball	Running
Bicycling	Sailing
Bowling	Scuba-diving
Canoe-Kayak	Ski-trap
Cross training	Skiing-Alpine
Equitation	Skiing-Nordic
Fencing	Snowshoeing
Field hockey	Soccer
Figure skating	Softball
Football	Sports fitness
Golf	Squash
Gymnastics	Swimming
Handball	Table tennis
Horseshoe pitching	Tae Kwon do
Ice hockey	Tennis
Ice skating	Triathlon
Jogging	Volleyball
Judo	Walking endurance
Karate	Walking - fitness
Lawn bowling	Walking - race
Marathon	Water exercise
Orienteering	Water skiing
Pistol	Weight training
Racquetball	Wrestling

require a certain number of hours with an instructor.

It's possible to work on two or three at one time, but one workout cannot be logged for more than one sport. Additional time is allowed to complete the logs as long as the individual averages three or four workouts a week.

"I have made a personal commitment toward earning several presidential sports awards, starting with some of my favorite sports weight training, running, tennis, skiing and swimming," said Schwarzenegger.

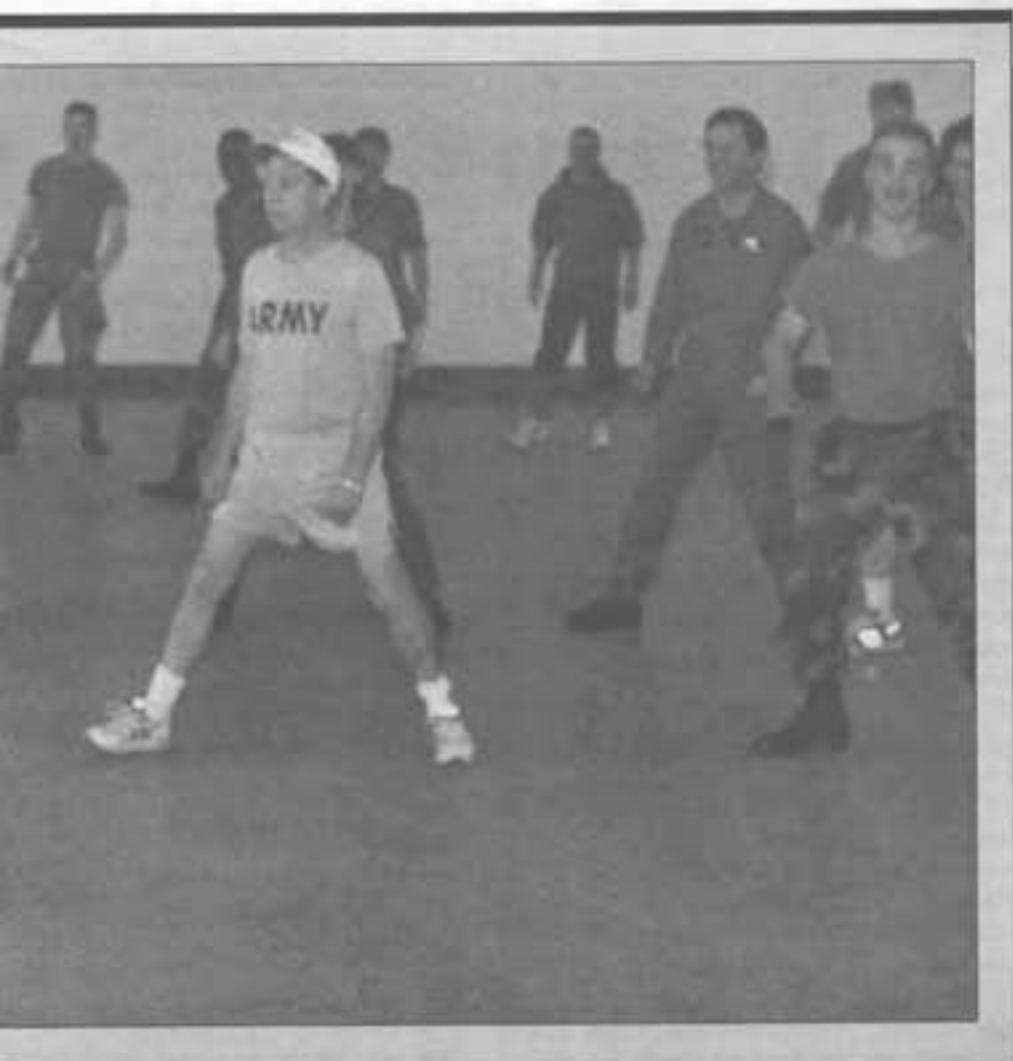
The program's most popular sports include fitness walking, aerobic dance, weight training, swimming and running. The most active age group is 35-44 years old, followed by the 26-34 age group.

