

The National Guard ON GUARD

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Together, again —

Revised uniform policy Permits decorations, awards on Class B shirts

Army Chief of Staff General Carl E. Vuono recently approved a change to existing uniform policies which now permits the wear of awards and decorations on the short and long-sleeved Army Green shirts, AG 415 and 428.

The policy change was announced in a message to all Army commands January 13th and took effect immediately. It provides for a Class B uniform similar to those of other U.S. military services and allied nations which allows soldiers to display their awards and decorations.

Previously, soldiers were not permitted to wear awards and decorations on the Army Green shirts, or, Class B uniforms, although members of other military services, the Air Force, Marine Corps and Navy, were permitted to do so.

The change in policy is recognized as a response to strong input from the field, especially among junior soldiers in Joint or DoD assignments, and is considered as an enhancement of morale and esprit de corps.

Provisions

Under the new policy, soldiers may wear all, some, or none of their awards, including ribbons and full-size or miniature combat and special skill badges. Ranger and Special Forces metal tab replicas may be worn on the left shirt pocket flap as they are worn on the Army Dress Blue uniform coats. However, there are **restrictions on mixing** medal sizes so full-size and miniature medals may not be worn on the shirt.

The wearing of marksmanship, identification and foreign badges as well as regimental distinctive insignia, unit awards, airborne backgrounds, cords, aiguillettes, fourragers and lanyards is authorized under the revised policy

which will be incorporated into the next update of AR 670-1.

No more than two badges may be worn above the left shirt pocket in addition to the insignia and chaplains insignia takes precedence over awards and will be worn

centered over the left breast shirt pocket above all awards ensuring it is not hidden by the shirt collar.

Military Police may continue wearing their badges on fobs, however, recruiters may no longer do so.

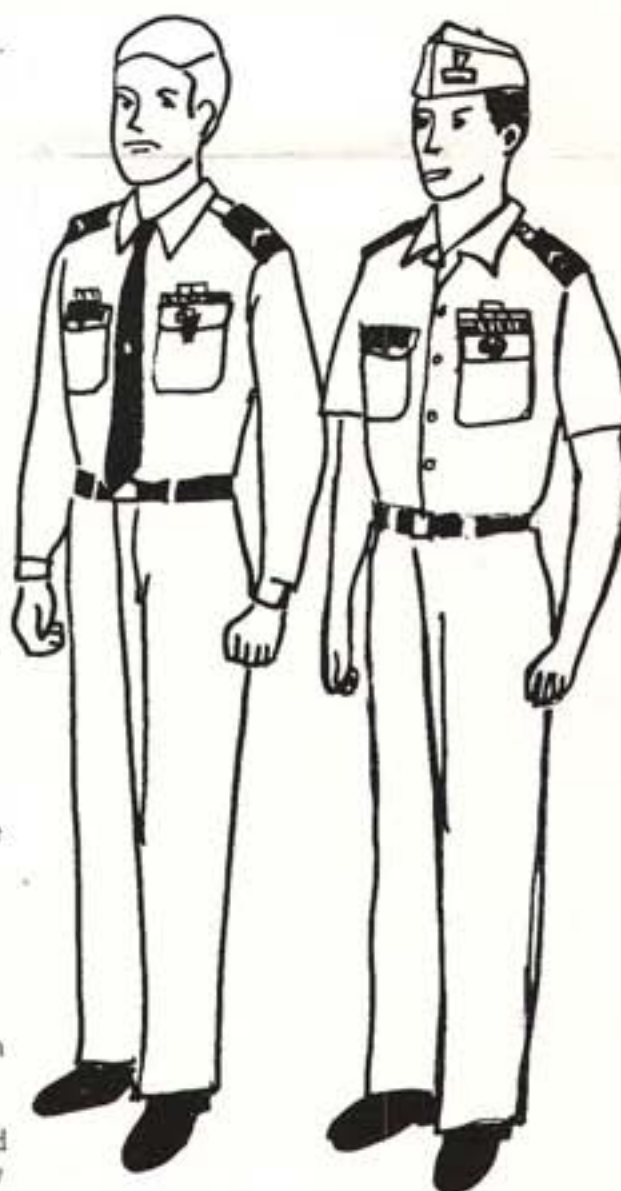
How Worn?

