



## Heroes on the homefront...

### Guard members risk own lives to save accident victims

#### Chalmette--

With gasoline seeping under his feet, a St. Bernard Parish sheriff's deputy had to make a split second decision whether to walk through flames and pull an unconscious man from a car moments before it exploded.

"I didn't know how close I wanted to get to the car at that moment," Deputy Cliff Osmer said. "I yelled at him, and I looked up and saw flames running across the concrete. That's when I saw the flames coming between his legs and said to myself 'He has to come out. He has to come out now.'"

It was early in May when Osmer plunged into the driver's side window of a burning 1995 Dodge Neon to pull Corey Demourelle to safety. Although Demourelle died at Charity Hospital the next morning, family members say they owe Osmer a debt of gratitude.

"This guy (Osmer) was on a rescue call from heaven because Cory would've been burned," said Demourelle's mother, Elise James.

"It was a blessing," his father Sammie Stewart, agreed. "We got a chance to see him and be with him before they pronounced him dead."

A rescue mission was the last thing on Osmer's mind May 6 as he was driving to meet his wife at her job after an eight hour shift of patrolling St. Bernard's streets. But as he travelled north near an overpass on Interstate 510 he peered into his rear view mirror and saw the accident coming.

Demourelle, his girlfriend, and their 1 year old daughter were on their way home from his mother's house. His girlfriend was driving on the overpass when she realized she had a flat tire. She had pulled into the right lane and was trying to get off the overpass.

"I thought, 'They'd better get over quick. Somebody's going to hit them,'" Osmer said. "Then I saw some headlights jump, so I knew there had been a collision. I saw sparks fly everywhere and flames."

Osmer slammed on the brakes of his pickup truck and shot across the median, then circled back to where the Neon and a Chevrolet Cavalier were burning. As he got closer to the accident he noticed Demourelle in the back seat of the Neon and radioed his captain for help.

Meanwhile, his girlfriend had discovered that her car doors were jammed. She kicked out the driver's window and escaped with the baby.

"That's when the officer came and told me to step away from the car, and he was going to get him out," she said.

While Osmer pulled Demourelle from the Neon, the driver of the Cavalier pulled three injured men from his car and dragged them into the exit lane of the overpass.

"We're proud of deputy Osmer and the quick thinking, quick reaction he exhibited," said St. Bernard Sheriff Jack Stephens. "It takes a special person to know that even though it may mean placing yourself in a dangerous situation, you have to take action to save someone."

Editor's Note: Cliff Osmer is a sergeant with Company E, 2nd Battalion, 156th Infantry in Ville Platte.

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#### Baton Rouge--

Oliver Conrad, Jr., of Baton Rouge owes his life to three men, two of them Louisiana Guardsmen, who risked their lives to keep Conrad from perishing in flames.

On March 6, Conrad was headed east on the inside lane of I-10 near Baton Rouge at the wheel of a flatbed truck loaded with landscaping trees, when an 18 wheeler hit him just before the La 415 overpass.

The large tractor trailer forced Conrad's truck into the left guard rail, bounced across the highway into the right guard rail and back across both lanes into the left railing of the overpass.

The accident knocked most of Conrad's load of trees onto the road below and left the truck cab dangling in the air hanging off the overpass.

This was the scene that Capt. Paul Vorenkamp and Hlt. Vaughn Leatherwood of the 141st Field Artillery in New Orleans came upon as they made their way to the 415 exit.

"We noticed white smoke when we were coming down the west side of the Mississippi River Bridge," Vorenkamp said. "Once we came into site of LA 415, we noticed a truck on the westbound overpass hanging over the side. I sped up and looked left and saw a man hanging from the window of the truck."

Vorenkamp and Leatherwood immediately pulled over and ran to Conrad's assistance. They were soon joined by Joey Boyette, who had been traveling in the opposite direction.

"We noticed diesel was pouring out of the fuel tank into the cab where the man was hanging, and the streams of fire were dropping to the ground below and around us," Vorenkamp said.

Conrad was unable to assist his rescuers as the accident left him paralyzed from the waist down.

"He must have had an incredible will to live to have gotten himself out of that back window," Vorenkamp said. "He seemed like he was in shock. We had to convince him to let go - that we'd catch him." Vorenkamp and Leatherwood were balanced on a railing below the overpass as they attempted to coax Conrad down.

The three men managed to get the seriously injured Conrad down from the truck and out of the way minutes before the truck burst into flames. The flames ignited the diesel that had spilled onto the side of the bridge and ground below. Soon the immediate area where the rescuers and Conrad



had been standing was totally engulfed in flames.

"If not for those men, there was a good chance he would have burned up in the truck," said Troop A State Trooper Joey Nations.

"It amazed me how many bystanders were sitting around watching this man hang from a potential burning truck and were not taking any action," Vorenkamp said.

Lt. Bobby Gudroz, of Troop A, nominated Vorenkamp, Leatherwood, and Boyette for the Distinguished Life Saving Award and the Civilian Bravery Award.

Trooper Capt. Ronald Jones added, "I concur in his assessment that the three individuals, at great personal risk, saved the life of the accident victim."

Vorenkamp, who works full time as the headquarters battery commander, also serves as a reserve deputy in St. Tammany Parish.

Leatherwood, battalion S-4, works full time as a teacher at East St. John High School in Laplace.

Boyette is a retired military Army NCO who last served at Fort Polk.

(Compiled by CPT Maria LoVasco from personal and police reports, and The Advocate newspaper.)

## In Memorium

It is with profound regret that we announce the untimely deaths of five Louisiana Guardsmen.

**Pvt. Micah Cody Erwin**, 17, died Jan. 17, 1996.

Erwin enlisted in the Louisiana Army National Guard Dec. 20, 1995 and served with Det. 1, 1087th Transportation Company in Jonesville, La.

He was a senior at Harrisonburg High School and a member of the Wallace Ridge Baptist church.

He is survived by his father Aaron Paul Erwin of Harrisonburg, La., and his mother, Karen Ruth Little of Bald Knob, Ark.

**Spec. Ronnie Joseph Sampey**, 23, died April 28, 1996.

Sampey enlisted in the Louisiana Army National Guard's Co. D, 1-244th Aviation Regiment March 26, 1993, as a UH-1 Helicopter Repairer. He attended Basic Training at Fort Jackson, S.C., and Advanced Individual Training at Fort Rucker, Ala., from May 10 through Sept. 17, 1993.

During his service with the Guard, he participated in the federal activation of his unit for Operation Uphold Democracy in Haiti from April 17, 1995 through October 12, 1995.

His awards and badges include the Army Service Ribbon, Army Achievement Medal, National Defense Service Medal and the Aircraft Crewman Badge.

He is survived by his parents Louis J. and Eileen A. Sampey, of Thibodaux, La.

**Sgt. John Scott Burson**, 25, died Jan. 19, 1996.

Burson enlisted in the Louisiana Army National Guard Dec. 7, 1987. He served with Headquarters Support Company, 528th Engineer Battalion. His jobs included technical drafting specialist and design drafting specialist.

Burson attended Basic Combat Training at Fort Leonardwood, Mo., from June 1, 1988 through August 4, 1988. He attended Advanced Individual Training from May 31, 1989 through August 31, 1989 at Fort Leonard Wood, Mo.

His military awards include the Army Service Ribbon, Reserve Component Achievement Medal (1), Army Reserve Overseas Training Ribbon, and the National Defense Service Medal. His State Awards include the Louisiana General Excellence Ribbon, the Louisiana Longevity Ribbon, and the Louisiana Emergency Service Ribbon.

He is survived by his mother Jan Miller of Monroe, La.

**Master Sgt. Edward Matthew Tichy**, 49, died May 10, 1996

Tichy enlisted in the Louisiana Army National Guard June 27, 1983. He was initially assigned to Company B, 3rd Battalion, 156th Infantry, Oakdale, La. He served in numerous units within the 256th Infantry Brigade (Mechanized) during his career. His most recent assignment was as a senior maintenance supervisor, in Headquarters and Headquarters Company, 199th Support Battalion, Alexandria, La.

His prior service includes active duty in the United States Army during the period of Apr. 21, 1965 through Apr. 15, 1968. While on active duty he served as a communications specialist, with overseas tours in Korea for 13 months, Germany for eight months, and Republic of Vietnam for 12 months.

He was activated in support of Operation Desert Shield/Storm as a member of the Headquarters and Headquarters Company, 256th Infantry Brigade (Mechanized) during the period Nov. 30, 1990 through May 25, 1991.

His military awards include the Army Commendation Medal, Army Achievement Medal, National Defense Service Medal with Bronze Star, Vietnam Service Medal with 2 Bronze Stars, Armed Forces Reserve Medal, Noncommissioned Officer Development Ribbon with Numeral 3, Army Service Ribbon, Overseas Service Ribbon with Numeral 2, Republic of Vietnam Campaign Medal with 60 Device, Meritorious Unit Commendation, Louisiana Commendation Medal, Louisiana War Cross, Louisiana General Excellence with Bronze Fleur De Lis, Louisiana Longevity Medal with 2

## LOUISIANA GUARDSMAN NEWSPAPER

### The Adjutant General La. Army and Air Guard

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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, Public Affairs Office**, (Attn: SGT Kristi Moon Graves), Bldg. 35 Rm. 213, Jackson Barracks, New Orleans, LA 70146-0330.

## Chief of Staff Hotline

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## Louisiana Guard a model of management, national judges say

For the past six years the Louisiana National Guard has been among the three finalists in the annual Army Communities of Excellence competition - the only state to achieve such recognition during that same period - taking first place honors in 1992 and 1993.

This year Louisiana finished third behind Maryland and North Carolina who finished first and second respectively. In recognition of its third place finish, Louisiana will receive \$40,000 in prize money. The money has already been earmarked for improvement of services and facilities. Congratulations to every Louisiana Guardsman for putting forth so much effort and for your continued devotion. Good Job!

## We salute our contributors

The staff of the Louisiana Guardsman Newspaper would like to take this opportunity to thank and recognize the many contributors that submit articles, stories, photos and artwork for print. These submissions are important to us, so please keep up the good work. SGT Bernard Chaillot, SSGT Suzanne Chaillot, MAJ Rob Fink, SFC Laurie Zengarling, MAJ Tom O'Leary, MAJ Joanne Sheridan, COL Thomas Kirkpatrick, MAJ Donna Lajoie, SPC Laurie Coco, SSG Mike Jeanfreau, SPC Lisa Roland, Family Support Groups, CPT Gregg Putnam, MAJ L.S. Crapanzano, MSG Bob Gray, CW2 Gary Blanchard, SMS Paul Lambert, SGT Anita M. Roberts, MSGT Ken Barlowe, and CW3 Louis Joseph.

**Bronze Fleur De Lis.**

He is survived by his wife, Diana Tichy, and his sons; Gregory, Joseph, Andrew, and Edward Tichy of Oakdale, La.

**Brig. Gen. Joseph Guy Martin**, 64, who served as the assistant adjutant general, Army from 1982 to 1987, died Apr. 22.

Martin joined the Louisiana National Guard in 1948 as a private when he was just 16 years old. But the Guard didn't find out until ten years later when he was commissioned as a second lieutenant.

From 1976 to 1978 he served as the commandant of the Louisiana Military Academy at Camp Beauregard. He was promoted to the rank of colonel in 1980 and served as the deputy brigade commander of the 256th Infantry Brigade.

In 1982 he was appointed to the position of assistant adjutant general, Army, by Gov. Dave Treen and was promoted to the rank of brigadier general.

He retired from the Louisiana National Guard in 1987.

Martin was a graduate of the Command and General Staff College and the Army War College. He held the U.S. Army Legion of Merit, the Army Meritorious Service Medal, the Army Commendation Medal with two oak leaf clusters, the Louisiana Cross of Merit and the Louisiana General Excellence Award.

Martin was inducted into the Officer Candidate School Hall of Fame at the U.S. Army Infantry Training Center, Fort Benning, Ga., in 1991.

He was buried with full military honors.

Members of the Louisiana National Guard mourn the deaths of these fine soldiers and extend deepest sympathies to their families.

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# Soldiers go back to nature at Cypress Island

CYPRESS ISLAND -- The alligators and birds at Cypress Island Preserve in St. Martin Parish can expect some gun-carrying company in the coming months.

The Nature Conservancy, which owns the preserve land, and the 256th Infantry Brigade entered into a land-use agreement recently. Members of the National Guard will polish their combat skills and improve the preserve, Maj. Gen. Ansel M. Stroud, Jr., said.

"We have the smallest active Army that we've had anytime since the end of World War II," Stroud said, adding that the number of guardsman has also decreased in recent years.

There has also been a corresponding decrease in funding for the National Guard. The challenge, Stroud said, is to provide necessary training on a reduced budget.

"Having the opportunity to train soldiers properly becomes more and more important," he said.

The land-use agreement will allow guardsmen who live in the Acadiana area to train closer to home, which creates less of a burden on the guardsmen, their families and their employers, Stroud said.

Lisa Creasman, director for the Nature Conservancy, said the agreement will also benefit the environment. Guardsmen will plant trees and develop trails for the public to use at the preserve, she said.

"I think we've found we have some common ground," Creasman said.

Texaco donated approximately 2,500 acres that make up the preserve to the Nature Conservancy in 1992.

Texaco's Beth Picou said the company is still working to develop the preserve.

"Our goal is to make it more accessible to the public," Picou said.

Stroud said thinking about the environment is relatively new to the military, joking that he only knew "hostile environments."

"We're paying for that now," he said of the military's past disregard for the land.

"I think we need to do everything we can to conserve the natural resources we have."

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OUT OF THE OFFICE-- SGT Jeannette M. Walton, who works for the Directorate of Military Support, and ten other DMS employees painted the Goodwill Industries building April 27, as part of their annual support to the United Way's Day of Caring. (Photo by SGT Kristi Moon Graves, 241st PAD)

## Guard works for United Way's "Day of Caring"

By SGT Kristi Moon Graves  
241st PAD

Guard soldiers put down their weapons recently in exchange for paint brushes, ladders and drop cloths, all in the name of community support and a "Day of Caring."

Eleven full time employees from the Directorate of Military Support showed their care by giving the Goodwill Industries building a facelift. This painting project was one of 47 projects in the metropolitan New Orleans area at United Way-funded agencies. The "Day of Caring", introduced two

years ago, is one of the largest community service events in the city. Last year more than 30 corporations and organizations worked on 35 projects.

This year, 32 of the 47 projects were "facility facelifts" where volunteers wielded paint brushes and hammers and 17 were social service projects. The "Day of Caring" was followed up with a Post-Project Party at City Park.

The Headquarters of the Air National Guard and the 236th Combat Communications Squadron also participated in similar projects.



CPT Maria L. LoVasco

## LoVasco honored by women's group

Story and Photo By  
SGT Kristi Moon Graves  
241st PAD

*"Everyone is familiar with the saying 'Behind every successful man is a good woman,' Well today we're here to show you the other side of that coin,"*

Karen Ashworth Kurtz, president of the Women's Business Owner's Association said recently.

The organization held its annual awards luncheon at the Sheraton Hotel in New Orleans, recognizing its Achievers '96.

Achievers '96 are area women who have excelled in the business arena. "These women are professionals, moms and much more," Hoda Koth, master of ceremonies, said. Eight women in all received awards.

From the Louisiana National Guard, Capt. Maria L. LoVasco was recognized. LoVasco is the Guard's State Public Affairs Officer who handles her job almost single handedly. With a staff of one, herself, she is responsible for such jobs as advising the adjutant general on Guard media matters, overseeing publication of the Louisiana Guardsman Newspaper, writing and publishing all news releases to local, state, and federal media, producing and directing command briefings and ACOE presentations, and writing speeches. She is the youngest member and only female officer on Gen. Stroud's staff.

