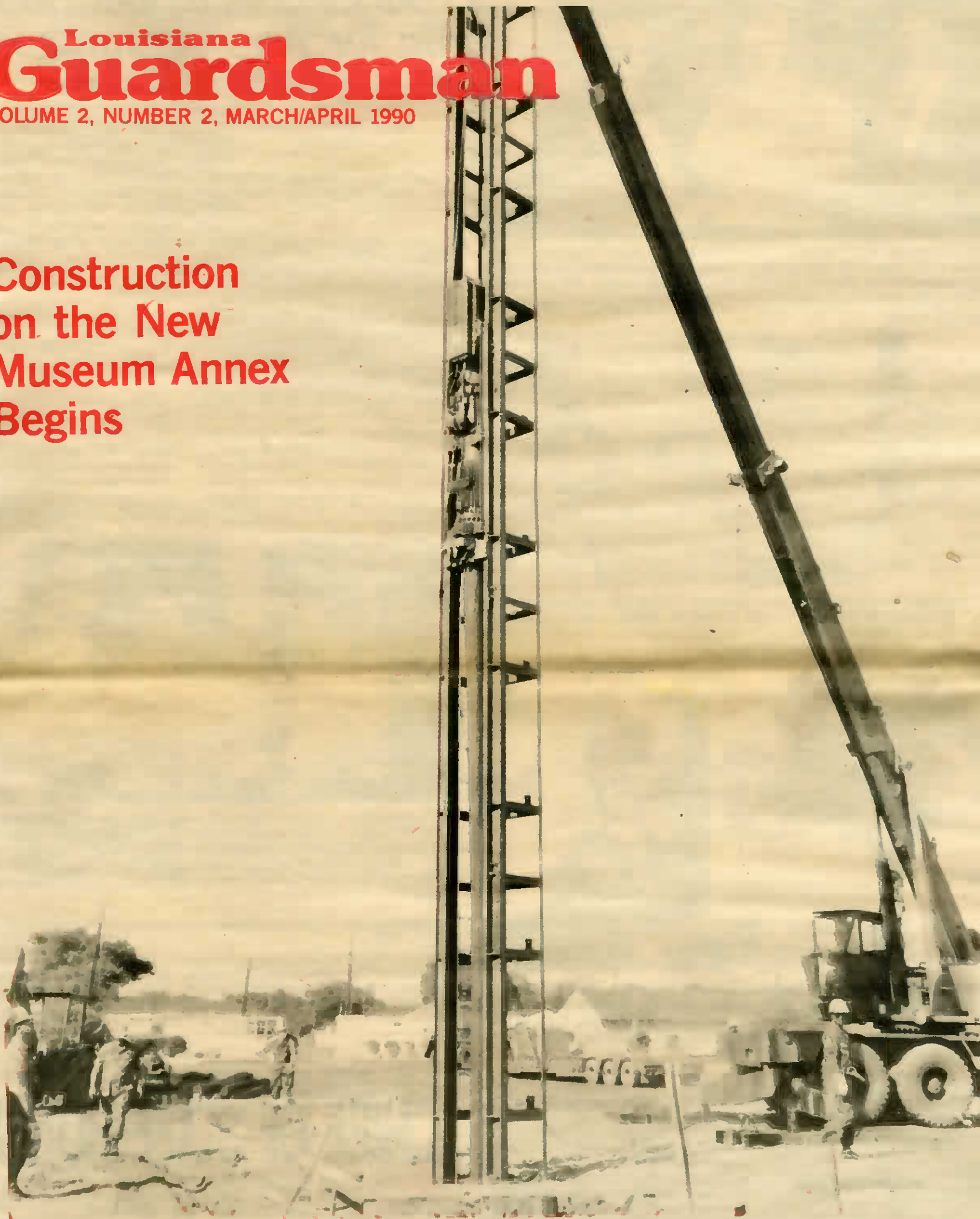


# Louisiana Guardsman

VOLUME 2, NUMBER 2, MARCH/APRIL 1990

## Construction on the New Museum Annex Begins



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Mr. John Carbone (Ret) President of the Washington Artillery's Veterans Association and COL Emile J. St. Pierre, Past President present a check to MG Stroud for the Friends of the Jackson Barracks Museum organization. The Washington Artillery's Veteran's Association has pledged to donate \$5,000 to the museum yearly. (241st PAD Photo)



CPT Ronald M. Edwards (far right) and SGM Larry J. Boudreaux (second from right) of the 769th Engineer Battalion present a check for \$2500 to MG Ansel Stroud for the Friends of the Jackson Barracks Museum organization. The 769th raised the money for the expansion effort through donations and a raffle. (Far left, MG Ansel M. Stroud; second from left, CSM Harold Cook, State Command Sergeant Major) (State PAO Photo)



MSG Jewell White of the 205th Engineer Battalion presents a check for \$679 to MG Ansel Stroud for the Friends of the Jackson Barracks Museum organization. The 205th raised the money for the expansion effort through a raffle. Extreme left: LTC James McCall, battalion commander; extreme right, CSM Harold Cook, State Command Sergeant Major. (State PAO Photo)

**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.

## Louisiana National Guard Up for Army Communities of Excellence Award

By 1LT Maria L. Jonkers  
State PAO

The Louisiana National Guard was one of five finalists chosen for the Army Communities of Excellence Award.

First prize in the competition is \$250,000. Second prize is \$150,000 and third is \$100,000.

Other states in the running are Tennessee, Arkansas, Pennsylvania and North Carolina.

A four man National Guard Bureau Army Communities of Excellence site team visited each state for one day of observation.

LTC Richard A. Wiegel, LTC Alfred Taylor, and LTC Dennis McKnight represented the National Guard Bureau. Mr. Larry Black represented the Department of the Army.

Central to the Army Communities of Excellence program is an abiding commitment to excellence in services and facilities.

The Army Communities of Excellence program is based on the principle that communities support people best by combining services. Totally involved, committed caring communities cause soldiers and their families to feel better about themselves, the community and the Army. Thus, Army communities have a crucial role in recruiting, retention, and overall readiness.

The Louisiana National Guard has excelled in that role, evident in its high retention rate, and its high strength percentage.

The educational benefits, the family services program, and the facilities at Jackson Barracks and Camp Beauregard were just a few of the many reasons why the Louisiana Army National Guard was singled out for the nomination. The committee will make its decision in mid-April.



Col Kenneth Ross (center) Air National Guard commander and LTC Harry Trosclair (right) Air Guard Executive Support Staff Officer presents The Adjutant General with Air National Guard Headquarters applications for membership in the Friends of the Jackson Barracks Museum organization. The headquarters of the ANG is the first unit to achieve full membership in the Museum organization. (State PAO Photo)

### Front Cover:

Louisiana National Guard engineers drove the first piling in early April for the construction of the museum annex at Jackson Barracks. The foundation will require over one hundred pilings driven to a depth of thirty-five feet. (Photo by 1LT Maria L. Jonkers, State PAO)

## CHIEF OF STAFF HOTLINE

# 1-800-223-6786



# Guardzman Assists Panamanian Rebuild

By SSG Angela L. Linsey  
126th Public Affairs Detachment  
Michigan National Guard



MAJ Robert Mock, HQ, 204th Area Support Group, acts as liaison between U.S. and Panamanian governments in the nation building efforts during his tour in Panama. (Photo by SSG Angela Linsey, Michigan National Guard)

BALBOA, Panama — In the aftermath of "Operation Just Cause," Louisiana Army National Guardsman MAJ Robert Mock has played a key role in the rebuilding of Panama.

Mock, a member of HHC, 204th Area Support Group began a six-month assignment in Panama last October.

He started his active duty short tour as a logistical operations officer. But days after the December 20 military intervention, Mock was assigned to the Panamanian Public Force Liaison Division, U.S. Military Support Group, to bridge the gap between the U.S. and Panamanian governments and re-establish law and order.

"The Panamanians had no system for getting equipment or people organized," Mock said. "It was my job to help them get set up and become functional."

Among other responsibilities, Mock coordinated training of the Panamanian National Police, a division of the Panamanian Public Force. This included getting needed equipment, such as uniforms, cars, radios and weapons. While U.S. Army Reserve soldiers work with the new police force, Mock ensured training was standardized and submitted situation reports to U.S. military officials.

As approving authority for use of the Panamanian air service, Mock also worked closely with Panamanian of-

ficials to get civil and government flights up and running.

The ultimate goal of the Public Forces Liaison Division was to transfer responsibilities from U.S. forces to the Panamanian government.

Mock was selected to assist rebuilding efforts because of his business background. "My talents were in human, resource management, and organizing seemingly impossible situations," Mock said. "I approach military issues from a business perspective."

This approach has sent Mock on several short tours (under six months each) to military installations around the world. A former truck-line owner from Baton Rouge, he now works primarily with the military through the short tour program.

Mock was in Panama one year ago on a short tour assignment as a logistical operations officer. Only two months after his return to the States, he was sent back to Panama. These two tours gave Mock the opportunity to see Panama before, during and after the December intervention.

"The confusion that follows a war is unbelievable," Mock said. "And I was in a position to help alleviate that confusion by being directly involved in the re-establishment of a democratic government that was once corrupt and wrong. Not from a distance, but right up front."

## Education Benefits to Change

By CPT William C. Ratcliff  
Education Services Office

Members of the Louisiana National Guard are seeing many changes in their educational assistance programs. Most of these are positive changes and occur in the federal assistance programs like the Montgomery GI Bill

(MGIB) and the Tuition Assistance (TA) programs. A brochure with all these changes will soon be available.