Awards and decorations must be placed on the shirts in a fashion **similar to** that of the wear of the same awards and decorations on **Army Green coats** and jackets. Plastic backings may be worn inside the shirt to act as a stiffener for the medals but must be purchased at individual expense.

The revisions do **not** authorize the wearing of **sew-on insignia** on the Army Green shirts, and this prohibition includes badges, tabs, patches, stripes and bars. Neither may distinctive unit insignia such as unit crest, nor combat leader's green identification tabs be worn on the epaulets of the shirts, or on the shoulder mark insignia of grade.

Army Guard soldiers may choose what they wish to wear on the Green shirts. **However**, commanders may require the wearing of awards for parades, reviews, inspections, funerals and other ceremonial and social occasions.

The Army is already looking into improvements for the appearance of the Green shirt with plans for a new, slightly heavier fabric and better construction of the collar, cuffs, pocket flaps and epaulets.



Army 'Over 40' screening policy changed

New Year's Day 1989 marked the beginning of major changes to the Cardiovascular Screening and related Physical Fitness programs for the Total Army, including the Army National Guard.

As a result of the changes, three major changes have been implemented.

New Criteria

First, medical screening will now **focus on** identifying **risk factors** and lifestyle modifications among active and sedentary members.

Second, the criteria for granting a Phase I **clearance** will be **based on risk factors** and **not** merely on a member's **age**. This will reduce the percentages of soldiers needing screening beyond Phase I from 50 percent to 15 percent.

Third, **soldiers** who reached the age of **40 after January 1, 1989** no longer must be cleared by cardiovascular screening before they may be required to participate in the Army Physical Fitness Test (APFT). Instead, the APFT will be required of all soldiers unless they have been given a specific medical profile which prohibits their participation in all or selected events that are part of the APFT.

Previously . . .

Previously, soldiers could participate in unit physical fitness activities and be required to take the APFT up through age 39 without having to be medically screened. Once a soldier reached age 40, however, he could not take part in the APFT until he had been medically screened and cleared, even if there had been no major change in the soldier's health since his last APFT.

According to Army messages to all commands, under present policies, soldiers with medical profiles may still be required to participate in portions of the APFT which are not affected by their medical profile.

A soldier with a broken arm, for example, may receive a medical profile which specifically prevents him from doing the push-up for the APFT. However, that profile may not prevent the soldier from doing the sit-ups or the run. Within the text of the medical profile, the physician directing the profile will specify those events of the fitness test which a soldier may otherwise be required to perform.

Alternate events

There are alternative events for individuals who have profiles preventing them from doing the 2-mile run, including an 800-yard swim, a 6-2 mile stationary bike event, or a 2.5-mile timed walk.

The APFT includes three timed events,

including push-ups and sit-ups to be done with a two minute time limit, and a 2-mile timed run. Separate tables broken out by sex and age for each event, are used to convert raw scores in each event into points which are awarded the soldier. Soldiers must pass each event, and the minimum passing score is 60 points.



EYES RIGHT! — As Spec. Maurice James anchors his row while Spec. Jonathan Lyon and SFC Allan Kohler and other members of the 29th Infantry Division (Light) contingent practice before taking part in the American Bicentennial Presidential Inaugural parade. (Photo by Lt. John Goheen, 29th Public Affairs Detachment)

Maryland, others in Inaugural parade

Maryland Guardsmen from the **29th Infantry Division** (Light) were among the first units participating in the parade festivities for the Inauguration of President George Bush as 41st president of the United States in January in the nation's capitol.

The 1.6 mile parade through Washington, D.C. marked the American Bicentennial Presidential Inaugural and included performances by more than 200 marching

units and color guards before crowds estimated at more than 300,000 people.

In addition to the "Freestate Guardians," Guardsmen from three other states participated in the parade. They included **Alaskan Eskimo Scouts** from Anchorage, the **43rd Army Band** from Lincoln, Neb., and a composite unit of **Delaware Air Guard** members.



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Lt. Col. Pete Wyro, Editor; Capt. Phyllis Phipps-Barnes, Associate Editor

ARNG Senior Service College application Schedule is changed starting with FY90

The Army National Guard Military Education Branch has announced changes to the deadlines for submission of applications from Army Guard officers interested in attending Senior Service Colleges (SSC) such as the National War College, Army War College or the Industrial College of the Armed Forces for the FY90 and later school years.

