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Round 2 -- more cutbacks on horizon

'Until we know which units will be affected... we will not know if any armories will close.'

Under the latest plan from the Pentagon, the Army Guard in Georgia can expect a reduction of 5 percent of its authorized strength by 1998, according to Maj. Gen. William P. Bland, the Adjutant General of Georgia.

The reduction is part of a nationwide military restructuring plan recently announced by the Pentagon.

More than 10,300 Georgians now serve in more the Georgia Army National Guard, assigned to units in more than 70 cities.

The percentage of reduction for Georgia is similar to that of other states, Bland said.

"It had to come," he said. "Fortunately for us, the plan allows us to keep most of our soldiers, and enhance our training and combat readiness."

Nationwide the cuts total about 181,000 military and civilian positions. Active duty forces will lose 85,000 troops.

Although the cuts will hurt, Bland said most will be achieved through ordinary attrition. Georgia has already lost about 1,500 slots to earlier cutbacks.

But so far, Bland said, "we have been able to retain

every qualified soldier who wanted to continue his or her career with the Georgia Guard." Facing further cuts, the AG said that there are no guarantees.

The General would not speculate on whether any facilities would be shut down. "Until we know which units will be affected by these changes, we will not know if any armories will be closed, although that is certainly a possibility," but "only after careful consideration to ensure it is done in the best interest of the guard, the community and the state."

The blueprint for the force restructuring grew out of the Pentagon's own "Bottom-Up Review," released last fall, and an "Off-Site Agreement" between the Reserve Component and active Army, which took more than two years to negotiate.

The review examined the future needs and size of the nation's military, while the "agreement" centered solely on the active duty Army and its equivalent components of the guard and reserve, calling for strength reductions of each Army component and refocusing the guard on combat arms and the Army Reserve on combat service support.

A Capitol Idea -- State has Guard Day on hill

State lawmakers honored Georgia's citizen-soldiers last month with the first National Guard Day at the State Capitol.

Soldiers from various units throughout the state joined guard dignitaries to educate representatives about the guard and its missions.

Ga. Gov. Zell Miller, himself a former Marine, issued a proclamation, while two soldiers were recognized from the Senate gallery for their part in rescuing citizens during last winter's now-infamous blizzard.

For a full report on this first-time event, see page 10-11, this issue's Centerpiece.

Ready or not, AT's almost here

This year's annual training travel itinerary may not be quite as exotic as last year's, because of budget considerations.

But some units will travel to other locales other than every Army guardsman's favorite southeast Georgia campground, otherwise known as Fort Stewart.

For a wrap-up of who's going where see Page 6.

Here's how to get in shape, stay in shape when you do

In the beginning, there was the PT test. Or that's the way it sometimes seems. It's often said that this annual test that all guardsmen must pass is easy, because everybody already knows the answers.

This issue has three pages devoted to PT. Pages 18 and 19 go over some simple things individuals can do to get in shape.

On page 20 is a story about how those loveable PT animals, the men of the Long Range Surveillance Unit, not only pass, but max the test.

Now, no excuses.



BREAKING GROUND -- Left to right: U.S. Rep. Mac Collins L.W. "Chip" Robert, Chairman of Robert and Co.; and Mr. Guy Patton, Chairman of Patton Construction Co.; Gen. Dennis J. Reimer, commander, Forces Command; Maj. Gen. Bland; and Sen. Sam Nunn.

New armory to house Atlanta-area units

U.S. Sen. Sam Nunn, along with U.S. Rep. Mac Collins and Maj. Gen. William P. Bland Jr., Georgia's Adjutant General, broke ground February 16 on a \$5.1 million National Guard Armory at Fort Gillem.

The three-story, 90,000-square-foot facility is scheduled to open in March 1995. It sits on 32 acres of state-owned land. It will house units now spread across the metro Atlanta area.

During remarks before the ground breaking, Nunn praised the area's active and reserve components for their cooperation with each other. Collins noted that with downsizing and base and post closures going on across the nation, it was a pleasure to be enhancing Fort Gillem, rather than padlocking the front gate.

Nunn and Bland, joined by Gen. Dennis J. Reimer, commander, Forces Command, L. W. "Chip" Robert, Chairman of Robert and Co., and Guy Patton, Chairman of Patton Construction Co, each took ceremonial shovels and scooped a portion of dirt where the facility will stand.

Military Beat

Army rescinds risk rule

Female soldiers applaud the Army's decision to rescind the so-called 'risk rule' that barred women from serving in units where there is a high probability of death or capture. Because the risk to soldiers in a particular unit is difficult to define, especially during peacetime, its application was often arbitrary. In many instances, to include recent conflicts in Panama and the Persian Gulf, women have been removed from peacetime positions and replaced by men before a unit deployed.

On Oct. 1 the risk rule will be replaced with what the Army says is a less restrictive combat assignment policy. Three conditions must exist for women to be excluded from assignment to a unit: it must engage the enemy on the ground with weapons; has a high likelihood of direct physical contact with the enemy; and exposure to hostile fire.

Of the Army's 11 four-star generals, only one came from outside the combat arms. Consequently, in order for women officers to succeed in their military career, many feel it necessary to serve in combat units. While still under review, the hope is that the many field artillery positions will open up to women based upon the direct ground combat definition of the new policy.