For program information or personal fitness logs, check with your installation sports

office or call the presidential sports office at 1-317-872-2900. Or write to:

office or call the presidential sports office at 1-317-872-2900. Or write to:

Presidential Sports Award
P.O. Box 68207
Indianapolis, IN 46268-0207



within four months, but exceptions can be made. The awards program, open to anyone at least 10 years old, is conducted on the honor system. The only requirement is that the personal fitness logs for those between the ages of 10 and 15 be signed by a coach, instructor or parent.

Generally, each sport's requirements are set up so individuals exercise three or four times a week. Take running as an example. To qualify for the award, participants must run at least 200 miles. They must run at least three miles during each outing, at an average of nine minutes or less per mile. However, no more than five miles may be credited toward a day's run. This isn't meant to discourage longer runs, Schwarzenegger explained, but to help establish a steady, long-term exercise program.

The sports award includes a certificate of achievement from the U.S. President, a letter from Schwarzenegger and a blazer patch signifying the specific sport.

There isn't a limit on the number of awards you can work toward or earn, said Schwarzenegger, as long as you meet the specific requirements for each. For example, some like baseball, basketball and hockey require some games be official league play, while others like judo and fencing





RISE TO THE CHALLENGE

Maj. Jim Barrineau, a member of the Georgia Army National Guard, set a world best in the high jump for his age group at the 1993 USA Track and Field Masters Indoor Championship March 19-21. Barrineau, 37, became the oldest athlete ever to break the seven foot barrier with a leap of 7' 1/4." The mark is only a "best" because indoor "records" are not counted for his age group as are outdoor marks.



True to his calling

Oregon's 1st Lt. Mike Allegre plugs Guard on his radio show

By Lt. Ellen Lampkins
Arkansas National Guard

Mike Allegre was the type of kid who listened to far-away places on his radio at night and talked into his pencil eraser while interviewing his imaginary sports heroes.

"I was always singing and entertaining my family while they were trying to watch TV," he said. "My dad would have to tell me to be quiet."

At the age of 10, he could recite the Los Angeles Rams' entire lineup. "I knew every number, every player and every stat. I guess I have just naturally evolved into this."

"This" is a part-time sports announcing position with KCCS, a radio station in Salem, Ore. His busy season is September through March, when he broadcasts football

and basketball games for local high schools.

1st Lt. Allegre holds a full-time slot with the Oregon Military Department as the state's public affairs officer. He also is a member of the 142nd Fighter Group in Portland, Ore.

After a four-year stint in the Air Force as a security policeman, Allegre decided to pursue a communications degree at Central Washington University in Ellensburg, Wash.

"People in the Air Force used to tell me that I should get into radio," he said. "Then when I got out of the Air Force, I discovered I had a natural knack to do it."

Allegre got his big break while still in college. One night, he was asked to fill in for a fellow co-worker. "He said, 'I think you're ready.' And I was on my way to Zillah (Wash.)."

"I did (games) as I could get them," he said. "I was a college student working on the weekends."

Allegre said he likes being around young people. "I like to be at their level. It helps me

feel like I'm 20 when I'm really 38."

This year, Allegre has slowly introduced his 11-year-old son, Matt, to the radio business for two reasons.

First, he would like for his son to share in his interests, and second, it is a necessity. Allegre gets very little quality time with his oldest son.

These weekend gigs as well as monthly unit training assemblies take Allegre away from home more than he would like to admit.

He tried to initiate both of his sons when they were younger, but Allegre soon realized that it would have to wait. "I took them to a game, and they were running around everywhere. At times, they were actually on the (basketball) court. I had to take a break in the action to go get them. You live and you learn."

Over the years, Allegre has become better at time management - at home and at work. He now claims to be able to eat three handfuls of popcorn in the minute that it



Photo courtesy of Karen Burch

GOLDEN TONES -- 1st Lt. Mike Allegre provides play-by-play at a recent NAIA Women's Basketball Tournament in Oregon.

See ALLEGRE, Page 11



Lady skiers give notice

Colorado's Pvt. Beth Coats earns Silver Medal at CISM

By Lt. Col. Bill Noyes
Vermont National Guard

JERICO, VERMONT—Finland, France and Switzerland were the top teams in the 35th World Military Ski Championships hosted by the Vermont National Guard, but "Friendship Through Sport" was the biggest winner in the Conseil International Du Sport Militaire (CISM) Ski Week.