Under the new deadlines, officers interested in being selected for attendance at a SSC must submit their application by June 15th of the year preceeding the beginning of the actual class date. This is a change from a previous submission cycle which permitted submission of applications for SSC October 1st of the year preceeding the actual class date.

For Example

For example, under the new guidelines,

officers wanting to attend a SSC which begins July 15, 1990 must submit their applications by June 15, 1989. Under previous guidelines, their applications would not have been required prior to October 1, 1989.

As a result of the revised guidelines, the **following schedule** of actions will occur, using applications for the **FY90 school cycle** as an example of future application cycles.

FY90 Timetable

February 1, 1989: Announcement of the SSC program for FY90.

June 15, 1989: Nominations for SSC are due at the Army Guard Military Education Branch.

July 15, 1989: The SSC Selection Board convenes.

August 15, 1989: Results of the SSC Selection Board are released to the states.

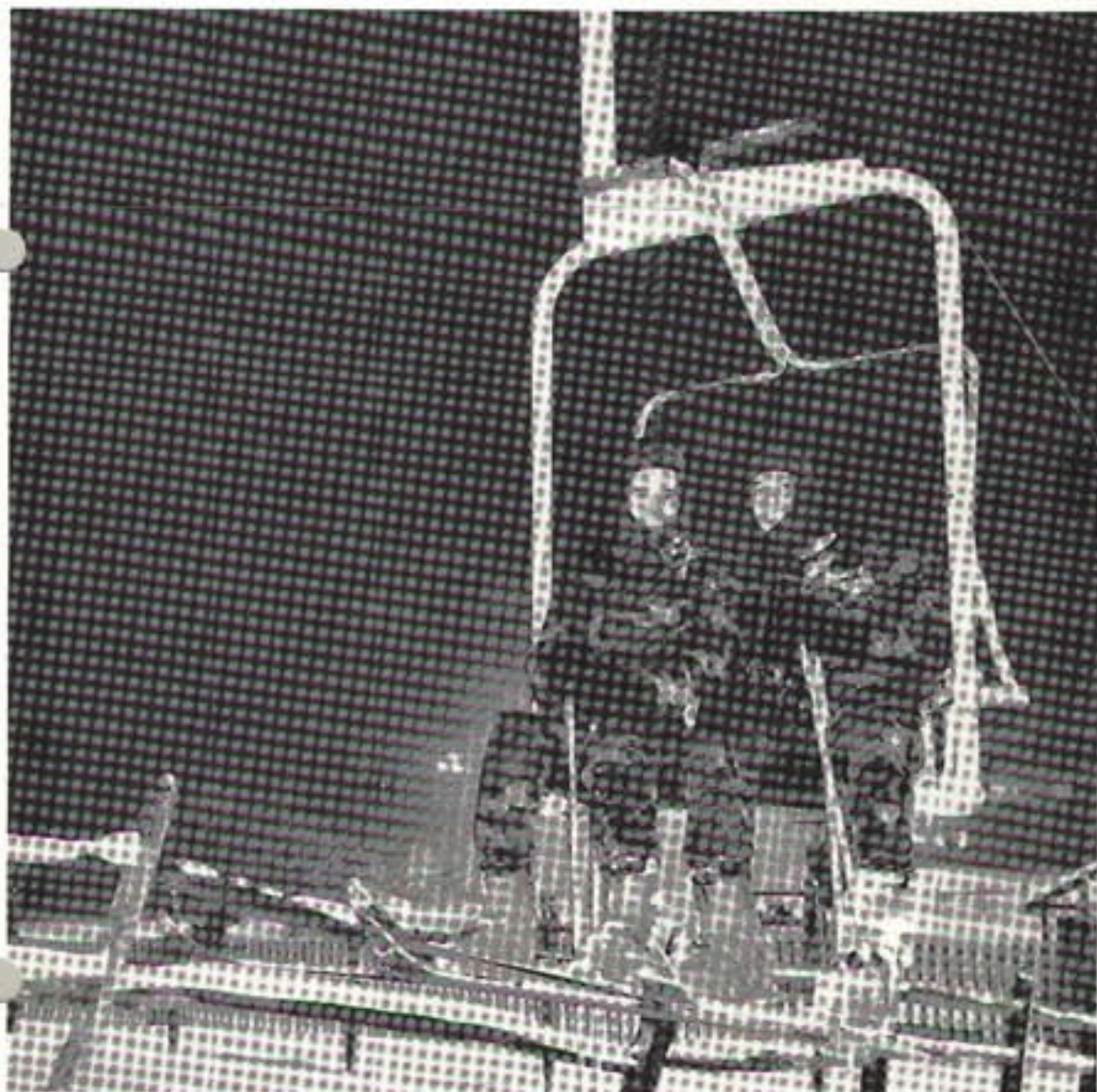
September 1, 1989: State Adjutants General notify NGB of the selectees acceptance or declination.

