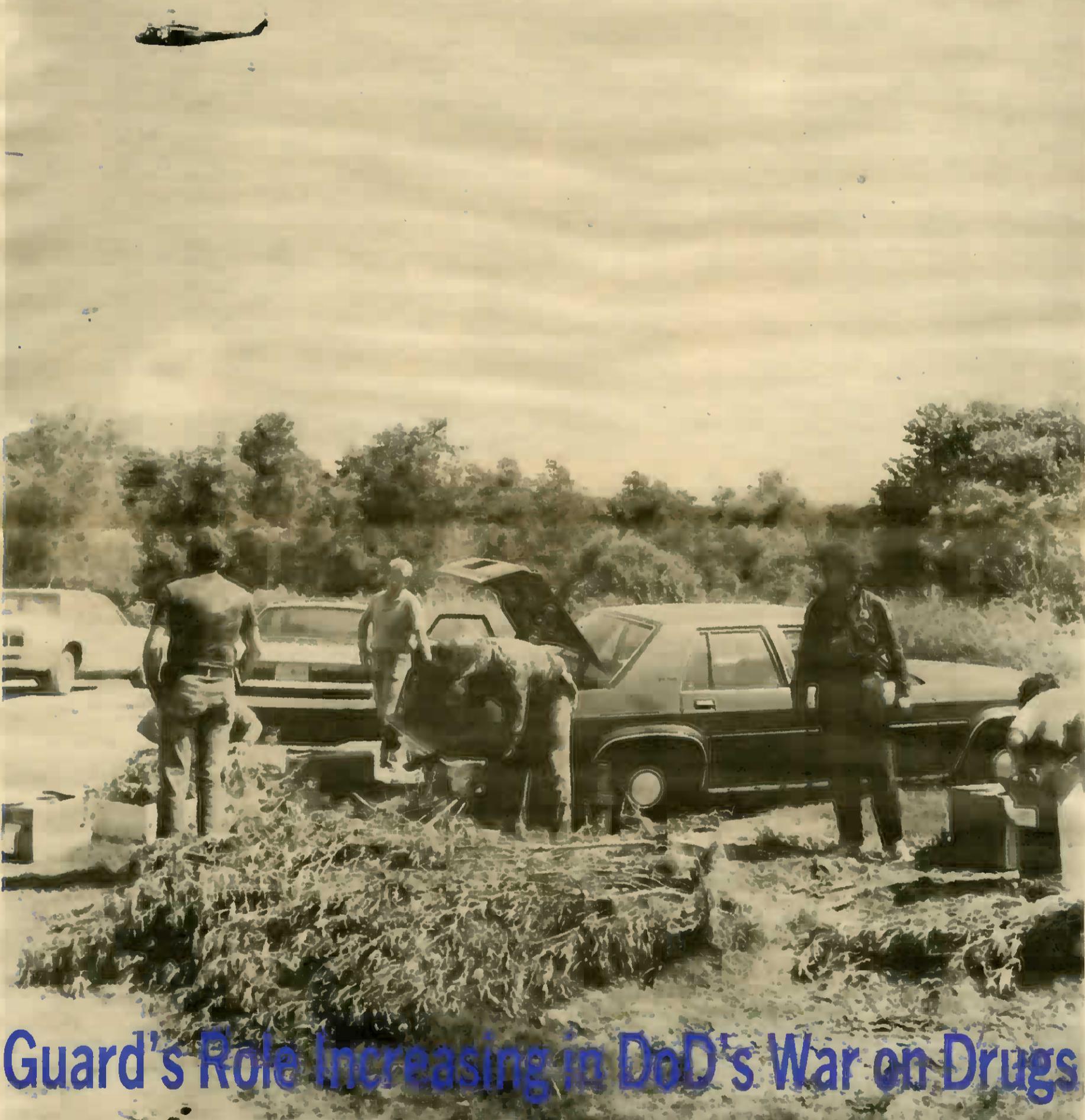


Louisiana Guardsman

VOLUME 2, NUMBER 1, JANUARY/FEBRUARY 1990



Guard's Role Increasing in DoD's War on Drugs

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Old Hickory Veterans Hold 44th Reunion

The 30th Infantry Division Association (Old Hickory) veterans of World War I & II will hold it's 44 reunion June 12-15 1990, Sheraton Hotel, Columbia, South Carolina, and Fort Jackson, S.C. We feel there are a good number of 30th veterans in your state who served in the division during World War II, who would like to know of the reunion.

FT. JACKSON, S.C. JUNE 12 - 15, 1990

The 30th division was one of the first four National Guard divisions called into federal service on September 16, 1949. When the Army of the United States began expanding, the division trained for several years before it was committed to combat.

During combat, the division was known as the "Workhorse of the Western front". It was also familiarly known as "Roosevelt's SS Troops", so named by the German high com-

mand because of the consistent vigor and terrific pressure the 30th Infantry Division brought to bear on Hitler's elite 1st SS Division. The German elite 1st SS Division was the main force of resistance just prior to the breakthrough at St. Lo, and again at Mortain, which the 30th Infantry division literally destroyed thereby allowing Gen George Patton's armored forces to go forward and race across France, shortening the war by many months. The 1st SS Division was reorganized over the next few months, and was again faced by th 30th Infantry Division in the "Battle of the Bulge". During the great Ardennes offensive in the winter of 1944-45. The 30th Infantry Division defeated this "Elite" enemy division, which was never to return.

This division participated in five major campaigns and was awarded five battle stars, for Normandy, Northern France, Rhineland, Ardenes and Central Europe. And decorating from France, Belgium,

and Holland governments. It is still, and always will be the opinion of the historians, that while Omaha and Utah beach invasions were a necessary Holocaust, in the Battle of Mortain, France the 30th Division took something out of the German Army which it never regained.

According to three top German Generals, Dodl, Keitel and Von Kesselring, interviewed after the war, stated that the Mortain Engagement was one of the critical operations leading to the defeat of Germany, and that the 30th Infantry Division was considered the best fighting division in the European theatre.

At the conclusion of hostilities in Europe, the men decided to organize the 30th Infantry Division association, through which they could perpetuate the friendships formed in service by meeting each year to renew friendships, and remember the men of the division who made the supreme sacrifice.



Evacuation at the site of the new museum annex unearthed several World War II era slabs. The museum annex and theatre will be built by Louisiana National Guard engineers. (State PAO Photo)

Museum Expansion Unearths WWII Slabs

By 1LT Maria L. Jonkers
State PAO

The first test piling for the new museum annex was driven back in mid-December. At a minimum it was hoped that the piling could withstand 8,000 pounds of pressure. But the test piling exceeded all expectations by enduring 16,000 pounds of pressure at a depth of 40 feet.

Core soil samples were taken from a depth of 45 feet. The soil removed was a gray, sandy clay which became as hard as concrete after a few weeks.

A display aircraft and a mobile home had to be removed from the vicinity where the annex and theatre are to be erected.

While excavation took place for the test piling the foundation of several World War II era slabs were unearthed. These slabs had sunk over two feet below ground. Portions of these slabs will have to be removed before work can proceed.

Fund raising efforts are going well. Distinctive t-shirt and golfshirts

emblazoned with the museum crest are being sold at armories throughout the state to help fund the museum expansion.

New Artifacts

Mr. George W. Schwarz recently donated 53 professionally made aircraft models to the museum when his firm re-located him out of state. These models built at a scale of 1:72 are valued at \$200 apiece, thus making the total worth of his collection \$10,600.

Generous donations, such as these, are what make the Louisiana National Guard Military History and State Weapons Museum one of the top rated military museums in the nation.

Test pilings excavated World War II era foundation slabs in the area where the museum annex and theatre will be built. Louisiana National Guard engineers will build the additions during drills and annual training.

The Front Page:
An Army Guard helicopter hovers above as New Orleans police chop and bundle marijuana sighted by a Guard spotter in the aircraft. Guardsmen are being used in increasing roles as part of the Department of Defense's war on Drugs... page 12.

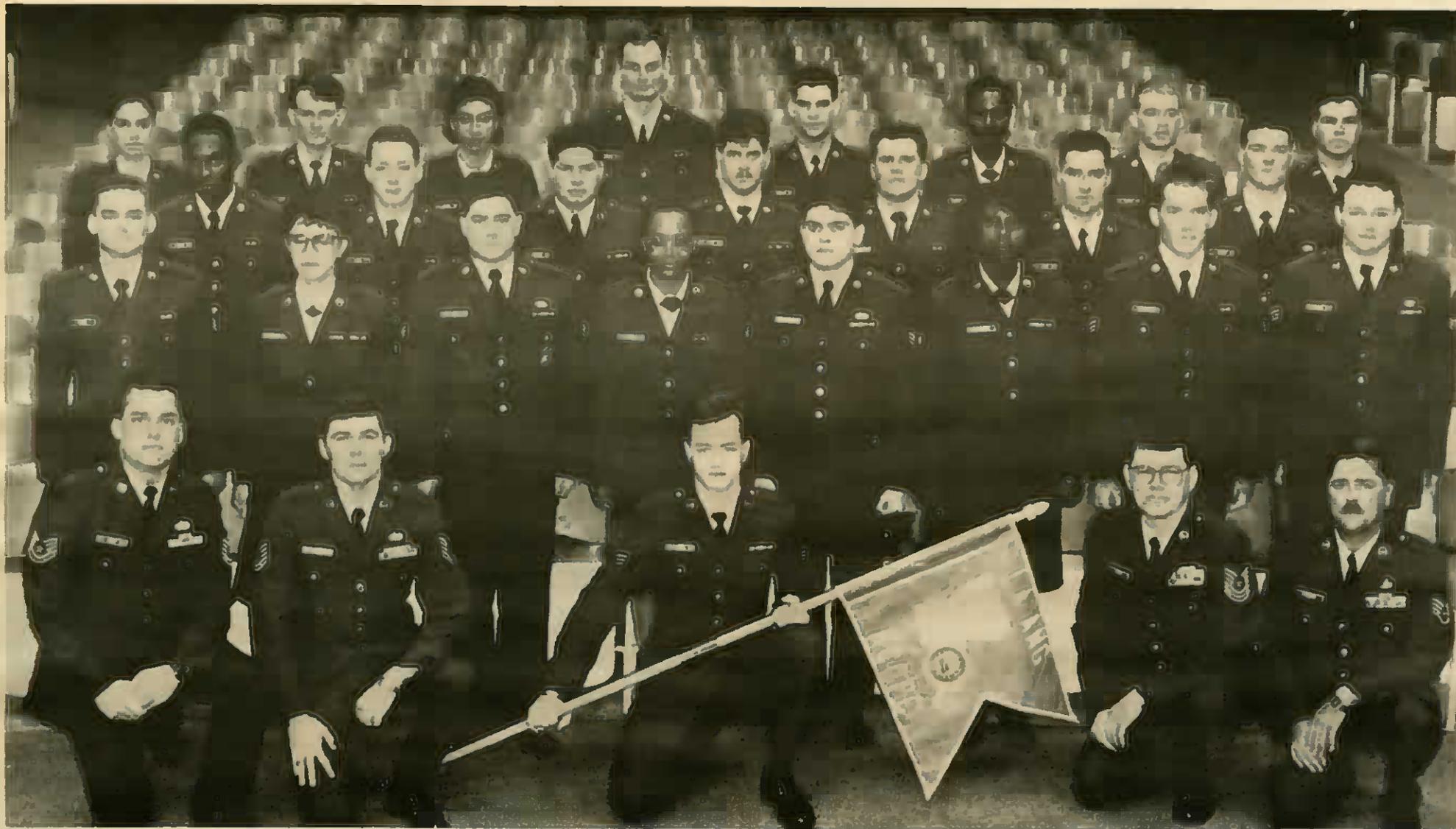
Louisiana Guardsman
The Adjutant General, La. Army
and Air National Guard
Maj. Gen. Ansel M. Stroud, Jr.