CISM Ski Week has been held outside of Europe only twice in its history, and Vermont was the host in both instances. This year, nearly 300 athletes, coaches, and team officials travelled to the Camp Ethan Allen Training Site for a week of biathlon, cross country and giant slalom competition.

In a stunning result, American Pvt. Beth Coats of Breckenridge, Colo., took the silver medal in the women's 15-kilometer biathlon event, against some of the strongest competition in the world. Coats finished just 40-seconds behind Sgt. Martina Golikova of Russia, while Sgt. Nadegda Talanova of Russia was third. Coats' second-



LADY SKIERS -- Pvt. Beth Coats (above) of Breckenridge, Colo. turned many heads with her Silver Medal performance in the Women's 15-kilometer Biathlon at the 35th World Military Ski Championships, hosted by the Vermont Army National Guard. Sgt. Laura Taveras (left), teamed up with Coats and SSgt. Deborah Nordyke to catapult the American women to a 4th place finish in cross country.

place finish brought the Americans their only individual medal of the competition.

The American women also made an impressive showing in the women's cross-country event, when Coats skied to a strong fourth place finish, and teammate Spec. Laura Taveras, of Troop Command, Vermont Army National Guard, finished sixth. The showing of Taveras and Coats, along with SSgt. Deborah Nordyke of Oregon, who finished 12th, earned the American women the silver medal in the team competition.

Switzerland's Pvt. Urs Kaelin won the men's giant slalom at Mt. Mansfield in Stowe, with teammate Pvt. Steve Locher, a bronze medalist in the 1992 Olympics, finishing second and Cpl. David Pretot of France third. The top American finisher was Constantine Voyevodka, a cadet at the U.S. Military Academy at West Point. He finished 25th.

The men's 20-kilometer biathlon title went to Coast Guardsman Harri Eloranta of Finland, with fellow countryman Frontier Guardsman Pontio Vesa second, and Marco Morgenstern of Germany third. The top American was two-time Olympian Sgt. Curt Schreiner of Day, N.Y., who finished 23rd, five minutes behind the winner.

The men's triathlon gold medal went to Sgt. Klaus Gstinig of Austria, with France's Cpl. Patrick Rassat and Sgt. Dominique Michaud second and third. The triathlon combines one run of giant slalom with a 10-kilometer biathlon race. Spec. Alex LaFoe, Det. 1, Co. A, 3/172nd Infantry (Mountain), of the Vermont Army National Guard, was the top U.S. finisher in 19th place. LaFoe was 21st after the giant slalom run, but moved up two spots with his performance in the biathlon portion of the event.

This year's World Military Ski Championships marked the first time former Warsaw Pact nations participated, with a 19-member delegation from Russia, and smaller teams from Slovenia and the Republic of Slovakia also competing.

ALLEGRE

From Page 10

takes to run a commercial break.

Allegre said he gets "more enjoyment" out of calling basketball games, because "it's a faster game and you have to talk faster and think faster than for any other sport."

While broadcasting, Allegre likes to throw in a "plug" for the National Guard.

"I want people to know that I'm a proud serving member," he said.

At the end of a regular season, Allegre will broadcast up to 26 games in five days during the state basketball tournament. He has called the NAIA women's Division II National tournament, to include the title game, for the last two years.

During the nationals, Allegre realizes his importance to small communities that rally around their high

school teams. "They're 2,000 miles away and you're the one describing their team's win or loss. They ride on your every breath," he said.

"If I paint a picture in a blind person's mind and they can follow the game in their mind then I'm doing my job."

Allegre says he has even received letters from grateful listeners.

Announcing currently is a hobby, but "I have got to treat it as a job if I want to be a professional. It's more fun

knowing that I don't have all the day-to-day worries of working at a radio station."

The future? Allegre said he would like to stay in the northwest and "be the voice of something."

Rumors of a Canadian football team moving to Oregon have Allegre excited. "I would like to be standing in line when they offer that job," he said.

Broadcasting is Allegre's top priority. "It's more important to me than any

hobby," he said. "But if it got in the way of my family life, I would dump it in a heartbeat."

Allegre did take a year off to spend more time with his family, and he missed it.

"As a kid, I would keep a radio by my bed and listen to radio stations from as far away as Seattle and San Francisco. I thought I would like to do that. And now after several years in the business, I know that I always want to be a part of that."