After each Achiever '96 was presented her award at the luncheon, each was asked to tell what it is within themselves that makes them successful.

LoVasco said, "I have always had a strong work ethic. I think it came from my parents who arrived here in 1960 from Sicily." Her father, a cabinet maker by trade, and mother didn't speak much English when she was growing up and LoVasco helped them in many ways.

A self professed book worm, she made high marks in school. She is also an avid sci-fi fan, a music and literature lover and a writer at heart.

LoVasco related a story about her high school graduation day rehearsal during her acceptance speech. She said there were ten chairs on stage, for the top ten grade earners. The principal called out those names and her's wasn't one of them. She thought about how proud her parents would have been to see their daughter on stage, singled out from the rest of the class of 200 students. They would not have understood much of the ceremony but they would have known how special their daughter was.

Years later her parents can be proud once again as a large civic organization brings their daughter up on yet another stage. Still they probably don't understand much of the ceremony. But clearly their daughter is special.

# Air medics provide help in Honduras

By SSGT Suzanne Chaillot  
159th Fighter Wing/PAO

The songs of crowing roosters and the smell of breakfast fires filled the chilly morning air as medics moved about tree-filtered sunlight preparing for another work day in remote Honduras.

One by one they climbed aboard battered trucks which took them up bumpy, dusty roads high into the sierra where hundreds of villagers awaited their arrival.

Once there, the medics administered much needed primary medical care to people who would not ordinarily receive it.

More than 35 members of the Louisiana Air National Guard's 159th Fighter Wing Medical Squadron travelled to Soto Cano Air Base in February for a two-week Medical Readiness Training Exercise held in conjunction with the Honduran Ministry of Health and the Joint Task Force Bravo.

During the two-week span, seven missions were accomplished with more than 2,770 patients receiving medical attention.

*"She took my hand into her own and spoke to me in Spanish. Although I could not understand her native language, the gesture was of genuine kindness and sincere appreciation --- no words needed to be spoken."*

"The villagers would come dressed up in their Sunday finest," remarked Staff Sgt. Susan Stelly, 159th medical technician. "It was touching to see the long lines of people waiting for us."

In the village of Gualcine, a record number of patients were seen in a mere eight hours. More than 620 patients received dental, optometry and primary care.

Near the end of the day, a woman was seen walking up to the makeshift clinic carrying a burned baby in her arms. The doctors tended the child by cleaning burns and covering them with ointment and clean dressings. The amazing part was that the mother had walked 12 kilometers to bring the child to the clinic.

Another incident involved a man with a severe upper chest laceration caused by a machete. The wound was gaping and his clavicle was severed. The wound was treated under general anesthesia by the Louisiana flight surgeons.

"I was very proud of our flight surgeons," said 2nd Lt. Elizabeth Valentine, 159th medical nurse.

"Unexpected emergencies occurred and our doctors were able to take care of

them in such a primitive environment."

The risk of infection and disease has always been a concern in areas that do not practice proper sanitation procedures.

The 159th medics came in contact with a missionary who had been in the area for twenty years.

Known only as "Mr. Shaw," he had gradually constructed an operating room, complete with autoclave, oxygen tanks and an extensive set of instruments. In addition to setting up this clinic, he was also instrumental in teaching proper sanitation to prevent serious disease and infection to the natives.

"I think Mr. Shaw deserves a medal," stated Capt. Sleiman Salibi, 159th flight surgeon. "We have just completed a humanitarian mission for two weeks, this has been his life for the last 20 years."

The 159th also adopted an orphanage in Gualcine. A collection of more than a ton of supplies were delivered to the children and their sponsors.

"We delivered clothes, books, and toys which the 159th Fighter Wing collected for us," said Capt. Lisa Babin, 159th medical nurse.

"These items were received with joy and deeply appreciated," said Babin. Every member of the medical group had similar feelings about the deployment. They expressed feelings of accomplish-



**OUCH!--** CPT Sleiman Salibi attends to an Honduran patient during a two-week Medical Readiness Training Exercise with the Honduran Ministry of Health. The 159th Medical Squadron, Louisiana Air National Guard, provided medical attention to more than 2,770 patients in seven days while there. (Photo by MSGT Paul Bergeron, LA ANG)

ment, reward, agony and ecstasy.

The words of Staff Sgt. Vicki Shelton, medical technician, seem to express the personal experience of patient care. "She took my hand into her own and

spoke to me in Spanish. Although I could not understand her native language, the gesture was of genuine kindness and sincere appreciation --- no words needed to be spoken," Shelton said.

## Evaluations find no single cause for Gulf War veterans' ills

WASHINGTON - After evaluating more than 18,000 Gulf War veterans who reported illnesses following service in the Middle East, the Pentagon said there's still no evidence of a singular cause.

"When you send young people into an extremely stressful and dangerous environment, some will come home with physical and psychological ailments," said Dr. Stephen Joseph, assistant secretary of defense for health affairs. "We've seen a complex mosaic of diseases and conditions, but not apparent is a unique, mysterious, overriding cause."

Joseph was updating the press on the Comprehensive Clinical Evaluation Program, launched by DoD and the Department of Veterans Affairs in 1994. More than 21,000 veterans registered in the program and applied for examinations.

They commonly reported joint pain, fatigue, headaches and memory loss, and other symptoms that cannot be specifically attributed to service in the Persian

Gulf, Joseph said.

In addition, some veterans and their family members reported reproductive problems.

"We will do additional studies of reproductive risks from environmental exposures," Joseph said, but "all research to date has found no evidence of increased reproductive problems for Gulf War veteran families."

The vast majority of evaluation program participants -- active duty service members or their families -- haven't missed much work because of their illnesses. "Severe disability is not a common feature," Joseph said.

Investigators categorized at least 18 percent of reported illnesses as psychological conditions, including tension headaches, anxiety and depression, post-traumatic stress disorder and alcohol abuse.

In the past, some groups decried the DoD's handling of clinical investigations but an outside watchdog organization has given this investigation high

marks.

The Comprehensive Clinical Evaluation Program "is a compassionate and comprehensive effort to address the clinical needs of thousands of active duty personnel who served in the Persian Gulf War," the Institute of Medicine reported. DoD asked the institute to form a panel of experts in various medical disciplines to monitor the program.

In its latest report, the institute said DoD should emphasize treating psychological stresses that can produce effects as real and devastating as physical stresses.

Joseph agrees. "[These] are real symptoms and illnesses, with real consequences," he said. "We will not close the door to treatment and continued investigations."

Joseph said veterans and others should have full access to data on the reported illnesses. He said the government will declassify these records by Dec. 31 and make them accessible through the Internet.

# Guard, local agencies team up for third disaster relief exercise

By CPT Maria L. LoVasco  
State PAO

Nearly 40 civilians responded to a newspaper ad looking for "victims."

No - it wasn't for the Ricki Lake show, but for the Spring Star III Exercise held in Concordia Parish, La.

For the third year in a row parish officials teamed up with the National Guard to test a coordinated response to emergencies and disasters occurring in the communities of Ferriday, Vidalia and Monterey. Concordia Parish has limited medical assets to deal with a catastrophic natural disaster or severe civil unrest. There is only one civilian hospital in the parish, and the next closest hospitals are across the Mississippi River in Natchez, Miss.

Motor vehicle accidents, tornadoes, fires, food poisoning, explosions - all hell was breaking loose. Twenty three scenarios were scripted to test the response of the sheriff's office, the rescue teams, the Ferriday City Police, Wildlife and Fisheries, the Levee Board, Civil Defense, several fire stations, local civilian ambulances and several units of the Louisiana Army National Guard.

The parish's only hospital also fell victim to a disaster, as did the bridge which provided the only access to Natchez hospitals.

The units participating included the 159th MASH with its Detachment 1, the 812th Medical Detachment (Air Ambulance), Company A, 111th Area Support Medical Battalion, 1060th Medical Detachment and the 399th Medical Detachment (Dispensary).

The drill hall of the 1087th Transportation Company in Vidalia served as the medical treatment facility (MTF).

Casualties were either MED-EVACed by civilian or military air or by ground ambulances. They were picked up from simulated accident sites and transported to the battalion aid station in Monterey or the MTF at the armory. Once there, they were triaged, treated and then held or further evacuated depending upon their condition.

Five additional scenarios were scripted that even called for members of the treatment teams to become "surprise" casualties, testing the ability of the remaining members to compensate for the absence of one of their own.

Lt Col. Dennis LaRavia, 159th MASH commander and an exercise observer/controller, saw four basic benefits from the Spring Star III exercise.

"The soldiers I spoke to say that

this is the neatest hands on experience they've had. They get to use their skills and combine it with an ability to think on their feet and improvise," he said.

He also saw the exercise as an opportunity to train leaders to make decisions on how to employ their medics and resources. He saw the planning process as an additional benefit.

"As we've gotten more experienced, we know how to plan from the time the call arrives, to what equipment we need, to what kind of personnel we need, to get the right people to the right place at the right time."

The final benefit he saw from the exercise was public relations. "During the exercise, civilians got to look at our ambulances and our helicopters, and they got to be a part of what we were doing," he said.

"That helps to promote the National Guard and the positive image we have. And it shows how bright our young people are."

Military medical teams were paired with civilian rescue teams exposing guard medics to their rescue methods. The civilians, in turn, learned emergency medical treatment.

Col. Ralph Lupin, Louisiana National Guard State Surgeon saw this kind of exercise as a positive direction for the Army National Guard Medical Department.

"An increased training of our medical assets has got to be an important priority of the training program of the National Guard."

"They need to have hands on experience learning how to be medics," said Lupin.

More than 105 casualties were ultimately treated through the Vidalia armory medical treatment facility. The Natchez Regional Medical Center treated an additional ten casualties during their brief participation in the exercise.

Some casualties did not need treatment because they got to play dead. But for those who could be helped, that's what Pfc. Jerry Fox of the 159th MASH signed up to do - help people.

"I joined the National Guard to avoid being involved in gangs," he said. He had moved from California to Louisiana in 1994 to live with his grandmother. A year later he moved again - to boot camp.

"I've enjoyed training because this is the first medical experience I've had," said the recently turned 20-year old medic. Fox would like to pursue a career in the medical field, maybe as an X-ray technician, or even a doctor.

Capt. Robert Gump, the 159th training officer, acted as the senior observer/controller for Spring Star III exercise, and the response team would take it from there.

"Help! Help! My house is on fire!" he said into the receiver. "I live across from Joe Irving's house on Jonesville Highway. Send somebody quick! It's burning!"

Those were the only directions needed for the fire station in the small town of Ferriday.

Guardsmen and civilian response teams were reacting so quickly and efficiently that Lt. Col. LaRavia was having a hard time getting to the scene before the emergency was over.

Planning for this seemingly smooth operation, however, began back in December 1995. Four on-site planning meetings took place between Capt. Gump and subordinate units to coordinate the thousands of details involved in pulling off an exercise of this magnitude.

Coordination also took place with Concordia Parish Sheriff Randy Maxwell and Jimmy Darden, a sheriff's office investigator, who served as the lead civil-

ian observer/controller. The local media also assisted by announcing the exercise and asking for volunteers. These volunteers were realistically made up with moulage by National Guard moulage teams to simulate various wounds and injuries.

Some volunteers even spent some time "trapped" under debris in a lumber yard hit by a tornado while hysterical parents and kids stood around screaming for help.

All of this added to the confusion and chaos, further testing the ability of the response teams to remain calm and effective.

"I spoke to one of the search and rescue team members this morning," LaRavia said.

"She single handedly has made a difference in saving two people's lives since the second Spring Star last year. She learned those skills from us and our exercise, and that's gratifying."

My hopes and prayers are that (this exercise) will continue to improve the image of the Guard and save lives by the training we provide and the commitment that we have to be on the cutting edge in this area," said LaRavia.



**RESCUE--** Louisiana Guardsmen and members of the Concordia Parish Search and Rescue Team load a casualty into a National Guard medical evacuation helicopter during Spring Star III, a disaster exercise in Concordia Parish. (Photo by SGT Steve Winkler, 159th MASH)

## Calling All Units...

We asked for it and we got it! In our last issue we asked you to send us stories about what you and your units are doing. We received several photos and stories and they are all great. Be sure to look for your work in this and future issues of the Louisiana Guardsman Newspaper.

Please continue to send us stories and photos. As a reminder, please include cutlines with photos and bylines with stories. Send to: Louisiana National Guard Public Affairs Office, ATTN: SGT Graves, Jackson Barracks, New Orleans, LA 70146-0330.

# Engineers join hands in overseas construction

By SPC Laurie A. Coco  
Co. B, 769th Engr Bn

Louisiana Army National Guard troops from the 225th Engineer Group helped the Belize government with construction of three school houses during the unit's annual two-week rotations this year.

Co. B of the 769th from Marksville, La. joined forces with the 210th Engineers from New Hampshire. Their mission involved the continuing construction of two school houses in the villages of Orange Walk and Crooked Tree in Belize, Central America. Other units had begun the construction during previous annual training rotations and construction was ahead of schedule for both sites.

The 210th, who began working a week before the 769th's arrival, traded New Hampshire's snow and zero degree temperatures for smoldering heat in Belize. Temperatures in the South American country often rose to 110 degrees.

The combined units began gables and truss work at the school house in Crooked Tree, which consisted of three classrooms, including a closet in each room. The school plans in Orange Walk were identical to those of Crooked Tree except for a restroom behind the school. Construction of the restroom became the responsibility of the two companies. The current school was located next to the construction site and each day the school children would interact with the soldiers, asking for candy and other U.S. articles.

The children who attend the schools are of all nationalities and ages and English is taught in all classes. The social environment is pro-U.S.A and the Belize soldiers worked quite well with the U.S. soldiers. They were anxious to be photographed and interviewed.

As the project progressed, Sgt. Janet Dow, 210th Engineers, and SPC Laurie Coco, Co. B, 769th, played with the children at Crooked Tree during their lunch break, and other soldiers from the work site joining in the fun. Nerf baseballs and bats, jump ropes, and soap bubble kits for the children were donated by Sgt. Dow and the 210th.

Most of the soldiers joined in games such as 'Bull-in-the-Pen' where everyone joins hands in a circle while one child, acting as the bull, tries to escape. 'Bull-in-the-Pen' and marbles seemed to be popular games in the schools.

The children at Crooked Tree, who had hoped for musical instruments for their new school, had their wishes fulfilled when two band instruments were given to the school through the donations

of Avoyelles Parish residents.

Miss Raphael Francis, principal of the school, was extremely appreciative, as were the students and U.S. Ambassador George Bruno, a native of New Hampshire who attended the ceremony.

The school house projects progressed quickly at both cities. Soldiers worked well together, learning new and interesting facts about the local cultures and customs.

In addition, 769th soldiers participated in "Children's Day" activities arranged by local schools.

Mardi Gras beads, donated by Cathy Bennett of Marksville, La. were distributed to the younger children, while all of the children received M&M candies and Kool Aid from the guardsmen.

After playing with the children, a traditional Pinata breaking took place. Lunch was served and all soldiers were invited to eat a common meal of beans and rice (cooked with coconut milk instead of water), chicken and coleslaw.

Toward the end of Co. B's tour of duty, a trip to San Pedro Island was scheduled. Soldiers enjoyed a relaxing day of snorkeling and shopping for local souvenirs. Most of the guardsmen also toured the Mayan ruins.

As the 769th gave a fond farewell to the 210th Engineers they welcomed their neighboring 205th Engineers, who would continue the work on the schools. The 769th returned home with priceless memories of working with foreign soldiers on a humanitarian goal for the good of children's education.