Chief of Staff
Col. James K. Corley
Public Affairs Officer
1LT Maria L. Jonkers

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Original articles pertaining to Louisiana National Guard units or individuals that would be of interest to the Guard community may be submitted to: La. National Guard, Office of the AG, LANG-PAO (2LT Jonkers), Jackson Barracks, New Orleans, La. 70146-0330.

CHIEF OF STAFF HOTLINE
1-800-223-6786



NCOPC Class 90-1 (Air Guard Photo)

NCO Prep Course Graduates Future Leaders

By SGT Suzanne Chaillot
159th TFG Public Affairs

The Louisiana National Guard graduated twenty-four of their finest airmen upon completion of the State's third NCO prep course.

Third was indeed the charm, for this was the first class to be honored with special guests from the National Guard Bureau and a semi-formal graduation banquet.

Airmen from the 159th Tactical Fighter Group the 214 Engineering Installation Squadron and the 236th Combat Communications Squadron spent the majority of the course at Camp Beauregard. The courses included topics such as communications, customs, and courtesies, military justice and Air Force History, just to name a few. TSG Justin Jones, course manager for the NCOPC, expressed the advantages of conducting the school at an Army installation. "Camp Beauregard proved to be an excellent environment for the course. The isolation allowed the airmen to concentrate on their leader-

ship studies plus the interaction with the Army's Primary Leadership Development Course (PLDC) gave us that competitive edge."

Another advantage of conducting the prep course on a state level personalizes the studies to include Louisiana National Guard History. The weekend of the graduation the class had the opportunity to visit Jackson Barracks. They received a personal tour of the National Guard Museum.

The museum's history spans from the Revolutionary War to the recent invasion of Grenada. The airmen were then treated to a walking tour of the old barracks which includes Antebellum homes dating back to 1837.

The class was most honored to have two distinguished guests in attendance for the graduation weekend. CMSGT Gordon G. Knisken is the present manager of the ANG's Enlisted Education Program, Andrews Air Force Base, Maryland.

Knisken is responsible for the planning, organizing and coordinating all aspects of enlisted professional education in the Air Guard. CMSGT Richard M. Green is the senior enlisted advisor to the director of the ANG. He is responsible for all affairs concerning the enlisted personnel of the Air Guard. The NCOPC graduation banquet was privileged to have Chief Green as the guest speaker that night. He brought wisdom and insight to all who attended.

The following day graduation ceremonies took place at the National Guard Headquarters located at Jackson Barracks. Chief Knisken gave a heartwarming and witty talk to the 24 graduates and their families. He commented that of all the NCOPC graduations that he had attended, he had never witnessed such a large family turnout. He also had the honor of awarding the prestigious John L. Levitow award to SRA Timothy Vignes of the 159th

Mission Support Squadron. SRA Scott Walgomotte of the 159th Consolidated Aircraft Maintenance Squadron, was the recipient of the Paul Boren award presented by MSG Patrick Brady. Both airmen displayed excellence in leadership abilities and academic skills.

MSG Mike Muth, who was instrumental in starting up the NCOPC in this area praised all the NCO's that supported the endeavor. Congratulations went to TSG Justin Jones, course manager, TSG Gary Johnson and SSG Mickey Vicknair, primary instructors. Adjunct instructors included MSG Walter Ledbetter, SMSG Harold Rogers, MSG Rick Sanders, TSG Lisa Franco and SGT Richard Herberg.

The best compliment of all came a week after graduation. TSG Jones received a letter from the National Guard Bureau. Chief Richard Green wrote a letter of congratulations in which he state, "The Louisiana NCO prep course is, without a doubt, the finest I have seen."

No matter what the leader's rank, or organizational level, each leader has the same obligation. That obligation is to inspire and develop excellence in individuals and organizations; train members towards professional competency; instill members with a spirit to win; see to their needs and well being; and to set standards that will be emulated by those they lead.

JOHN O. MARSH JR.
GENERAL JOHN A. WICKHAM JR.
Joint announcement on Leadership

Sanner Takes Over the 199th Spt Bn

By SPC Bernard Chaillot

The 199th Support Battalion conducted a change of command ceremony in January.

MAJ Cecil Sanner took the reigns of command from LTC Richard Averitt in a ceremony held in Alexandria.

LTC Averitt's service covered a period of 21 years. He was commissioned as a 2nd lieutenant in January 1969. Since that time he has held numerous staff and command positions and has served a tour in Vietnam as a platoon leader. These assignments include company commander, 3671st Maintenance Company; S-4, 3rd Battalion, 156th Infantry; and brigade supply officer, 256th Infantry Brigade. Averitt's military education includes the military police officer basic course, the quartermaster officer advanced course and the command and general staff college. Military decorations include the Bronze Star, the Meritorious Service Medal, the Vietnam Service Medal

and the Vietnam Campaign Medal. LTC Averitt holds a master's degree and is the director of admissions and records at LSU.

MAJ Sanner's military career began in May of 1967. He has held numerous positions including infantry company commander; S-1, 3rd Battalion, 156th Infantry; Inspector for the 256th Infantry Brigade; Adjutant General for the 256th Infantry Brigade and executive officer for the 199th Support Battalion.

MAJ Sanner's military education includes the infantry officer's basic and advanced course, the command and general staff college.

His decorations include the Army Reserve Components Achievement Medal, the Armed Forces Reserve Medal, the Louisiana Commendation Medal and the Louisiana Emergency Service Medal.

Cecil Sanner holds a Bachelor of Arts degree from McNeese and a degree from LSU. He is an attorney in Lake Charles.



MAJ Cecil Sanner accepts the 199th Support Battalion guidon from outgoing commander LTC Richard Averitt. (Photo by SPC Kirk Barrilleaux 256th Inf Bde PIO)

CW4 Darris Leblanc Memorialized

By SPC Bernard Chaillot
256th Inf Bde PIO

The late CW4 Darris A. Leblanc, who dedicated more than thirty years of his life to the Louisiana Army National Guard, was memorialized in December when the armory housing the 2nd Battalion, 156th Infantry headquarters was renamed in his honor.

Company commander, CPT Darrell J. Palombo welcomed the gathering that included Leblanc's widow, "Miss Anne", along with Leblanc's four children. SSG Ronald C. Leblanc, who is the Service Support section Sergeant of 2nd Bn HHC, sat with the rest of the family as his father was remembered.

Battalion commander, LTC Sans C. Broussard noted that the armory has been a landmark in the community for many years, and he introduced Representative Sam Theriot.

"The gifts of his hands and his mind made Darris Leblanc well known in this community," said Theriot in recalling the legacy of the late Guardsman and plant nurseryman. "He loved the Guard as much as he loved the trees, plants and flowers he worked with," he said.

The state representative then presented Mrs. Leblanc with a framed resolution from the legislature commemorating the day's special significance. State Adjutant General, MG Stroud delivered the dedicatory address.

"Many of you knew Darris Leblanc better than I, but I was well acquainted with his hard work and dedication to the Guard," he began. "I believe the changes going on in the world today, in Eastern Europe and elsewhere, were brought about in part by the strength and example of this nation. A vital part of that is the citizen-soldier, and D.A. Leblanc exemplified that spirit in the highest degree." Stroud noted that Leblanc's legacy of leadership and excellence, including the unit's record of winning the National Guard Superior Unit Award eight times, the Maintenance Efficiency award three times, and the Administrative Efficiency Superiority award twice.

In addition, the unit, under Leblanc's stewardship, twice won the 256th Infantry Brigade Outstanding Unit award and the Gen Dwight D. Eisenhower for the most outstanding unit in the state.

During his service with the Louisiana National Guard CW4 Leblanc was awarded the following awards: Army Commendation Medal; Louisiana Legion of Merit; Louisiana Cross of Merit; Louisiana Commendation Medal; Armed Forces Reserve Medal; Army Reserve Component's Achievement Medal.

"Gen Patton said wars may be fought with weapons, but they are won with men," said Stroud. "I am pleased and proud to join in a small way in paying tribute to a man for a



The portrait of CW4 Darris A. Leblanc in whose honor the HHC 2/156 Inf Bn Armory was renamed, will hang in the halls of the building. On display will be Leblanc's dress uniform. (Photo by SPC Kirk Barrilleaux, 256th Inf Bde PIO)

job well done."

The Adjutant General then unveiled a portrait of Leblanc as well as a bronze plaque mounted on the front of the armory.

"I am very proud today," said Miss Anne with emotion. "The Guard meant a great deal to my husband. He was proud of this unit. It was a big part of his life, and of his heart.

"At its best, it (discipline) is instilled and maintained by pride in oneself, in one's unit, in one's profession; only at its worst by a fear of punishment."