NEWSMAKERS

The Ohio Army and Air Guard announced their Soldier and Airmen of the Year Award winners. They are:

SrA Laurie Ann Kruss, Airman of the Year, is a material storage and distribution specialist assigned to the 200 Red Horse Civil Engineering Squadron, Camp Perry Air National Guard Station, Ohio. She is currently studying at Bowling Green State University to obtain a bachelor's in radio, television and film.

She is qualified as an F-15 avionics systems specialist in addition to her regular Guard duties. While serving in Honduras during Fuertes Caminos '92, Kruss was awarded for demonstrating heavy construction equipment operator skills.

Spc. Benjamin A. Maxim, Soldier of the Year, is a combat medical specialist with the 684th Medical Company, Westerville, Ohio. In this position, he earned two Reserve Component Overseas Training Ribbons, one for MEDRETE '91, the unit's annual training in the Republic of Haiti, and the second for participating in the Key Personnel Upgrade Program at Belgium's 196th Station Hospital. Maxim works 40 hours a week as a dispatcher at Physicians Medic Transport.

TSgt. Lawrence R. Kavulich, Sr., Air National Guard NCO of the Year, is an engineering technician assigned to the engineering cell at the 220th Engineering Installation Squadron, Zanesville, Ohio. He is the unit's Total Quality Management coordinator and trainer.

Kavulich volunteers much of his time to promote civic awareness among the general public and morale among unit members through special activities.

SSgt. Christopher D. Brown, Army National Guard NCO of the Year, is a military police officer for the 135th Military Police Company, Brook Park, Ohio. As squad leader for 4th platoon, he is responsible not only to members of his squad, but also for the accountability and maintenance of assigned vehicles and equipment.

Brown is a police officer with the Lakeland Community College Police Department. He earned a bachelor's degree in criminal justice from the University of Akron.

MSgt. Lawrence N. Mallett, Senior NCO of the Year, is the recruiter assigned to the 123rd Air Control Squadron at the Blue Ash Air National Guard Station. He also serves as an area representative for the Ohio National Guard Drug Demand Reduction Council. As a recruiter, Mallett earned the Air Force Commendation Medal for maintaining more than 100 percent unit strength for both the 123rd and the 124th. He is a graduate of Ohio University with a bachelor's in business administration.

Tennessee's 134th Consolidated Aircraft Maintenance Squadron has been named the best in the business for 1992 in competition with all active duty, Reserve and Air National Guard maintenance squadrons in the 15th Air Force.

"This award recognizes not only the outstanding performance of current squadron members, but also reflects the heritage of many people who contributed to the success of the unit in the past," said Lt. Col. Jim Roberts, 134th CAMS commander.

One of the reasons the 134th was selected was because the squadron piloted a program to use civilian contractors to repair otherwise expendable parts to Defense contract service specifications. This resulted in thousands of dollars in savings.

MSgt. William A. Jones Jr., 113th Fighter Wing, District of Columbia Air Guard was selected to receive the 1992.

Air National Guard Outstanding Weapons and Safety Award.

SMSgt. Michael P. Dewald, also of the 113th, was selected to receive the ANG Outstanding Ground Safety award.

The New Hampshire Air Guard's 157th Morale, Welfare, Recreation, and Services Flight were selected to receive the 1992 ANG Outstanding Services Unit of the Year Award.

Maj. Lynn Oveson and **Maj. David McAuliffe** of the Nebraska Air Guard's 155th Readiness Group were selected for the Air Combat Command Aircrew Safety Award. The award is given to those who demonstrate superior flying skills and flawless aircrew coordination in handling a complex emergency situation.

Airmen from the 251st Combat Communications Group and the 269th Combat Communications Squadron from Ohio celebrated 40 and 50 years, respectively, of dedicated military service. The 251st is the oldest of the existing combat communication groups in the Air National Guard.

The 139th Airlift Group of the Missouri National Guard received the 1992 Air National Guard Flight Safety Award. "We have more than 131,000 hours of accident-free flying — more than 34 years worth, and this award is quite an honor," said Lt. Col. Robert Agee, 139th air operations officer. The 139th's last flying mishap occurred in 1958.

Spc. Joseph A. Cooke Jr. has been selected as the Delaware Army National Guard's 1992



Photo by TSgt. William R. Stone

Lt. Col. Richard P. Norton (above right), the Aviation Week and Space Technology's Laurel Award winner poses with members of his maintenance team, **TSgt. Jeffrey Breuer** (center) and **TSgt. Michael Kenealy**.