October 1, 1989: The Chief, NGB releases the results to the SSCs.

May 15, 1990: SSC Orientation in Washington, D.C. or the SSC sites.

July 15, 1990: Selectees report to their respective SSC.

For more information concerning applying for a SSC, interested officers should contact their respective School Program Managers or they may contact the **Army National Guard Military Education Branch** at autovon 584-8112/20 or commercial (301) 671-6712/20.



WHAT, ME WORRY? — Something had to be making these members of Maryland's 2nd battalion, 115th Infantry smile during their 28-hour training at the Ski Liberty resort. Could it have been apprehension? See story, page 8. (Photo by SSgt. Perry E. Thorsvik).

ANG names SSC selectees

The Air National Guard has selected the following officers for attendance at Senior Service Colleges and programs.

Air War College

Col. Thomas A. Glubrecht, Washington, LtCols Richard M. Anders, Illinois, Albert E. Lassiter, Mississippi, John R. Strifert, Vermont, and Robert E. Witmer, Pennsylvania.

Industrial College of the Armed Forces

Col. Michael D. McIlhon, Iowa and LtCols Richard L. Fletcher, Iowa, and Henry S. Parker, New Mexico.

National War College

LtCol William B. Lynch, Pennsylvania.

Army War College

LtCol Dwayne A. Alons, Iowa.

College of Naval Warfare

LtCol James M. Perkins, Sr., Idaho.

Air Power Research Institute

Col Rudolph Ventresca, Michigan.

Harvard University Fellowship program

LtCol Manuel C. Pereira, New York.

PEOPLE

Hostage freeing heroine

Massachusetts Air Guard **SSgt. Lurana L. Warren**, a law enforcement training specialist with the 102nd Security Flight at Otis ANGB, was recently awarded the Commonwealth of Massachusetts Humanitarian Service Award for her heroism during a hostage-taking incident last year.

Warren, a full-time security guard for a local department store in Brockton, Mass. had twice in the same day in August intervened in arguments involving a man

A ten-year Guard veteran, Warren credits her ability to remain cool and collect during the hostage situation to the training she received as a law enforcement specialist with her unit. Due to her training, she had been able to do in little more than one hour what the local police had been unable to accomplish in more than two and one half hours.

"Sick Leave" Rescuer

For **Msgt. Charles Pascale** of the New Jersey Air Guard's 177th Consolidated Aircraft Maintenance Squadron, there was no hesitation when he spotted a burning boat while fishing off the Atlantic coast in his own craft "Sick Leave."

Pascale immediately set out for the burning craft and began looking for survivors. He found one . . . the only one who had been on board the 37-foot "Diversion", owner Larry Gardner of York, Pa., who had been putting the boat through sea trials before a trip to Florida when it caught fire.

Pascale found Gardner 700 yards south of the burning "Diversion" and hauled him into the "Sick Leave" then waited until three Coast Guard vessels and a helicopter alerted to the burning boat by an unidentified observer arrived and transferred Gardner to their craft.

Apparently Pascale's four years in the Navy before joining the Air Guard had paid off.

Hawaiian honors

SSgt. Bryan A. Agena, assigned to Troop E, 19th Cavalry was selected from more than 1,300 NOCs as the Hawaii Army National Guard's NCO of the Year for 1989. He is a squad leader with the Troop E TOW anti-tank section, who enlisted in the Army Guard in 1985 and who participated in the invasion of Grenada with the Army's 82nd Airborne Division in 1984. His father, Col. Clarence M. Agena is assistant chief of staff, G-4 (logistics) for the Hawaii Army National Guard.