British Field Marshal A.P. Wavell

HHC, 205th Engineers Take A Unique Approach to Family Day

By CW2 Louis L. Joseph
205th Engr Bn PAO

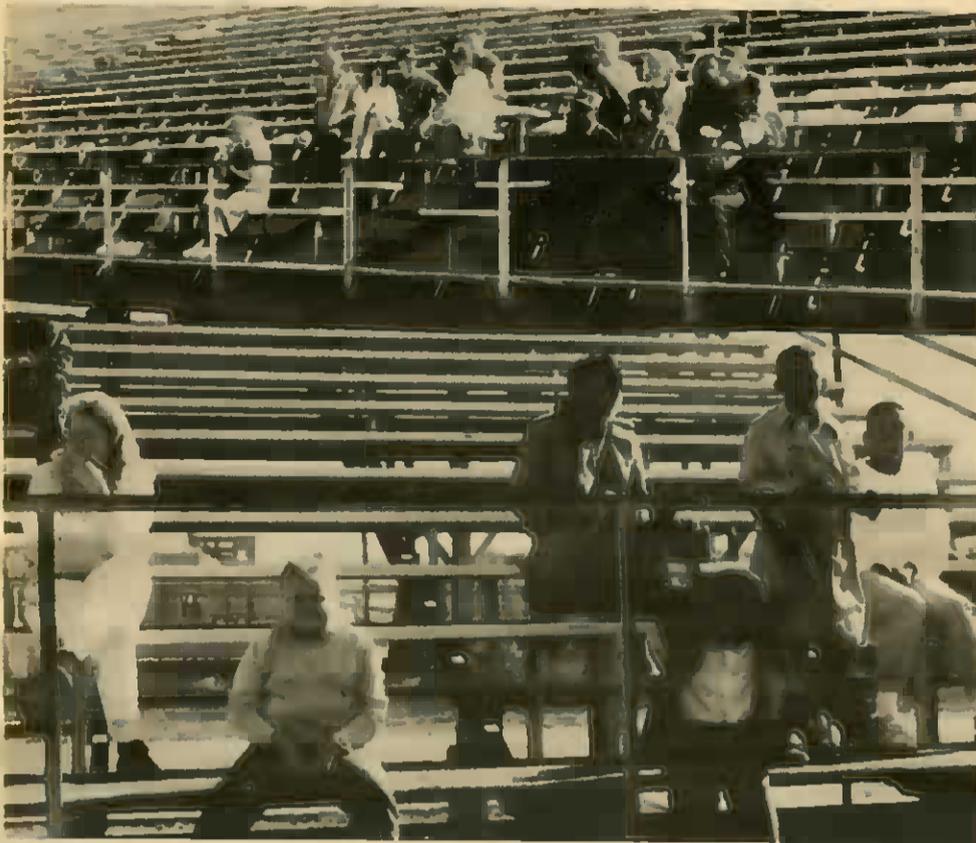
All units of the 205th Engr Bn hosted families and friends for their annual unit day in Dec. Most of the units served the traditional holiday meal, displayed tools and equipment and gave their guests a tour of the facilities. However, headquarters company varied its approach and did something different. All guests were invited to the football field adjacent to the armory in Bogalusa. Each section was involved in a series of competitive events. Each event was timed and included the following: put up a pup tent, shoot an azimuth, quarter mile relay, find a terrain on a map, and put on a protective mask.

An announcer was present to explain each event to the guests, and to answer any questions that arose. The most frequently asked questions were asked by the children. The two questions asked most often were, "What is the mask us-

ed for" and "Why is it made so funny".

After this event, everyone recovered in the armory where the children were entertained with various games while the spouses were briefed on the current status of family affairs. LT Chastain, battalion S-1; Chaplain (MAJ) Shafer, and CW2 Louis Joseph, Public Affairs Officer briefed the family members on all aspects of family assistance. This included information on acquiring the ID card necessary for admittance to the PX. If family members of the 205th Engr Bn need help with family affairs they can contact LT Chastain at 1-800-344-5336 or (504) 735-1081.

Following the family assistance briefing, battalion commander LTC James McCall presented the Louisiana National Guard Distinguished Civilian Service Award to Nurse Deborah Lambert for saving the life of SPC Dave Kinney who was involved in a vehicular accident. In conclusion, LTC McCall thanked all family members for their attendance and support.



Family members who visited the 205th Engineer Battalion's family day activities observed several competitive events that the engineers staged on a nearby football field. Among these events were setting up a pup tent, shooting an azimuth, a quarter-mile relay, finding a terrain on a map, and putting on a protective mask. (205th Engr Bn PAO photo)

Chastain Promoted

By CW2 Louis Joseph
205th Engr Bn PAO

Timothy Chastain was recently promoted to 1st Lieutenant and currently serves as the 205th Engineer Battalion's S-1. A native of Virginia and a 1987 graduate of Longwood College in Farmville, Chastain received a bachelors degree in Historical Preservation and was commissioned through the ROTC program in July of 1986. He successfully completed Ordinance Officer Basic while assigned to an Army Reserve unit in Fort Belvoir, Va. While performing a special active duty tour for two months he had the opportunity to observe the training of officers in the basic engineer course, and an interest developed.

With the 205th, he has been on REHAB-III in Panama serving as Assistant OIC, the Leadership Development Course, and the Battalion S-1 course at Camp Robinson, Arkansas. He is presently attending the Engineer Officer Basic Course.

1LT Timothy Chastain



Engineers Donate Blood

Detachment 1, Company C, 527th Engineer Battalion (Combat Heavy) located in Homer participated in a blood drive in November. Nineteen unit members donated blood to the Louisiana Blood Center. Officials at the Blood Center stated that traditionally November and December are critical months for the blood center as the increased number of people traveling during the holidays results in more traffic accidents. (SGT Jerry Caylor, left and SPC Clyde A. Morrow, right, participated in Det 1, Co C, 527th's Blood Drive.)



"What counts is not the size of the dog in the fight, but the size of the fight in the dog."

—Dwight D. Eisenhower

Guardsmen Save Boy as Crowd Watches Girl Die

By SSG Lance C. Osborne
236th Cbt Comm Squad

It was around August that Kraig Schexnayder along with his girlfriend and her family went down to Grande Isle for a fishing trip. The day that they left to return home will be a day that stands out in Kraig's mind for a long time to come.

As they were leaving, they saw a woman on the side of the road trying to flag them down. After they stopped, the woman asked if any of them knew CPR, because there were two children lying on the beach, that had just been pulled out of the water.

Kraig and his girlfriend's father jumped from the car and ran over the dune, which was concealing the beach from the highway. Kraig said as he came over the dune, he could see twenty to thirty people standing around watching something. As he got closer, he could see two men trying to revive a little girl and a little boy, but to no avail. Kraig first ran to the little girl. He said she was already bloated and her lips were blue. He checked for a pulse, but

couldn't find one. He then began preparing her for CPR, but he felt inside that it was already too late for her. At that time, someone yelled out that the little boy had a pulse.

Kraig immediately went over to the boy and began preparing him for mouth-to-mouth. He tilted the boy's head back and cleared his throat. He then began giving the boy abdominal thrusts. Suddenly, the boy vomited and began coughing. He turned the boy on his side.

By this time the police and an ambulance had arrived. The medics then took over. He heard one of the medics say that the little girl had been brain dead for over ten minutes.

Kraig later learned that the two children were cousins each about eight years old. They had been playing in the water along the edge of the beach, while their fathers were fishing. Somehow, the little girl was caught in the undertow. The boy tried to help her, but was caught in the undertow also. Minutes later, the children's fathers realized what had happened and rushed to save them.

We'd rather not pound it into you.



If you suffer a heart attack, and your heart stops beating, pray that someone nearby has been trained in Red Cross CPR.

If you'd rather do something now to reduce your risk of heart attack, Red Cross is ready to help.

Black Americans are twice as likely to have high blood pressure than whites. High blood pressure is the number one contributor to death and disability among the adult Black population.

If you'd like to learn how to take better care of your heart, call Red Cross. We'll help. Will you?

American Red Cross



We'll Help. Will You?

A Public Service of The Magazine & The Advertising Council

They pulled them out of the water, but unfortunately didn't know what to do to revive them. By this time a crowd of spectators had gathered, but none of them knew CPR. Kraig was the first to arrive at the scene who knew how to perform CPR. Unfortunately, it was too late for the little girl.

Kraig says one of the thoughts that crosses his mind often is that had either of the fathers or the people standing around known CPR the little girl might have been saved.

Schexnayder is a member of the 236th Combat Communications Squadron. He learned the CPR technique in the Air National Guard.

Sentry Mudbug Operation held on Gulfport Beaches

By SRA Debbie Hebert
159th TFG PAO

The Mississippi Gulf Coast sky was the setting for the Coonass Top Gun Competition, more commonly known as Sentry Mudbug. The fourth annual exercise took place in November.

The exercise incorporated Air National Guard, Air Force Reserve, Navy and Marine Aircraft. The purpose of the exercise was to provide U.S. aircrews with dissimilar air-to-air combat training. Events took place far out over the gulf while being viewed by evaluators using the new on-air combat maneuvering in-

strument (ACMI) training device at Gulfport, Miss.

This system allowed the aircrews to review their mission dynamics in order to improve capability after the mission had been flown. The glory of the jets being up in the sky would not have been possible without the support crew the 159th deployed along with the aircrafts.

LT Curtis Hughes, Sentry Mudbug Project Officer, acknowledged that the "Support Services did an excellent job. Our unit had to provide billeting and transportation for our invite participants as well as for our own members. TSG Russell Davis did a remarkable job organizing this service."

In order for the 159th to fly its twenty-four sorties a day, the support crews had to be effective and efficient, and they were. All the aircraft flew as scheduled, and if there would have been a situation such as a ground abort, the maintenance crew would have seen that spare aircraft could be turned out and flown.

From the crew support it was business as usual. "That's what we are here for," states SSG Mary Munson, crew chief. "This is routine. We talk to the pilots, make sure everything is okay with the plane, then disconnect the cables, pull the chocks and direct them out. We are here to make sure nothing has been overlooked." She also talked of the ex-

perience of working with the visiting support crews. "It's exciting and different working with the other aircraft. It helps to see how the other half lives."

With the hard work that accompanied the Sentry Mudbug Operation came the time off and the hard play. After the mission was complete the 159th hosted a huge bonfire on the sandy beaches of Miss further displaying their Southern hospitality.

The Gulfport area provided an outstanding training site where the various types of aircraft improved their capabilities as a major part of our nation's outstanding air defense team.

Top Complies With Commander

By SRA Debbie Hebert
159th TFG PAO

Have you ever wondered what a first sergeant does? Why is he always busily running around during drill weekends?

In our quest for answers, we found out that there are six first sergeants who "take care" of over twelve hundred Louisiana Air Guard members. At a one to two hundred ratio, no wonder these guys look so busy.

A first sergeant's main concern is to comply with the commander and to get things done as quickly as possible. Physicals, shots, ancillary training, and shooting qualifications are some of the things that they accomplish during drill weekends. They help keep everyone current and up-to-date.

MSG Christian D. Rodick has been the first sergeant of the 159th

Resource Management Squadron for three years. He says his job is made easier by the great cooperation he receives from each supervisor in their section. Of the recent UEI, which tested all division's ability, Rodick said, "My team showed that they had a lot of TCP in preparing for and during (the UEI). Talent, Courage and Persistence to do a superb job."