Soldier of the Year. Cooke, a Dover resident, is a member of Company A, 280th Signal Battalion, located in Seaford.

Cooke's is not only a communication security equipment repairman, but his unit's recruiting and retention NCO. Cooke is a full-time physics major at Delaware State College.

Lt. Col. Richard P. Norton is not a man to rest on his laurels, especially after the 114th Fighter Squadron's (Oregon Air Guard) deputy commander for maintenance was singled out for the prestigious Aviation Week and Space Technology's Aerospace Laurel Award.

Each year the editors of Aviation Week make their Laurel Award selections. Finding his name listed under the government/military category was a real surprise to Norton. "I've never seen a fighter unit given this kind of recognition."

Norton attributed the honor to his unit's "high flight rates, our safety rates with the new weapons system during our conversion and our significant student pilot processing."

While the individual honor is flattering to Norton, he is equally as proud of his maintenance squadron. "(This honor is) for all the men and women of the 114th, as we operate as a team."



Civilian gets Bronze Star

California's Forrest Garriga receives highest civilian award for Desert Shield/Storm effort

By 1st Lt. Wanda Schuler
California National Guard

TSgt. Forrest Garriga, currently a full-time air technician for the 149th Combat Communications Squadron in North Highlands, Calif., received the Bronze Star for his work as a civilian during Operation Desert Shield and Operation Desert Storm.

Garriga volunteered for and, in his words, insisted on going to the Gulf less than two weeks after the invasion of Kuwait. He was a civil servant with Air Force Engineering and Technical Services and a member of a Tactical Radio and Communications Engineering Team (TRACE). The team deployed from the 507th Tactical Control Wing, Shaw AFB, S.C. They provided technical assistance during the set-up and initial operation of communications and electronics equipment from the Royal Saudi Air Force Headquarters in Riyadh, Saudi Arabia.

After the entire TRACE team returned home, Garriga begged to stay. Ever-increasing interoperability problems between tactical and Saudi Arabian commercial telecommunications and data equipment demanded the implementation of some sort of overall management of the network.

Garriga developed and implemented the first United States Central Command Air Forces (CENTAF) Telecommunications Network Management Position, thus providing a single point of contact for all network problems. He took on the responsibility for network configuration, installation of newly assigned switches, programming data bases, and engineering routing plans for the entire CENTAF (Central Command Air Forces) voice network. This network grew to 44 tactical switches and processed more than 29 million secure phone calls.

Garriga said the first step was to reach out and touch everyone. The problems needed to be solved from the top down. He said interfacing between the Army and Marines was the biggest problem. "There were no regulations governing this, so it took sheer creativity, logical planning and sometimes just trial and error to work out the problems," he said. Garriga credits his friend TSgt. Richard Mattingly of the 5th Combat Communications Group, Robins AFB, Ga., for providing a lot of help in solving



Photo by 1st Lt. Wanda Schuler

CABLE CHECK - TSgt. Forrest Garriga (above, right), as a USAF civilian employee during the war was awarded a Bronze Star for his efforts.

these complex problems.

The Illinois native also engineered, procured, and installed equipment for a SCUD alert warning system for 40 separate locations within USCENAF Headquarters. This system was used on several occasions for actual wartime missile attacks to prevent loss of life.

"Mr. Garriga worked side-by-side with his military counterparts, often around the clock, to resolve difficult problems and to accomplish an ever changing and constantly expanding mission," wrote Maj. Marvin Chin in an award citation. "He went far beyond the normal scope and description of his duties and did so under the same field conditions and SCUD missile attacks as his active duty co-workers."

When Col. James Peters, now retired, was deployed at an airbase in Tabuk, Saudi Arabia as commander of the 162nd Combat Communications Squadron, he asked Garriga to train his troops on the new equipment. In January, 1991, Garriga went to Takuk.

His move happened to coincide with the start of the air war.

"It was fortunate I was at Tabuk when I was because there were problems when the aircraft were taking off. The entire voice network was shut down and the aircraft would have had to abort their missions." As it turned out, Garriga was the only person in Tabuk with the expertise necessary to solve the problems.

Garriga was originally recommended the Silver Star, but it had to be lowered to the Bronze Star, because the Bronze Star is the highest award a civilian can receive.

STATE BRIEFS

PENNSYLVANIA

The 211th Engineering Installation Squadron will install USAF Military Affiliate Radio System equipment at their Fort Indiantown Gap location early this year.