**MORTAR--** SGT Durvis Carmouche, Co. B, 769th Engineer Battalion, fills blocks with mortar at the Orange Walk construction site. (Photo by SPC Laurie A. Coco, Co. B, 769th Engr Bn)



**THROW ME SOMETHING MISTER!--** Members of Co. B, 769th Engineer Battalion bring Mardi Gras to Belize. During their annual training Guardsmen hand out beads and tell stories about parades and parties. (Photo by SPC Laurie A. Coco, Co. B, 769th Engr Bn)

## La. Guardsman inducted into Tuskegee Athletic Hall of Fame

**INDUCTEE--** Lt. Col. Palmer Sullins, Jr. (right) was inducted into the Tuskegee University Athletic Hall of Fame at its biannual Athletic Banquet last November. Sullins was a four-year letterman (1964-68) in swimming and served as team captain for two of those years. He also lettered in football in 1967 and 1968 on special teams, specializing in punting. He graduated with a bachelor's degree from Tuskegee in 1968. Pictured making the presentation are Dr. Benjamin Peston, T.U. President and Mr. Thomas Hardwick, Chairman of the Hall of Fame Selection Committee.

Lt. Col. Sullins is currently the Director of Command Logistics and has received state orders for promotion to colonel. He served six and a half years active duty which included a one-year tour in the Republic of Vietnam with the 1st Cavalry Division (1970-71). He has completed 21 years in the Louisiana National Guard. His decorations include the Meritorious Service Medal, Bronze Star, 13 Air Medals, 3 Army Commendation Medals, RVN Campaign Medal, Vietnam Service Ribbon, Louisiana Commendation Medal, Louisiana Longevity Ribbon (4th award), Master Aviator Wings and others.



# 527th Engrs leave Louisiana legacy in Belize

The scorching heat and long work days have come to an end for citizen-soldiers of two Louisiana National Guard units. Stationed along the old Northern Highway of the former British Honduras, now Belize, the collaborative effort between soldiers and local residents have provided places of opportunity for northern Belize children.

Soldiers from the 225th Engineer Group and the 527th Engineer Battalion from Camp Beauregard built three cinder-block schools in the villages of Biscayne, Crooked Tree and Orange Walk as part of Task Force Bayou (TFB), an ongoing engineer-training, humanitarian and civic action exercise by the U.S. military throughout Central and South America.

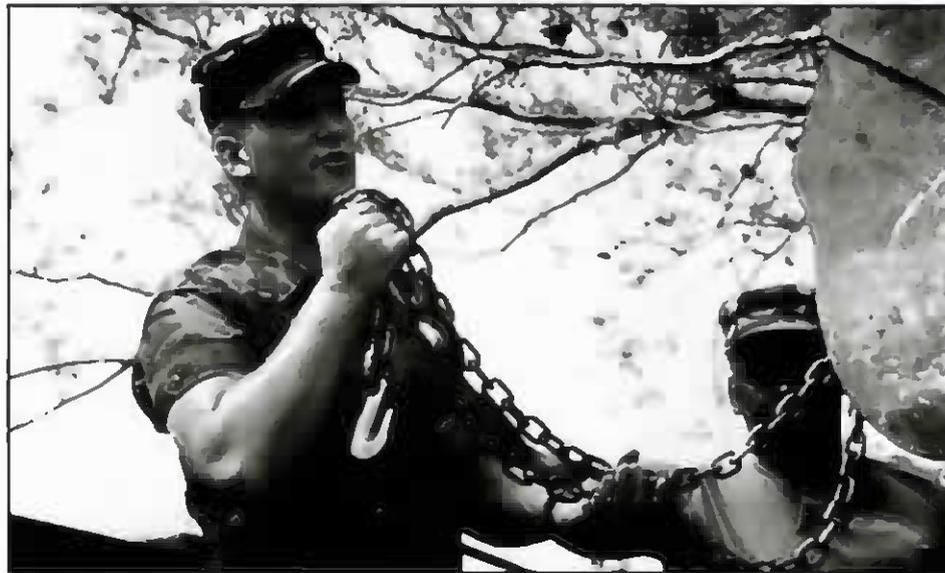
According to U.S. Ambassador of Belize George Bruno, bricks and mortar weren't the only things being left behind by the troops. "Our U.S. military is leaving a legacy behind that will last for generations a symbol of friendship between Belize and the United States."

Beginning in January eight rotations of Louisiana National Guard soldiers worked their two weeks of annual training building schools in the Belize villages.

**"It's very rewarding, knowing we made a difference in the lives of young people,"**

**--SSG Pamela Hunt**

"The schools were built in rural areas and they don't have many of the necessities that we take for granted back home," said Staff Sgt. Pamela L. Hunt, a medic in the



**LOADING--** SPC Nicholas L. Clayton of Bossier City helps load a generator during the final phase of Task Force Bayou in Crooked Tree, Belize. Clayton recently deployed to Belize with the 527th Engineer Battalion for two weeks of engineer-training, humanitarian and civic action exercises in Central America. (Photo by 2LT Tamara K. Anderson, 126th Press Camp Headquarters, MI ARNG)

Headquarters Support Company, 527th Hunt added a paint brush to her usual medical equipment during her two week annual training in Belize, where she helped paint classrooms.

"Building schools here allows us to help the children and their communities. It's very rewarding, knowing we made a difference in the lives of young people," Hunt said.

Each school, surrounded by tropical vegetation, orange groves and cashew nut trees, with aluminum shutters and manicured landscaping display the bright em-

blem of TFB. Next to one new school stands an old wood schoolhouse. The comparison is drab as children play nearby as if the new school was a bright and shiny Christmas toy.

"The atmosphere here is unique -- country people," said Sgt. 1st Class Robert Salter, a construction engineer with Headquarters, Headquarters Company, 225th. "I'm from the country myself where people seem more neighborly -- everybody helps everybody."

As project manager for the Crooked Tree village school, Salter made sure materials were on site ahead of time, ensured

quality control and assume overall leadership of soldiers on site.

"It's a full time job," he said.

All the guardsmen realized the valuable experience they received from doing hands-on training while improving life for the people of Belize.

"Lots of times back home we don't have the opportunity to build structures," said Sgt. 1st Class Jackie Whatley, project manager of the Orange Walk site and construction engineer with Co. C of the 527th.

Quality assurance was a serious matter for Capt. James Roberts, construction engineer with the Headquarters Service Company, 527th, who took the responsibility to inspect concrete and mortar samples, check doors and windows, inspect electrical systems and check for overall safety and cleanliness.

**"The atmosphere here is unique -- country people,"**

**--SFC Robert Salter**

Roberts said they work from set plans and those plans were pretty much in line with U.S. standards.

Some members of the Guard had to overcome certain obstacles. In the town of Orange Walk, the people of the community do not work on Saturdays because of their religious beliefs. Since eight to nine days were lost in the work schedule for soldiers of the 527th, making up this shortfall required consistent teamwork and commitment.

(Compiled by SPC Karen E. Leger. Contributing writers: CPT Grace Williams, 2LT Tamara K. Anderson and SGT Claude E. Holman, MI ARNG)

## Hammond squadron sends unit to Alexandria

A newly formed Louisiana Air National Guard air traffic control unit will move to England Airpark and assume operation of the tower at Alexandria International Airport.

The unit's mission, which will mean 35 new jobs locally, was announced at a meeting of the England Authority.

Maj. Gen. Ansel M. Stroud, Jr., said the air traffic control detachment of the 236th Combat Communications Squadron in Hammond will split from the squadron and become the 159th Air Traffic Control Squadron based at England Airpark.

The unit has Federal Aviation Administration-certified air traffic controllers and also operates the most modern radar equipment the Air Force has, Stroud said.

The new unit will also have a school for maintenance of air traffic control equipment which will mean training of airmen at England.

Stroud said the new squadron will have 70 members, 35 of whom are full time and 35 of whom will be on drill status. Twenty of the full-time employees will be permanently based, meaning they would stay behind even if the unit were called to active duty.

The unit will operate the control tower 24 hours per day, 365 days per year.

John Grafton, England Authority executive director, said movement of the unit to Alexandria will mean an annual \$2 million payroll, and the unit will have \$6.5 million worth of equipment. The privately contracted firm that now runs the control tower will leave in June, he said.

Grafton also said the \$193,000 paid to the private firm will be paid to the Air National Guard, but the services to be rendered by the unit are worth much more than that.

—Story by The Associated Press

## 199th FSB-- Waterpoint section supports construction

By SPC Karen E. Leger  
241st PAD

The Louisiana National Guard's Det. 1 Co. A 199th Support Battalion Waterpoint Section from Colfax, La., deployed to Coral Harbor, Bahamas March 5 through May 31.

Staff Sgt. Tammy Torell, water treatment supervisor, and a crew of water treatment specialists made up of Sgt. Greg Davion, Spec. William Seamans, Spec. Roderick Butler, Spec. Travis Young, Pvt. 1st Class Kenneth Boyd and Pvt. Ronald Colson (alternate) will be responsible for providing in excess of 90,000 gallons of potable water during CARIB '96.

CARIB '96 is a joint operation con-

sisting of the 225th Engineer Group, the Connecticut National Guard, the U.S. Army Reserve Civil Affairs and the Bahamian Defense Forces.

The joint operation was tasked to construct a dormitory and barracks for the Royal Bahamian Defense Forces.

The 199th Water Crew provided mass quantities of potable water with the use of the 600 gallons per hour Reverse Osmosis Water Purification Unit. This ROWPU purifies the water from a heavily concentrated saline solution known as salt water. The process is accomplished through high pressure, chemical treatment and disinfection.

The water can be used for drinking, laundry, hygiene and food services.

# Recruiters establish, present annual award

## *MSG James L. LaCour Leadership Award, established 1996*

Story and Photos By  
SGT Kristi Moon Graves  
241st PAD

The greatest thing that has ever happened to retired Master Sgt. James L. LaCour is his wife, Shirley.

The second greatest thing that's ever happened to him was in March when the Guard's recruiting and retention force, from which LaCour retired, established a leadership award in his name and presented the first award to him.

A lot has happened to LaCour. Three years ago he was one of the leading recruiters in the state. He was best known for his wisdom and ability to share that wisdom. He always said, "What you do speaks so loudly, that what you say I can't hear." And according to his co-workers, that's how he operated. A man of principle, high personal ethics and a profound spirit of teamwork who impacted others in such a positive way-- that's James LaCour.

Today LaCour spends much of his time in a wheelchair. After a fall that left him with much damage to his spinal cord, he has maintained those same qualities he demonstrated on the job. Admittedly there have been many rough times since his accident, but his spirit is none the worse for wear.

Maj. "Tony" Migues said he met LaCour when he was a sergeant and a production recruiter, way back. Migues said his coworker always encouraged him and was always there for him.

"I mean this from the bottom of my heart," Migues said. "He's one of the finest men I have ever in my life had the privilege of working with."



*MSG James L. LaCour*

Migues said he knows he's a good man because if you know any of his family members you know just the kind of person he is and how special they all are.

Mrs. Shirley A. LaCour was pre-

sented the Recruiting & Retention Commander's Award because. "Behind every special guy is a special lady," Migues said.

The Master Sergeant James L. LaCour Leadership Award will be pre-

sented annually to the recruiting non-commissioned-officer that demonstrates the highest quality of leadership and professionalism. The recipient must "be an NCO in the true sense of the word," Migues said.

"We couldn't have come up with anyone better to name this award after," he said to his longtime friend.

LaCour was struck with emotion at the praise. Not only was he reunited with his work family after three years and presented a very prestigious honor, he also received the Legion of Merit.

State Command Sgt. Maj. John R. Morrow pinned LaCour with the Legion.

Standing before his friends and family with the strength and grace his friends remembered, LaCour said, "I don't know what to say. I'm really overwhelmed."

"This is the second greatest thing that's ever happened to me. The first of course being my wife," LaCour told his audience as he smiled to Shirley.

He said that since his accident he has a difficult time expressing himself and asked everyone to bear with him. LaCour had no problem communicating his message of gratitude and friendship, as not a dry eye was left in the room after his speech.

Since the three years since his accident, LaCour has had mixed emotions about his life's circumstances. "You know the old saying, 'When somebody isn't around you tend to forget them.' That's what I did. For three years I was in my own world. I had the tendency to forget what a fine group of people you are. Y'all were standing behind me and I didn't even know it. I really appreciate you and I love each one of you."



*Mrs. Shirley A. LaCour*



*LaCour and his son SSG Michael LaCour*



**WORKING--** PFC Avery Theard, a customer service clerk in the 209th Personnel Services Detachment, checks personnel files in support of the 90th Personnel Services Battalion in Bad Kreuznach, Germany. The 209th is providing rear support for Operation Joint Endeavor, a Bosnia peacekeeping effort. (Photo by ILT Jerome S. Loring, 114th PAD)

## 209th soldiers, more than paper tigers

Bad Kreuznach, Germany — Pfc Avery Theard of New Orleans, La., checks records as part of his job as a customer service clerk for the 90th Personnel Services Battalion in Bad Kreuznach, Germany.

Theard is a member of the 209th Personnel Services Detachment from Jackson Barracks in New Orleans. The 209th deployed to Germany "filling in vacant spots left by those soldiers who went down range," he said. He and the other members of his unit are providing rear support for Operation Joint Endeavor, bringing peace to Bosnia.

"It's a great feeling, knowing I'm helping someone in need," Theard said. "We have a great group of soldiers that came with us and together we'll make it and re-

turn home safely."

Another 209th soldier, Pfc Kristy Carter of New Orleans processes information as a personnel management specialist.

Carter said she feels great knowing that she is helping people.

Sgt. 1st Class Nelda Peterson, detachment sergeant, reviews paperwork in support of the 90th Personnel Support Battalion.

"I'm very proud to be a part of the Louisiana National Guard and extremely privileged to be a part of Operation Joint Endeavor," said Peterson.

The 209th is expected to return home in August.

(Compiled from stories by ILT Jerome S. Loring, 114th PAD)

## Retired Army general named counterdrug chief

**The anti-drug struggle will require a combination of prevention, education, enforcement and interdiction.**

By Linda D. Kozaryn  
AFIS

Retired Army Gen. Barry McCaffrey has a new command. He's hung up his uniform and left his post as commander in chief of U.S. Southern Command to take on another job for the country.

President Clinton named McCaffrey to head the Office of National Drug Control Policy, and as he did during his nearly 36-year military career, the general is taking charge.

"I'm going to be a coordinator, an energizer, a manager, a watchdog," McCaffrey said following his swearing-in ceremony at the White House March 6.

During the ceremony Clinton said that for the last two years McCaffrey has been on the front lines of U.S. efforts to stop drugs at their source in his role as commander of U.S. Southern Command. "As part of our counternarcotics team," he said, "he displayed decisive leadership in strengthening the efforts in Latin America, including forming one of the most successful international coalitions against drugs that has ever existed in that region."

Clinton tasked McCaffrey to prepare a plan to amend the fiscal 1996 budget real-locating \$250 million to the counternarcotics effort. "America must never send its troops into battle without adequate resources to get the job done," he said.

McCaffrey's appointment and the added resources will increase drug control efforts across the board, according to Defense Secretary William J. Perry. DoD's ongoing support for counterdrug operations will increase, Perry said.

Perry also said the president wants a more effective effort. "What Gen. McCaffrey understands is that in order to get greater effectiveness, you're going to have to put more resources and a greater effort into it," he said.

The Pentagon will not take on any new or different missions, he said, but will be doing more of, and more effectively, what it has been doing — providing support for the law enforcement mission.

Brian Sheridan, deputy assistant secretary of defense for drug enforcement policy and support, said he expects McCaffrey will focus on restoring resources in the interdiction programs in the Customs Service, Coast Guard and State Department.