Newly appointed acting first sergeant of the 159th Mission Support Squadron TSG Louis H. Bernard, said that his job is to help people accomplish personal as well as professional goals. "A first sergeant's overall objective is to ensure the commander that complete cooperation and effective efficient communication is an everyday occurrence. This continuity is essential for successful mission accomplishment."



HHC, 256th Bde Pulls Christmas Floats as Part of Community Activities



Soldiers of headquarters Company, 256th Inf Bde pulled floats during the annual Christmas parade in Lafayette. (Photo by SFC Kirk Barrilleaux, 256th Inf Bde PIO)

By SPC Bernard Chaillot
256th Inf Bde PIO

Whether delivering boxes of canned food to the poor or acting as drivers for an annual Christmas parade, members of Headquarters company, 256th Infantry Brigade in Lafayette took part in many community activities common to the holiday season.

"It is important that the public recognize the citizen-soldier of the Louisiana National Guard as an important part of the community year round, not just in times of emergency," said BG Gary Whipple, Brigade Commander.

For several drills before Thanksgiving and Christmas, SFC Robert Paul coordinated the gathering of donated foods, which were stockpiled and presented to service agencies.

For the annual Abdallas Christmas parade in Lafayette, floats were pulled by members of HHC who had volunteered to use their personal vehicles and contribute their services to the popular event. Parade organizers chose citizen-soldiers for the task of pulling the floats because of the National's Guard commitment to safety in vehicle maintenance and operation.

SGM Quebedeaux, aided by SSG Joseph "Hammy" Dupuis coordinated the unit's parade activities.

It's All in a Day for an MP

By SPC Rhonda Williams
2223rd Engr Bn UPAR

He glanced over at the tarmac where the Air Guard crews were making final preparations on the F-15s for the air show.

He heard the public address announcer calling out instructions for departures from the parking lots for spectators and he thought how he'd like to have his five year old son with him to watch the best fly the fastest and the highest.

In his HMMWV he looked the same as any other Guardsmen: highly shined boots, buckled pistol belt - regular stuff.

But he was anything but regular, because he wore the distinguished shoulder armband with the bold black letters "MP".

"We have a lot of radio traffic here in the command post," said 1SG Jimmy Mims, of the 39th Military Police Company. "We have the entire company out here, so we have comms between platoons; the company commander, CPT Edgecomb; the show's public address announcer, and the Plaquemines Parish Sheriff's Office."

One glance at PFC Gary B. Greene in the message center was proof enough of the hot message traffic.

The MP continued his patrol in his

HMMWV, thinking back to how many other guys have pulled this same duty every year in November in Belle Chasse. Sure, he thought, he'd love to have his son with him, but this was a high visibility thing. People were counting on him and the others. A lot could go wrong, even in the parking lot.

Security was maximized, since in addition to the Army Guard's 39th Military Police Company, the Air Guard's 159th Security Police Flight and the Air Reserve Security Police were on hand, as well as the Navy Reserve's MPs.

There's a lot out here, he thought as he turned his vehicle in the direction of a radio call.

A spectator had left his car with his windows wide open. One of his buddies spotted it, and with the aid of a Navy MP they kept it under surveillance.

Later that morning he heard the voice of SFC Willie McLester reporting details of another incident. It seemed that after a convoy of buses taking visitors to the show took off McLester heard the sound of an automobile engine still running. McLester found the car running with the doors locked.

He notified the command post, who notified the Plaquemines Sheriff's Of-

fice at the show. The message was relayed to the public address announcer who made an announcement during the show. A Sheriff's Deputy and McLester helped to "extract" the keys from the car and then left a note for the owner as to where the keys could be retrieved.

The radio crackled again. SGT Shane R. Brossette noticed something that needed further investigation. While walking past a vehicle he saw a dog inside. The dog appeared listless.

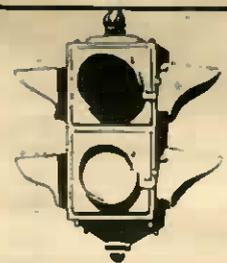
"Maybe he was lazy or didn't like the truck," Brossette said, "but I thought something was wrong."

When Brossette tried to aggravate the dog by knocking on the window, the dog retreated, instead of barking or jumping. Brossette knew something was wrong.

Through the communications network, members of the 39th MPs notified the owner from the public address system. The owner arrived, and the overheated dog was revived. Brossette returned to his patrol.

Minor incidents, the MP thought, but they made a difference. The mission of the MP wasn't always exciting or dramatic, but the excitement was better left to the F-15s.

His job was to patrol the parking lot. And he did.



WARNING SIGNALS OF CANCER

- C**hange in bowel or bladder habits.
- A**sore that does not heal.
- U**nusual bleeding or discharge.
- T**hickening or lump in breast or elsewhere.
- I**ndigestion or difficulty in swallowing.
- O**bvious change in wart or mole.
- N**agging cough or hoarseness.

If you have a warning signal, see your doctor!



204th Area Support Group Exceeds All Expectations in OPTIMAL FOCUS 90 Exercise

By SPC Dane A. Kerne

Soldiers of the Louisiana Army National Guard pride themselves on the ability, skill and professionalism with which they perform their duties. It is through intense, precise training and preparation that these soldiers are able to do their job so well.

The 204th Area Support Group, in particular, has earned a reputation for performing its duties in an efficient, professional manner. Such a reputation carries with it the responsibility of maintaining this high level of performance.

Members of the 204th were once again called upon to prove themselves when they took part in "Optimal Focus 90", an annual mobilization exercise.

This exercise tests the Army's ability to mobilize at the President's request, up to 200,000 Selective Reserve (National Guard and Reserve) personnel to active duty.

This year's mobilization exercise was held from February 2nd to February 4th and in the words of the

company commander, CPT Eugene Barattini, mobilization is NCO business.

This was indeed proven to be true as NCOs worked to ensure that all the necessary materials were packed and ready to be transported. Soldiers packed all records, manuals, weapons and other essential equipment to be sent to the unit's mobilization station at Fort Polk. This time was also used to check and update personnel records and immunizations, as if it were an actual mobilization. Soldiers were subject to a "shakedown inspection" to ensure that they had all necessary equipment and clothing.

"The exercise, which was evaluated by personnel from the National Guard Bureau, Forces Command, the Department of the Army, and the 5th U.S. Army, was considered a success.

Barattini remarked, "We went beyond what was required of us to test whether Headquarters and Headquarters Company of the 204th could mobilize."

LTC Fryingsinger (left, with glasses) of the Department of the Army, and Ms. Margaret Waters with Forces Command observed Headquarters, Company, 204th ASG conduct Phase III tasks for mobilization during OPTIMAL FOCUS 90, a nation-wide no notice emergency mobilization alert exercise. (Photo by SPC A. Sharon Dixon, 241st PAD staff)



Headquarters Company line up for the convoy to their mobilization station as part of their evaluation during the alert exercise. While members did not actually convoy, personnel did board buses as the last step before departing. (Photo by SPC A. Sharon Dixon, 241st PAD staff)



SSG Alfred Travis, communications NCO (in booth) and PFC Douglas Farrell, NBC NCO man the security checkpoint set up for visitors during the 200K call-up exercise at Jackson Barracks. (Photo by SPC A. Sharon Dixon, 241st PAD staff)

Mobilization Is NCO Business

By CPT Eugene Barattini
HHC, commander

Take one part sweat, two parts realism and add the main ingredient—NCOs—which equals a superior mobilization training exercise. During the period 29 January to 4 February 1990 the members of the 204th Area Support Group participated in a mobilization exercise "Optimal Focus 90" developed by the Department of the Army and FORSCOM. According to the unit commander, "Mobilization is NCO business" and from the comments of all evaluators the theme of the exercise held true.

The most critical factor in the success of this particular exercise was that everyone fully understood the plan and the objectives. The HHC 204th ASG under the leadership of

CPT Eugene Barattini and 1SG Herbert Zengarling continuously reinforced in the unit a philosophy that communication is vital to success. The information required for one soldier must be related to all if the unit team is to work. An exercise briefing was conducted for the entire unit to include a walk through of the complete exercise. The FORSCOM representative, Mrs Walters stated "I have never in my career observed a unit in which the 1SG to the most junior private all knew and understood the plan. That my friend is communication."

From the very beginning of the exercise "Realism" was the buzz word. Due to funding constraints, exercise directives authorized simulation of such things as loading, security, and

personnel processing. Starting from the moment of the alert message, senior NCOs grasped this opportunity for realism in training the troops. Services Section NCOIC, MSG Miller pointed out that if Optimal Focus is a validation of our readiness to mobilize than it's time for our unit to "show its stuff." That stuff was knowledge to execute, task conditions and standards; leadership to supervise and train the soldiers; and imagination to make this as realistic as possible. Commercial carrier equipment would transport the 204th ASG during actual mobilization. The unit loaded equipment onto two loaned S&P trailers using Class IV, banding materials and pallets. Finally personnel were loaded on two military buses thus completing the

last task prior to departing for the mob station. The evaluators commented that this demonstration of realism was far beyond what they expected. The Unit Movement NCO (UMO) SSG Walters provided an answer that reflected the feeling of the entire unit "We want to really test and verify our load plans for full mobilization."

The ability of HHC 204th ASG to demonstrate a full understanding and capability to meet mobilization was based on the rock solid foundation of the NCOs in the unit. By the time of the closing formation, it was obvious the NCOs drove the most realistic and demanding mobilization exercise since this unit was actually called to duty and mobilized for six months in 1961 during the Berlin Crisis.

Vince Lombardi:

The Objective Is To Win, To Beat The Other Guy

Winning is not a sometime thing. You don't win once in a while. You don't do things right once in a while. You do them right all the time.

Winning is a habit. Unfortunately, so is losing. There is no room for second place. I have finished second twice in my time at Green Bay and I don't ever want to finish second again. There is a second place bowl game — but it is a game for losers played by losers. It is and always has been American zeal to be first in anything we do, and to win, and to win.

Every time a football player goes out

to play, he's got to play from the ground up. From the soles of his feet right up to his head. Every inch of him has to play. Some guys play with their heads, that's okay — you've got to be number one in any business, but more important, you've got to play with your heart. With every fiber of your body. If you are lucky enough to find a guy with a lot of head and a lot of heart, he's never going to come off the field second.

Running a football team is no different from running any other kind of organization: an army, a political party,

a business. The problems are the same. The objective is to win, to beat the other guy. Maybe that sounds hard or cruel.

I don't think it is.