Beginning October 1, 1990, the MGIB will be expanded to replace the TA program entirely. Areas of increased MGIB coverage will be:

- Cooperative Training (\$112 p/mo)
- Correspondence Courses (55% reimbursement)
- Independent Study (\$35 p/mo)
- Non-college Degree (same rates as college degree)
- Refresher Training (charge to entitlement)
- On-Job-Training & Apprenticeship (\$105 p/mo - 1st 6 mo; \$77 p/mo - 2nd 6 mo; \$49 p/mo remainder)
- Flight Training will be available from 30 Sep 90 through 30 Sep 94 at 60% reimbursement when a pilot license and other requirements are met.
- A second four-year degree may be pursued if the member has remaining entitlement. However, training above the undergraduate level will not be allowed.

### Eyes Can Get "SUNBURNED"

American Forces Information Service

Indoor tanning devices can damage more than the skin.

According to the Atlanta-based Centers for Disease Control, eye doctors are seeing significant numbers of patients for eye injuries related to tanning devices. Many of the eye injuries involve the cornea. Overexposure to ultraviolet rays can damage the retina and burn the cornea. Repeated exposure over the years can change the structure of the eye lens so that it begins to cloud, forming a cataract. If left untreated, cataracts result in blindness.

The Food and Drug Administration requires that tanning salons direct all customers to wear protective eye goggles, because closing the eyes, using cotton wads or wearing ordinary sun glasses does not provide enough protection from the intensity of ultraviolet radiation in tanning devices. Although natural sunlight can also result in eye damage, people are more aware that their eyelids are burning when they are outside. Skin exposed to ultraviolet light indoors remains cool, and it's possible to be burned without knowing it.

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## Reserve/Guard IDT Course Offered

By MAJ Chris Laborde  
C4152d USARF School

Whether you're a newly assigned private to your first unit or an officer with many years of experience in the Army Reserve/National Guard, the 4152d USARF School located in New Orleans probably has a course to fit your military educational needs. During fiscal (school) year 1990 the school is offering the following IDT courses: BNOC (four classes), PLDC (four classes), NBC Team training, 51B (Carpentry & Masonry Specialist), 54B (NBC Specialist), 67N (Helicopter

Repairman), 71L (Clerk Typist), 73C (Finance Specialist), 76Y (Unit Supply Specialist), 76P (Materials Specialist), 88H (Cargo Handler), 88N (Cargo Specialist), 94B (Food Service Specialist), Phases one, three, and five of the Officer Advance Course, and Phases one, three, and five of the Command & General Staff College.

During the period July 14-28, the 4152d will return to Camp Beauregard, Louisiana, to conduct its third annual "Schoolhouse to the Soldier" program. The following courses will be taught: 11B (Infantryman), 31K (Combat Signaler), 51B

(Carpentry & Masonry Specialist), 51K (Plumber), 62E (Heavy Construction Equipment Operator), 63B (Light Wheel Vehicle Mechanic), 63T (BRADLEY Fighting Vehicle System Mechanic), 76C (Equipment Records and Parts Specialist), 76Y (Unit Supply Specialist), and 88M (Motor Transport Operator).

Individuals interested in enhancing their military educational requirements should contact their first line supervisor. Units interested in the 4152d's schedule of courses should contact MSG Ronnie Martin at (504) 568-1247.



# Commands Discuss Common Concerns at Conference

By 1LT Maria Jonkers  
State PAO

A commanders/staff conference was held at Cp. Beauregard during the second week of March. Battalion commanders, their sergeants major, and their staff met for three days.

Each major command gave a presentation on their efforts in attaining the LAARNG Goals and Objectives.

COL Arthur Abercrombie, Special Assistant to the Adjutant General spoke to the group about the benefits of the Community Action Programs conducted by each unit.

MG A.M. Stroud addressed the possible effects of force reduction for the National Guard.

"For the first time in history we are experiencing the demobilization of an Army manned by volunteers. The Army Program calls for the elimination of 260,000 soldiers - 136,000 from the Army; 60,000 from the Army Reserve; and 76,000 from the National Guard. The plan is for a balanced reduction - one from the active Army and one from the Reserve Component Forces," he said.

Stroud also stressed that commanders be allowed to command.

"If we're not trusting these commanders to do their jobs then why aren't we getting rid of them. Otherwise, let them do what they are there to do," he said.

*"...stressed that commanders be allowed to command..."*

He urged those present not to get bogged down in their decision making and to use simple common sense when interpreting the intent of a regulation or policy. Several awards were presented and congratulations were given to the 769th Engineer Battalion, and the 528th Engineer Battalion for receiving the U.S. Army Superior Unit Award.

BG Charles Lindsay, Deputy STARC Commander discussed the Drug and Alcohol Abuse Prevention and Counseling Program with the aid of

representing from the Directorate of Manpower Management, Personnel and Administration, and the Judge Advocate General.

Lindsay stressed that this program was a command program and could not be delegated to the full-time technician or first sergeant.

There were break out sessions for sergeants major, commanders and executive officers, S-1s, S-2s, S-3s, and S-4s. Each group received briefings from the appropriate directorate.

A retirement ceremony for MSG Jack Moran, Senior Louisiana Military Academy instructor was held during the weekend (see sidebar). Moran retired after 37 years of Military Service.



CPT Gary Stewart of the 935th Engineer Detachment receives the Fifth U.S. Army Outstanding Training Award for 1989 for Army National Guard company/Detachment authorized Strength under 76 category during the Commanders/Staff Conference. (State PAO Photo)



CPT Jerry Crook of Company B, 527th Engineer Battalion (Combat Heavy) receives the Fifth U.S. Army Outstanding Training Award for 1989 for Army National Guard Company/Detachment authorized strength over 75 category.

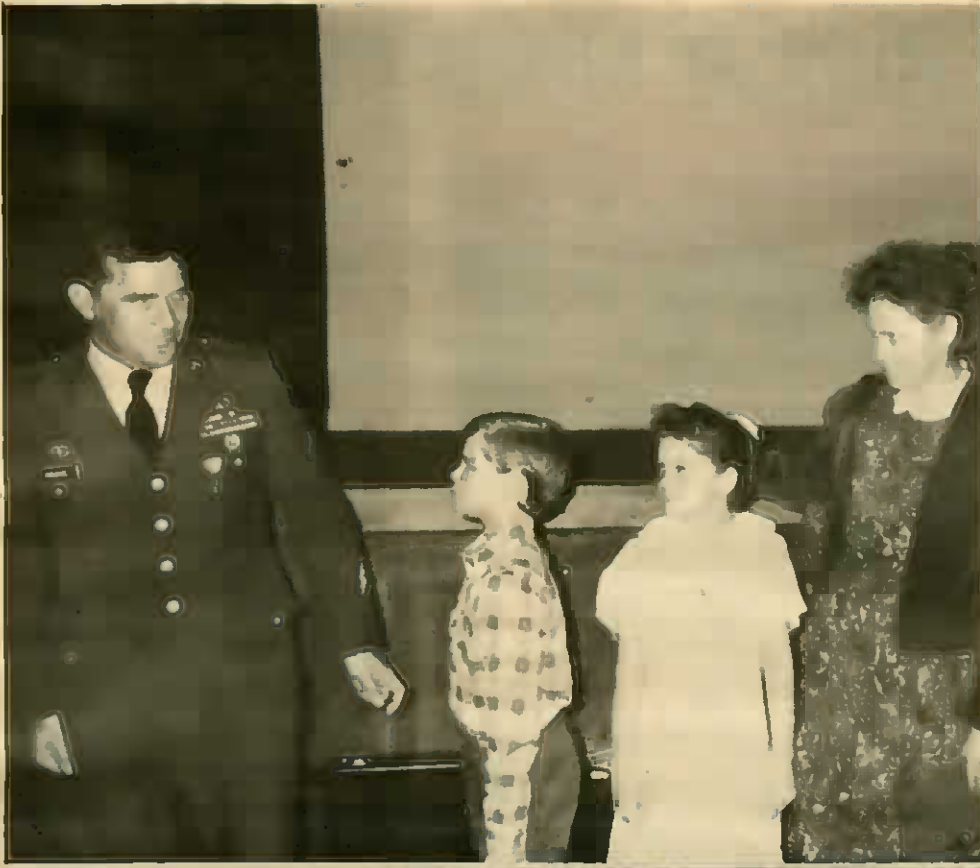


1LT Robert J. Hyver, Jr, Detachment Commander, 773d Maint Bn, was selected the 1989 Fifth US Army Company Level Commander of the Year. He was presented with a Dept. of the Army Certificate of Achievement by the Adjutant General during the Commanders/Staff Conference. (State PAO Photo)



LTC Stafford Landry, LAARNG recruiting and retention manager received the Directors Challenge Bowl from TAG at the Commanders/Staff Conference. The Director of the Army National Guard established a strength management program called the Directors Challenge. Each state and territory was given a strength requirement and all 54 entities were competing against that number and the other entities. Louisiana emerged as the clear winner. (State PAO Photo)





Corporal Leonard W. Wiggins, Jr. received the Soldier's Medal for heroism for his actions on 23 Sep 1988 while assigned to Company B, 199th Support Battalion. Corporal Wiggins, without regard to his own safety, entered a burning automobile through heavy flames and saved an unconscious high school student. He again entered the flames in a vain attempt to save a second passenger (see story, Sep/Oct 1989 issue, page 3). The award was presented before the attendees of the Commanders/Staff Conference and Wiggins family. (State PAO Photo)



CPT Bobby Black, 3671st Maintenance Company commander received a plaque from MG A.M. Stroud in recognition of the company's exemplary Annual Training. The following extraction from their Forscom Form 1-R was read to the Commander/Staff Conference attendees:

The 3671st Maintenance company is a technically proficient, well organized and well led unit which justifiably takes pride in its abilities and accomplishments. The units productivity was clearly above the average of other Maintenance units training at the equipment maintenance center-Europe. They made a substantial contribution to the European theatre maintenance mission and ably represented the Army National Guard and the state of Louisiana to both active army and local German national personnel. (State PAO Photo)

## 'Commanders Must Emphasize Maintenance'

BY LTC EARL P. SANTOS

"Who is responsible for Maintenance?" asked COL William Thomas, during his presentation to the Battalion Maintenance Officers (BMO).