"Those have been severely cut by the Congress over the last several years, and I think Gen. McCaffrey will be focusing on those problems first and foremost," Sheridan said. "I think we're in relatively good shape in the Department of Defense."

While some experts consider controlling drugs a hopeless task, Clinton said the anti-drug struggle will require a combination of prevention, education, enforcement and interdiction. McCaffrey said he is optimistic, pointing to the military's success in combatting drug use.

"The U.S. armed forces went through the decade of the '70s with just an atrocious problem," he said. "The impact of [drugs] on our discipline, our physical health, our spiritual health and our ability to be professionals was just devastating. It took us the better part of a decade to get it back on track."

Controlling drugs is more difficult in society than in the confines of the military community, McCaffrey acknowledged. But, he said, "the young men and women of the armed forces are the same beautiful young people that are out there in civilian life that we're trying to reach."

The policy office will examine which drug programs work. Some clearly don't work, McCaffrey said. Others costing as little as \$24 a day, in which groups of released convicts live together in spiritual communities, do work.

"We've got to go out and examine the evidence and persuade the American people that some of these things pay off," he said.

## MRE Policy Revised

The policy that soldiers are to consume MREs as their only food source for no more than 10 days has been changed.

The U.S. Army Research Institute for Environmental Medicine conducted extensive biochemical evaluations of soldiers eating MREs for 30 days during field training at Fort Chaffee, Ark. During these tests, evaluators found no signs of degraded performance or nutritional deficits before 21 days.

Based on these tests, the Surgeon General has approved a 21-day policy for sole-source consumption of MREs. Though not required to fulfill nutritional requirements, supplements of bread, milk and fresh fruit are still recommended.

To add variety to the MREs being offered the number of MRE meals will be increased from 12 to 24 over a three-year period beginning this fiscal year. But soldiers won't necessarily see the improvements right away; rations are often stored as war reserves for up to three years before being issued for routine use.

Office of the Deputy Chief of Staff for Logistics

## Fast-Food MREs on the Way

Since America is the home of fast food, it's only fitting that the U.S. Army be the first to come up with a fast-food combat ration. Food scientists at the U.S. Army Soldier Systems Command are doing just that.

The new Mobility Enhancing Ration component, or MERC, consists of an outer bread layer with various fillings, baked into a single sealed sandwich or pocket. These sandwiches offer soldiers a satisfying snack requiring no preparation or heating.

So far, a beef burrito has been developed, as have combinations of peanut butter with marshmallow, honey or jelly. Barbecued chicken and ham salad pockets are also scheduled for evaluation.

Unlike similar foods sold frozen commercially, the MERC can be stored at 70 degrees for up to three years. U.S. Army Soldier Systems Command PAO

Reprinted from Soldiers Magazine

## Stroud honored at luncheon

By CPT Maria L. LoVasco  
State PAO

Maj. Gen. Ansel M. Stroud, Jr., along with three other prominent New Orleanians, was honored at the Strength in Age awards luncheon at the Fairmont Hotel in April.

Celebrating ageless vitality, the luncheon benefitted the Louisiana Geriatric Education Center at the LSU School of Medicine.

Stroud was honored for his accomplishments as the adjutant general and as

the director of the Office of Emergency Preparedness. His 52 years of military service were specifically cited.

Other recipients were nationally renowned musician Pete Fountain, the "baby" of the group at 65 years, Ms. Leah Chase, a prominent figure in the New Orleans restaurant scene, and Dr. Helen Dunn, the dean of LSU-MC School of Nursing.

Each received a bronze winged statue and a certificate of appreciation from the city of New Orleans.

# Physical fitness competition challenge

Story and Photos By  
SGT Kristine M. Bacharach  
241st PAD

**Looking good!  
Don't give up!  
Hang in there!  
Keep pushin'!  
Make it hurt!**

These were some of the motivating phrases shouted during the Adjutant General's Physical Fitness Contest May 4 at the PT field at Camp Beauregard.

Members of 8 man teams representing five major commands participated in the event.

Each MACOM (256th Infantry Brigade, 225th Engineer Group, 204th Area Support Group, 61st Troop Command, Headquarters, State Area Command (HQ STARC (-), Det 1, Det 2, Region VI) and Air National Guard) selected its most fit soldiers to compete.

Every team had to include at least two females, one company grade officer or warrant officer, one senior non-commissioned officer, and one field grade officer.

"Every gender and every grade is represented here," said Sgt Maj Carroll Trahan, test site manager.

The contest is run just like a physical fitness test with the highest standards. The competition began with push ups, then sit-ups, and concluded with the 2 mile run. But this is no ordinary PT test.

Not only are all the participants in tip-top shape, each grader is a Master Fitness Trainer or administers the Army Physical Fitness Test at least twice a month.

Teams were selected within MACOMs in several ways. The 225th Engineer Group has had three similar competitions within their unit to prepare and select their strongest competitors. "This is my fourth PT test since October," said SSGT Lawrence Brown.

And the strongest competitors not only prepared through their units, they worked hard on their own time.

"I did a lot of running, and push ups and sit ups between running," Staff Sgt. Kyle Franklin, Company A, 527th Engineer Battalion, said.

Training also paid off for Spec Kimberly Comeaux, Company A, 111th Area Support (Medical). "I run three times a week and do aerobics twice a week," she said. "I have gained so much personally, I really enjoy competition."

Teams were split up into age groups so that each event was graded by the same person. Each event, starting with the push-up, is demonstrated before the actual event. The graders did not count repetitions not done to the highest standards.

"Nothing will be given or taken away from you," Trahan said to the competitors.

Something that was given to those who achieved a perfect PT score of 300 was the opportunity to earn points on the ex-

tended scale. Every added push-up, sit-up and run time exceeding the maximum will add up in points over 300.

After the soldiers pushed their bodies to the limit they received a much needed break as Master Fitness Trainers tabulated the scores to determine the winners.

The competitors returned after lunch for a short ceremony where Adjutant General Ansel M. Stroud, Jr. presented medals and trophies for outstanding achievement in the contest.

"What we do as soldiers is all about competition, to be the best. We have to do that in everything we do," Stroud said. He challenged the competitors to be "missionaries of PT" in their units.

The 256th Infantry Brigade took top honors in the team category. The team, received a trophy which will be displayed in their headquarters building until next year's competition.

Members of the winning team representing various units within the brigade including HHC 2/156th, Co A 1088th Engr Bn, Co D 3/156th In, HHC (-) 256th In Bde, HHC 199th Spt Bn, HHC 1088th Engr Bn and Co D 2/156th In Bde included LTC Herb Fritts, PFC Brent Sibille, SGT Thomas Miers, SGT Crystal Langlinais, 2LT Lis Mary Wilson, 1SG Herbert Prudhomme, SSG John Sawka, and CW4 Joseph Higginbotham.

Spec Kelly Jenkins of the 528th Engr Bn out PT'ed her team members as well as the rest of the 40 competitors with an overall score of 351.

As Maj Gen Stroud looked at the winners, he pointed out that about one-third of the competitors were women and the top athlete of the competition was a woman and remarked, "So guys, watch out!"



## Female supertr

By SGT Kristine M. Bacharach  
241st PAD

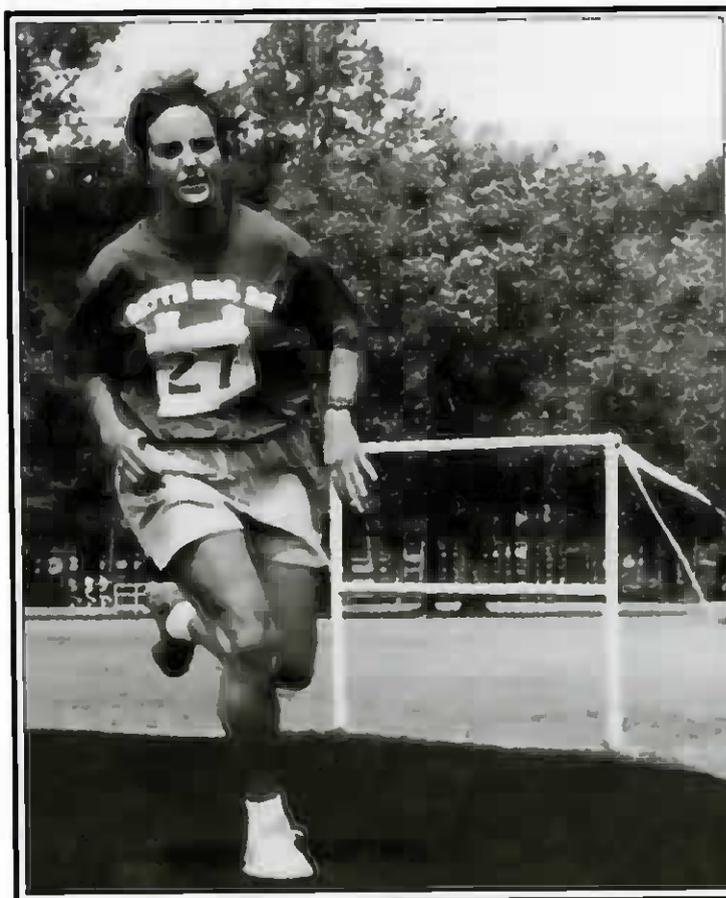
Some people might think that having a female on a physical fitness team is a handicap. Kelly Jenkins proved them all dead wrong.

Jenkins, Headquarters Service Company, 527th Engineer Battalion not only helped the 225th Engineer Group earn a combined score of 2406, but also out-scored 40 high speed soldiers from all over the state in the Adjutant General's Physical Fitness Contest.

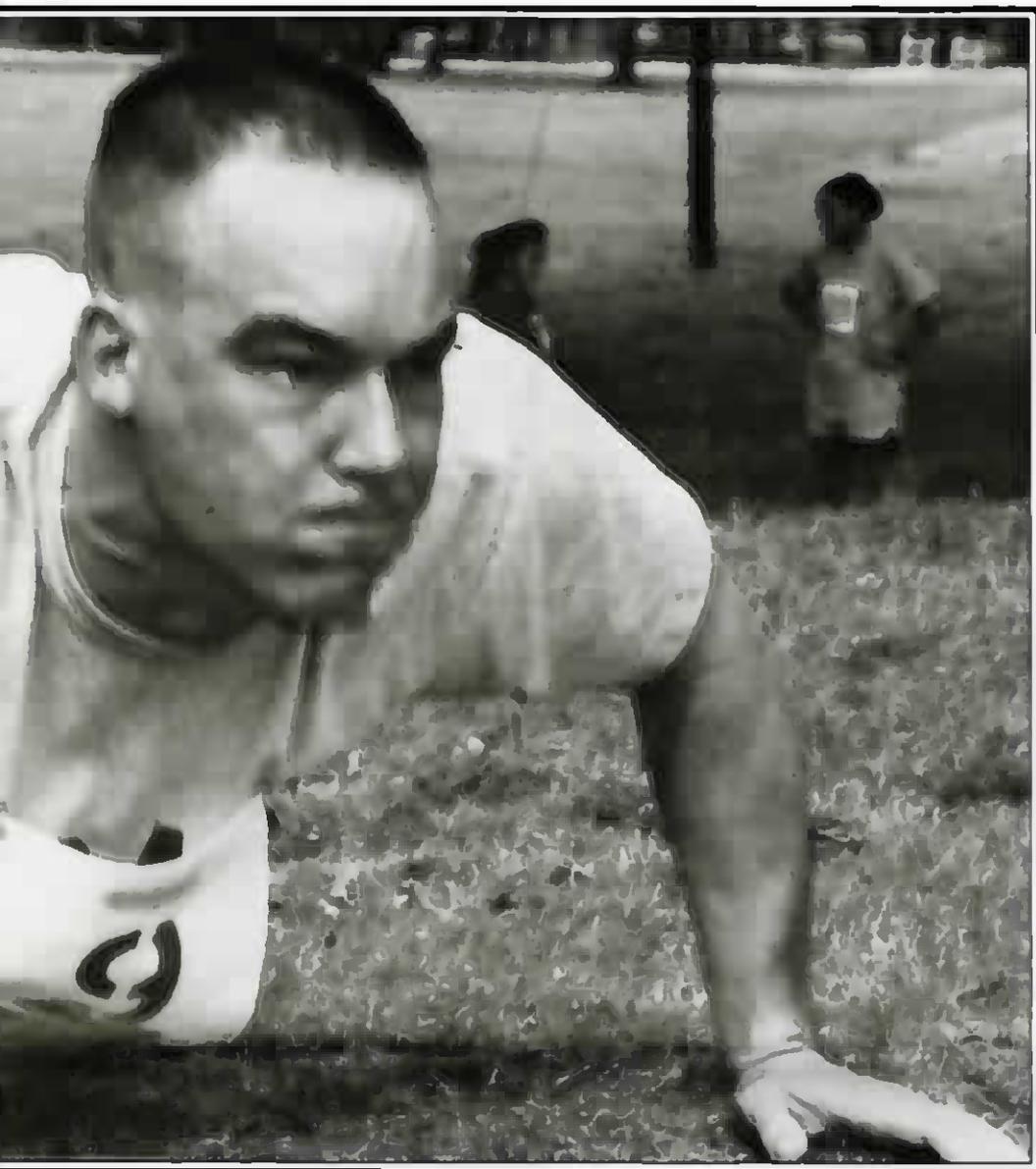
Her score went far above and beyond the maximum score of 300 on the extended scale. She maxed each event which allowed her to earn additional points. Her final score was an incredible 351, higher than any other competitors.

This Kansas native has always been a hard charger. Jenkins earned her jump wings and spent four years on active duty in the 18th Airborne Corps at Fort Bragg, NC. She spent eight months in Operations Desert Shield and Desert Storm working on a tactical switchboard.

Her military career also took her to Somalia for four months during Operation



# Changes heart and soul of competitors



## Individual Winners

17-21 Age Group		
Gold	PFC Craig Dean	Co C 769th Engr BN
Silver (TIE)	PFC Brent Sibille	Co A 1088th Engr
	PFC Steven Richmond	3671st Maint Co
Bronze	PV2 Mike Bendich III	HHC 1/244th Avn
22-26 Age Group		
Gold	SPC Kelly Jenkins	HSC 527th Engr Bn
Silver	SGT Thomas Miers	Co D 3/156th Inf (M)
Bronze	SPC Kim Comeaux	Co A 111th Ar Spt Med
27-31 Age Group		
Gold	SSG Kyle Franklin	Co A 527th Engr Bn
Silver	SGT Crystal Langlinais	HHC ( ) 256th In Bde
Bronze	OC Donna Chetta	Det 2 HQ STARC
32-36 Age Group		
Gold	SSG Reginald Craig	Co A 527th Engr Bn
Silver	1LT Jeffery Wilson	HHD 773rd Maint Bn
Bronze	2LT Lis Mary Wilson	HHC 199th Spt Bn
37-41 Age Group		
Gold	MSG Joseph Bradford	HQs 61st Trip Cnd
Silver	SSG Lawrence Brown	Co C 205th Engr Bn
Bronze	CW2 Gerard Abair	HQ STARC ( )
42-46 Age Group		
Gold	CSM Jewell White	Reg VI NCOA
Silver	Maj Bobby Black	HHD 773rd Maint Bn
Bronze	Sgt Conrad Williams	159th MASH
47-51 Age Group		
Gold	MSG Larry Whitehead	HSC 528th Engr Bn
Silver	SSG John Sawka	Co D 2/156th In
Bronze	SFC Buren Moore	Co A 111th Ar Spt Med
52 and older Age Group		
Gold	MSG Eugene Lipscomb	HHC 204th ASG
Silver	CW4 Joseph Higginbotham	HHC 256th In Bde
Bronze	COL Conrad Poe	2224th Med Det

Team Trophy winner: 256th Infantry Brigade (M)  
 Team members: LTC Herb Fritts, PFC Brent Sibille, SGTs Thomas Miers and Crystal Langlinais, 2LT Lis Mary Wilson, 1SG Herbert Prudhomme, SSG John Sawka, and CW4 Joseph Higginbotham

## op wins overall

### Restore Hope

After a fulfilling active duty military career, she came to live in Ruston, La. to join the Louisiana National Guard. Her future plans are to attend nursing school.