It is a reality of life that men are competitive and the most competitive games draw the most competitive men. That's why they're there — to compete. They know the rules and objectives when they get in the game. The objective is to win — fairly, squarely, decently, by the rules — but to win. And in truth, I have never known a man worth his salt who, in the long run, deep

down in his heart, did not appreciate the grind — the discipline. There is something in good men that yearns for — needs — discipline and the harsh reality of head-to-head combat.

I don't say these things because I believe that any man's finest hour, his greatest fulfillment to all he holds dear, is the moment when he has worked his heart out in a good cause and lies exhausted on the field of battle...victorious.

—By Vince Lombardi

Spy Novels: New Westerns?

By Evelyn D. Harris
American Forces Information Service

"Spy novels have replaced westerns and detective stories as Americans' preferred form of adventure narrative," said Theodore Sarbin, a psychologist on the staff of the Defense Personnel Security Research and Education Center in Monterey, Calif. The center studies all aspects of the most critical ingredient of U.S. national security-people.

Sarbin believes that the popularity of spy novels can offer security experts some clues as to how to identify and prevent espionage by the people entrusted with the nation's military secrets. He was a professor of psychology and criminology at the University of California's Berkley and Santa Cruz campuses before joining DoD.

"In 1986, The Whole Spy Catalog listed over 1,000 titles of spy novels in print-everyone's interested in spy novels," said Sarbin.

"Since World War II, more than 100 American citizens have been convicted of espionage," said Sarbin. "During the early Cold War era, between 1945 and 1955, famous spies like the Rosenbergs and Alger Hiss in America and the Cambridge group in Great Britain committed espionage for ideological reasons."

Since that time, money has been the motive assigned to most of the spies who have surfaced in the United States.

But money did not motivate them all in the same way. "Jonathan Pollard was motivated by a combination of ideology and money. Another may need the money to support a life style of 'fast women and slow horses.' And still others wanted to get money from spying to build up a poor self-image," said Sarbin.

That is where spy stories come in. For a start, spy stories teach lessons in spycraft-how to be a spy-of varying accuracy.

"But at a deeper level," said Sarbin,



"the stories we read or hear have an influence on our actions. Read the biographies of great leaders and you'll note that many of them modeled themselves after great historical figures.

"Before you can do something, you need to be able to imagine doing it. I believe that many people who have access to secrets have fantasies of espionage, but most reject them for moral reasons or practical ones, such as the likelihood of being caught," explained Sarbin.

"Spy novels give a sense of power to having secrets-the fate of the world often hinges on the secret. This appeals to someone who needs to feel important-even if the secret they're selling is a modification of a carburetor.

"Spies in novels are outside society and can make their own rules. They are individuals and define their identities in terms of self-reliance and autonomy-in this they are similar to the western hero who rode into the sunset when the job was done. All of this has an appeal in today's world.

"Finally, spies in novels are always 'invisible' due to their clandestine

skills and their 'covers,' which are never broken-at least until the last chapter. Smarter spies like John Walker never assumed that they were invisible. But others had a naive belief in their invisibility-they behaved as if the cover they had created had a magical quality.

"When their behavior made them targets for government investigation, they found themselves doing business with FBI agents masquerading as Soviets. One asked the FBI 'Soviets' for a specific code name for himself and a female courier not yet recruited.

"Another thought he was clever calling the Russian Embassy from a pay phone-he was quickly apprehended by FBI agents," said Sarbin.

When they entered service or the defense business, most spies had no intention of betraying their country. But they may have felt pushed by events to act out their fantasy, explained Sarbin.

"Someone who has needs-for money, self-esteem or adventure-that they've been unable to meet in legitimate ways may take the critical step from fantasizing about being a spy to acting on it," said Sarbin.

What are the implications of this

theory to those interested in protecting the nation's secrets?

Sarbin said the power of spy stories to enable certain individual to first imagine themselves betraying their country and then act on it is tied into today's moral climate. "The moral climate is generated by stories seen, heard and read. Children today do not have heroes in the classical sense of persons who set good examples-instead they look to celebrities-professional athletes, rock stars, Hollywood personalities, the rich and famous. An educator studied public school textbooks and found no hero tales there either. When I was a child, Nathan Hale, George Washington and Abraham Lincoln were held up to me as persons to emulate.

"We need sophisticated counter-intelligence, physical and personnel security," Sarbin noted. "But in addition to that, we shouldn't lose sight of the fact that dramatic stories shape morality. Our society needs to revive storytelling about genuine heroes and heroines-not celebrities-to shape a better moral climate for the coming generations."

The Ten Commandments of Leadership

Commentary by
SSG Roberto Rodriguez-Nunez

1. Thou shalt be a leader.

Without leadership, the Army will perish. A leader distinguishes himself by leading, coaching, counseling and serving. He leads by example. He is there to share the burdens of the mission along with his soldiers. His living motto: "We are in this together."

2. Thou shalt be a man-or a woman-of character.

"We are looking for a few-good men" is the recruiting motto of the Marines. A leader must be a man or woman of strong character, convictions, capability and competence to lead our soldiers.

3. Thou shalt have goals.

The leader who has established goals

will respond to any challenge decisively. Where there are no goals, there is no purpose. Goal-driven leaders move forward with certainty.

4. Thou shalt have faith in your soldiers.

Without faith in your soldiers, it is impossible to lead them. To be a successful leader, you must believe in the potential your soldiers have to excel in any given task.

5. Thou shalt be loyal.

A leader will be loyal to God, his country and his soldiers. Leadership demands loyalty. Leaders must be loyal to their cause and mission. To instill loyalty in your soldiers, you must first be loyal.

6. Thou shalt learn from your soldiers.

A leader must always be willing to

learn from the soldiers. A leader cannot be a know-it-all. Their knowledge and know-how are valuable and must be sought after diligently by the leader. A leader must learn from the soldiers to better lead them.

7. Thou shalt be ambitious.

Leaders always strive to be successful. They will influence their soldiers to have that same drive. The highest ambition a leader can have is to see the soldiers succeed in their endeavors.

8. Thou shalt be enthusiastic.

A leader will be the most enthusiastic person in the unit. Enthusiasm generates action. It is contagious, and leaders are responsible for spreading it around. They are the Army's "cheerleaders," letting everyone

know that soldiering is meaningful. Energetic and enthusiastic leaders have positive impact on their soldiers. They live with a purpose. They see a promising future.

9. Thou shalt keep your cool.

Coolness is taught without words. Leaders thrive under pressure. They must be the focal point where their soldiers find strength. Under duress, coolness will see them through.

10. Thou shalt be humble.

Leaders must never try to look down at their soldiers; humility is a vital trait of leadership. Soldiers will admire a leader more when the leader values them and remains approachable.

SSG Rodriguez-Nunez is a personnel actions sergeant with the 257th Personnel Services Company, Wiesbaden.



In December members of the 209th Personnel Service Company presented two Christmas baskets to families of McDonough #19 Elementary School and Noble Center of New Orleans Public Schools. Far right, CPT Clarence A. Becknell, company commander. (209th PSC photo)

Nuts and Bolts: Maintenance Assistance Instruction Team Receives Fully Mission Capable Rating

By LTC Earl P. Santos

COL Walter Weaver, Director of Maintenance, would like to express his sincere appreciation to all commanders, staff, NCOs and maintenance personnel for their support in achieving TAG's FY89 goal of ERC "A" items mission capable. We exceeded the goal of 90 percent by 2 percent - 92 percent overall. The FY90 goal has been established at 92 percent. We did it last year, so we certainly can do it again this year.

CW4 Robert Whitehead, Officer in Charge of Training, and his staff revised the TAMMS course which is now called "Maintenance Manager's Course." The course consists of Duties and Responsibilities of Maintenance Managers, Level of Maintenance, Introduction to Regulations, Technical Manuals, Use of Maintenance, forms, PLL/MPL, Preventive Maintenance, Materiel

Condition Status Report and the COMET/MAIT 5-9 Feb; 21-25 May; 20-24 Aug and 12-16 Nov 90. Commanders should identify unit personnel to attend these courses and submit their names to LANG-DMT, Attn: CW4 Whitehead at least sixty days prior to course dates.

LTC Randy Hilborn upon assuming command of the 769th Engineer Battalion quickly identified that he had a maintenance problem. What did he do? Called the MAIT for assistance. MAIT stands for "Maintenance Assistance Instruction Team" which is comprised of personnel from the Directorate of Maintenance. The MAIT is the first place to turn to with your maintenance problems. MAIT is available to help solve problems with maintenance, publications, TAAMS records, property books, prescribed load lists, team members will not only offer one-to-one help, but will come to your unit and teach classes on subjects like PMCS or the Army Oil

Analysis Program. Contact LTC Earl P. Santos or CW4 Robert C. Whitehead, toll free at 1-800-521-5910.

LTC Benny Landreneau and his 527th Engineer Battalion staff should be congratulated for their initiative in conducting hands-on TAMMS workshop for unit personnel at Camp Beauregard during the January drill. One day's training consisted of seven "round-robin" stations on maintenance, operations procedures, proper use of operator's and organizational's manuals, lube orders and trouble shooting procedures. The stations were setup at the CSMS. The next day included classroom instructions on material condition status report (DA Fm 2406) and maintenance workload management.

Maintenance publication recently distributed to the field: Preprinted DA Form 2404 (Train-

ing Form) initiated by LANG-DMT and distributed to MACOMs, battalion commanders and all maintenance activities - should make it easier to conduct PMCS.

Maintenance Management UPDATE 12 - distributed IAW DA Form 12-09E requirements. This document is a "must" for maintenance personnel.

Unit Supply UPDATE 12 - distributed IAW DA Form 1209E requirements. This document is interfaced with maintenance management.

Congratulations to SFC Lawrence W. Boullion, SGT Gregory A. Chance and SFC Eric P. Bettevy for their ideas being adopted by Project SMART (Supply and Maintenance Assessment and Review Team). They received a cash award as well as an official form recognition. If you have an idea you think will save either time or money, contact CW4 Robert Whitehead toll free at 1-800-521-5910.

244th Aviation Competing for National Award

By PFC Rebeka Lloyd
241st PAD Staff

The Army Unit and Organizational Supply Excellence Award Program selected the 1st Battalion, 244th Aviation as a finalist in the multi-level competition.

The competition is judged on a two-part observation, according to CPT Tom J. Mix, commander of the unit.

"A logistics packet is submitted by each participant in the competition. Out of 52 packets three finalists were chosen for the annual event," said Mix.

"Our success is due to the discipline and efforts of the entire unit. The award covers more than just supply, and every area of the unit has done its part in preparation of each department," said Mix.