"Is it the commander? Maintenance Manager? NCO? First Line Supervisor? Or Operator?" COL Thomas paused and then in his articulate manner said, "all of the above!" The BMOs did not need any further clarification of who is responsible for maintenance. "However," said LTC Earl Santos, "let us face a basic fact at the outset: unless there is command emphasis on maintenance in your unit, your efforts to improve maintenance will be very difficult." These two key statements were discussed with the 22 BMOs or their representative at the Commander's Conference held at Camp Beauregard.

LTC Santos further stated "Commanders must emphasize maintenance. They must show interest in maintenance and be aware of maintenance status in their unit. Without this emphasis, there is no real driving force to make maintenance happen." Members of the Directorate of Surface Maintenance staff briefed the BMOs in the areas of duties/responsibilities, TAMMS, COMET/MAIT Programs, supply requisitioning and Material Condition Status.

LTC Robert L. Jones closed the weekend session by discussing the results of his staff visits throughout the LAARNG units and how we can improve upon the maintenance deficiencies that were noted.

To increase unit readiness and keep battalion/MACOM commanders apprised of their equipment status, COL Walter R. Weaver, (Director of Surface Maintenance) announced a new Unit Level Maintenance Monitoring Procedure Program. (See LANG-DMT Memorandum dated March 9, 1990, Subject: Unit Level Maintenance Monitoring). Basically, the procedures are as follows:

At the beginning of an IDT (Saturday) period and prior to the operation of equipment, the qualified assigned operator conducts PMCS (DA Form 2404) which, upon completion, be signed by the operator and his first line supervisor. Deficiencies/shortcomings that can be corrected will not be listed on DA Form 2404. The PMCS's will be turned into the unit's maintenance section by noon on Saturday on the

IDT period.

The maintenance supervisor will review all DA Form 2404 submitted and take appropriate corrective action. By close of business on Sunday of the IDT period, all DA Forms 5504 will be submitted to the Readiness NCO to be delivered to the appropriate supporting OMS, by the Tuesday following the IDT period. The OMS foreman will review the forms and brief the appropriate battalion/MACOM commanders as to the IDT maintenance accomplishments. Maintenance Managers need to review the memorandum for specific details in implementing this program. Commanders should include monitoring of this program during their Command Inspection Program (CIP).

MAJ Glenn Appe, Battalion Commander, 1/141st FA Bn, showed his

command emphasis in maintenance by requesting a courtesy COMET inspection in conjunction with his Command Inspection, to evaluate the battalion's maintenance program. CPT Marc McNeal (MATES) was designated Team Chief and with the assistance of seven highly qualified maintenance personnel, conducted the COMET. During the four days, the team inspected everything from kitchen ranges to 109 howitzers (tank). At the conclusion of the COMET inspection, CPT McNeal outbriefed MAJ Appe and left him copies of the DA Forms 2404, also with observations in which the battalion can improve their maintenance posture. This is another classical example of "Command emphasis starting at the top." But it is important at all levels of command. Company/Battery commanders must show it, platoon leaders must show it, squad leaders must show it.

Congratulations to MSG Joseph G. King (LANG-DMT) for his outstanding efforts in complying with USAMC Material Readiness Support Activity's requirements for instituting the Standard Army Maintenance System (SAMS). Louisiana Army National Guard was the first state to implement the SAMS program.

First Sergeant Philip G. Boyd, OMS#5 and soldiers of his facility are to be congratulated for being awarded the "NGB Award for Efficiency in Maintenance, 'FY 89.'" This award is presented annually in recognition of having achieved the highest standards of maintenance efficiency in the State of Louisiana.

### MAINTENANCE PUBLICATIONS RECENTLY DISTRIBUTED TO THE FIELD

1. LANG-DMT Memorandum dated 9 Nov 89, Subject: Performing Maintenance to Standards.
2. LANG-DMT Memorandum dated 18 Dec 89, Subject: Policy on Unit PLL Stored in Trucks and/or Trailers at the OMS.
3. LANG-DMT Memorandum dated 9 Jan 90, Subject: Arms Vault Dehumidifiers.

4. LANG-DMT Memorandum dated 19 Jan 90, Subject: Monitoring Material Condition Status of Equipment Issued to LAARNG.

5. LANG-DMT Memorandum dated 9 Mar 90, Subject: Supply Performance Measures Report for Class IX Items.

6. LANG-DMT Memorandum dated 9 Mar 90, Subject: Unit Level Maintenance Monitoring.

7. LANG-DMT Memorandum dated 9 Mar 90, Subject: Class IX Procedures for AT-90.



# First Sergeants: 'Where the Rubber Meets the Road'

Twenty-seven Louisiana National Guard soldiers graduates in February from the NCO Academy's First Sergeant Course, with the top two graduates both from the 256th Infantry Brigade (mechanized).

Brigade Deputy Commander COL Carrol J. Frederick and CSM John Quebedeaux were on hand for the occasion.

During his remarks the State Command Sergeant Major Harold B. Cook thanked the family members for their support. "You make our jobs a damn sight easier," he said.

"The first sergeant is the most influential member of the unit," he said to the graduates. "Commanders come and go, but you provide the stability, the continuity and the spirit. It's one of the hardest jobs in the Army, but it's also one of the most enjoyable and rewarding."

SFC Roger D. Maxey of Company E, 3rd Battalion, 156th Infantry received Award from CMSGT Patrick L. Brady, Association President.

"There was still competition," Maxey said. "This award could have gone to any member. It's quite an honor. I accept it humbly." Maxey was the first NCO out of 13 classes to receive the Enlisted Association Award. This award is not given out every cycle.

The First Sergeant Course was designed to develop the First Sergeant's expertise in those areas directly within his area of responsibility. Major subject areas included Military Studies, Leadership and Human Relations, Enlisted Personnel Management, Unit Administration,



Graduates of the 1st Sgt Course from the 256th Infantry Brigade. Front Row, left to right: SFC Jerry L. Ned, HHC, 3rd Bn, 156th Inf; 1SG William A. Raney, HHC, 3rd Bn, 156th Inf; SFC Roger D. Maxey, Company E, 3rd Bn, 156th Inf; SFC Derrell A. Meyers Jr, Troop E, Cavalry. Back row, left to right: 1SG James C. Robinson, Company A, 199th Spt Bn; SFC John H. Whitehead, Company B, 1st Bn, 156th Armor; 1SG Kirby J. Landry, Company A, 2nd Bn, 156th Infantry; SFC Lee D.P. Louviere, Company E, 3rd Bn, 156th Inf; 1SG Edward C. Hudson, Company D, 3rd Bn, 156th Inf. (Photo by SPC Bernie Chaillot, 256th Inf Bde PIO)

and Physical Readiness and Appearance.

Emphasis throughout the course was on the assigned and inherent duties, responsibilities and authority of the First Sergeant.

"We expect more of you once you

become a first sergeant," continued CSM Cook. "We expect you to be tactically and technically competent. Know and trust your subordinate. Stress fundamentals. Care for your soldiers - Don't just feed them and pay them, but train them, push them and

respect them. Enforce the standards - do not walk past a mistake; stop and fix it. Read the creed of the NCO if you need to brush up on mission; you are where the rubber meets the road. Go back to your units and make us proud," he concluded.

## Best Mess Awarded to 199th Support Battalion

by CPT Eric P. Jensen  
Det 4, HHC 256th Brigade

As the battalion S-4 put it, "the Guardsmen of the 199th Support Battalion might complain about the weather, or the job, or the stress, but the one thing they will not complain about is the chow." With an award-winning food service section, it's easy to see why.



The cooks of HHD 199th Support Battalion in Alexandria were recently named "Best Food Service Section" in the 256th Infantry Brigade (Mech.) which includes a lot of food service sections. From there, the HHD section went in to compete on the state level. As part of the competition, the section was evaluated by a state team of food service section personnel during a field exercise.

"We look over the field kitchen layout and the food storage, preparation, sanitation and safety," said WO2 Paul Gilmore, Director of Logistics. "We also check the cook's knowledge of the equipment and procedures. We want to know 'if they know how to operate it?' and 'what they do if something breaks?' We challenge their minds - to make them think about it."

Gilmore seemed pleased with the HHD food service section's field operation, spotting only a few minor infractions. He said the evaluation was more of a teaching experience than anything else.