MARS is a Department of Defense service that provides sponsored emergency communications on a local, national and international basis as an addition to normal military communications.

MARS is probably best known for its capability of exchanging health and welfare messages to deployed troops. However, MARS also is the digital data radio link that will connect with other stations across the state.

The Pennsylvania MARS installation will provide valuable training for HF radio and digital VHF installations.

ARKANSAS

A team of air cargo specialists from the 189th Mobile Aerial Port Flight at Little Rock Air Force Base recently assisted 19 Russian officials, technicians and aircrew members in loading a Russian Ilyushin 76D cargo plane.

It was the first time that a Russian aircraft had landed at the base.

The aircraft was loaded with over \$3 million worth of medical supplies that were donated by the state to assist young victims of the 1986 Chernobyl disaster.

NEW YORK

Ten New York cavalry squadron troopers received the highest federal award for peacetime heroism Feb. 27. In addition to the Soldier's Medals, the aviators also received the Pennsylvania Cross of Valor from the visiting Adjutant General of Pennsylvania.

The New York soldiers were nearby performing Annual Training, when the twin engine Pennsylvania plane crashed. The rescuers braved 75 foot flames to reach the severely injured pilot and copilot. Several suffered burns. The heroes are assigned to Headquarters Troop and Troops C and D, 1st Squadron 101st Cavalry from Staten Island, Ronkonkoma and Rochester. They are Sgt. Michael R. Gotta, Spec. Joseph Kloiber Jr., SSgt. Manuel Narvaez, 1st Lt. Thomas Herrlich, Sgt. Ronald Pospisil, SSgt. Donnie Price Jr., Capt. Marc Redgate, Chief Warrant Officer Robert Wold, Sgt. Malcolm Timoney and Spec. Gerald Ryan.



STATE BRIEFS

OHIO

The saying "reach out and help someone" shined through Springfield Air National Guard members on Feb. 20-21 when they assisted the Veterans' Children's Home in Xenia with repairs.



SSgt. Keith Huber of the 178th Engineering Squadron helps restore a Springfield Veteran's Home.

The center was built in the mid-1800's. Originally, the Veterans Children's Home was named the Ohio Soldiers' and Sailors' Orphanage. The campus was erected after the Civil War when many children were left without parents. However, since the Vietnam Conflict, the need for the center has decreased. Currently, 137 children call the center home.

Improving living conditions and safety were two goals of the project, Maj. Homer Smith said. Guard members made repairs ranging from boarding up windows on abandoned buildings, stripping old carpet, conducting minor electrical work, repairing restrooms and painting.

"The project is 'a perfect marriage'," he observed. "We have Guardmembers from the community who are giving back to community."

NEW HAMPSHIRE

A "once-in-a-lifetime" TDY trip made two New Hampshire Air National Guardsmembers into lifesavers when their quick reactions at a hotel swimming pool prevented the possible drowning of two children.

Maj. Carl Roediger and TSgt. Dave Lajoie of the 157th Air Refueling Group's 133rd Air Refueling Squadron were part of a crew that traveled to New Guinea. Just nine degrees south of the equator, the navigator and boom operator were enjoying time off at a local hotel pool when, on consecutive days, each man helped rescue a youngster.

While swimming in the Gateway Hotel pool, Roediger was the first to notice a small boy who was motionless under the water. Although he was too far away to give immediate help, he called to a nearby gardener to assist.

The next day, Lajoie, fully clothed and reading a book at poolside, heard a woman scream that a young girl had stepped into deep water and was in trouble. Lajoie, book-in-hand, jumped into the water was able to push the girl to her mother's arms and safety.



Photos by Maj. Wayne Yoshioka

ON THE JOB - SSgt. William Bates (above, right) briefs his squad. SSgt. Jay Graham (right) inspects PFC Mark Burmeister. The 290th MP Company recently trained in Panama.

Maryland cops post in Panama

The 290th Military Police Company pulls AT at Howard

By Maj. Wayne Yoshioka
Hawaii Army National Guard

FORT CLAYTON, Panama

— Leaving the sub-zero winter temperatures of Maryland for a more tropical climate may seem like a great idea this time of year. The only difference would be if the trip was for work rather than play.

For the second time since 1990, soldiers from the Maryland Army National Guard's 290th Military Police Company deployed for two weeks of annual training in Panama.

Once in Panama, the 41 soldiers provided military police support to U.S. Southern Command, the regional unified command responsible for all U.S. military activities in Central and South America. It is comprised of 10,000 Army, Navy, Marine and Coast Guard personnel.