And she is just as motivated during her personal time. Jenkins ran track for as long as she can remember and has a 2-mile run time of less than 13 minutes to prove it.

She runs, lifts weights, does push ups and sit-ups, ruck sack marches, roller blades and water skis.

Some might wonder what motivates a person to stay so physically fit.

"I have a dog that likes to run," she said.

"Boudreaux (a black labrador retriever) will bring me my running shoes if I don't get them on quick enough after work," Jenkins said.

Jenkins is simply a high-speed soldier who enjoys challenges. In July she plans to travel to the Netherlands for a 100-mile, 22-pound ruck sack march. She is currently training for the event.

With this woman's motivation and dedication, it is a wonder anyone could keep up with her.



## 199th FSB preps for NTC

By MAJ Gregory Player  
256th INF BDE PAO

California here we come! Company C, 199th Forward Support Battalion is National Training Center bound.

CPT Kevin B. Hendrix, of Pineville and the Charlie Company commander has elements of his company in Alexandria, Fort Polk and Winnfield.

"We are being sent to the NTC to support the 48th Infantry Brigade of the Georgia National Guard," Hendrix said. "This is the first National Guard brigade to go through by themselves without active divisional support."

The National Training Center is located at Fort Irwin, Calif. The base, located in the Mojave Desert, is about the same size as the state of New Hampshire. Home to the Army's premiere heavy unit training area and the world class OPIOR, the NTC offers units a unique training experience.

The company will be assisting the 48th with the turn in of vehicles drawn at the NTC after their rotation. Company C will work with the 148th Forward Support Battalion, normally the supporting unit for the 48th.

"We won't actually be part of the rotation," Hendrix said. "We will hit the ground the day they come in from the field and the next day we will start inspecting their equipment and repairing it for turn in."

"When the Guard Bureau was looking for a maintenance company they turned to Louisiana and Louisiana said, 'Charlie Company you're the one that's going,'" explained Hendrix. "We are the best maintenance company in the state."

The 125 Guardsmen arrive at the NTC June 9th and return to Louisiana June 21

## La. Veterans Memorial project gaining steam

By SGT Bernard Chaillot  
256th INF BDE PAO

If you build it, they will come

Staff Sgt. Harold "Sonny" Chastant of the 256th Inf Bde said his dream for the Louisiana Veterans Memorial honoring those who served in any military branch from 1776 on is becoming a reality thanks to growing support from units, groups and individuals around the state.

Construction of the first memorial in the United States that will include all five branches of the military and honor veterans past, present and future begins in July at Acadian Village in Lafayette, Chastant said.

The memorial is being started with private funds, but the complete project will be funded by the sale of sets of five 11 by 14 lithographs of historic structures at the village, one of Acadiana's most popular tourist attractions, for \$50.

"That's \$10 a print, which is a real bargain," Chastant said. "After expenses are met, all profits will go to the village and its main beneficiary, the Alleman Center, which trains employs and provides homes for more than 200 developmentally disabled citizens."

A marketing campaign for the project begins July 1. The memorial will be dedicated Oct. 12 to coincide with the 20th anniversary of the village, Chastant said.

"The Air Force already has agreed to do a flyover," he said. "Support is building, but we still need military units, posts, organizations and auxiliaries, like individual American Legion and Veterans of Foreign

Wars posts, along with interested civilian groups and organizations, to contact us so they can be a part of this event."

All who contribute to the project will be listed on a memorial wall adjacent to the main memorial of carved cypress, which will stand 24 feet high by 14 feet wide and portray veterans from each period in Louisiana history, men and women, black and white, along with the crests of the five military branches and the flag of Acadiana.

The memorial, designed by Chastant, will be flanked by service branch flags and the flags of Acadiana, Louisiana, the United States and the Confederacy. "The memorial is for veterans from the founding of the nation into the future, so it includes the role of Louisiana veterans in the Civil War and in all other conflicts," Chastant said. "Nobody is being left out."

Chastant, a Lafayette businessman with experience in tourism, hotel construction and banking, is a U.S. Marine Corps veteran who served a tour and a half in Vietnam before being wounded as a paratrooper attached to 7th Air Force headquarters. He later served as an officer in the Louisiana Army National Guard, with the rank of captain, moved out of state for a period, then returned to Louisiana as an enlisted man to serve out the remainder of his time in service until retirement.

"This memorial project is something that just came to me one day and I thought, 'Why not? Let's do it.' And the support from people has been phenomenal," he said. "I'm looking for a lot of good things to happen between now and the dedication in October."

## Troop welfare starts at the top in 256th

By SGT Bernard Chaillot  
256th INF BDE PAO

Command Sgt. Maj. Donald Hemphill of the 256th Inf Bde met with his battalion sergeants major at Fort Polk recently to coordinate the brigade's first three-pronged annual training schedule.

Elements of the Louisiana Brigade and supporting units are training at Camp Shelby, Miss., June 8-22 and at Fort Polk July 6-20 and July 20-Aug. 3.

As an enhanced brigade in the Army's total force structure, the 256th is training under plans designed to allow it to link up with any active duty unit as needed for the nation defense.

Being one of the country's premier Army National Guard brigades means that training dollars from units that aren't up to strength in other states are being routed to the 256th, Hemphill said.

"We need to find ways to be more efficient and do more training with the resources we have, so we can't afford not to train smart," he said. "We've got some extra annual training money for parts, maintenance and other needs, but we're going to run a tight ship and prepare as if we have little money. That way, what we get will go further."

Hemphill encouraged the sergeants major at the meeting, including Ronald Grant of 1-156th Armor, Wilton Gibson of 2-156th Infantry, Donald Everett of 3-156th

Infantry, Patrick Tyrrell of 1-141st Field Artillery, James Mayes of the 199th Forward Support Battalion and Shelby Thomas of the 1088th Engineers to continue to work together.

"The battalions have to communicate and help each other out," he said.

Several of the sergeants major praised the outstanding support given by Brigade Commander Col. Bennett Landreneau and his staff over the past several months.

"That's our job," Hemphill said. "We have to support you in the battalions so you can support your companies. That's the way it works."

Hemphill, as always, took the opportunity to stress the importance of the leadership of first-line supervisors in taking care of soldiers, initiating improvements in training and safety procedures and making sure the basics, like operator-level maintenance, are done consistently and well.

"Some of the best ideas we're going to get are going to come from first-line supervisors, those NCOs who get the job done with their people, safely, day-in and day-out, so we need to listen to them more," he said. "We need to be constantly on the lookout for ways to take better care of our soldier and help them do their jobs better."

Family members who need to contact soldiers in the field during may do so through the Red Cross at (318) 531-2128 for soldiers at Fort Polk, and at (601) 582-8151 for those at Camp Shelby.

## Brigade team wins top maintenance award

By SGT Bernard Chaillot  
256th INF BDE PAO

A team of Army National Guard soldiers from Headquarters, Headquarters Co., of the 1-156th Armor recently won top honors at a maintenance rodeo in Shreveport, competing against six other maintenance teams from the 256th Infantry Brigade.

Six separate events with vehicles and weapons were conducted at Fort Polk, according to Capt. Byron Lafield, HHC commander.

"The eight members of our team were chosen for their knowledge and experience on the tested equipment," Lafield said. "They approached the event with a positive attitude. Esprit de corps spread through the group like wildfire."

That enthusiasm paid off, with the team winning each event for a total of 254 points out of a possible 270, Lafield said.

Teams were tested on the M1A1 tank, the 2 1/2 ton cargo vehicle, the Humvee, the .50 caliber machine gun, the M-60 machine gun and the M-16 rifle. Both hands-on and written tests were administered.

Staff Sgt. Gerald Giles, HHC mainte-

nance section sergeant, planned and coordinated all activity for the eight man team that participated in the events, Lafield said.

"Each soldier shared his knowledge with the other team members," Giles said. "They spent hours familiarizing themselves with the PMCS procedures to be tested and had such a good time they all requested to be on the team again at the next rodeo."

Rodeo team members were Spec. Gerald Williams, Pvt. 1st Class Jason Millsap, Geoffrey Monzingo and Pvt. Christopher Bowen on the M1A1 tank, Cpl. Jacque Greer and Spec. Sean Sutton on the "deuce and a half" cargo truck, Sgt. Kevin Crabtree and Pvt. 1st Class Chris Belin on the Humvee, Greer and Monzingo on the .50 caliber machine gun, Crabtree and Williams on the M-60 machine gun and Belin on the M-16 rifle.

Team members received the Army Achievement Medal for their dedication and hard work, Lafield said. "They were really fired up," he said.

"Now they've got bragging rights in the brigade until they defend their title at the next rodeo."

# NGALA honors top leaders

Lt. Col. Stephen Dabadie, received the first Brig. Gen. Leonard E. Pauley Award for outstanding battalion commander of the 256th Infantry Brigade. This award is named in honor of the first 256th Infantry Brigade commander who helped build the brigade more than 30 years ago.

Dabadie, who currently serves as the Louisiana Brigade's Executive Officer/Administrative Officer, received the award for his command of the 1st Battalion, 156th Armor in Shreveport. Under his command the battalion received the best overall rating on the Superior Unit Award, best strength management, highest equipment mission capability, fewest accidents, most annual individual weapons qualification and highest MOS qualifications.

Dabadie came into the Louisiana Army National Guard on July 1988 from the regular Army. He became a member of the 256th Infantry Brigade a month later. Dabadie will receive a bronzed eagle trophy for display which will be turned over annually to subsequent recipients.

Additionally there will be a large plaque with Pauley's photo imprinted on the plaque with medal plates beneath it identifying the annual recipients. This plaque will be displayed at the brigade headquarters. Dabadie also received an individual trophy that he can keep.

Retired Brig. Gen. Pauley was unable to attend the award ceremony due to ill health, however, in attendance on their father's behalf were two sons and a daughter-in-law. Pauley remains active with the brigade by providing mentorship to the brigade and battalion commanders.

Company B, 769th Engineer Battalion received the Eisenhower Trophy for best

unit in the Louisiana Army National Guard. This award is given by the Chief of the National Guard Bureau to the unit with the highest proficiency rate. For the past several years the units of the 769th Engineer Battalion have dominated this award. Bravo Company is commanded by Capt. Ward Zischke.

Capt. Douglas J. Mouton received the Outstanding Louisiana Army National Guard Commander Award for 1995. He commands Co. C, 2nd Battalion in Houma.

Lt. Col. Helios Valdez, commander, 122nd Air Control Party Flight, Camp Beauregard, La. received the Outstanding Air National Guard Commander for 1995.



LTC Stephen Dabadie



1LT Donald Johnson  
Co. B 769th ENGRS



CPT Douglas J. Mouton



LTC Helios Valdez

# Clinton praises Haiti peacekeepers

WASHINGTON, March 19 — President Clinton thanked U.S. military peacekeepers and said they made history during their deployment to Haiti.

Clinton spoke to service members at Fort Polk, La. in March.

Most U.S. service members left Haiti in April. American service members went into the country in September 1994 to re-establish the democratically elected government of President Jean Bertrand Aristide overthrown by a military coup.

"[You showed] that when America acts on behalf of its values and interest, it gets the job done," Clinton said. "You undertook a difficult task, and every single one of you who served in Haiti can say with great pride, 'Mission accomplished.' You made a difference for our nation's security and for a neighbor in need."

Clinton praised service members' skill and professionalism. He said the coup leaders knew they were up against the best-trained and best led military force in the world.

skill and professionalism. He said the coup leaders knew they were up against the best-trained and best led military force in the world.

"When [the coup leaders] learned that the 82nd Airborne and other units were on the way, they gave way," Clinton told the crowd. "That enabled our troops to land on the ground without bloodshed and proves once again that our military might is the indispensable muscle behind our diplomacy."

Clinton said while the military is trained to fight and win wars, those in Haiti and service members now in Bosnia show another side of America's military. "You and our troops in Bosnia have demonstrated a dedication to fighting for peace as great as your ability to prevail in war," he said.

He cataloged U.S. accomplishments. The American presence restored democracy to the troubled island, got guns off the streets and gave the people of Haiti a new sense of security. Americans helped train the new Haitian police force and fixed roads and bridges throughout the nation.

"You gave the people of Haiti the breathing space they need to reclaim their democracy, to get their economy started, to undertake the hard work that only they can do of building a free nation," he said.

Clinton thanked the families of peacekeepers also. "We know it's tough for one parent to be left to carry all the family responsibilities, to bear the extra burden of running a household and raising the families," he said. "We ask a great deal, but time and again, America's military families deliver, too."

Clinton said service members show what is best about America. He praised their determination to stand up for freedom and their readiness to help. He said their example shows why people around the world look to the United States for hope and inspiration.

"We can't be everywhere and we can't do everything, but where we can make a difference and where our values and interests are at stake, we must act," he said. "That was the case in Haiti. I congratulate you on your tremendous achievement. I thank you for a job well done."

**Fuel for the Force.**

**Save Army Energy.**

# La. troops control Hungarian airspace

By MAJ Ken MacNevin  
70th PAD, MOARNG

Near Kapsovar, Hungary-- Air traffic control here at Taszar Air Base, a Hungarian MiG 21 base in southwestern Hungary, is truly a "Joint Endeavor," with Louisiana Air National Guard air traffic control and radar specialists serving alongside their counterparts from Air National Guard units from several other states.

Taszar was the main staging base for U.S. troop movements in Bosnia and nearby Croatia. During the main deployment phase for Joint Endeavor in January scores of grant C-5 and C-17 transports landed there along with C-130s and smaller Army fixed wing aircraft. A sign leading onto the runways claims the operation to be the largest strategic airlift since World War II.

The Louisiana Air Guard is providing people from the 236th

Combat Communications Squadron of Hammond. They arrived early this year and remain now, operating the array of equipment that allows aircraft to be talked down to the runway under very low ceilings and low visibility.

"I'd say the 75 percent of the time we've had weather that ruled out coming in without radar," said Senior Master Sgt. John Hipes of the Missouri Air Guard, who was in charge of what is called RAPCON, or radar approach control. "It's been snowy or foggy or rainy, everything you can think of," Hipes said.

RAPCON gets planes on the ground by providing signals to aircraft like those used in stateside airports. As aircraft approach the general area of the base in Hungary a controller in front of a standard circular radar screen talks with the aircraft to guide it onto its final approach until it is 10 or 15 miles away. Then he hands off the aircraft to a second controller sitting alongside him in front of the screen for the precision approach radar, or PAR. "We can bring them in with a one-hundred-foot ceiling and a half-mile visibility," Hipes said.

The PAR screen uses two simultaneous displays to show the controller where the aircraft is in relation to the glide path down to the runway and where it is in relation to the course to the runway. When the aircraft is on its final approach the PAR controller gives almost continuous up, down and course corrections to the pilot of the incoming aircraft. The controller must communi-

cate with the aircraft at least once every 10 to 15 seconds.

"We talk them all the way down to the ground," said Senior Airman Philip Gregory of the 236th Combat Communications Squadron said. For departures the controllers work with the Hungarian civilian air traffic control center, known as Budapest Center. "We've had to adjust to the fact that they use some different terms," Gregory said. "But we've adjusted."