"I stress personal hygiene and sanitation practices," Gilmore said. "One bullet will kill one soldier. One bad meal will kill a whole battalion. Richard Bottrell (Brigade food service

advisor) knows about sanitation. He stresses that all the time. You keep the cold foods cold and the hot foods hot. There is less chance of bacteria contamination."

Gilmore noted that normally, a food service section will take up the most square footage of any other section in the company - three acres of ground.

"It takes about three to four hours to check and observe food preparation and the handling of the food," Gilmore noted. "We also make sure they use the recipe cards and start the food cooking phase on time; we also check how they serve the food."

"The last soldier in line deserves the same quantity of food as the first soldier in line," he added.

In addition to checking food service routines, Gilmore's team evaluated the cooks on basic soldier skills.

"I like to get the younger cooks and test them on their fighting positions and NBC," he said. "By their answers, I know if the food service NCO is training these people."

Assisting Gilmore in the field evaluations were SSG Lee McDaniel and SSG George Lovell, both part of the Food Management Assistance Team. The group helps in food service section paperwork, training and evaluation.

There are about 16 people on the team they said. The men stressed that this was "an evaluation, not an inspection."

The food service section evaluator said there is a 600 point scale in determining the top food service section with some areas carrying more weight than others. Among the more important areas evaluated was command interest, he added.

As the "Best Food Service Section" in the brigade, the HHD section was awarded a plaque during Family Day ceremonies in December. Food Service Sergeant SSG Newman Dupas accepted the plaque on behalf of his section which included SGT Gerald Smith, first cook; SGT Willie Thomas, second cook; SPC Deborah Cooper, third cook; and SGT Maurice Jackson and SGT Richard Nichols, cook maintenance.

Bottrell, who spends a good amount of time with the HHD food service section, said the group prepares food for about 120 people.

"For a unit to be selected and to compete (for the Connelly Award) is a great seal of excellence for the unit," Bottrell said. "It's the icing on the cake to be selected for the competition. It shows that any mission can be completed there is teamwork involved."



# FDA Reports Pros And Cons Of Over-The-Counter Drugs

By Evelyn D. Harris  
American Forces Information Service

The Army and Air Force Exchange Services Support offices report that sales of over-the-counter medicines have increased dramatically over the past decade. Their civilian counterparts report the same.

Americans use over-the-counter remedies for a wide variety of ailments—from antihistamines for hay fever to first-aid sprays for cuts. In fact, six out of 10 medications in our homes were bought without a prescription. We treat four times as many common health problems with non-prescription drugs as we take to a physician.

Far from being alarmed by this trend, Food and Drug Administration Commissioner Dr. Frank E. Young, a rear admiral in the Commissioned Corps of the U.S. Public Health Service, sees it as a positive sign of the willingness of Americans to take responsibility for their health.

But military and public health officials stress the importance of responsible use of over-the-counter health products.

To help consumers use good judgment in self-treatment, Young wrote *A Doctor's Advice on Self Care*, a new consumer brochure published jointly by the Food and Drug Administration and the Proprietary Association, a trade association representing non-prescription-drug manufacturers.

The difference between prescription and non-prescription drugs is spelled out in the Federal Food, Drug and Cosmetic Act. It says that drugs which are habit-forming or unsafe for use, except under a doctor's supervision, can be dispensed only with a prescription. Drugs that are generally considered safe for the consumer to use by following the required label directions and warnings are available over the counter.

In 1972, the Food and Drug Administration began taking a hard look to see which prescription medicines could be safely made available without prescription and which non-prescription drugs were unsafe.

As a result of the review, more than 200 products on the market today were available only by prescription in 1976. Some examples include low-dose hydrocortisone creams for itching, the pain reliever ibuprofen and several antihistamines and nasal decongestants. Young said research indicates that the use of these and other non-prescription medicines may have saved Americans \$10.5 billion

in 1987 alone—based primarily on less time lost from work and money spent on doctor visits, as well as the greater costs of prescription drugs.

For all over-the-counter products, Young warned, it is important to read the warnings and follow the instructions on the label. He said the Food and Drug Administration requires non-prescription-drug labels to be more detailed than prescription labels so consumers can properly use the products without the advice of a health professional.

Non-prescription drugs are required to warn users about potential problems. Some may warn you not to give the medicine to children or people with certain medical conditions; others may tell about possible adverse reactions. Here are some of the most common warnings:

"Do not drive or operate heavy machinery while taking this product, "Drugs that can cause drowsiness usually carry this warning or a similar statement on the label.

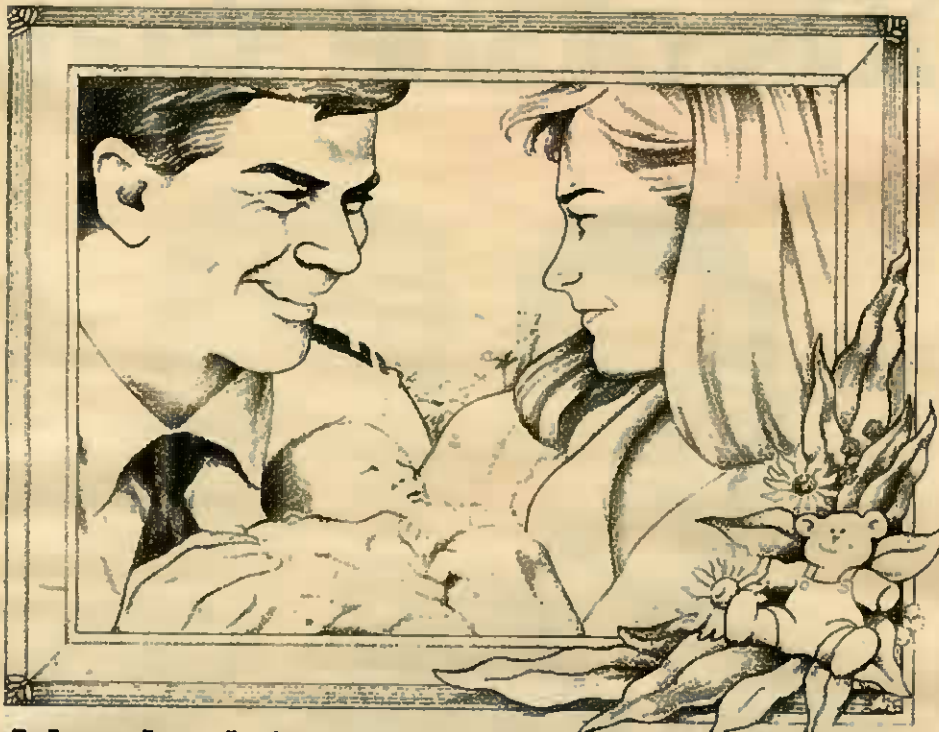
"If you are pregnant or nursing a baby, seek the advice of a health professional before using this product. "Because some drugs can reach the fetus through the placenta or reach the baby through the mother's breast milk, it is important to consult a doctor about possible effects on the baby before using a drug.

"If symptoms persist for more than 10 days, consult a physician. "This type of statement warns that overuse of a particular medicine may mask a serious condition, so it should not be taken longer than a certain period of time without checking with a doctor.

"Do not drink alcoholic beverages while taking this product. "It is usually not a good idea to mix drugs and alcohol especially if the drug can cause drowsiness.

In addition to reading the warnings, the Food and Drug Administration commissioner said to check the package for evidence of tampering. Most non-prescription drugs have tamper-resistant seals; make sure they aren't broken. Also, check the product itself for evidence of tampering.

Because non-prescription medicines are convenient and can save money, experts predict American spending for these products will grow from \$8.6 billion in 1986 to as much as \$23 billion in 1995. However, said Young, "The continued success of this trend will depend on how well you, the consumer, exercise judgement about how and when to self-treat and how we in the medical profession work with you in your self-care."



## Alcohol Poses Risks Before And After Pregnancy

By Evelyn D. Harris  
American Forces Information Service

If you drink while you're pregnant, your unborn child is "bellying up to the bar" as well. Just as the nutritious food you eat crosses the placenta to your unborn child, so does alcohol—and in the same concentration in the baby's bloodstream as yours.

According to Jessica Harding, the civilian at the Naval Military Personnel Command who heads DoD's Drug and Alcohol Abuse Working group, drinking during pregnancy is the third most common cause of birth defects and mental retardation.

"Until recently, doctors believed that light drinking during pregnancy would not adversely affect fetal development," said Harding. "Recent studies show that, even in moderate amounts, alcohol is related to increased heart rates and respiratory abnormalities in newborns and to the newborn's difficulty in adjusting to normal sounds and lights."

After studying numerous infants born to mothers who drank heavily (two or more ounces of alcohol per day was considered heavy drinking) during pregnancy, researchers noted a specific pattern of abnormalities which they called the "fetal alcohol syndrome."

Characteristics of the syndrome are:

Newborns are shorter and lighter than average; they don't catch up even after special postnatal care;

Heart defects;

Central nervous system damage, resulting in mental retardation, poor ability to focus attention, delayed motor development, hyperactivity and irritability;

Abnormally small heads, sometimes with bulging or receding foreheads, and flat cheeks;

Smaller eyes with drooping eyelids; sometimes crossed or nearsighted eyes;

Short noses with a wide space above the upper lip and thin upper lip; the indentation in the skin that is normally present just above the upper lip

may be reduced or missing.

Studies show that the more alcoholic beverages the mother drinks, the greater the risks to her baby. While high levels of alcohol consumption are needed to produce all the symptoms of fetal alcohol syndrome, alcohol-related birth defects have appeared in babies whose mothers drank smaller amounts.