Spec. Michelle M. Fisher, assigned to the 297th Supply and Service battalion was selected as the Soldier of the Year



and the store photo studio manager and had ordered the man from the store.

At about 3:15 p.m. that day, she was contacted by the local police and told that the man was holding his girl friend hostage at a local hotel, and had threatened to kill her unless, along with his other demands, Warren meet with and talked to him.

Warren agreed to meet with him and was taken to the hotel lobby where he was holding his girl friend at knife point. There, working with a Brockton police officer, Warren talked with the apparently despondent, intoxicated and agitated man all the while maintaining eye contact and holding onto the hand in which he gripped the knife.

After more than an hour of talk and reassurances, the man agreed to release his hostage and Warren withdrew the knife from his hands and handcuffed him before turning him over to the local police.

for 1989 from more than 3,200 enlisted personnel. A native of Minnesota, Fischer entered military service as a member of the North Dakota Army National Guard in 1984, and enlisted in the Hawaii Army Guard in June 1986 as a clerk typist with her unit. Her husband is assigned to the Army's 25th Infantry Division (Light) at Schofield Barracks. She is one of only five women to be selected as the Hawaii Army Guard Soldier of the Year in the past, and is the second from her unit to be selected for the honor.

Both Fisher and Agena will compete in the WESTCOM Reserve Component Soldier and NCO of the Year competition.



Getting to know Your 'Energy Balance'

by MAJ Barbara B. McCarty
Division Nutritionist

Editors note: March has been proclaimed National Nutrition month. This is one of a series of Army-provided articles that include tips on good nutrition.

How many miles do you get to the gallon? Not in your car, how many miles do YOU get? How long can your body run on what you eat and drink?

Actually, we are quite similar to a car. We put fuel in (that is food and beverages) and we use it up as we work and play. We also burn up fuel to keep our engine idling, that is to be alive: to breathe, to pump blood, to grow hair, etc! When we talk about fuel for your body, we measure it in Calories (sometimes called Kcal or cal.)

You can get a rough estimate of how many Calories you use a day by multiplying your weight (in pounds) by 15. For example, a man who weighs 170 pounds, uses about 2550 Calories ($170 \times 15 = 2550$). Of course this is only an approximation. Individuals will vary depending on how active they are, in both their jobs and their leisure activities. Just like a car, some people do not use as many Calories as others to do as much work.

This is called ENERGY BALANCE. If a person consumes as many Calories as they use up each day, their weight stays the same. If they consume more Calories than are needed, the extra fuel is saved as **FAT**. Every pound gained represents 3500 Calories of stored fuel.

Of course, if you consume fewer Calories than you use in a day, the extra fuel comes from fat. **This is what weight reduction is all about: using your fat stores of fuel for your daily life and activities.** All the fancy books, pills, and gimmicks that supposedly cause weight loss can't change this basic rule. **To lose weight you must eat fewer Calories than you use.** If you use 500 Calories out of storage each day, then you will have used the equivalent of one pound ($7 \times 500 = 3500$ Calories) in a week (and if that doesn't seem like much, think of it as about 50 pounds in a year!)

There are basically two ways to accomplish this. The **first** is to **eat less**, the **second** is to **increase activity**. A combination of decreased intake and increased output is the best way to lose weight. Besides burning up Calories, the increased activity changes the way the body burns fat which results in a faster loss.

Of course when we talk about decreasing our intake, we must still assure that we are furnishing our nutritional needs. The Basic 4 Food Groups are a good foundation. Make sure you get at least 2 servings from the milk group, 2 servings from the meat group, and 4 servings EACH from the vegetable/fruit group and the bread/cereal group. Without extra frills, the required number of servings from the Basic 4 can be eaten for about 1200 Calories.