On the 16 and 17th of April the National Guard Bureau will evaluate Louisiana along with the two other finalists, Tennessee and Mississippi for the National Supply Excellence Award.

The evaluators will spend two days getting first-hand information on the job performance and safety and readiness record of the unit.

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DoD Steps Up War on Drugs

By Tim Downey
American Forces
Information Service

"DoD is doing more than simply the minimum required by Congress, to meet our drug interdiction responsibility," said DoD Coordinator for Drug Enforcement Policy and Support Stephen Duncan.

"President Bush's national drug control strategy calls for the military's help in attacking the supply of drugs at the source in foreign countries, in transit and inside the United States. Secretary (of Defense Dick) Cheney made it clear ... that international trafficking in drugs poses a direct threat to the sovereignty and security of the country. The detection and countering of the protection, trafficking and use of illegal drugs is a high-priority national security mission of the Department of Defense."

National drug control strategy argues that attacking the supply of drugs in source countries requires commitment in three areas: assistance for nation building, operational support to host-country forces and cooperation with host country forces to prevent drug exports. The first may prove the most formidable. Impoverished peasants whose livelihood depends entirely or largely on cultivating the cocoa plant—the source of cocaine—need a financial incentive to stop clandestine harvesting. That means introducing other crops or jobs, and that means foreign assistance.

"A sustained, multiyear effort to provide economic, security and law enforcement assistance is an essential element for a successful fight against illegal drugs abroad," said Duncan.

National drug strategy also calls for operational support to nations requesting it on a case-by-case basis. The most recent recipient of such U.S. aid in that category is Columbia. So far, DoD has provided it more than \$65 million of equipment—airplanes, radar, jeeps, ambulances, and communications gear—and small arms, ammunition and explosives.

"We provide the military and law enforcement agencies of foreign nations requesting U.S. assistance substantial aid in training, reconnaissance, command and control, planning, logistics and medical support," said Duncan.

"The support is designed to increase the foreign forces' efforts to destroy drug processing laboratories, disrupt drug-producing enterprises and control the land, river and air routes by which the enterprises exfiltrate illegal drugs from the country."

The third element DoD helps address is cooperation with host country forces to prevent drug exports. Improved intelligence collecting and sharing are increasingly more important in accomplishing that task, said Duncan. However, U.S. military forces cannot accompany national forces in search-and-destroy strikes against cocaine labs nor in arrests of foreign nationals, he said.



The desire to get immediate results has prompted some to suggest that law enforcement agencies be granted authority to shoot down aircraft suspected of smuggling drugs that ignore commands to land. "We have a very fundamental principle in this country called due process of law," he said. "To shoot down an airplane or sink a boat without even making an arrest doesn't fall within that tradition."

Congressional funding for DoD to accomplish its enlarged drug interdiction role as of early December looked like this: Roughly \$88 million will be spent on monitoring and detection. The National Guard has been earmarked \$110 million—\$70 million for operational purposes and the rest for procurement. DoD officials will have \$27.6 million to purchase communications equipment for its command, control, communications and intelligence function.

Even the president's national drug control strategy acknowledges "interdiction alone cannot prevent the entry of drugs or fully deter traffickers and their organizations." The strategy argues that interdiction is one vital link in the chain that includes more education, tougher penalties for users, increased financial aid to law enforcement agencies and the courts, random drug testing for a drug-free workplace and more prisons.

How formidable an interdiction task must DoD and law enforcement agencies accomplish? In 1988, about 355 million people entered or re-entered the United States, and 100 million vehicles crossed the borders along with 635,000 aircraft and 8 million containers. The illegal drug industry's gross annual sales are \$110 billion, according to a U.S. Chamber of Commerce estimate.

The enlarged role carved out for the military comes on top of its responsibilities directed by Congress in the 1989 National Defense Authorization Act. That law assigns DoD three drug interdiction functions: single lead agency for aerial and maritime detection and monitoring; planning responsibility for integration of a federal com-

munications network to support command, control, communications and intelligence assets in drug interdiction; and an enhanced role for the National Guard.

Duncan's title of coordinator has caused some congressional staffers to refer to him incorrectly as the "DoD drug Czars command troops, and I don't. I serve as Secretary Cheney's senior policy advisor on anything to do with illegal drugs, but I don't usurp the responsibilities of other officials," he said. "I make the final recommendations to him, but in our discussions I ensure he is aware there are other viewpoints within the department on a given issue."

Duncan's role as drug policy coordinator is completely separate from his position as assistant Secretary of Defense for Reserve affairs.

Details of how the commanders in chief of four military organizations—the Pacific, Atlantic, Southern and North American Aerospace Defense commands—will use their respective forces and assets to interdict drug smuggling have not been released officially. Department officials are currently integrating individual unified command strategies into a master DoD strategy for Cheney's review.

Meanwhile, implementation of last year's congressional mandate moves forward. "Congress allocated \$40 million to DoD for distribution to the National Guard units of 53 states and territories in fiscal year 1989," Duncan said. "We reviewed plans submitted by the Adjutant Generals and using a complex system of matrices, recommended dollar amounts to be allocated to each recipient."

Guardsmen have performed a variety of roles, which include searching cargo at land border entry points and seaports; manning aerial and radar surveillance positions; and providing transportation and communications support. Most guardsmen have been volunteers, he said.

A typical aerial detection and monitoring role often begins with a

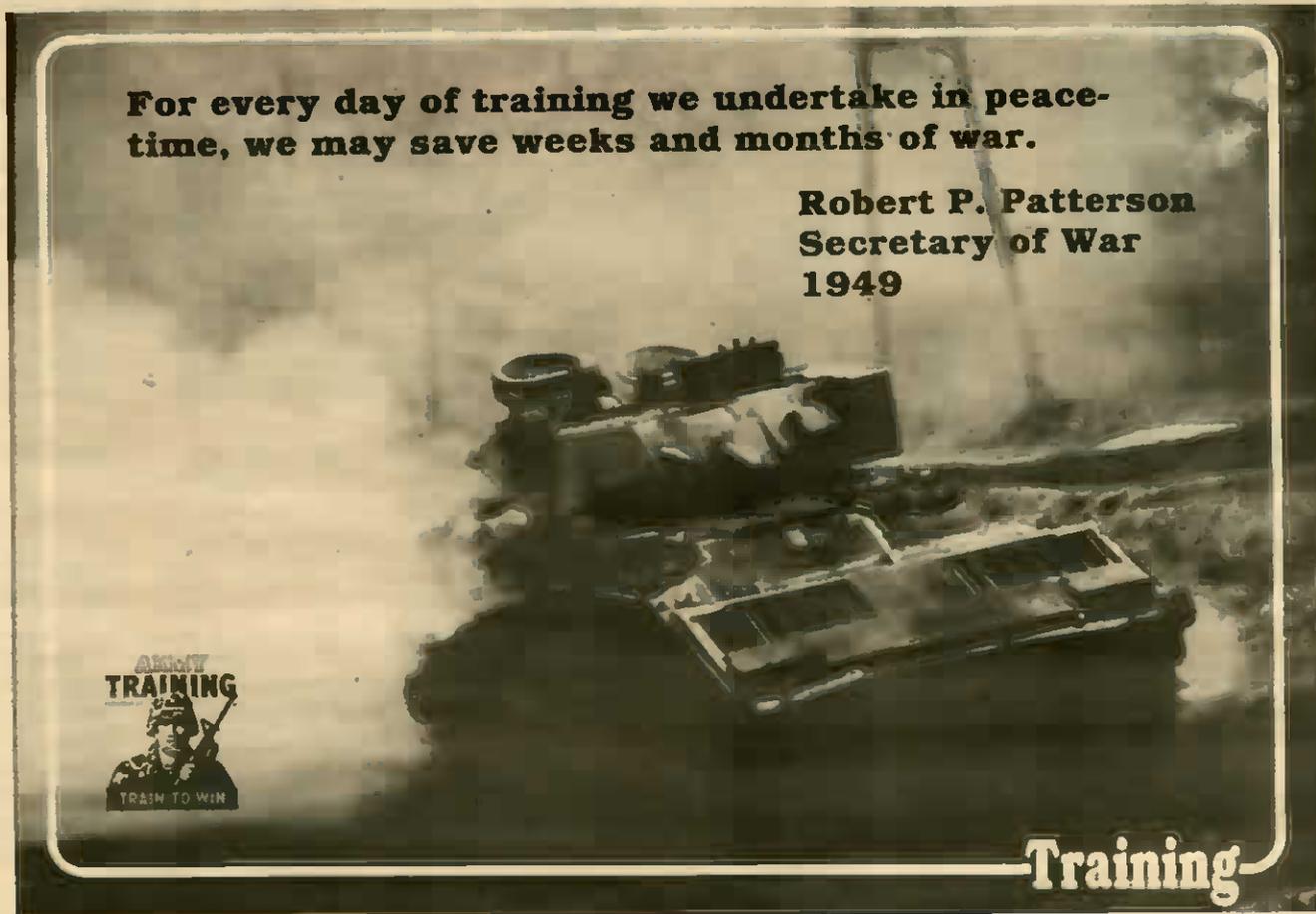
technician at North American Aerospace Defense Command at Colorado Springs, Colo., picking up an unidentified aircraft flying the kind of path characteristic of drug runners. "NORAD monitors it closely and sends orders to a military installation to scramble a plane to get the tail numbers of the aircraft," he said. "The pilot radios the number to the appropriate joint task force center, which relays it to Federal Aviation Administration officials, who identify it. If the plane attempts a landing at a remote airstrip, the joint task force center hands off, figuratively speaking, the unidentified aircraft to a law enforcement agency that would then follow it when it lands."

DoD participation is confined to detecting and monitoring aspects of the interdiction process. "Our job is to provide high-risk targets for federal law enforcement agencies like the Drug Enforcement Administration, the Coast Guard, the Border Patrol, FBI and the Customs Service, and state and local police and sheriffs' departments," Duncan said. "Credit for drug busts should properly go to the law enforcement agencies, not us."

Since the military cannot, by law, make arrests, how should one determine how well it performs its role? Cheney noted that the drug problem has been with us for years. He said dealing with it successfully demands a broad-gauged strategy that addresses production in host countries, transiting drugs into the United States and consumption in our country. Duncan agreed that how well or poorly DoD performs its job should be based on its "ability" to cooperate in the overall effort that the president has laid out for us." Cheney characterized the military's progress in eliminating illegal drug use within its rank as "very good."