Thus, for every child born with full-blown fetal alcohol syndrome, there were several born with only some of the features of the syndrome ("alcohol-related defects"). Individuals vary in the amount of alcohol they can consume without harming their babies, which is why most experts recommend that pregnant women refrain from drinking altogether.

It may be that women aren't the only ones who should be careful. Harding said recent research indicates that the father's pattern of drinking before conception may also influence offspring. One study found that infants whose fathers were "regular drinkers"—an average of two drinks daily during the months before conception—were an average of 6.4 ounces lighter than those born to occasional drinkers. This effect was still present after controlling for maternal drinking, smoking and other factors.

Other studies have indicated the father's drinking may have adverse effects on offspring—including an increased incidence in psychiatric disorders, hyperactivity and decreased intellectual functioning. In some of these studies, children born to heavy drinking fathers were adopted by the other families after the birth, indicating that the problems may be genetic.

"Parents make all kinds of sacrifices for their children once they're born," said Harding. "But one of the most important things they can do to increase the probability of a healthy child is to start following good health practices before the children are conceived."



It's  
Your  
Health



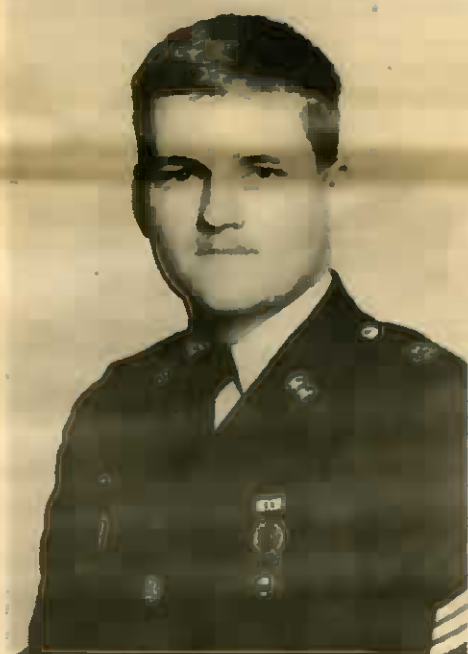
# Soldiers and NCOs of the Year



SPC Johnny D. Lassiter,  
Company C, 3rd Bn,  
156th Inf  
M-Day Soldier of the Year  
for the Louisiana Army  
National Guard



SPC Peter Denux  
NGB Academy  
AGR Soldier of the Year for  
the Louisiana National  
Guard



SGT David A. Shorey, 256th Engineer Company, M-Day  
NCO of the Year, 256th Infantry Brigade



SPC Mack H. McBride, Company D, 1st Battalion, 156th  
Infantry, AGR Soldier of the Year, 256th Infantry Brigade



SPC James Juneau, Det 2, 'La. Military Academy' HQ  
STARC M-Day Soldier of the Year, HQ STARC



SFC Ray J. Brasseaux, II, Region VI, NCO Academy,  
AGR NCO of the Year, HQ STARC.



SSG William F. Ariderson, HHC, 3rd Battalion, 156th In-  
fantry, AGR NCO of the Year, 256th Infantry Brigade



SPC John H. Grimes, 2226th Transportation Company,  
M-Day Soldier of the Year, 204th Area Support Group



SGT Arleatha Simmons, HQ, State Area Command,  
M-Day NCO of the Year, HQ STARC

The four finalists  
in each category  
will represent the  
Louisiana Na-  
tional Guard at  
the 5th Army  
1990 FORSCOM  
Soldier and NCO  
Competition  
in May.



# for the Louisiana National Guard



SGT Tanya R. Whitney  
Company D,  
1st Bn, 244th Avn  
M-Day NCO of the Year for  
the Louisiana Army  
National Guard



SGT Michael A. Lee  
Company B, 528th Engr Bn  
AGR NCO of the Year for  
the Louisiana Army  
National Guard



SPC Glen T. Tortorich, 241st Public Affairs Detachment,  
M-Day Soldier of the Year, Troop Command



SPC John M. Roach, 159th Mobile Army Surgical  
Hospital, AGR Soldier of the Year, Troop Command



SPC Robert J. Charpenter, HHC, 769th Engineer Bat-  
talion, M-Day Soldier of the Year, 225th Engineer Group



SSG Michael Herring, 205th Engineer Battalion, M-Day  
NCO of the Year, 225th Engineer Group



SFC Daniel W. Stewart, HHC, 1st Battalion, 244th Avn,  
AGR NCO of the Year, Troop Command



SSG James E. Dunn, 239th Military Police Company,  
M-Day NCO of the Year, 204th Area Support Group



SSG Charles W. Hartman, Det 1, 1086th Transportation  
Company, AGR NCO of the Year, 204th Area Support  
Group



SPC Steven O. Adcox, Company C, 527th Engineer Bat-  
talion, AGR Soldier of the Year, 225th Engineer Group





MAJ Jim Kutch gives a legal briefing to troops of the 205th Engineer Battalion in preparation of an Overseas Deployment to Honduras for annual training (205th Engr Bn PAO Photo)

## State Park Improvement Grant for Louisiana Guard

By 1LT Maria L. Jonkers  
State PAO

The Louisiana National Guard was one of three National Guard organizations chosen to receive a \$100,000 allocation by the National Guard Bureau for construction and improvement in state park and recreation areas.

This will be the second time in the two year history of this program that Louisiana Guard engineers have been selected to participate.

This year's project will see the construction of a half mile road, a bath house, and 30 campsite hookups at the Indian Creek Recreation area in Woodworth, Louisiana.

Each hookup will include a concrete pad, a gravel apron, and a gravel picnic area which will include a picnic table, barbecue pit, lantern pole, and refuse collection.

The allocated funds are to cover the cost of the material. The work will be accomplished by guard engineers in annual training status.

A company from the 527th Engineer Battalion will be the first on site from 10-22 June. They will be followed by a company from the 528th Engineers from June 24 through July 6. The work should be completed by the 769th Engineers during the period 8-20 July.

A formal ground breaking ceremony at the Indian Creek Site will be held in April.

## Guard Soldiers Activated After Destructive Tornadoes

By SGT Charles M. Curry  
Co A, 527th Engr Bn

On the night of 19 January 1990, a tornado touched down in the town of Grambling, located in Lincoln Parish four miles west of Ruston. The tornado created havoc and destruction for a two square mile area in a densely populated sector of Grambling before leaving the ground and heading Northeast. At 4 p.m. the next day, Co A 527th Engr Bn, Ruston, LA, received official notification of State Emergency Active Duty. Key Unit personnel went to work notifying unit members and gathering equipment.

Clean-up operations in Grambling lasted for ten days. 25 guardsmen were on State Active Duty each day driving

front-end loaders, dump trucks, back-hoes, and chain saws. While several homes and businesses received major damage, Grambling State University received little damage and there were no serious injuries resulting from the storm.

Clean-up was directed by 1SG Charles F. Lee and SFC James A. Barnes, both of A Company. A tactical operations center was set up at the Grambling City Hall. This served as a communications area for the Guard and as a central meeting place for other volunteer agencies, such as the Local Red Cross.

Grambling received many visitors during this time, including MG Ansel M Stroud and CSM Harold B Cook on 22 January 1990.

## 205th Engineers Prepare For Honduran Mission

By CW2 Louis Joseph  
205th Engr Bn PAO

"It's the real thing," as the saying goes. But this time it is the real thing for the engineers of the 205th Battalion, headquartered in Bogalusa. It's real because the process for Overseas Movement conducted by the 205th in February was to prepare them to deploy to Honduras during the April-May time frame.

The mission of the 205th Bn will be with a priority to safety and force protection. The 205th Engr Bn will mobilize and deploy in two task organized company teams, 27 Apr '90 and 11 May 90. They will conduct two seventeen day combined joint field training exercises in Honduras, conduct horizontal and vertical construction in support of Task Force 420, and redeploy to home station.

When asked to state his mission priorities, LTC James R. McCall, battalion commander, responded, "My mission priorities in this order are: train safely, force protection, troop support, maintenance, accountability, engineer construction, and civic action activities."

During the POM itself, there were ten stations set up in the drill hall in Bogalusa. Among these were security clearance and fingerprint cards, health records check, a legal brief, a family assistance brief, and a financial record check.

In addition to the ten stations, there was HIV testing, drug testing, Pile Driving School, 51B USAR School, Weapons Competition, and Visitor's Briefing. In all, there were 710 soldiers processed.

The 205th received a command visit from COL Giering, 225th Group Commander. The 51B USAR School was validated by COL Diaz, 4152 USAR, the ADAPC was validated by COL Evans, the POM inspection (LANG-MOBE) was done by MAJ Davidson of Headquarters STARC, the POM accreditation, by CPT Mack of the 5th Army and also POM accreditation was done by SSG Aviar of the 420th Task Force.

The 205th received support from the 31st JAG Detachment of Baton Rouge and the JAG Officers of the 225th Engr Group.