FAMILIAR FACES — The five members of the Meloche family provide one heckuva family "eye full" at their Battle Creek ANGB, Mich., Air Guard "home." From left to right they are SSgt. Ray M. Meloche, SMSgt. Daryl Meloche, TSgt. Ray L. Meloche, A1C Anthony Meloche, and SrA Belinda Meloche. (Photo by TSgt. David Thomas)

For Battle Creek's Meloches It's a 'Family' business

It's no secret that National Guard membership is often a matter of "family business," and it really is not too unusual to find members of the same family or even their close relatives in the Guard in the same state.

But don't tell that to Air Guard personnel at the Battle Creek Air Guard base in Michigan where they almost too routinely get an eyeful of the **Meloche** family, all five of them at last count!

For starters, there's **SSgt Ray M. Meloche**, an administrative clerk with the base personnel section. Then there's his uncle,

SMSgt Daryl Meloche who is a member of the Tactical Air Control Party, and **TSgt Ray L. Meloche**, a base civil engineer who happens to be Daryl's brother and Ray M.'s father. Finally, at last count, there was Daryl's son, **A1C Anthony Meloche**, a medic, and daughter **SrA Belinda Meloche**, a member of the Base Weapons's Security Flight.

At last count, though, Ray L.'s daughter, Marslen planned to enlist so the Battle Creek Meloche-family business with the Air Guard might have another claim to brag about.

DoD: Continued decline in drug use

Washington (AFNS) — A 1988 survey shows a decrease in the number of military people who drink heavily and use drugs.

The figures are the lowest since the survey series started in 1980. The survey also considered smoking and health practices.

Use of any drug by military people declined from 27.6 percent in 1980 to **4.8** percent in 1988. Use of marijuana and other drugs also dropped significantly between 1985 and 1988. In 1985, 6.5 percent of the military reported

marijuana use, compared with 2.9 percent in 1988. Comparable figures for other drug use were 5.8 percent in 1985 and 3.1 percent in 1988.

Cigarette smoking and use of other tobacco products fell significantly between 1980 and 1988. Cigarette use declined from 51 percent to 40.9 percent. Heavy smoking of one or more packs a day declined from 34.2 percent in 1980 to 22.7 percent.

'shorttakes'

AF Dependent Care Policy changed Special "Early Out" program

The Air Force Military Personnel Center recently announced a change to Air Force policy regarding enlisted personnel who are **single with dependents** or who are **married to other military personnel with dependents** and wish to apply for commissioning.

The revised policy permits enlisted people on active duty, or in the Air National Guard in those categories to apply for a commission as an officer thereby removing the previous requirement for a dependency waiver or dependency eligibility determination.

The individual's commander may now determine if adequate dependent care arrangements may be made which will cover the applicant while in a commissioning or direct appointment program and subsequent technical school training.

The change ensures enlisted personnel with proven track records for adequate dependent care arrangements will have the opportunity for upward mobility, according to the message announcing the policy revision on January 6, 1989.

The revision does not apply to civilians seeking an Air Force commission. Single civilians with dependents or who are married to other military personnel with dependents still may not apply.

Chain of Command Photos

Chain of Command photos ceased to be a public affairs function several years ago. Neither Army nor Air Force public affairs regulations require the maintaining of such photos. Instead, in many cases they are maintained as part of a unit administrative or personnel function.

For this reason, bulk copies of photographs of the national and military serve level chain of command under the administration of President George Bush will not be available through public affairs channels. Instead, they should ultimately be made available through Army Audio Visual support agencies or other counterparts within the Air Force which support unit training and audio visual requirements.

In addition, DoD officials have indicated it may take as much as 90 days after they are sworn into office before photographs of the national leaders become available. Therefore, units interested in updating chain of command displays should request photographs of new national and service leaders through appropriate audio visual support activities instead of Command Information channels.

Although unable to provide bulk distribution for national level leaders, within the NGB public affairs community, as photographs of new NGB-level leaders become available, copies will be distributed to each State Public Affairs officer for subsequent reproduction in quantities for both Army and Air Guard units within their respective states.

A special "Early Out" program now in effect seeks to assign about 193 graduates of the United States Military Academy, as well as ROTC scholarships and aviation programs to units within the Army National Guard in exchange for being released from active duty prior to completing the service obligation associated with their graduation from those programs.

Officials at the Army Reserve Personnel Center (ARPERCEN) are providing lists of officers in this category to state Adjutants General and their Officer Personnel Managers.