Cutting supply will not work without a corresponding reduction in demand, admits the drug strategy. Duncan points with pride to the strides made in the military in the past decade. "A 1986 drug and alcohol abuse survey noted that in 1980 about 28 percent of service members admitted to illegal drug usage," he said. "That figure was cut to its present 4.7 percent - an 82 percent reduction. The change can be attributed largely to one point: a clear and loud message from the top that illegal drug usage will not be tolerated by anyone in the military. We said it, we practiced it, and the results have been gratifying."

Duncan takes that confident attitude with him in dismissing pessimists who deride DoD's ability to make a difference in this complex issue. "We are fully dedicated to accomplishing the president's and Secretary Cheney's directives," he said. "Successful drug interdiction cannot occur overnight, but it can be accomplished. If that is to happen, we have to play an important role in contributing to that objective."



Vignettes of the Vietnam Veteran

By Evelyn D. Harris
American Forces Information Services

Because of the controversial nature of the Vietnam War, combat veterans often came home to hostilities - some coped with it, some didn't. Thousands who didn't still suffer from post-traumatic stress disorder, which can destroy a patient's ability to function in a family setting or society in general.

Symptoms include intrusive, combat-related thoughts; recurrent nightmares or flashbacks to combat situations; numbing of interpersonal responsiveness marked by alienation, detachment and constricted emotion. Veterans with the disorder also suffer from sleep disturbances, depressed mood, anxiety, rage, alcoholism and chemical dependency, inability to relax and exaggerated startle response. They also have low tolerance to stress, difficulty concentrating, diminished interest in social activities and somatic complaints including chronic pain, according to Dr. Matthew Friedman, chief of psychiatry services at the Department of Veterans Affairs Post-Traumatic Stress Disorder Center at Little River Junction, Vt. He is also associate professor of clinical psychiatry and assistant professor of pharmacology at Dartmouth Medical School, Hanover, N.H.

Friedman said the syndrome may manifest itself as a paranoid psychosis in an explosive and tormented person.

He listed six common themes of readjustment difficulty among Vietnam veterans.

- Guilt and self-punishment;
- Feelings of being a scapegoat;
- Rage and other violent impulses against indiscriminate targets;
- Combat brutalization and its attendant psychic numbing;
- Alienation from their own feelings and from other people; and
- Doubt about being able to continue loving and trusting others.

But Friedman emphasized, "Most Vietnam veterans are 'overcontrolled' - they're not walking time bombs."

He cited vignettes of three veterans suffering from post-traumatic stress disorder in an article entitled "Post-Vietnam Syndrome: Recognition and Management" that was published in the November 1981 edition of the Academy of Psychosomatic Medicine's magazine.

More than eight years have passed since Friedman wrote the article. He recently updated the status of the three patients and added one of his greater success stories:

Case 1: "An ex-Marine was delusional since returning from combat despite a family history negative for psychiatric illness and good adjustment before combat," said Friedman. His guilt is so massive that he is convinced that the Vietnamese will eventually arrest and execute him for war crimes.

"He always carries a weapon," he

said. "To get lost in the woods, he moved to Vermont, where he avoids all public transportation for fear of encountering an Oriental and being reminded of the Vietnamese. Once when he mistook the flashing light on a police vehicle for the lights on a jungle landing airstrip, he resisted detention to the best of his ability, under the delusion that an enemy was attempting to capture him. He was arrested on the scene and charged with assaulting a police officer."

"He has avoided intimate relationships with women (his marriage ended within a year of his return) because of his tendency to assault bed partners during combat-related nightmares in which he believes he is fighting the enemy," Friedman continued. "He says he cannot get a night's sleep without having nightmares unless he resorts to consuming alcohol or barbiturates.

"He committed suicide in 1984," Friedman said.

Case 2: The patient was suffering from a survivor's guilt about Vietnamese, especially women and children, who were killed in the line of duty," Friedman said.

He was also wracked with guilt feelings about the death of his closest friend, who was killed in a helicopter incident in Vietnam - a helicopter mission he was slated to take but switched with his friend at the last minute.

He was experiencing emotional difficulties, including recurrent depres-

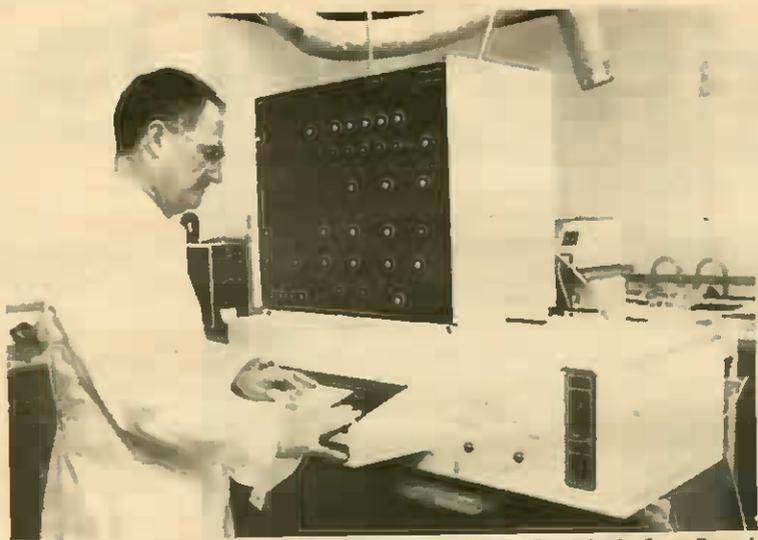
sion with suicidal ideas, sleep disturbance with combat-related nightmares, prolonged bouts of heavy drinking and difficulty sustaining intimacy with his wife and family.

The patient lived in a isolated area and had no friends.

After several visits to the hospital for treatment, the patient is getting along better with family. "He's still under treatment and is on medication, but he stopped drinking," said Friedman. "He has also embarked upon a career as a writer; he's writing about his war experiences. So there have been some gains, but there is plenty of room for improvement.

Case 3: A minister's son, an officer who lost half of his platoon during a fire fight, had been completely unable to function. His married life was headed for failure, but he has a very supportive wife. He required several hospital stays, weekly psychiatric therapy sessions and medication for two years. He is a brilliant individual. He could take a job and rise to leadership position quickly, but guilt related to his combat experiences made leadership and assumption of responsibilities intolerable to him, according to Friedman.

"After the two years of treatment, he was able to go to graduate school, get a master's degree in computer science and is currently functioning very well in a managerial position," said Friedman. "And he's doing well in his marriage."



National Foundation for Cancer Research

WILLIAM A. PRYOR, Ph.D., of Baton Rouge, Louisiana is a project director for the National Foundation for Cancer Research (NFCR). Dr. Pryor has discovered three ways in which cigarette smoke damages human lung cells.

Cigarette Smoke Can Cause Cancer

The link between cigarette smoke and cancer is common knowledge today. Non-smokers who live or work around smokers are at risk as well when they breathe "second-hand" smoke. It is not known, however, exactly how to explain the link between tobacco and tumor. The answer, scientists feel, lies in the human cell.

William A. Pryor, Ph.D., of Baton Rouge, Louisiana, is a project director for the National Foundation for Cancer Research (NFCR). Dr. Pryor has discovered three ways cigarette smoke damages human lung cells.

In recent years, Dr. Pryor has studied the mechanisms by which toxins in smog and cigarette smoke cause damage to cellular functions through the production of free radicals. A free radical is a molecule that carries an unpaired electron, a phenomenon that occurs in normal body metabolism. In their search for partners for their unpaired electron, free radicals may become violently reactive, damaging cell membranes, cell functions and even DNA molecules (genetic material).

Dr. Pryor's studies found that inhaled cigarette smoke blocks the function of mitochondria, the energy-producing compartments in cells.

Though the arrest is not due to nicotine, free radicals, produced in cigarette smoke, have been identified as being involved in the damage.

The dark spot on a chest x-ray is a nightmare every smoker fears. Once thought to be tar stains, Dr. Pryor's research has shown that the pigmentation originates from within the body and is iron-rich. Iron is a necessary catalyst of free radicals in the body. By learning more about this damage, Dr. Pryor hopes to discover how cigarette smoking causes it.

Dr. Pryor has also found that free radicals in cigarette tar cut DNA strands (genetic material). He explained, "It's like a hole that's been burned in a sweater. The severed ends cannot simply be attached or sewn together. They have to be prepared for the body's own repair capabilities." He is studying ways to help the body restore its DNA to normalcy.

The NFCR, a private, non-profit organization based in Bethesda, Maryland, has allocated more than \$70 million toward basic cellular cancer research over the last 15 years. For more information about smoking and cancer, call 1-800-321-CURE.

Quitters Are Winners

American Forces Information Services

Quitting smoking is not easy-many people try two or three times before they succeed. But it can be done, and the Great American Smokeout is one game in which quitters are winners. Here are some hints from the American Cancer Society to make it a little easier to "leave the pack behind".

Throw away all cigarettes after breaking them in half and wetting them down. Clean out all ashtrays in your home, office or car and put them away.

When the urge to smoke hits, take a deep breath. Hold it a second, then release it very slowly. Taking deep, rhythmic breaths is similar to smoking, only you'll inhale clean air, not poisonous gases.

Exercise to relieve tension. Climb stairs rather than take the elevator; park the car a block or two from your destination and walk the rest of the way. At home, practice touching your toes, jog in place, do jumping jacks.

When tempted to reach for a cigarette, think of a negative image

about smoking. Select your worst memory connected with the habit-the time you burned a hole in your suit or when you were left completely breathless running for a bus that pulled away. Imagine this experience for 15 seconds whenever the urge occurs.

Reward yourself with substitutes in the same way you may have used cigarettes. Good examples: sugarless gum, lemon drops, pumpkin or sunflower seeds, apple slices, carrot sticks, unbuttered popcorn and stick cinnamon.

Eat three or more small meals. This maintains constant blood sugar levels, thus helping to prevent urges to smoke. Avoid sugar-laden foods and spicy items that can trigger a desire for cigarettes.

Cleanse your body of nicotine. Drink lots of liquids-water, fruit juice, caffeine-free soft drinks. Caffeine and alcohol can increase your urge to smoke.

Keep your hands-and mind-busy. Get into those projects you've been saving for later. Now is later.