Soldiers of Co A 527th Engr Bn continue their clean-up by removing many piles of tree limbs and debris. Pulpwood trucks could be seen in the middle of the action, assisting homes owners by removing trees from private property. (527th Engr Bn)



Guardsmen are busy cleaning the roadways of Grambling with Front-End Loader. In the foreground, a tree had fallen during the storm across a Grambling resident's vehicle. (527th Engr Bn Photo)



# Louisiana Guard Holds Mini-Boot Camp

When SSG Edward Lamulle, HQs STARC Louisiana Army National Guard, was approached by JROTC students of Pearl River High School for realistic military training he contacted SFC Wayne Watkins of Company C 205th Engineer Battalion for assistance. A mini-boot camp was decided upon and the administrative and logistic problems began. Where, when, and how turned into; where, Camp Villere barracks, mess hall and training areas, when became 12-14 January, and how became "improvise;" volunteers from Company C served as trainers, Medic and female liaison came from 159th MASH and as every military unit has a supply sergeant, SSG Roy Deemes stepped forward.

Starting at 2 p.m. Jan. 12, 36 JROTC members, five females and 31 males, began arriving at Camp Villere, Slidell, from Pearl River, Northshore and St. Paul's High Schools. The JROTC units were Army, Navy and Air Force. SSG Lamulle assigned linen, bunks and a barracks to each individual. At 3:30 p.m. physical training followed by a short 1 mile run officially began the mini-boot camp. The "boots" as they were now called were then treated to their first meal cooked, as all were, by Company C's First Cook, SGT Ronald Jarvis. Following dinner were instructions on the making of bunks, clothing requirements, and lensatic compass. Lights out at 10 p.m.

Wake-up at 5 a.m. Saturday found all "boots" dressed and ready to face their first full day of mini-boot camp. After physical training and a one mile run they were returned to their barracks in time to view the space shuttle from a hurriedly called formation at 6:11 a.m. Breakfast, as all meals, required three "boots" to perform KP; washing of pots, pans, and mopping the mess hall.

Drill and ceremonies (marching) was conducted under the direction of SGT

Robert Gaines, SGT John McCarthy and SPC Mark Daeumer. Corrections to marching techniques were reinforced by demonstrating proper procedures and push-ups. The JROTC platoon was then divided into three groups with Group I going to the compass course, Group II going to the obstacle course and Group III attending a radio communication class using the PRC-77 radio. Groups were then rotated until everyone attended all classes and courses.

MRE's (Meals Ready to Eat) were issued for the noon meal. Platoon formation was called and everyone transported to the obstacle course for a last run-through for Saturday. Upon completion of the obstacle course, the platoon was forced marched to the barracks area where SSG Kevin Savoie instructed a class on NBC warfare (Nuclear, Biological and Chemical). Every "boot" then had to put on a protective mask and MOPP gear (Mission Oriented Protective Posture).

Following the dinner meal First Aid classes conducted by 159th Mash Medic, PFC Wende Watkins, instructed the "boots" on field dressings for wounds and broken bones. 1SG Lane Lawson then instructed the JROTC members how to properly apply face and arm camouflage with camouflage paint sticks. This was truly a hands and face on class where each person painted another's face. Lights out at 10 p.m.

Sunday wake-up proved the mini-camp was taxing the JROTC members when PFC Wende Watkins and SSG Edward Lamulle had to enter the respective barracks and announce reveille (wake-up). Physical training and a one mile run was followed by barracks clean up and personal hygiene. After breakfast the platoon was taken to the "grinder" (drill field) for two hours of marching. 10 a.m. to 12 a.m. was dedicated to the obstacle course for a last attempt. Lunch, turn in of linen, barracks and mess hall clean up, and change into dress



Junior ROTC "boots" attempt the obstacle course during the "mini-boot camp" held at Camp Villere by Company C of the 205th Engineer Battalion. (Photo by SFC Watkins, 205th Engr Photo)



The raw recruits hold their position in formation as they undergo a "mini boot camp" at Camp Villere. The 36 boots trained in NBC, KP, and D and C during the weekend reveille. (Photo by SFC Watkins, 205th Engr Bn Photo)

uniforms was accomplished by 2 p.m.

Final formation at 2 p.m. was held and certificates of training for attending the Louisiana Army National Guard Mini-Boot Camp were presented to all members. An Outstanding Soldier was selected from each school

by the trainers; Dave McNish of St. Paul, Margaret Sundameyer of Pearl River and co-winners of Northshore were Joseph Martin and Heath Wheeler. Martin and Wheeler exemplified the goal that brought the mini-camp into experience: teamwork.



SPC Thomas M. Meadows (right) and PV2 Russell T. Matthews (left) repair the water line to the maintenance building at the Homer armory. (527th Engr Bn Photo)



SGT Fred Parsons, Det 1, Co C, displays a miniature scale flooring system built by SSG Martin as a visual aid for his classes. (527th Engr Bn Photo)

## 527th Engineers Under Construction

By SGT Charles M. Curry  
Company A, 527th Engineer Battalion

Thirty-eight soldiers of Co A, 527th Engr Bn, in Ruston, and Det 1, Co C 527th Engr Bn in Homer, are currently undergoing MOS training in 51B, Carpentry and Masonry Specialist.

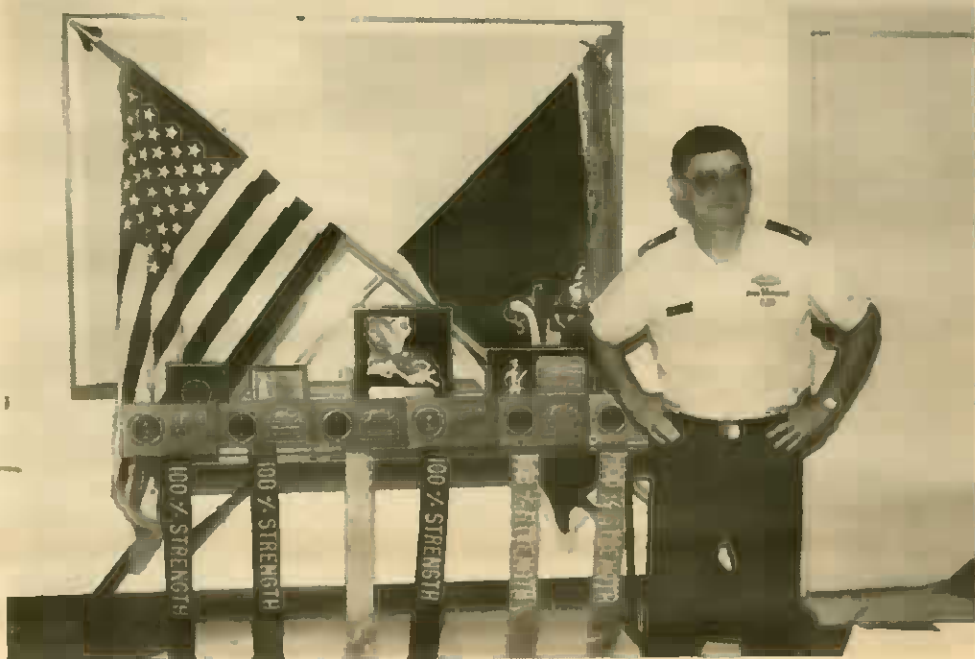
The seven month course was developed by the 4158th US Army Reserve Forces in Shreveport, to meet the needs of the Louisiana National Guard in qualifying soldiers in their duty MOS. Instructors are Larry M. Billberry, Co A, 527th; and SSG Arthur D. Martin, Det 1, Co C 527th. In-

structors were required to attend a one week school with the 4158th USARF to become qualified to teach. Assistant instructors are SGT Archie N. Brown, Co A, and SPC Kevin P. Legendre, Det 1 Co C.

The course is divided into two phases, IDT, and ADT. IDT training will conclude 22 Apr 90, the ADT will conclude on 23 Jun 90. At that time, each soldier meeting the course standards will receive a completion certificate and be awarded the 51B MOS. They will then be returned to their unit of assignment, qualified to perform the duties within their MOS.



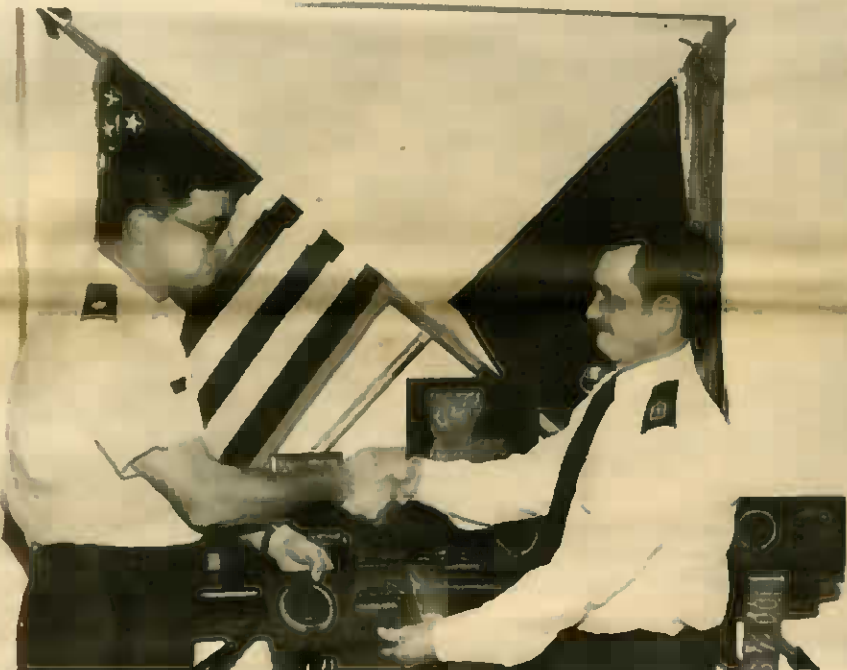
# 205th Engineers Earn Awards



Battalion Commander LTC James McCall poses with all of the awards.