The trailer that the controllers work in is not roomy. "It's like climbing into your closet with a flashlight and peering into a little window," Gregory said, "because you're looking at a pretty small radar screen." When there are two controllers at work, plus perhaps a maintenance person,

"and then maybe somebody comes in to ask you a question, it gets pretty crowded."

The RAPCON team is made up of air traffic controllers,

radar maintenance technicians, communications specialists, and power production people who provide electricity from a pair of generators. The base European power system isn't considered stable enough to use it to power the critical radar.

Everyone on the team must do their job perfectly all the time. "There's a lot of pressure," Hipes notes. "There are lives at stake all the time. You've got to be focused on the job." Controllers are on flight status, and something as simple as taking an antihistamine for a cold can "ground" one of the controllers and take them off the job until a flight surgeon says they can return to work.

Work and living conditions for the team are mixed, with high tech equipment being used under austere conditions. The controllers work inside a small trailer a few feet away from the trailer that houses the main radar and PAR. A rotating dish for the main radar and a small enclosed tower for the PAR sit on top of the radar trailer. Pathways cut into a foot or more of snow lead to a pair of tents. One tent is the office and has a work bench for maintenance. A second tent is used for storage and has an area where controllers practice radar approaches on a computer set up to run simulations. Potbellied stoves warm the tents.

Like everyone else at Taszar, the air traffic controllers live in a tent city, row after row of what the military calls GP Mediums (General Purpose). Those are kept warm by kerosene space heaters. Around

100 yards away are a set of heated trailers that are the restrooms and showers. Another 100 yards away is the giant tent that is the mess hall. A hot breakfast and supper are served there, while lunch is one of the famous military 'brown bag' lunches. It's a brown plastic bag holding a field ration, an MRE.

Hungarian military continue to work at Taszar, although the MiG fighters rarely fly and are covered with tarps most of the time. Hungarians work in the field's control tower and around the base. Hungarian soldiers who man the approach control equipment have visited with the Air Guard crew, and the Air Guard has inspected the older Soviet built equipment the Hungarians use.

Relations between the U.S. forces and the Hungarian military are fine, the Air Guard people say, although serving at a base behind the old Iron Curtain has led the Americans to think about how the world has changed in less than a decade. "I've thought about it many times," Master Sgt. Dale Mulkey of the 236th said. "We're making footprints in a place I never thought we'd walk."



NEAR KAPSOVAR, HUNGARY-- MSG Ernest Williams of the Louisiana Air National Guard checks the settings on the ground approach radar at Taszar Air Base, the major staging base for U.S. troop movements into Bosnia and nearby Croatia. Williams is a radar technician with the 236th Combat Communications Squadron headquartered in Hammond. (Photo by MAJ Ken MacNevin, 70th PAD, MOARNG)



CSM Robert P. Jones

## Jones named as Aviation CSM

By SGT Lucas J. Landreneau, Jr.  
241st PAD

In 1986, when the 1/244th AVN BN was formed Sgt. Robert P. Jones, then a full-time avionics technician at Lakefront Airport, did not realize the impact he would have on the newly formed unit.

But as he worked his way up as platoon sergeant and first sergeant of Co. D, 1/244th everything began to fall into place.

That same Robert Jones has now taken the reigns as command sergeant major of the entire battalion. As if this weren't enough responsibility, the 21-year veteran of the Louisiana Army National Guard also has a dual role as command sergeant major of the newly formed Aviation Major Command (MACOM).

*"...Command Sergeant Major Jones grew up in the battalion." --Col. Phillip W. Nuss*

These responsibilities mesh well with his background in the 1/244th. "He's the first command sergeant major with resident expertise," Col. Phillip W. Nuss, State Aviation Officer, said. "Previous battalion command sergeants major had to learn on arrival. Command Sgt. Maj. Jones grew up in the battalion."

Growing up in the battalion will make the adjustment to his new job easier. Nonetheless, Jones' dual role will be challenging.

"The dual responsibilities of battalion command sergeant major and MACOM command sergeant major give me an opportunity to reach the goals I've set for myself and the battalion," Jones said.

Jones began his career in aviation in 1976 in the avionics shop at the Lakefront Airport as a technician. Now he's the avionics mechanic supervisor.

*"We're making footprints in a place I never thought we'd walk."*

*-- MSG Dale Mulkey*



SSG Paul Sylvest

# Playground, a dream come true

Story and Photo By  
SGT Kristi Moon Graves  
241st PAD

The dream is a new playground. The motivation is a community searching to create a safe place for their kids to do kid stuff - and to keep away from drugs and crime.

The reality is that volunteers made it happen. And the National Guard was part of that volunteer force, under the auspices of the Drug Demand Reduction Program.

Engineers, public affairs, and many other soldiers and family members joined hands with the Holy Cross Neighborhood Association and its Delery Street Riverfront

Playground Project in April. The neighborhood borders Jackson Barracks in the lower ninth ward of New Orleans.

The playground is no ordinary playground. It is based on ideas from local New Orleans children that got together for a "Design Day" back in September of last year. The kids wanted tunnels, ramps, bridges and ladders, a tree house, a bumpy dragon slide, a ship with a cargo net, an art gallery, haunted castle, swings, and monkey bars. And that's basically what they got.

Less than a year since the designs were drawn, they have their dream. Various businesses and organizations donated building materials, food and tools. The

steering committee raised over \$60,000 to help make the playground a reality. The labor was borne solely by volunteers, both skilled and unskilled.

The many volunteers cooked for the workers, provided childcare, drilled, hammered, shoveled, spread, cut, glued, pounded, and did whatever it took to make the dream come true.

The Guard has pledged to help maintain the Delery Street Playground to ensure that children will have a fun and safe place to play. Units involved included the 1/141st FA, 214th EIS, 204th ASG, HQ STARC, 769th ENGRS, 165th TRANS BN, 1086th TRANS CO and the 241st PAD.

## Marathoners mark a decade with miles

By CW2 Gary M. Blanchard  
HQ STARC

The Louisiana National Guard Marathon Team participated in the 13th Annual NGB Marathon on May 5, 1996 in Lincoln, Neb. The race was held in conjunction with the annual Lincoln Marathon so civilian and guard members ran side by side for the event.

The Puerto Rican team took top honors recording three of the top eight guard finishes. Sgt. Ramon Colon-Malaue, a switching system operator with the 92 Signal Detachment, Puerto Rico Army National Guard, won first place overall in both the guard and civilian competition with a time of 2:26:37. He unseated the two-time civilian champion Tim Dooling of Omaha.

The Puerto Rican team finished with a cumulative time of 7:38:23, more than 33 minutes ahead of the second place Indiana team which finished with a combined time of 8:11:27. Utah was a close third at 8:14:23.

The Louisiana team consisted of two Army and one Air Guardsmen. They were coordinator Chief Warrant Officer 2 Gary M. Blanchard of HQ Starc (-) with a finishing time of 3:37:48, Sgt. 1st Class Patrick McKey of HHD 199th SPT BN with a finishing time of 4:00:50 and Tech. Sgt. Norman Martin of 122th Fighter Squadron with a finishing time of 3:58:18. The three finishing times were used to compile a team time of 11:36:56.

This marathon marked one decade of marathoning for both Blanchard and Martin for the National Guard Team. Both runners became members of the state team in 1987 and have made the team each year following. Blanchard received the Veterans' Award for the second time for bettering his average time compiled for the prior six marathons completed. Martin also received the Veterans' Award in 1995.

The National Guard Bureau will

sponsor the 14th Annual NGB Marathon on May 4, 1997 in Lincoln, Nebraska. The Louisiana Team will consist of a maximum of three males and one female. Selections for the team will include both Army and Air Guard members. To qualify for the team each member must submit verification of a certified marathon (26 miles and 385 yards) completed within 18 months prior to 4 May 97. The maximum time requirements are as follows:

- 3:45:00 - Male soldiers under 40
- 4:00:00 - Male soldiers 40 and over
- 4:15:00 - Female soldiers

Soldiers age 40 and over must also have their over 40 physical screening prior to participating in the NGB marathon. If there are more qualified applicants than available slots, then the top qualifying times will be used to select team members. Each member selected will receive a marathon uniform to include a jacket and trousers, running shorts, singlet and T-shirt. Each runner must provide their own running shoes.

Training for this event is imperative to insure a qualifying time. Please contact CW2 Gary M. Blanchard, the Louisiana National Guard Marathon coordinator, during work hours at (504) 278-6430 or after work hours at (504) 271-2943 for more information and training schedules. Training schedules from three to eight months are available with weekly mileage ranging from 30-90 miles. No additional training time will be allotted during work hours for soldiers working in AGR or technician status.

The following is a list of area marathons that can be to qualify for the Louisiana National Guard Marathon Team:

- Marathon**
- Rotary Beach Marathon, Gulfport, MS., 24 NOV 96, 800-237-9493
- Houston-Tenneco Marathon, Houston, TX., 19 JAN 97, 713-757-2943
- Mardi Gras Marathon, New Orleans, LA., 26 JAN 97, 504-482-6682

## OCS recruiters recognized

By SSG Thomas M. Turner  
OCS Recruiting

On May 23-23, 1996 the 3673rd Maintenance Co. and the 1-141st Field Artillery were awarded plaques to congratulate them for their hard work recruiting for Louisiana's Officer Candidate School. Additionally, the 3673rd received a check for \$100 while the 1-141st received a check for \$250 as part of a recruiting promotion.

The awards were given to the battalion level command and the separate unit that recruited and sponsored the most applicants who passed the academic boards.

The 3673rd recruited 5 soldiers and

the 1-141st recruited 6 for the OCS program.

The 1-141st used their money to sponsor a cookout for their full-time manning personnel. The 3673rd used their money to add to their Full-timer's Fund. Congratulations and thanks go out to these units as well as each of the other unit participants who assisted in with OCS recruiting.

OCS recruiting can be reached by contacting SSG Thomas M. Turner at 1-800-830-6205, 1-800-925-5893 or through Internet E-mail at Turner\_OCS@msn.com. Additionally, please visit us on the World Wide Web at: <http://www/gnofn.org/~lang>.

## YCP graduate makes a name for himself

The Youth Challenge Program has given many at-risk teens an opportunity to better themselves personally as well as position themselves for better career opportunities upon graduation.

Joe Manzella, an 18-year-old Youth Challenge Program graduate, is an excellent example of one such at-risk teen who turned his life around thanks to the program.

Manzella was one of the nearly 130 graduates who participated in the program's January commencement ceremonies in 1995. His class started with around 250 at-risk teens. Needless to say such an attrition rate shows that the "challenge" in the Youth Challenge Program is not a misnomer.

"The program helps you to grow and build some sort of structure to your life - but only if you allow it to," Manzella said. "Those of us who decided to get the most out of it became like a family, those that didn't, left."

Manzella attended both Andrew Jackson and Chalmette High School until the 10th grade when he decided to call it quits. "Back then it was like 'who cares,' I had a really bad attitude," he said.

"After sitting around for a while doing nothing I heard about the Youth Chal-

lenge Program, it sounded interesting," Manzella said. "I thought it would be a push forward - a step in the right direction."

Indeed it was, several months after his graduation, armed only with his newly-earned GED and his newfound self-respect, Manzella was on the hunt for a new job and a new life.

He landed a job as a service technician with U.S. Copy, a firm located in Kenner La., which specializes in the repairing and general maintenance of photocopy machines. Although he didn't possess the technical experience required for such a position when he applied for it, Manzella's motivation and positive attitude more than made up for his lack of experience.

Seven months later, Manzella now answers calls for service like any other service technician at the company. He has never missed a day or even been late for his new job. Something he says that would not have been imaginable prior to the Youth Challenge Program.

"I had a bad attitude before I joined the program," he said.

"Now I feel as though I want to be the type of person to turn heads - to be someone."



# You and the Law

COL Thomas K. Kirkpatrick, State Judge Advocate

*Understanding the fundamentals of our legal system is not optional, it is an integral feature of our mobilization preparedness. A soldier is better able to devote full concentration to performance of the military mission if he is not preoccupied with unresolved legal difficulties.*

*Following is one in a series of informational articles dealing with various aspects of the American and Louisiana systems of justice. This general information, while valuable, is no substitute for individually tailored, fact-specified legal advice from your attorney. If you do not have a personal attorney, your community may have a "Lawyer Referral Service" designed to assist you in locating an attorney who concentrates in the area of law in which you are interested. For further information, you may contact the Louisiana Bar Association at 1-800-421-5722.*

## Community Property:

**What is mine?**

**What is yours?**

**What is ours?**

### Separate Property

A spouse's separate property, by definition, belongs exclusively to the spouse. All property acquired prior to marriage is, of course, separate. After marriage, a spouse's separate property also includes:

- Property acquired after marriage if there is a pre-nuptial separate property agreement
- Property acquired during marriage after a post-nuptial separate property agreement is judicially approved.
- Property acquired with the spouse's separate property, or with the spouse's separate and community property when the value of the community property is inconsequential in comparison to the value of the separate property
  - Property donated to or inherited by one spouse
  - Damages from personal injury, workman's compensation, etc., awarded to one spouse only
- Property acquired by a spouse from a voluntary partition of community by spouses during the marriage
- Damages awarded to a spouse in an action against the spouse for breach of contract, fraud or bad faith in management of community property or the spouse's separate property.
- All property acquired by a spouse after divorce or death of his/her spouse, including property from a community property settlement or community property partition, is separate property

### Community Property

An individual owns an undivided one-half interest in the community property with a spouse; neither spouse can sell, mortgage or lease his/her undivided interest in the community property until it is partitioned. Community property comprises the following:

- Property acquired during the marriage (unless spouses are separate in property) through the effort, skill or industry of either spouse
- Property acquired with community property or with community and separate property when the value of the separate property is inconsequential to the value of the community property
  - Property donated to the spouses jointly
  - Fruits and revenues of community property, and fruits and revenues from separate property unless specifically reserved as separate property.
  - Damages or loss or injury to a community property asset.
  - All property acquired during the marriage not classified as separate property
  - All property in the possession of a spouse during the marriage is presumed to be community property, although either spouse may prove it to be separate property.

### Marriage Contracts

Marriage contracts allow for the renunciation or modification of the community property rules as follows:

- A marriage contract can maintain the spouses completely separate in property, or provide for separate and community property during the marriage. For example, the salary of one spouse can be classified as his/her separate property and the salary of the other spouse classified to be community property, or the spouses can provide for fixed

contributions to the expenses of the marriage or apportion community property by shares.

--A marriage contract executed prior to the marriage does not require judicial approval

--A marriage contract executed after the marriage (subject to exception below) requires judicial approval

- During the first year after moving into and acquiring a domicile in Louisiana, spouses may enter into a marriage contract without judicial approval.

- Limitations on marriage contracts include fraud of creditors, renunciation/alienation of marital portion, and right of one spouse to obligate the community.

### Community Vs. Separate Property

How to change community property into separate property and vice versa

- Donation by a spouse to the other spouse of his/her interest in a community asset converts the entire ownership of the asset into the separate property of the recipient spouse

--Donation by a spouse of his/her separate property to the community transfers that property into community property

--Voluntary partition of community property during marriage converts the property partitioned from community to separate property of the recipient spouse.

### Equal Management Of Community Property

Louisiana's principal of equal management of community property is as follows:

- Each spouse has the right of equal management of community property (subject to certain exceptions) and a spouse acting alone may manage, control and dispose of community property.

- Both spouses must concur in the sale, mortgage or lease of community real estate, furniture or furnishings in the family home, all or substantially all of the assets of the community, and motor vehicles titled in the names of both spouses.

--The donation of community property to a third person requires the concurrence of both spouses. One spouse may, however, make a usual or customary gift of a value commensurate with economic positions of the spouses at the time of the donation.