Once an officer has been contacted and the unit to which he will be assigned determined, the Army Guard Lieutenant's Management Team at ARPERCEN is notified and the loop closed.

The goal of the program is to have all of the officers assigned to Army Guard units by June 15, 1989, the date the program will end.

AF sets adoption claims policy

Denver (AFNS) — Air force people can now submit claims to the base accounting and finance office for reimbursement of adoption expenses.

The two-year Defense Department test program reimburses people on active duty **for more than 179 days**, including those in the Air National Guard and Air Force Reserve, up to \$2,000 per child or \$5,000 per military person in a calendar year.

To be eligible, adoption proceedings must be initiated between Oct. 1, 1987, and Sept. 30, 1989. Initiation of adoption proceedings is either the date of the initial home study report or the placement of the child in the home for the purpose of adoption, whichever comes later.

Claim forms are available from the base accounting and finance office or reserve pay and allowance system office. Completed forms must be submitted to the servicing accounting and finance office.

Requests for reimbursement must be submitted not later than 180 days after the adoption is final or within 180 days after Jan. 19, 1989 (the date of the Air Force's implementing instructions), whichever comes later.

With the exception of stepchildren, the program covers most adoptions up to age 18 by married or single people. It also covers adoption of children from countries other than the United States and children with special needs.

Most reasonable expenses relating to a legal adoption qualify for reimbursement unless previously covered by another government adoption program. Reasonable expenses include placement and legal and medical fees, including hospital expenses for a newborn infant.

Generally, personal travel expenses are reimbursable if necessary to assess the child's health, to attend counseling sessions, to escort the child to the new home, or otherwise required to qualify for legal adoption.

Combat, Special Skill badges Include



Parachutist



Aircraft Crewman



Air Assault badge



Combat Medical badge



Expert Field Medical badge



US Army National Guard Recruiter Identification badge



Expert Infantryman badge



Combat Infantryman badge



LOAD-UP CHECK — TSgt. Jerry Heckathorn checks out the C-5A as relief supplies are loaded at McGuire, AFB for the long haul to Incirlik, Turkey and their ultimate destination in Soviet Armenia. (Photo by MSgt. Clem Barry, NYANG).

NY's 105th MAG airlifts Armenia-bound relief supplies

Three days before the San Francisco 49'ers Joe Montana miracle in the closing seconds of the Super Bowl, members of New York's 105th Military Airlift Group were completing yardage of their own, 5,253 miles worth.

Their cargo? A load of 146,610 pounds of badly needed relief supplies destined for a "lateral" to members of Mississippi's 172nd Military Airlift Group and final delivery to earthquake ravaged survivors and rescue workers in Soviet Armenia.

With taxiways in Armenia too narrow for their C-5A Galaxy, the New York Air Guard crew had to be content to deliver the much needed clothing, bedding and footstuffs stacked six feet high in the giant aircraft's cargo bay to Incirlik and the waiting C-141s from Mississippi.

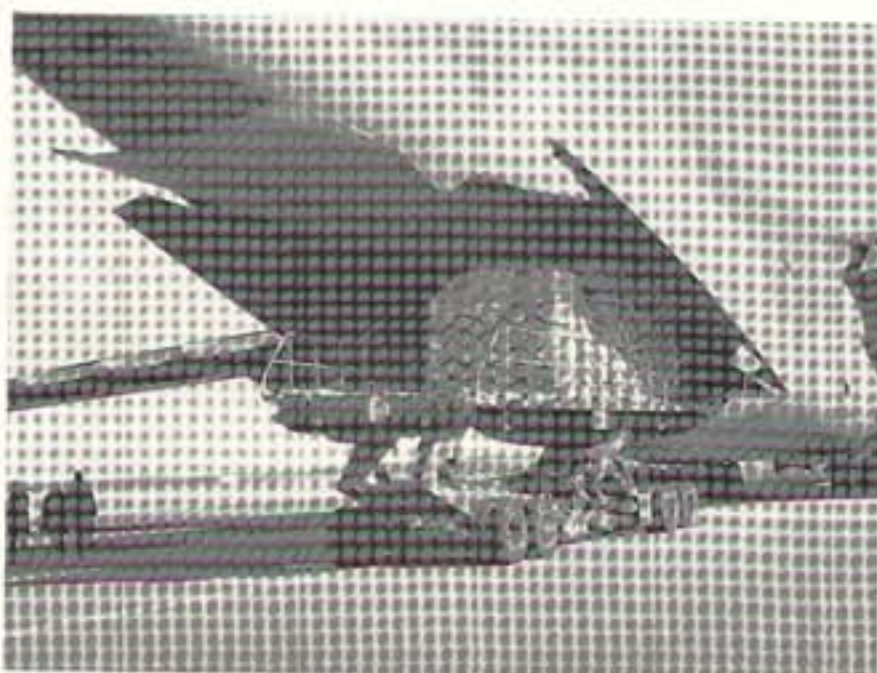
After flying eight hours from McGuire AFB, N.J. across the Atlantic, landing and refueling and then setting off for another four and one half hour flight, the C-5A landed at Incirlik AFB, Turkey where Air Force Reservists from Kelly AFB, Tex. transferred their cargo to the C-141's from Mississippi's 172nd MAG.