100% Authorized Strength Award - SFC Greg Wilson accepts for Headquarters Service Company



100% Attendance Trophy - ISG Ronnie Bergeron accepts for headquarters Service Company



100% Authorized Strength Award - SGT Ernie Lard accepts for Detachment 1, Company A



100% Authorized Strength Award - SFC Herbert McKensie accepts for Company B



100% Authorized Strength Award - ISG Lane Lawson accepts for Company C





NCO Academy students and instructors pass before the reviewing stand in a retirement ceremony for MSG Jack F. Moran, the senior instructor at the Louisiana Military Academy. Moran retired in March at Camp Beauregard after 34 years in the National Guard (State PAO Photo)

## La. Military Academy Retires Senior Instructor

By SPC Danny P. Keating  
241st PAD Staff

MSG Jack F. Moran retired March 9th in a ceremony at Camp Beauregard.

During the ceremony, Moran, Senior Instructor at the Louisiana Military Academy since Jan. 1989, received the Louisiana Legion of Merit Award.

During a pass and review of the Academy instructors and students marched to the podium where Moran and the Adjutant General stood.

Moran is a thirty-four year National Guard veteran. Including active duty and Army Reserve, he has thirty-seven total years of service.

In addition to the Louisiana Legion of Merit Award, Moran is a four time recipient of the Good Conduct Medal,

a three time recipient of the Army Commendation Medal, has twice received the Army Achievement Medal and the Louisiana Emergency Service Medal, and has received the National Defense Service Medal, the Korean Service Medal, the Republic of Korea Presidential Unit Citation, the United Nations Service Medal, a Meritorious Unit Commendation, the Armed Forces Reserve Medal, an Army Ser-

vice Ribbon, the Humanitarian Service Medal, the Noncommissioned Officer Professional Ribbon (4th level), the Louisiana Commendation Medal, the Louisiana General Excellence Medal, and the Louisiana Longevity Medal.

A native of Texas, Moran resides at Camp Beauregard in Pineville, La. He is the father of one daughter, Carolyn Hilton, and one granddaughter, Megan Hilton.

## 415th MI BN Offers Language Program

The 415th Military Intelligence Battalion (Linguist) Basic Acquisition Language Program (BALP) is an innovative and cost-effective approach to solving the requirement to train approximately 180 linguists in the next several years.

French classes and German classes will be conducted over a 12 week period (85 days) from 19 May to 11 August 90 at the new Military Education Center in Ball, Louisiana.

Classes will be held eight hours a day, five days a week with cultural and language enhancement activities during the weekend.

There will be three classes of 10-12 students each, one in French and two in German. The instructors will be from the 300th Military Intelligence Brigade, Utah ARNG. All instructors will participate in a facility training workshop conducted by DLT. Students will be a mix of officers and enlisted.

The desired results is to produce 10 French linguists and 20 German linguist who can effectively communicate on a one to one level as measured by the Defense Language Proficiency Test.

The classes will be conducted in an immersion setting expect for grammar and technical explanations where English will be used. Instruction will develop skills in speaking, listening, writing and reading comprehension using a combined approach to appeal to

as many of the students' senses as possible.

The Louisiana National Guard initiated this program as an alternative to the Defense Language Institute (DLI) in Monterey, California. DLI has a limited capability to train Reserve Component linguists. This has been compounded by the simultaneous activation of five MI linguist battalions over the next four years within the National Guard.

In addition, prior service attendance at DLI is extremely costly and has an adverse effect on limited school funds. Finally, due to the length of the language programs at DLI, many recruits, primarily prior-service, are reluctant to enlist. Because of the aforementioned factors, an alternative language program was considered absolutely essential.

The long range plan for the BALP is to train Louisiana National Guard linguists first. Unoccupied slots are then offered to other states.

The course offered this year will have one California Guardsmen attending.

There have been some limitations placed on the program, however. New AGR soldiers entering after November 28, 1989 cannot use their AGR service time after that date to satisfy MGIB obligation criteria. Additionally, after December 18, 1989, AGR soldiers may not earn entitlement under VEAP (Chapter 32, GI Bill program) and



The 415th Military Intelligence Battalion commanded by LTC James Meza held an effective date ceremony in its Baton Rouge armory. Organized nearly a year ago, the December weekend served as its first official drill. An open house for family members was held in conjunction with the effective date ceremonies. The 415th MI Battalion will conduct year round annual training, and holds linguist MOSs in the languages of German, French, Spanish, Polish, Czechoslovakian, and Russian among others. (State PAO Photo)

MGIB (Chapter 106) for the same period of active duty.

Many of the specific details for participating in these areas of increased coverage are forthcoming from the Veterans Administration this summer. We will publish that information as it becomes available.

On the State Tuition Exemption Program (STEP), members planning to attend the Summer 90 academic period should check their eligibility status at

their unit on the Unit Eligibility Report during the April scheduled drill to ensure that they are correctly listed.

Members should always remember to bring any questions about programs administered by the Education Services Office to their unit first. Units can now call the Education Services Office.

Toll Free 1-800-545-3736



# 205th Engineers Hit The Target

In only their second attempt, the 205th Engr Bn Combat Rifle Team captured the Adjutant General's Championship trophy in February. The team also won the honor of representing Louisiana in the Wilson Matches at Cp, Robinson, Arkansas, in late August of this year. SFC Sandy Ussery, 205th team captain, tied for high individual rifle honors with a score of 41. The 205th's Pistol Team placed second in the competition at Camp Beauregard on the same day.

To get to the match at Cp. Beauregard was no easy feat. The winning rifle team had to defeat four other teams from within the 225th Engineer Group. The Group competition was held during January, and the 205th reigned supreme in both rifle and pistol events for the second year in a row.

In the Group rifle competition, the 205th was followed by the 769th, 528th, and the 527th Engineer Battalions in second through fourth place, respectively. 1LT Steve Buck, Company A; set the pace with a score of 37. He was trailed by team members SFC Barney Crosby, HSC; SPC Susan Spiller, Company B; and SPC Chris Gagnon, with 35s. Rounding out the team was SFC Jack Whaley, SGT

David Parker, Company A; and PV2 Rick Dreiling, Company C.

The pistol match at Group level was led by the 205th with the 527th, 528th, and the 769th Engineer Battalions falling into second through fourth places, respectively. 205th team member 1LT Steve Buck, Det 1/Company A, led all pistol shooters with a score of 284 at the January match. He was followed by team members SGT David Parker, Company A; 279; SSG Dudley Mixon, Det 1 HSC, 276; and CPT Gary Starkey, HSC, 269. Also firing for the 205th was SPC Chris Gagnon, Company A, 267; SPC Michael Matran, HSC, 259; and 1LT Paul Toney, HSC, 248.

The success of the 205th's teams this year can be attributed to a number of factors. Command emphasis was evident at every level of the team selection process and contributed greatly to the outcome. Team selection was based on a number of factors including military appearance, annual weapon qualification scores, and the results of a final selection match. Special thanks to MSG Jewell White, who made things happen, and to SGT David Parker, who served as the team armorer.

"Today the Army does not require radical change. Instead, it needs to focus its efforts on those areas that result in readiness to maintain the current momentum and build the Army of the future."

General Carl E. Vuono

## Sheriffs Association Recognized

The Louisiana Sheriff's Association and its 7,200 employees recently received the prestigious PRO PATRIA AWARD from the Department of Defense for its outstanding support of the Guard and Reserve forces in Louisiana.

The Sheriff's Association has 15 percent of its employees that participate in Guard/Reserve activities and have served above and beyond normal duties in their support and liaison with the Guard and Reserve Forces stationed in Louisiana. This support has not been limited to normal Guard/Reserve activities such as joint cooperation in drug interdiction.

The award is one of three that was presented to employers for 1989 ser-

vices. It came upon the recommendation of the State Committee and the nomination itself was made by Madro Bandaries, District Manager of the Bureau of Census. It is a national Department of Defense honor given to very few employers. With more than 1.7 million men and women in the Army/Air National Guard and the Reserve Forces of the Army, Marine Corp, Navy, Air Force, and Coast Guard, support by employers is vital to maintaining well trained and ready forces on the state level.

The Department of Defense is proud to recognize the Louisiana Sheriff's Association for its outstanding assistance to the defense of this country and our American way of life.

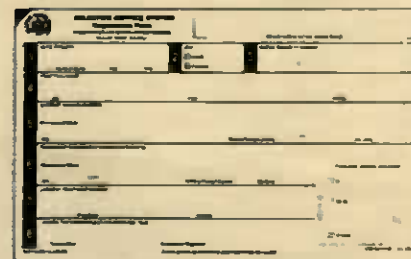


LAARNG M16 Rifle Championship (L to R) 1LT Steven A. Buck (A/205), SPC Chris M. Gagnon (A/205), COL. Edmund J. Giering III (HQ/225), SFC Jack Whaley (B/205), SPC Susan A. Spiller (B/205th), SGT David W. Parker (A/205), SFC Sanford R. Ussery (A/205), PV2 Rick Dreiling (C/205), SGT Charles Willo (Det 1 HSC/ 205E), SFC Barney L. Crosby (HSC/205)



LAARNG State .45 Cal Pistol Competition - 2d Place L to R (Front) 1LT Steven A. Buck (A/205); SPC Michael J. Matran (HSC/205); SFC Sanford R. Ussery (A/205); SSG Dudley J. Mixon (B/205); SGT David W. Parker (HSC); CPT Gary B. Starkley (205th Engr Bn Photo)

## BEFORE HE CAN FOLLOW HIS DREAMS, HE'S GOT TO FOLLOW THE RULES.



Men who don't register with Selective Service aren't eligible for federal student aid, job training, and most federal employment. So if you know a man about to turn 18, tell him to register at the post office. It only takes five minutes to fill out a simple card.