- A spouse has exclusive right to manage, sell, mortgage or lease community movables registered or titled in that spouse's name alone, such as shares of stock and motor vehicles.

- A spouse may, in writing, renounce the right to participate in the management of community property (in whole or part), and/or the spouse's right to concur in the sale, mortgage or lease of community real estate.

### Debts During Marriage

Concerning debts of the spouses incurred during the marriage, who is liable for what?

--If spouses are separate in property, the spouse incurring the debt is liable, and the non-incurring spouse is only liable for the benefit received from the debt.

--With a community property regime, a debt incurred by a spouse is either a community debt or a separate debt. If incurred for the common interest of the spouses or for the interest of the other spouse, it is a community debt.

--A separate debt of a spouse can be satisfied from that spouse's separate property and the community property.

--A community debt can be satisfied from the community property of the spouse who incurred the same. If both spouses received a benefit from the debt, it can be collected from the separate property of both spouses as well as the community property.

### Myths And Misunderstandings

A few myths and misunderstandings about separate and community property are corrected as follows:

--How property is "titled," i.e. husband or wife, does not affect classification as separate or community property.

--Marriage alone does not automatically convert the existing separate property of the spouses into community property.

--Separate property brought into the marriage that loses its identity by commingling, replacement, etc., becomes community property --Upon termination of marriage, separate property funds utilized for the benefit of the community are reimbursed to that spouse in the amount of 50 percent, not 100 percent.

--Upon termination of the marriage, assets are valued at the time of the community property settlement or community property partition, not at the time of divorce.

*This information, prepared by the Louisiana State Bar Association, is issued to inform and provide general information, not to advise. If you have a specific legal problem, you should not try to apply or interpret the law without the aid of a trained expert who knows the facts because the facts may change the application of the law.*

# THE POST WORLD WAR II ERA

*World War II was the transcendent era for a generation. What happened during that war shaped those who lived through it or fought in it.*

Harry S. Truman was president when the war ended. The war, in one way or another, affected his successors in office.

The country ended 20 years of Democratic Party rule when it elected Dwight D. Eisenhower president in 1952. Millions of Americans "liked Ike." He led the victorious Allies against Hitler in Europe. He was able to run that most difficult style of warfare: a coalition war.

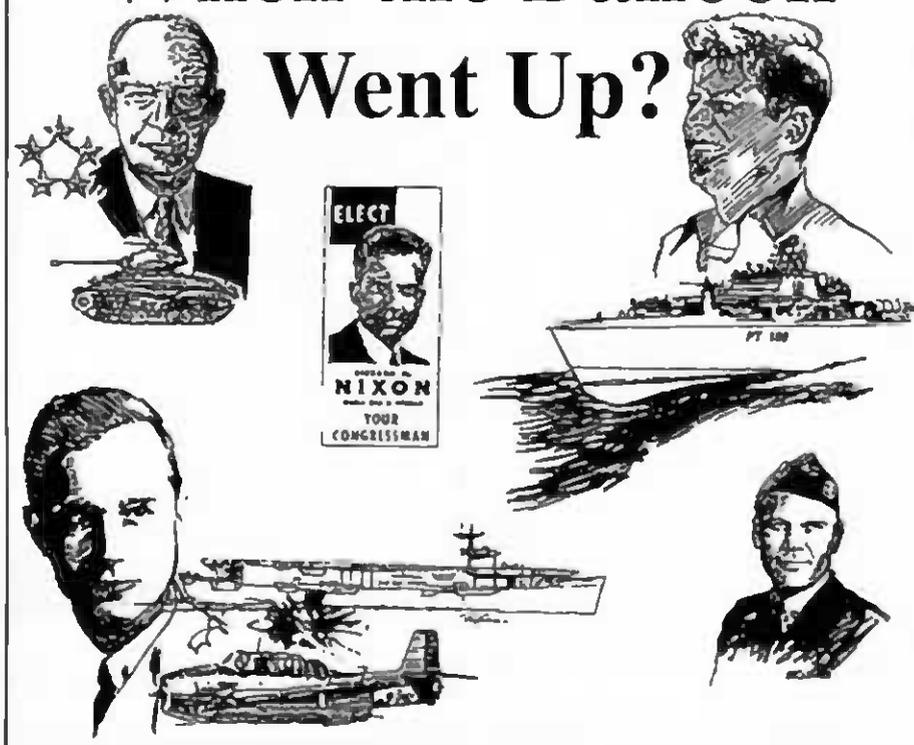
Eisenhower rose to the rank of general of the army. He made the tough decision to launch the Normandy invasion in 1944 and refused to panic during the German counteroffensive in December 1944 called the Battle of the Bulge. Eisenhower was able to keep the Allies allied. Some of his American, British, Canadian and French subordinates did not get along too well. Ike kept the machine running, and much of that ability carried over to his presidency.

When John F. Kennedy succeeded Eisenhower in 1960, he was the youngest elected president in U.S. history. One person watching his inaugural was moved to say it was the junior officer of World War II assuming responsibility for the country. Kennedy was a junior Navy officer and war hero from World War II. He received the Navy Cross, the country's second highest award for such bravery, while a PT boat commander in the South Pacific.

Kennedy was shot and killed on Nov. 22, 1963. The man who replaced him was another Navy veteran of the Pacific war.

*And, where were you, Mr. President,*

## When the Balloon Went Up?



Lyndon Baines Johnson. Texan Johnson was a Naval Reservist serving in the House of Representatives when the Japanese bombed Pearl Harbor. He became the first representative to go on active duty during World War II.

Lt. Cmdr. Johnson went to Australia to view the progress of the war there. He met with theater commander Gen. Douglas MacArthur and went on a hazardous bombing mission with the Army Air Forces. MacArthur awarded Johnson the Silver Star for his exploits.

But Johnson did not serve through the war. He was discharged in July 1942 after President Franklin D. Roosevelt ruled national legislators could not serve in the armed forces.

Johnson was elected in his own right in 1964. In 1968, he announced he wouldn't seek reelection. Another World War II Navy veteran, Richard M. Nixon, was elected president.

Lt. Cmdr. Nixon served as a supply officer in the Pacific. When he returned from overseas, the California Republican

Party cast about looking for a congressional candidate. Someone suggested Nixon. Even though he was still in the service, he said he would run. Historian William Manchester said Nixon's political instincts needed a bit of work. He appeared "in dress blues outside factory gates where former enlisted men would be leaving work, look them squarely in the eye, hold out his hand and say sternly, 'I am Lt. Cmdr. Richard M. Nixon.'"

Nixon resigned as president and was succeeded by Gerald R. Ford. Ford, from Grand Rapids, Mich., played center on two national championship football teams fielded by the University of Michigan in 1934 and 1935. When the war broke out, Ford was commissioned in the Navy. He served as an aviation operations officer aboard the aircraft carrier USS Monterey in the Pacific. He was discharged as a lieutenant commander in 1945.

The next president, Jimmy Carter, was too young to serve in World War II. But he was a Naval Academy graduate, the only one elected president.

Ronald Reagan ended the Navy's string of presidents. Reagan, an actor, interrupted his career in 1942 to join the Army. He made training films for the Army in Hollywood and was discharged in 1945 with the rank of captain.

Reagan's vice president won the presidency in 1988. George H.W. Bush was the youngest Navy pilot commissioned during World War II. Bush earned the Distinguished Flying Cross and three Air Medals for operations against the Japanese.

Bill Clinton beat Bush in the 1992 election. Clinton, born in 1946, became the nation's first postwar baby boom president.

- Armed Forces Information Service.

## Consider Education

The Louisiana Army National Guard has funding for the Army Continuing Education System (ACES) Tuition Assistance Program for Fiscal Year 1996 and is expecting funding for Fiscal Year 1997. Tuition Assistance is now available to all LAARNG soldiers (officer and enlisted). This program should not be confused with the State Tuition Exemption Program (STEP).

Tuition Assistance provides up to 75 percent of tuition costs for courses leading toward a diploma, certificate, or degree at the associate, baccalaureate, or graduate level at any accredited institution, in state or out of state, public or private. Tuition Assistance is authorized for fifteen (15) semester hours of course work per fiscal year. The amount of Tuition Assistance is subject to the following caps per semester hour: Lower (Freshman/Sophomore) - \$60, Upper Level (Junior/Senior) - \$85, Graduate Level - \$170.

Soldiers interested in applying for Tuition Assistance should complete DA Form

2171 available at each unit. The soldier will obtain the unit commander's signature and forward the form to the Education Services Officer for approval prior to the start of the course. Soldiers must understand that funding is not guaranteed beyond the current fiscal year and funds will be allocated on a first come, first serve basis. AGR soldiers should apply for Tuition Assistance through the Fort Polk Education Services Officer.

Effective 14 March 1996, the Army National Guard (ARNG) authorized tuition assistance for all full-time, part-time, wage-grade, and general-schedule civilian employees of the ARNG.

Tuition Assistance is not authorized for courses leading to a lower or lateral level degree already obtained regardless of who funded the previous degree or for courses for which funding is provided under another provision of law (STEP and MGIB).

For further information and application procedures, contact CW2 Gerard Abair at 1-800-899-6355.

## Safety and You

Picnics are a great way to relax with friends and good food. But don't relax food safety considerations. A case of food poisoning can spoil everyone's fun.

Here are some tips from military and Department of Agriculture food safety experts to keep the food safe as well as tasty:

**\*\*When shopping for food, buy perishable items such as meat last. Get them into the refrigerator or portable cooler as soon as possible.**

**\*\*If you are going to use perishable food quickly, refrigerate it. Otherwise, freeze it.**

**\*\*Don't thaw meat on the counter. Thaw in the refrigerator or in microwave oven. If meat is not completely defrosted when you're ready to leave, just cook it longer at the picnic.**

**\*\*Cook everything thoroughly. Cook pork chops and ribs until the pink is gone; poultry should have no red near the bone. Steak and hamburger are safer when cooked until well-done.**

**\*\*Clean your hands before cooking and after tasting. If there's no water faucet, use disposable hand wipes.**

**\*\*Keep hot foods above 140 degrees and cold foods below 45 degrees Fahrenheit.**

**\*\*Keep perishable foods in a cooler as long as possible. Pack the cooler with plenty of ice or use an ice pack. Try to keep it in the shade.**

**\*\*The high-acid content of commercial scale mayonnaise actually helps protect foods from spoiling. But homemade mayonnaise, if made without vinegar and lemon juice, could be risky.**

**\*\*Keep food covered to avoid exposing it to flies and common bacteria.**

**\*\*If you were gone no more than five hours and you perishables were kept on ice except when cooked and served, you may be able to save the leftovers. But when in doubt, throw it out.**

# TRICARE opens doors to health care

TACOMA, Wash. -- "I'm sorry, ma'am, all pediatrics appointments for the month have been filled. Please call back on the first Tuesday of next month, between 7:30 and 10 a.m. ..."

Frustrating messages like this should disappear under TRICARE. DoD's managed health care plan. TRICARE, said officials, will dramatically increase patients' access to health care.

How access will improve is being demonstrated in the northwestern United States, where TRICARE Region 11 began operating last spring. Here, a combination of military treatment facilities and a civilian managed care organization provide health care to 400,000 service members and retirees and their families.

By summer 1997, the schedule calls for 12 regions to be directing military health care nationwide. Managed care programs also are slated for U.S. service members and their families overseas.

"TRICARE has allowed us to fill the gaps and inconsistencies in our health care delivery system and standardize the benefit throughout the region," said Army Dr. (Brig. Gen.) George J. Brown, who commands Madigan Army Medical Center here and oversees Region 11 TRICARE. TRICARE support contracts will vary from region to region, but the basic services won't change, said Brown, and Region 11 patients are learning TRICARE provides fast appointments, in-depth health care information and a wide choice of services.

Full benefit from these services comes only with enrollment in Prime, the TRICARE health maintenance organization option.

All active duty members are enrolled in TRICARE Prime, families of active duty members who choose to enroll in TRICARE Prime pay no enrollment fees. Military retirees under the age of 65 who enroll pay an annual fee. All Medicare-eligible beneficiaries who elect not to enroll in TRICARE Prime remain eligible for care in military medical facilities on a space available basis.

Every region will offer similar access standards, said Dr. (Col.) Paul Eans, family practice director at Madigan, within 24 hours for urgent (nonemergency) care, within seven days for routine care and within 30 days for wellness care (health maintenance appointments). And while some procedures may differ, he said, Region 11 offers a good overview of how TRICARE will operate everywhere.

Health professionals and benefits counselors at eight service centers provide information and enrollment assistance in the region. These staff help CHAMPUS eligible patients with their health care needs, answer any questions about TRICARE, enroll new Prime members and assist persons transferring from other regions.

"Many people don't realize they have to disenroll from one region before they can enroll in another," said Alice Acker, field

coordination manager of the TRICARE service center in Silerdale, Wash. "Because of the difference in contracts, the procedures may be different, so it's a good idea they come by here before they seek health care services."

To help people determine the level of care they need, the region offers free phone-in health care advice. "We're running about 4,000 calls a month," said Larry Naehr, director of Foundation Health Federal Services, which operates the Region 11 managed care support contract.

Callers can talk to personal health advisers - registered nurses who help them decide if they need to see doctors right away or if they can take care of the problem. At the same number, an audio library provides information on hundreds of health topics.

"My wife uses the nurse advisory line regularly," said Air Force Master Sgt. Randy Parkin, first sergeant of the 62nd Civil Engineering Squadron at McChord Air Force Base. "The service is prompt and courteous. One of the advisers even called back to see how she was doing."

Another phone in service connects callers with a health care finder. Usually registered nurses, finders work out of TRICARE service centers. They are Foundation Health employees.

"We help people find the care they need, any time of the day or night," said Judy Bunce, who works at the Madigan service center. At least one finder in the region is always on call after normal duty hours and takes calls at home.

Health care finders help callers obtain specialty care referrals, nonavailability statements for TRICARE Standard care and emergency access to health care for persons traveling outside their home TRICARE region. "In addition," Bunce said, "we often just offer them reassurance."

"Some callers are really distraught," she said, "so we calm them down. Once they understand they're talking to a trained health care professional, they begin to relax and know they are going to get the help they need, and we can point them in the right direction. They're pleased when we call them back in a few days to see how they're doing."

Yet another phone call connects people to the region "nerve center" - the TRICARE Regional Appointment Center in downtown Tacoma. Here, 50 operators answer nearly 60,000 calls a month from people seeking access to the health care system.

The center's toll-free number is printed on plastic cards TRICARE Prime enrollees receive. In addition, direct access telephones clearly labeled "TRICARE Appointments" are located in central areas of military treatment facilities.

The center operates 11 hours daily and books appointments for anyone with access to a military facility. An automated call distribution system - commonly used by large customer-service organizations to

route calls - enables them to handle the daily traffic.

Since the center is connected to DoD's Composite Health Care System - a central data base of worldwide patient callers' personal data such as home addresses and telephone numbers. The defense eligibility enrollment reporting system data base shows eligibility for military health care, and a Foundation Health data base indicates TRICARE status.

After confirming the caller's TRICARE enrollment, Saunders said, the operator can book the appointment. If necessary, she can put the caller on hold and use another line to contact the clinic for appointment options before finalizing the transaction.

"The average length of a call from connection to confirmed appointment is three minutes," Saunders said.

## Marksanship skills tested at annual competition

By SPC Randall Beavers  
241st PAD

Early morning gunfire echoed through the pines of Camp Beauregard as soldiers gave their best during the recent Adjutant General's Combat Rifle, Pistol and Machine Gun Match Championship.

Louisiana soldiers spent two days in April competing against fellow citizen soldiers for a chance to represent the Louisi-

ana National Guard in the upcoming national championships in October.