Among the pallets was one marked: "To: Friends of Samantha Smith." Smith was an 11-year old girl from Manchester, Maine who drew international attention when, in 1982, she wrote a letter for world peace to former Soviet President Yuri Andropov, and he responded! Smith was killed in a plane crash August 25, 1985 just 30 miles from her home.

(Lt. Col. Frank J. Adinolf, Jr. contributed to this story.)



WATCHING CAREFULLY — Amn Thomas M. Cooper carefully guides almost 5 tons of California raisins out of the cargo bay of the 105th MAG's C-5A Galaxy. (Photo by MSgt. Clem Barry, NYANG).



LOAD-UP TIME — Part of the more than 70 tons of relief supplies wait to be loaded into the giant Galaxy cargo bay for delivery to Armenia. (Photo by MSgt. Clem Barry, NYANG).



AH, WHAT FORM — As Sgt. John W. Schwabline tackles an intermediate slope during his unit's training at the Ski Liberty resort recently. (Photo by Sgt. Perry E. Thorsvik).

Members of Maryland's 2-115th Infantry 'Take' to training at ski resort

When is a ski resort not a ski resort? Answer: When it is being used by members of the **Maryland Army National Guard** for winter movement and survival training.

Such was the case when almost 300 members of the 2nd battalion, 115th Infantry, part of Maryland's portion of the 29th Infantry Division (Light) took to the snow covered hills of the Ski Liberty resort near Gettysburg, Pa. recently for basic instruction on cross-country skiing, snowshoeing, use of the "ahkio" sled and the construction of fighting and sleeping positions in the snow.

Some 20 graduates of the Army's Mountain School at Camp Ethan Allen,

Vt., were instructors for the overnight training which took advantage of hours when the resort was closed to the general public in order to get in the much needed training, including instruction on cold weather injury prevention and survival.

For SPC David Thompson the skiing was "the next best thing to surfing." Meanwhile, Sgt. John W. Bailey had another perspective. "I found my blood rushing through my veins each time I came down," Bailey said. Still others, like Pvt. Alvin Stanley were more precise in their descriptions of the 28-hour training venture. "This was the first time I ever skied and I loved it," Stanley said.

Story by 1Lt. John Goheen, 29th Public Affairs Detachment.

2-172nd Tankers, Supporters brave Frigid training

There just "aint't nuthin' " like bitterly cold, wintry weather to make an already challenging training plan even more of a challenge to implement, especially with the wind forcing the effects of the temperature well below zero.

So, when tank crews from Vermont's 2nd battalion, 172nd Armor tackled a modified tank table at White Face Ranch in January, both the tankers and their supporting members had to work hand-in-glove to keep the training on schedule and accomplish their mission.

While the tank crews methodically worked their way through Tank Table IV, their mechanics and mess personnel worked to keep the water supply from freezing, the heaters and other equipment operational and the meals on time.

Story and photos by SPC Heidi Pickering, 132nd Public Affairs Detachment.



HOT FOOD — SSgt. Steven Manfredi and SPC Jeff Reynolds work out of marmite containers to serve a hot meal to members of the 2nd battalion 172nd Armor training at White Face Ranch in January '89.