The Maryland troops worked three shifts, around-the-clock, and were housed at Fort Clayton, near the Pacific entrance of the Panama Canal. Their jobs included gate guard duty in sweltering heat soaring to 90-degrees

by mid-morning. Other soldiers patrolled military housing areas on bicycles in the evening.

"The most difficult part of our training is the heat," said Pfc. Elisabeth A. Brewer, 29, from Gaithersburg. "I basically have a desk job at home," she chuckled, "standing for eight hours a day at this gate is much more physically demanding."

Despite the heat, the soldiers got to do military police duties they rarely performed in Maryland.

"Our unit primarily trains for its prisoner-of-war mission throughout the year," Brewer said. "We go to the field to train outdoors six to eight times a year."

The deployment to Panama also provided some unique training for members who have been to Panama previously.

"We never did bike patrols before," said SSgt. William Bates, 36, a squad leader who was with the unit in Panama in



1990. The Calvert County resident, who works full-time as a police officer with the State Department of Natural Resources, supervised the bike patrols at night.

According to SSgt. Joseph O'Loughlin, the unit's active duty liaison, the 290th's was doing extremely well. "The 290th has a number of soldiers with civilian law enforcement experience which is a great advantage," O'Loughlin said.

For many of the Maryland soldiers, heat and job-related challenges are nothing new. Twenty-five of the 41 soldiers who deployed to Panama were also veterans of Operation Desert Storm. The military police unit ran a prisoner of war camp at Hafarabatin, Saudi Arabia, from Dec. 5, 1990 to April 22, 1991. They processed more than half of the 60,000 POWs at the camp.



Army Guard selects first female general

Wisconsin's Sharon Vander Zyl gets star

Sharon Vander Zyl of McFarland, Wis., the assistant to the chief of the Army Nurse Corps for National Guard affairs, was promoted to the rank of Brigadier General at a ceremony in Washington on March 30. Vander Zyl is the first female in the Army National Guard to hold the rank of brigadier general.

Brig. Gen. Vander Zyl assumed her current position on June 1, 1992. Her responsibilities are to represent the National Guard on nursing matters that come before the chief of the Army Nurse Corps, and to keep current on nursing issues that impact the National Guard nursing corps nationwide.

Vander Zyl also was inducted into the prestigious Order of Military Medical Merit, an honor bestowed on

those military medical personnel considered to be in the top 10 percent of their chosen field.

Vander Zyl, a native of Pella, Iowa, earned her master's degree from the University of Wisconsin-Madison, and continued her post-graduate work in family therapy. Her military career began in 1975 when she received a direct commission in the Wisconsin Army National Guard.

In civilian life, Vander Zyl is a nurse psychotherapist, and is a board member of the Center for Christian Counseling and Family Therapy, Inc., and is also a co-founder of that agency.

A STAR - Brig. Gen. Sharon Vander Zyl (right) was recently selected the Army Guard's first female general officer.



The National Guard in World War II

On the path to victory

By Maj. Bruce Conard
NGB Historian

The 34th Infantry Division drive for Tunis and Bizerte

After the fall of Hill 609, the Allied forces in North Africa moved to complete the defeat of the German-Italian Axis armies. 609 was one of a number of allied victories in early May of 1943. The 34th Division, 1st Armored Division, and 1st Infantry Division attacks on the right portion of II Corps sector had forced the Axis forces from the high ground. The best defensive positions in that sector were now in Allied hands. Ninth Infantry Division attacks in the north had also been successful.

Even as each foot of ground was gained, and each enemy casualty brought the end of the war closer, the Americans had begun to prove their worth on the battlefield. Battalions, regiments, and divisions were starting to show their maturity. II Corps had shown that a major American unit could build, sustain, and win in a large battle.

The 34th Division was poised on May 3, 1943 looking at some of the last high ground blocking the way to Tunis and Bizerte. The Germans now had their backs to the sea. The British Eighth Army, which had fought the German Desert Army all the way from the gates of Cairo, the British First Army and the American II Corps were on line from the south to the north facing the desperate Germans and Italians.

The final attack by the 34th Division saw the 168th Infantry and the 133rd Infantry attacking a ridge line that protected the pass at Chouigoi. With the two Iowa infantry regiments protecting the right flank, Minnesota's 135th Infantry covered the left flank. All three attacks were successful.

Because of the successful attacks all along the Allied lines, the Germans and Italians surrendered on May 15, 1943 and the 34th started herding Axis prisoners of war into makeshift cages.