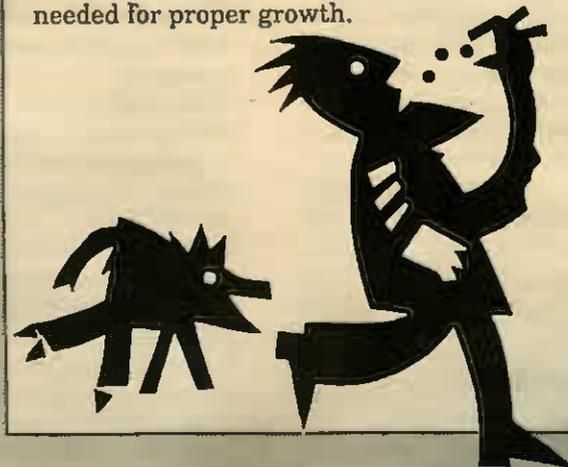
Toddlers Need Snacks

American Forces Information Service

Children under 2 require a lot of calories to fuel their rapid growth. However, their stomachs are so small they often can't eat enough at regular meals to meet their needs. Therefore, many nutritionists recommend several little meals in place of one big one.

Lightly cooked vegetables, such as broccoli or carrot sticks, and tender, bite-size pieces of meat, poultry and fruit are good foods for this age group. So are dry cereals and crackers. Milk, yogurt and cheese cubes will provide calcium to help in tooth and bone formation.

Unless your doctor advises otherwise, don't strictly limit your toddler's fat intake. The American Academy of Pediatrics issued a statement expressing concern that some parents were overzealous in putting their children on low-fat diets. The academy recommends a fat intake for children of 30 to 40 percent of total calories to ensure the nutrients needed for proper growth.



Dietary Fat



American Institute for Cancer Research

Diet and Cancer Risk YOU CAN CHANGE THE ODDS

High levels of fat in your diet are a health risk. That's a fact.

But reducing fat in your diet can be simple. Choose leaner cuts of meat and lower fat dairy products, avoid too many baked goods, and learn to recognize hidden fats in food.

Want to learn more? For your free copy of "All About Fat and Cancer Risk" write:

American Institute for
Cancer Research

Dept. FC2
Washington, D.C.
20069



What's A Snacker To Do?

By Evelyn D. Harris
American Forces Information Service

Americans are snacking more than ever. According to the Department of Agriculture, children now get one-fifth of their daily calories from snacks, women 16 percent.

And according to nutritionists, that's not necessarily bad. Snacks can be a fun way to fill in necessary calories and nutrients missed due to incomplete or skipped meals. The trick is to plan snacks wisely.

That means that contrary to the testimony from the attractive people in the advertisements, a candy bar—even if it does have peanuts—is probably not the best food to help you do what needs to be done.

In fact, said Col. Mary Lucas, Chief of the Army Medical Specialist Corps (which includes dietitians), eating a sweet snack can set you up for the "post-candy-bar fatigue syndrome." "When you eat a candy bar, your in-

sulin level goes up sharply—and then falls back down quickly, leaving you feeling tired," said Lucas. "In addition, most candy bars have a lot of fat and sugar, and some of them have a lot of slat."

Granola bars, while they sound healthy, are not much better. According to Gail Levey, a spokeswoman for the American Dietetic Association, "Granola bars are just packed with grease. A granola bar sounds so wholesome, but to get it to stick together you have to use so much fat."

On the average, about 35 percent of the calories in many granola bars come from fat; the comparable figure for a candy bar is approximately 46 percent. The DoD Nutrition Working Group recommends that no more than 30 percent of the day's calories come from fat.

So, what's a snacker to do? Lucas suggests fruit—it's somewhat sweet and is a good source of important

vitamins and fiber. She suggests carrot sticks if you're craving something crisp. But there are a lot of healthy snack choices, and dietitians say that if you customize your snacks to meet your dietary needs, you won't go wrong.

For example, if your meals are low in calcium, you might try low-fat yogurt or a cheese made primarily from skim milk, such as mozzarella (which is available in snack sticks), cottage cheese, part-skim ricotta cheese or diet cheese. Eat the cheese with whole-grain bread, crackers or celery for a high-fiber, low calorie snack.

To please a sweet tooth, choose ice milk, which has less than half the fat of ice cream and 40 percent fewer calories. Frozen yogurt is also lower in fat than ice cream, although it has just as much sugar. Surprisingly, tofutti—a soy-based frozen dessert—has almost twice the fat of ordinary ice cream, according to the Food and

Drug Administration.

Nuts have high levels of fat and should be eaten in small quantities. Cashews and macadamia nuts are highest in fat, while seeds—of the sunflower, pumpkin and sesame varieties—are lower in fat. The American Heart Association recommends keeping the serving size for nuts down to three teaspoons.

Fresh, air-popped, unbuttered popcorn is an excellent snack choice. But packaged popcorn may contain large amounts of salt.

Many people who eat healthfully at home eat a lot of junk and have too much caffeine at the office. If you work in an office that has a refrigerator, bring in healthy snacks and beverages, such as a six-pack of fruit juice or a bottle of club soda, to store in it.

And for those times when only a candy bar will do, one nutritionist suggests eating a small, "snack-size" bar.

Stress Can Hurt Your Heart

Evelyn D. Harris
American Forces Information Service

Stress—more and more medical research implies its consequences far exceed the relatively harmless nature ascribed to it. Not enough people heed the advice to "get out of the kitchen" when the "heat" rises, leaving a pressure-cooker situation with few warnings that a shrill boil-over may occur.

The American Heart Association recently added life stress to the list of contributing risk factors for heart disease. The association does not view stress as a leading risk factor like smoking, high blood pressure and high levels of blood cholesterol. Still, it is said that stress, like obesity, physical inactivity and diabetes, should not be ignored.

But stress is relative, said Elizabeth Tomlin. Tomlin teaches stress management techniques mostly to Marine drill instructors and their spouses at Parris Island, S.C.

"Some stress is good, and we need it; we'd die without it," she said. "Good stress enables us to run a fast mile or do well on a test. But when we perceive events as stressful in a negative way, it can have a detrimental effect on our health over the long term.

"There is no such thing as a stressful event. We create our own stress by our attitude toward things," said Tomlin.

For example, when faced with a long line at the doctor's office, some people fume, thus raising their blood pressure. Use the time to study, read or meditate instead of getting angry, experts say.

"Look at life with a sense of perspective and a sense of humor. Say you wake up and stub your toe getting out of bed, then go to the kitchen and spill something and get on the road to face a major traffic jam. If you reacted to all of these events you'd go crazy. I like to use a baseball analogy—let a few balls go by," Tomlin said.

Still, things happen in a drill instructor's day that most people would find stressful. "One technique that works for a lot of them is to imagine that everything that bugs them is in the palm of the hand—and to make a tight fist and squeeze them away," she said.

Other methods include listening to relaxing tapes or practicing progressive muscle relaxation. To do this, tighten a group of muscles and release them.

Getting enough exercise also helps, and exercise is part of the drill in-

structor's job.

Because drill instructors usually come home late and leave early, many spouses see the tour as the worst period in their lives, said Tomlin.

But others view it as a good opportunity to do something for themselves and their children. They use the extra time to go back to school or work, perform volunteer activities or pursue hobbies. Resources available in the military community, such as wives clubs and family services, offer help to those who need it. "They also realize that doing a good job as a drill instructor leads to a promotion at the end of the two-year tour, and they can look at their inconveniences as temporary," she said.

People who work in offices have more stress-relieving options open to them than for drill instructors, said Tomlin. Stress reduction tips include:

Leave the work area for lunch.
Use relaxation exercises: Take a deep breath, stretch and relax. Rhythmic breathing with eyes closed can restore calmness.

Prepare answers to likely stress-causing questions at meetings before you go to them.

Estimate time required to complete tasks to negotiate realistically.

For the Calorie-Conscious Snacker



Almost No Calories Per Serving	25-30 Calories
Celery sticks	1 small tangerine
Lettuce	1/2 cup watermelon
Cucumbers	1/4 cantaloupe
Green peppers	1 small tomato
Mushrooms	1 medium carrot
Cauliflower	1 cup popcorn
Broccoli	12 pretzel sticks

35-40 Calories	50-60 Calories
1 medium peach	1 small apple
1 medium nectarine	1 small orange
1/2 grapefruit	15 grapes
1/2 cup skim milk	12 cherries
1/4 cup plain yogurt	1 cup strawberries
3 saltine crackers	1/4 cup cottage cheese
1/2 small banana	4 small shrimp

FACTS ON CHOLESTEROL

High blood cholesterol is one of the three major controllable risk factors for heart disease. Cigarette smoking and high blood pressure are the other two. A risk factor is a habit, trait or condition that increases the chance of getting a disease.

Cholesterol is an odorless, fat-like substance. The body uses it to make

cell walls and for other functions. The amount of cholesterol in the blood is affected by the amount of cholesterol the body makes as well as the saturated fat and cholesterol in the foods consumed. The body makes all the cholesterol it needs.

The desirable level of total cholesterol is less than 200 mg/dL

(milligrams of cholesterol per deciliter) of blood. Borderline high blood cholesterol is 200-239 mg/dL, and high blood cholesterol is above 240 mg/dL. Levels above the desirable range should be treated after consultation with a physician. Most treatments begin with changes in the diet that stress lowering the consumption of fats and cholesterol.



Women's History Month, 1989 and 1990

By the President of the United States of America

A Proclamation

Women have written many proud pages in the history of the United States, throughout all areas of our national life. Women's History Month is a time to recognize those contributions and the critical role they have played in the preservation of the principles and values that all Americans hold dear.

Women have served with distinction in all professions; they have contributed to our Nation's prosperity in all fields of business; they have served our country with courage in time of conflict; they have educated and inspired our children; and they have figured prominently in all our great struggles for political and social reform. Today women play a major role in our public life—they can be found working in the Congress, in the Cabinet, on the Supreme Court, and in our embassies around the world. Every aspect of our national life has been touched by the leadership, energy, and insight of outstanding American women.

This month, as we recall the achievements of prominent women in U.S. history, we also remember the quiet yet lasting contributions women have made to our society through the family, as volunteers in local charities or relief organizations, and as leaders in our churches. Women have demonstrated their great love for this country and have made that love real by their engagement in the lives of others. If any definition of a successful life must include service to others, countless women live successful lives. Through their tireless service on a daily basis, the women of our Nation have woven the fabric of families and communities. For it is the family and the local community that have always been our Nation's stronghold, the first and greatest source of Americans' civic pride and sense of duty. The women who have sustained these institutions throughout America's history have strengthened this country beyond measure.

The Congress, by House Joint Resolution 148, has designated the month of March 1989 and the month of March 1990 as "Women's History Month" and authorized and requested the President to issue a proclamation in observance of the events.

NOW, THEREFORE, I, GEORGE BUSH, President of the United States of America, do hereby proclaim March 1989 and March 1990 as Women's History Month. I call upon all Americans to observe these months with appropriate ceremonies and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this twenty-fourth day of March, in the year of our Lord nineteen hundred and eighty-nine, and of the Independence of the United States of America the two hundred and thirteenth.

George Bush