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## Guardsmen to Study in London

By SPC Kristi L. Moon,  
241st PAD

College is a dream to many young people. It seems that tuition increases every year while job opportunities decrease. The Army National Guard provides numerous educational options for those who have the drive to succeed. The majority of today's new Guardsmen are taking advantage of the National Guard's educational benefits.

SPC Matthew W. Peterson, an aircraft mechanic with Co D (-) 1/244th AVN BN at Lakefront Airport in New Orleans and an English education major at Louisiana State University is one young person who possesses the drive to succeed. Peterson joined the Guard with the intention of going to flight school. While waiting for that slot, he

is working towards an alternative goal, becoming an English teacher. Peterson feels that one's own personal education "makes a difference in how seriously the students take you and the degree to which they want to learn."

This summer, Peterson has been chosen to take part in the LSU Summer Studies Program in London. The program consists of spending the entire summer semester at the University of London studying English and Theatre, seeing 2-3 plays per day, and tours of Stratford and surrounding areas. The main attraction of the program to Peterson is being able "to track the birthplace of the true fathers of modern English and to study the emergence of time as we know it." To Peterson, this opportunity is the "chance of a lifetime!"



## Civilian Employers Become Guardsmen For A Day

By SPC Kristi L. Moon  
241st PAD Staff

**BOSSLIFT**— Lakefront Airport was the take-off point for about 25 civilian employers of part-time Guardsmen Saturday, March 3, for a "Bosslift" sponsored by the local Committee for Employer Support of the Guard and Reserves (ESGR).

At 7 a.m. hours the employers arrived at the Army Aviation Support Facility for a pre-flight safety briefing prior to boarding the UH-1H helicopters that would transport them to Keesler AFB in Biloxi, MS. Four Hueys, commanded by members of the 812th Med Det (AA), departed Lakefront in formation flight shortly after 8 a.m. hours.

At Keesler, the employers got to see first hand how hurricanes are tracked, as they flew aboard the C-130 Hercules Hurricane Tracker plane to Mobile, Baton Rouge, and back to Keesler. During the flight, each employer went into the cockpit to talk with the pilots and see what many of their employees do during drill weekends and annual

training. Flight mission briefings included tactical airlifts and weather reconnaissance.

For lunch, the employers dined the military way, at the mess hall. Much to their surprise, the food was excellent. After lunch, they toured the Air Force facility and prepared for their return flight.

After "an impressive formation flight" back to the facility at Lakefront Airport, the employers met one last time before their dismissal from training. This day was training since they all gained a better perspective as to what their full-time employees do in the National Guard. All participants received framed certificates honoring them as "Guardsmen For A Day" signed by Col Urban B. Martinez, Directorate of Personnel and Administrative at Jackson Barracks.

It is the intention of the Employer Support of the Guard and Reserve Committee, through activities such as this, to increase and enhance the relationship between service members and their full-time employers.

## 204th Holds Capstone Conference

By CPT Donna Lajoie  
Training Officer

The 204th Area Support Group and its CAPSTONE trace units conducted an annual conference at Jackson Barracks in March. Nearly 100 Guard, Reserve and Active Component representatives gathered to discuss the dramatic changes occurring in Europe and the effects on the "total force".

The proposed changes in the size and structure of the Active Army will have a direct impact on the reserve components. Increased emphasis will be on Reserve components to rapidly mobilize, deploy and become mission capable with little or no warning.

The 204th conference provided the opportunity for direct coordination with unit commanders at all levels of the CAPSTONE alignment. This included a briefing by a German commander, LTC Karl-Friedrich Brach.

LTC Brach briefed on the role of the German Territorial Army and the impact of the NATO alliance in insuring freedom throughout Europe.

In the event of mobilization, the 204th ASG will be a major logistical supplier to combat units advancing to the Forward Combat Zone. The 204th's new Director of Security, Plans and Operations, LTC Philip Arthur (recently transferred from the 528th Engr Bn) acknowledged this conference gave him a better perspective on the importance of the 204th ASG in the European theatre of operations and the enormous role the 204th ASG has in the defense of Europe.

Remarked COL Simpson, the 204th ASG commander, "the change in the European arena is no reason to backdown the excellent strides made in the CAPSTONE program. Instead its a reason to strengthen our overall training and preparedness."



## 812th MED DET (Air Ambulance) Conducts Remobe 2

By SPC Kristi L. Moon  
241st PAD Staff

The weekend of March 3 and 4 proved to be a reactionary test for the 812th MED DET (Air Ambulance), as they were notified less than 24 hours prior to their regularly scheduled drill that the unit was being mobilized. The 812th MED DET (AA), based at Lakefront Airport and commanded by CPT D.J. Favaloro, participated in its second remobilization (REMOBE 2) exercise in the last year. A REMOBE 2 exercise is used as a tool in aiding the unit with updating all personnel, financial, and immunizational records, training schedules, necessary weapon and equipment preparation.

According to CPT Brian L. Mayard, operations officer, the 812th has improved 110% since their last mobilization in July of 1989. "This time the unit knew more about what to expect and how to react. The unit was in the right mind-frame to perform REMOBE 2 at this drill," said Mayard.

MAJ Mort Kelly, the chief evaluator for the exercise, said, "Since I began evaluating troops in 1986, this unit is the most improved of any unit I have evaluated. The 812th MED DET (AA) displayed the ability to adjust, make spot corrections, and a can-do attitude that was just phenomenal!" MAJ Kelly recognized CPT Mayard as the "the driving force for demonstrating such a tremendous improvement."



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(202) 696-5307 (AV) 226-5307



**MILITARY CITIZEN AWARD NOMINATION FORM**

NOTE: To be considered, nomination must be received by April 23rd.

Name of Nominee \_\_\_\_\_

Nominee's Military Rank and Organization (if known) \_\_\_\_\_

Your Name \_\_\_\_\_

Are you making this nomination on behalf of an organization? \_\_\_\_\_

What organization? \_\_\_\_\_

Your Mailing Address and Telephone Number \_\_\_\_\_

Briefly describe basis for nomination (attach additional sheets, letters or other items such as photo, clippings, etc.)

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Signed \_\_\_\_\_ Date \_\_\_\_\_

**THE MILITARY CITIZEN****BELONGS**

Church  
Scouting  
Little League  
Recreational Centers  
Youth Fellowships  
Big Brother or Big Sister Program  
Police Athletic League  
Boys Club  
Girls Club

Chamber of Commerce  
Junior Chamber  
Toastmasters  
Rotary  
Lions  
Optimist  
Kiwanis  
Civitan

**PARTICIPATES**

American Red Cross  
United Fund  
Local community projects  
4-H Clubs  
Future Farmers of America  
Volunteer Firemen  
National Grange  
Parent-Teacher Association

NOTE: This is only a sampling of the many varied activities in which the Military Citizen may participate.

MAIL TO: Military Citizen Awards Committee  
The Chamber/New Orleans and the River Region  
P.O. Box 30240  
New Orleans, LA 70190

## Military Citizen Award Nominations Now Open

The Chamber's Military Liaison Task Force will present its 4th Annual Military Citizen Awards at the 1990 Armed Forces Day Luncheon, to be held in May this year. The awards will be presented to both an active duty and a reserve finalist, and will recognize military men and women of the River Region for their outstanding community service aside from their military duties. Anyone in the River Region may nominate a service person for the award.

The military employs more than 18,000 people (active, reserve, civilian) in New Orleans and the River Region with an annual economic impact exceeding \$1 billion.

In addition to a handsome plaque, the winners will receive exceptional awards from the business community.

What constitutes significant community service?

Demonstrating leadership through participation in such local organizations as the Little League, Scouts, parent-teacher associations, church and others.

Who is eligible?

Any active duty or National Guard/Reserve member of the U.S. armed forces in the River Region.

Any person may nominate a candidate he believes is eligible. Contact Chris Laborde, manager of the Military Liaison Task Force, at 527-6936, to obtain a nomination form. Return the completed nomination form by April 23 to: Military Citizen Awards, The Chamber, P.O. 30240, New Orleans, LA 70190. For further information, contact Laborde at 527-6936.

## Annual Armed Forces Day Luncheon Held

The Chamber of Commerce for New Orleans and the River Region will be hosting its 41st Annual Forces Day Luncheon on May 8, in the Acadia Room of the Marriot Hotel, 555 Canal Street.

In addition to celebrating the U.S. Coast Guard's 200 years of distinguished service to the nation, this program marks the 4th year presenting the Military Citizen Awards, acknowledging the significant community service contributions provided by the military men and women in our region. (See related story.)

This year's Armed Forces Day Chairman will be Edward L. Diefenthal, Chairman of the Louisiana Employer's Support of the Guard and Reserve committee. This luncheon is open to all military and public citizens in the parishes of Jefferson, Orleans, St. Bernard, St. Charles, St. James, and St. John The Baptist.

For more information contact 1LT Maria L. Jonkers at (504)278-6281 at the State Public Affairs Office.