That's a little longer than I'd like it to take," said Spec. Mark Cleveland, "but it sure beats not getting an appointment at all. With TRICARE, I know my family and I can get in to see a doctor when we need to."

Foundation Health's Naehr said other regions have taken note of Region 11's processes "as the first region up, we've pioneered TRICARE, so naturally, there's an interest in how we work," he said. At least one - Region 12 in Hawaii - asked how to put together a similar central appointment center, Naehr said. And Regions 1 (Northeast), 2 (Virginia and North Carolina) and 5 (East Central) expressed interest.

"The lessons we've learned can and will impact other regional contracts," Naehr said. "TRICARE is a young program that will go through many adjustments and refinements as it expands across the nation."

The Winston P. Wilson Rifle, Pistol, Sniper and Light Machine-Gun Championships are held every October at Camp Joseph T. Robinson, Little Rock, Ark.

Soldiers interested in competing for next year's teams should contact MSG Louis Ray, training technician at (504) 278-6378.



CDT Jeff Burgoyne, left and SGT James LeBlanc

### 9th Annual Adjutant General's Combat Rifle, Pistol and Machine-Gun Match Championship Winners.

The Combat Rifle Match top winners (Possible 1200 points per team):

1st Place - 769th Eng. Bn. - 943 pts      3rd Place - 239th MP Co - 611 pts  
2nd Place - 2-156th Inf Bn - 649 pts      4th Place - 415th MI Bn. - 608 pts

The high individual shooter was SPC Micah Marchand of Co C, 769th Eng. Bn. with 255 of a possible 300 points.

The Combat Pistol Match top winners (Possible 720 points per team):

1st Place - 2-156th Inf Bn - 420 pts      2nd Place - 3671st Maint Co - 391 pts  
3rd Place - 527th Eng Bn - 338 pts

The high individual shooter was SSG Tommy Whisenant of 3671st Maint Co. with 155 of a possible 180 points.

The Combat M60 Machine-Gun Match top winners (Possible 400 points per team):

1st Place - 527th Eng Bn - 140 pts      3rd Place - 2-156th Inf Bn - 110 pts  
2nd Place - Det. 3672 Maint Co - 130 pts

The high individual shooter was PFC Michael Irwin of Co A, 527th Eng Bn with 190 of possible 200 points.

The winning teams will represent the state at the 1996 Winston P. Wilson Matches held at Camp Robinson, Ark., during October.

# Commissaries receive new checkout systems

Fifty commissaries will receive new grocery checkout systems beginning this spring, according to Defense Commissary Agency officials.

The upgrades are part of a three-year modernization project. Of the 50 stores, eight will receive the new equipment within 60 days as part of the system's test phase.

Stateside test commissaries are at Fort Lee, Va.; MacDill Air Force Base, Fla.; Jacksonville Naval Air Station, Fla.; Marine Corps Logistics Base, Albany, Ga.; and Fort Lewis, Wash. In addition, three commissaries in Germany - Baumholder, Idar Oberstein and Neubruecke - will test the new equipment.

The new system will allow customers to make credit and debit card purchases and use electronic coupons. These features are now available to customers in some commercial supermarkets.

The checkout systems in many commissaries are severely outdated and require costly, hard to find maintenance. John Goodman, the commissary agency's project manager said. He added the new systems are more efficient, which will help store managers maintain stocks and reduce costs.

Agency officials said plans are to install another 125 systems in 1997 and the last 125 by June 1998. DoD awarded a four year installation and maintenance contract to A1&I Global Information Solutions of Rockville, Md. The contract also includes four one year options.

Armed Forces Information Service

## Servicemen's Group Life Insurance increases to \$200K

By MSG Stephen Barrett  
AFIS

The starting benefit for Servicemen's Group Life Insurance increases from \$100,000 to \$200,000 beginning April 1.

The change will affect all members on active duty or in the qualified Reserve or the National Guard.

Thomas Tower, with DoD's Office of Compensation, said service members can still opt for the level of coverage they wish. "They can decrease the amount of coverage in \$10,000 increments," Tower said. "They can decline the coverage entirely, but the starting point is now \$200,000."

Service members with less than \$200,000 of coverage who don't want the automatic increase must file an SGLI Form

UPDATING COMMISSARIES		
<p><b>AIR FORCE</b></p> <p>ANDREWS AIR FORCE BASE, MD. BOLLING AIR FORCE BASE, WASHINGTON, D.C. CHARLESTON AIR FORCE BASE, S.C. DOVER AIR FORCE BASE, DEL. DYESS AIR FORCE BASE, TEXAS FAIRCHILD AIR FORCE BASE, WASH. HICKAM AIR FORCE BASE, HAWAII HURLBURT FIELD, FLA. KELLY AIR FORCE BASE, TEXAS LITTLE ROCK AIR FORCE BASE, ARK. MCCHORD AIR FORCE BASE, WASH. MCCONNELL AIR FORCE BASE, KAN. *MACDILL AIR FORCE BASE, FLA. NELLIS AIR FORCE BASE, NEV. RAMSTEIN AIR BASE, GERMANY TINKER AIR FORCE BASE, OKLA. TYNDALL AIR FORCE BASE, FLA. VOGELWEH AIR BASE, GERMANY</p>	<p><b>MARINE CORPS</b></p> <p>MARINE CORPS COMBAT DEVELOPMENT COMMAND, QUANTICO, VA. *MARINE CORPS LOGISTICS BASE, ALBANY, GA. MARINE CORPS LOGISTICS BASE, BARSTOW, CALIF.</p> <p><b>NAVY</b></p> <p>BARBERS POINT NAVAL AIR STATION, HAWAII HAMILTON HOUSING, NOVATO, CALIF. *JACKSONVILLE NAVAL AIR STATION, FLA. NAVAL SURFACE WARFARE CENTER, DAHLGREN, VA. NAVAL TRAINING CENTER, GREAT LAKES, ILL. NAVAL COMMUNICATIONS STATION, STOCKTON, CALIF. U.S. NAVAL ACADEMY, ANNAPOLIS, MD.</p>	<p><b>ARMY</b></p> <p>FORT BELVOIR, VA. FORT CAMPBELL, KY. FORT HAMILTON, N.Y. FORT LEAVENWORTH, KAN. *FORT LEE, VA. *FORT LEWIS, WASH. FORT MCCOY, WIS. FORT MEADE, MD. FORT MONMOUTH, N.J. FORT RICHARDSON, ALASKA FORT RILEY, KAN. FORT STEWART, GA. GRAFENWOEHR TRAINING AREA, GERMANY KELLY BARRACKS, STUTTGART, GERMANY *NEUBRUECKE KASERNE, NEUBRUECKE, GERMANY PANZER BARRACKS, BOEBLINGEN, GERMANY PATCH BARRACKS, STUTTGART, GERMANY ROSE BARRACKS, VILSECK, GERMANY *SMITH BARRACKS, BAUMHOLDER, GERMANY *STRAUSBURG KASERNE, IDAR OBERSTEIN, GERMANY WALTER REED ARMY MEDICAL CENTER, WASHINGTON, D.C. * Test site</p>

8286 in order to keep their insurance level the same or make changes.

The \$200,000 benefit first became available in Nov. 1992. Service members paying \$9 a month for \$100,000 SGLI coverage could double their benefit for an \$18 deduction. Since 1992, nearly 70 percent of active duty forces and over half of the reserve component opted for the increased benefit.

*"SGLI insurance is designed for people to set up their own coverage based on their needs,"*

— Thomas Tower, DoD

Tower said the majority of \$200,000 takers are married service members wishing the added coverage to take care of their families.

He added single service members often don't want or need the additional coverage, although many of them do take the maximum. "Not everybody is going to want the full amount," Tower said, "and SGLI insurance is designed for people to set up their own coverage based on their needs."

Still, Tower urged service members not to decrease their current benefits too much. "Once you've decreased the benefit, then decide later to increase the amount, you may have problems getting the extra coverage," Tower said.

He said the insurance company handling SGLI requires a certificate of good health endorsed by the service member's commander before increasing the benefit. Such applications are subject to acceptance by the insurance company.

He said service members still wishing to decrease their benefit can complete and return an SGLI Form 8286 at their service personnel office.

## Family Care Plans affect readiness

A wide range of actions over the last few years have contributed to families being well prepared for contingency operations such as those currently underway in support of the Bosnia peace keeping mission. One of those actions was the Department of Defense's Family Care Plan Instruction (DoDI 1342.19), which was issued following Desert Storm operations in the Persian Gulf area in the early nineties.

The instruction requires single parents and dual military career parents, both active duty and Reserve members, to have in place viable and current plans for their children (and dependent adults) in the event of contingency deployments and routine duty related separations.

DoD's Family Care Plan encompasses in addition to arrangements for designated caregivers - requirements related to financial support, powers of attorney, medical care, wills, other personal planning tools, and transportation of family members to designated caregivers if that is necessary. In previous contingency operations, these areas - if left unresolved - were primary causes leading to personnel not being able to deploy or having to be returned early from deployment.

The instruction was a direct result of lessons learned by military leaders during past operations. Sound Family Care Plans were a major factor in the good start of Operations Joint Endeavor.

## Guard experience helps with Bosnia activations

Families of Reserve Components mobilized for Joint Endeavor peace keeping operations in Bosnia are benefiting from the National Guard's extensive family program network and infrastructure.

Developed in 1984, the National Guard's family support program has been developed and forged over the enduring years as a result of numerous activations for national disasters and emergencies, federal training requirements, and contingency operations like those currently underway in Bosnia.

Persian Gulf operations in the early nineties attested to the effectiveness of the Guard's family support program, when services were provided to more than 257,000 family members of all Services not living near active duty installations.

Each state is assigned a full time Family Program Coordinator; and some 18,000 trained family member volunteers provide family support to more than 4,000 Army National Guard units and more than 300 Air National Guard units.

Dorothy Ogilvy-Lee, the National Guard bureau's family program director, points to the importance of collaborating with other agencies. "We obviously can't provide direct services for all situations," she explains, "but we have an extensive information, referral, and follow-up system that ties us into the civilian and active duty communities and the resources of non-profit organizations."

# For our Families

State Office of Family Assistance 1-800-541-5860

## DLI accepts civilians

The Defense Language Institute Foreign Language Center in Monterey, Calif., recently opened its doors for the first time to non-Defense Department related civilian students.

Previously, only service members and federal government employees were eligible to attend the institute's language courses.

Now, state and local government employees, college students, people in private industry and others may attend on a first-come, first-serve space available basis for about \$400 per week. The cost does not cover food, lodging or transportation.

"These new civilian students will only be allowed into classrooms in which the military could not fill all the quotas," Lt. Col. Rod Gale, the institute's associate pro-

vost and dean, said.

"We expect them to maintain the same academic standards as all our students, pass the same aptitude or proficiency entrance tests and adhere to professional dress and disciplinary standards.

Gale said the new students will be allowed to use many government facilities open to military and DoD civilian students, such as the fitness and outdoor recreation centers and golf courses, but would not be eligible to use dining facilities, shop in the exchange or commissary, or live in barracks. For more information contact Art Giebbia at (408) 242-5747.

—MSGT Ron Hyink, FLJFLC PAO

—Reprinted from Soldiers Magazine

## Shopping changes

Guard and Reserve members need both their active duty orders and their red ID cards to shop in AAFES exchanges and military clothing sales stores overseas.

Orders must indicate the service member's duty or overseas training status and be presented to an ID checker or cashier before making purchases. A copy of travel orders must also accompany catalog orders.

Guard and Reserve members may purchase "overseas only" merchandise from the All Services Mail Order Catalog up to 45 days before deploying and 45 days after returning to the United States. Red stars in the catalog indicate "overseas only" items.

These shopping privilege requirements are not new. In fact, this program has been in place since AAFES began offering shopping privileges to reserve component members in the mid-1970s.

Guard and Reserve members who do not have orders or are not on training status have unlimited shopping privileges at AAFES U.S. facilities. However, international agreements preclude U.S. military authorities from implementing certain U.S. entitlements for Guard and Reserve members who do not otherwise qualify for duty-free services.

—AAFES PAO

—Reprinted from Soldiers Magazine

## See Disney on a budget

Enjoy the nation's number one vacation destination while staying at Shades of Green on Walt Disney World Resort in Florida, the first Armed Forces Recreation Center located in the continental United States.

Shades of Green offers first class hotel accommodations at affordable prices to active duty military, National Guard and Reserve members, retirees, DoD civilians, and their families and guests. Nightly room rates are on a sliding scale based on rank. Spacious guest rooms also offer fifty percent more living space than most standard hotels and can accommodate up to five adults.

The focus is on junior enlisted personnel because there is a dire link between morale, welfare and recreation, and readiness. And they're the ones who might not be able to afford a quality vacation.

Military discount tickets for Disney theme parks can be purchased at Shades of Green or at your local Army Information, Ticketing and Registration. For rates and reservations, call (407) 824-3600, fax requests to (407) 824-3665. Soldiers overseas can also write to: Shades of Green on Walt Disney World Resort, P.O. Box 22789, Lake Buena Vista, FL 32830.

—Reprinted from Army Families

## The Military Wife

The good Lord was creating a model for military wives and was into his sixth day of overtime when an angel appeared. She said, "Lord, you seem to be having a lot of trouble with this one. What's wrong with the standard model?"

The Lord replied, "Have you seen the specs on this order? She has to be completely independent, possess the qualities of both father and mother, be a perfect hostess to four or 40 with an hours notice, run on black coffee, handle every emergency imaginable without a manual, be able to carry on cheerfully, even if she is pregnant and has the flu, and she must be willing to move to a new location 10 times in 17 years. And oh, yes, she must have six pairs of hands. No way."

The Lord continued, "Don't worry, we will make other military wives to help her. And we will give her an unusually strong heart so it can swell with pride in her husband's achievements, sustain the pain of separations, beat soundly when it is overworked and tired, and be large enough to say, 'I understand,' when she doesn't, and say 'I love you,' regardless.

"Lord," said the angel, touching his arm gently, "Go to bed and get some rest. You can finish this tomorrow."

"I can't stop now," said the Lord. "I am so close to creating something unique. Already this model heals herself when she is sick, can put up six unexpected guests for the weekend, wave goodbye to her husband from a pier, a runway or a depot, and understand why it's important that he leave."

"The angel circled the model of the military wife, looked at it closely and sighed, "It looks fine, but it's too soft."

"She might look soft," replied the Lord, "but she has the strength of a lion. You would not believe what she can endure."

Finally, the angel bent over and ran her finger across the cheek of the Lord's creation.

"There's a leak," she announced. "Something is wrong with the construction. I am not surprised that it has cracked. You are trying to put too much into this model."

The Lord appeared offended at the angel's lack of confidence. "What you see is not a leak," he said. "It's a tear."

"A tear? What is it there for?" asked the angel.

The Lord replied, "It's for joy, sadness, pain, disappointment, loneliness, pride and a dedication to all the values that she and her husband hold dear."

"You are a genius!" exclaimed the angel.

The Lord looked puzzled and replied "I did not put it there."

### Editor's Note:

I'd like to take this opportunity to also recognize and thank all the military husbands out there. Husbands and fathers are increasingly making many of the same sacrifices and overcoming a lot of the same adversities that traditionally wives and mothers have been responsible for. Military husbands, know that others of you do exist, who can offer support and guidance. For assistance contact the Family Services Office at 1-800-541-5860.

This newspaper is an authorized publication for members of the Louisiana National Guard. Contents of the Louisiana Guardsman are not necessarily the official views of, or endorsed by, the U.S. Government, Dept. of Defense, Dept. of the Army, or the Louisiana National Guard.

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