The first five months of 1943 had been a bad period for the Axis powers - Germany, Italy and Japan. In the Pacific, the campaigns for New Guinea and Guadalcanal had stopped the Japanese offensive. Guadalcanal had been secured in January.

In the Soviet Union, German and other Axis forces surrendered at Stalingrad in what is now Russia, costing the Axis nearly 200,000 soldiers. When the Axis forces in Tunisia surrendered, the campaign had cost them over a quarter of a million soldiers. No longer were the enemy soldiers thought to be unbeatable. Although many did not realize it, the war had passed a turning point, and the Allies were on the path to victory. Many hard battles were yet to be fought.



TARGET MENDING - Lt. Col. Ray Thompson of the North Dakota Army Guard staples a new center on his target at the '93 Reserve Component Advanced Marksmanship Championship.



Photo by MSgt. Jim Holmes



Photos by 2nd Lt. Ellen G. Lampkins

GALLOPING GUNNERS - SSgt. Neil Mellor (above, left) of the Utah Army Guard, SFC Ron Harter (Nebraska) and Capt. Jerry Penn (Oklahoma), all members of the International combat shooting team charge downrange during the falling plate event. During the sniper competition, a competitor (right) negotiates the rope crawl on the obstacle course.



Michigan's Sgt. Norman Platt finds the bulleye at Reserve Marksmanship Championship

By 2nd Lt. Ellen G. Lampkins
Arkansas National Guard

NORTH LITTLE ROCK, Ark. On the final day of the 1993 Reserve Component Advanced Marksmanship Skills Championships at Camp Joseph T. Robinson, the "Top Gun" was decided by a tiebreaker.

Sgts. Norman Platt of the Michigan Army National Guard and Kenneth Surratt of the active Army were tied with 18 points after the four events pistol, M-16, M-24 and M-60 light machinegun.

The winner was decided by the rifle Excellence-in-Competition score, which they recorded earlier in the week. Surratt shot a 268 with nine Vs, while Platt had a 243 with seven Vs.

In the open class, Capt. Michael Michie of the Virginia Army Guard, a member of the All-Guard international shooting team, was the top finisher.

In the individual rifle championships, SSgt. Larry Reynolds of the Vermont Army Guard was the winner at 744.038 followed by SSgt. Richard Zolnowsky of South Dakota Army Guard (739.034) and CWO Albert B. Wood, an Army Reservist from Texas (738.023).

In the open class of the event, Sgt. Roger Jacobson of the active Army (724.018) was first overall while Sgt. William T. Wilkinson of the Missouri Army Guard (707.026) won the novice class.

In the Chief's Army Service Rifle Team Championship, the 186th Field Support Battalion of the Vermont Army Guard was first overall with a score of 1200.092 followed by the South Dakota Army Guard at 1144.047 and an active Army team at 1114.051.

In the individual pistol championship, Sgt. Kenneth S. Surratt of the active Army was first with 1,289 points followed by Sgt. Frederick Little, Jr., (1,288) and SSgt. Millard Butler (1,282), both of the Vermont

Top Gun decided by tiebreaker

Army Guard.

In the open class, SSgt. Ronald Fagans, also of Vermont, finished first at 1,256, while 1st Lt. David Kleiber of the Alaska Army Guard won the novice class (1,168).

In the pistol team championship, the 186th was first with a two-match total of 1,254 followed by an active Army team (1,199) and a team from: Headquarters, State Area Command of Connecticut (1,157).

In the light machinegun individual championship, Sgt. Norman Platt and SSgt. Daryl D. Van Beek, both of the Michigan Army Guard, placed first and third, respectively. PFC Timothy L. Borkosky of the active Army was second.

In the open class, Sgt. Douglas E. Washburn of the Missouri Army Guard won first with a six-match total of 1,043, while Spc. Tim J. Nystrom of the active Army won the novice class.

In the light machinegun team championship, 3/126th Infantry of the Michigan Army Guard was first with a total of 1,826 points followed by an active Army team (1,633) and the 205th MP Battalion of Missouri (1,316).

In the individual sniper championship, SSgt. Ben Groves of the Pennsylvania Army Guard was the overall winner with 800 points followed by 1st Lt. Christopher Schiano of the New York Army Guard (747) and SSgt. Charles Morris of Indiana.

In the sniper team championship, Co. F. of the 126th Aviation of the Massachusetts Army Guard was the top finisher with 874 points followed by 11/152 Infantry of the Indiana Army Guard.