Persian Gulf Syndrome

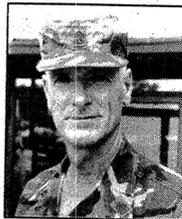
Two southern Congressmen are pushing for more research into a series of mysterious ailments plaguing some Persian Gulf veterans. Sen. Richard Shelby, D-Ala. and Rep. G.V. "Sonny" Montgomery, D-Miss. are concerned about whether U.S. service members may be suffering from exposure to chemical agents. Specifically, a number of National Guard members from Shelby's district have reported birth defects in children born since they returned from the war.

Deployments

The United States is extracting itself from Somalia, to end for the most part by March 31, although some support personnel will remain behind. But the U.S. is facing renewed pressure from European allies to get more involved in Bosnia. Europeans want to use the threat of air strikes to stop Serbian shelling of the Bosnian population. Congress is taking a dim view of having U.S. troops getting involved over the fighting in Bosnia.

Sergeant Major's job to help soldiers

By CSM JOHN LANE
State Command Sergeant Major



There are several key matters I'd like to address:

First, I see my job as a conduit for enlisted personnel to have direct input to the Adjutant General. I'm available full-time for that purpose. But we have a problem when soldiers circumvent the enlisted support channel and the chain of command, and go directly to the Inspector General with problems that the unit can handle.

If a situation arises where you feel you aren't getting due process, call me at 404-624-6022. We can resolve most any problem without going to the IG.

Second, it has been said that the next two years will be the most difficult the guard will ever face, because of continuing pressure on the defense budget. We are facing some tough times and will face even more. It's like we're fighting our own war.

We must accept this and treat it for what it is — another challenge.

Third, I agree with General Bland's philosophy: if we don't accept change as a positive thing, then we will wind up like corporate America and lose it all. We have to get used to doing more with less, be-

cause the days of plenty for the guard are probably over.

One positive thing that has come from reorganization is that we have not had to take anybody out of a job, which is what the AG promised. They might not be in the same place with the same unit, but we have held our promise.

Fourth, I'd like to touch on TQM — Total Quality Management. We have to take care of our soldiers, stay user-friendly and treat people the way we'd like to be treated. We need to be more like a family.

Along with this is retention, which is becoming increasingly important. National Guard Bureau bases every decision on our end-strength, and how well we retain qualified soldiers will have a lasting impact.

Last, you've heard about the new four-day work week, I'm sure. I want to reaffirm and explain General Bland's intent. The reasons are simple. One of the main things is to give something tangible back to the full-time force in appreciation for their continued outstanding commitment in support of our state and federal missions. Going to four 10-hour days will allow installations to remain open longer to give M-day soldiers greater access to their units during the week to take care of pressing matters. Also, closing down armories one day each week will save substantially on energy costs.

Guard to suffer more troop losses through 1998

The Georgia Army National Guard may lose an additional 500 positions over the next few years because of further military cuts. Maj. Gen. William Bland; the Adjutant General; Brig. Gen. Cecil Pearce; assistant AG-Army; and Command Sgt. Maj. John Lane, recently discussed the possibility of additional cuts.

Q: There have been reports of further downsizing of the National Guard. How will that affect Georgia?

Bland: The Georgia Army National Guard may lose 500 positions by 1998, in addition to the 1,500 we have already lost. The Army Guard currently has 10,300 members in more than 70 towns.

Q: Will we lose any units?

Pearce: The most likely scenario is that we will have to deactivate or realign one or more units, although no specific ones have been targeted by the Pentagon.

Q: Will we lose any armories?

Pearce: If we have to close any armories, we

will do it only after very careful consideration to ensure it is done in the best interest of the Georgia National Guard and the state.

Q: How will downsizing affect soldiers?

Lane: I want to ensure that every qualified soldier in the National Guard who wants a career can have the opportunity to do so. My goal, and the goal of the adjutant general, is to take care of the soldier.

Bland: We will do everything we can to achieve force reduction through normal attrition.

Q: When will we find out about future losses?

Bland: We will be getting specific guidance in the next several months. I will continue to keep you informed. Georgia is only one part of the downsizing. A total of 181,000 military and civilian positions, including 85,000 in the active components, may be cut throughout the Department of Defense.

As the military gets smaller, our role becomes more important. We must continue our priorities on readiness, recruiting and retention.

Try the chain of command before the Inspector General

Staff Sgt. ELLIOTT MINOR
124th MPAD

You haven't been paid in months, your supervisor is bugging you and you want to attend a clothing-optional annual training.

Well, have no fear, the inspector general (IG) is here.

Every member of the National Guard has a right to contact the IG about possible violations of Army policies and regulations. But first try to resolve them through your supervisors.

That's the advice of Col. Donald Lightman, the state inspector general.

"That is really the function of the chain of command," he said. "If the soldier gets it resolved at the lowest level possible, then the soldier develops more confidence in the chain of command and the chain gets more experience in resolving those problems."

Heading the list of IG complaints in Georgia are pay problems, followed by disputes over promotions, reductions, performance evaluations, health status and whether bosses are treating all members fairly, said Lt. Col. Larry Ross, the deputy IG.

Maj. Richard Iler, chief of the IG inspections branch, said it's very important to use the chain of command. That means trying to solve the problem at the unit level through supervisors and commanders. If necessary, the problem can be carried all the way to the command sergeant major and the adjutant general.

Command Sgt. Maj. John M. Lane also emphasizes the importance of using the chain.

"I see my job as a conduit for enlisted personnel to have direct input to the adjutant general," he said. "I'm available full-time for that purpose. But we have a problem when soldiers circumvent the enlisted support channel and the chain of command,

DOD Has Toll-Free Hotline to Report Fraud,

stitutions.
-Bribery and acceptance of gratuities.
-Gross mismanagement.
-Conflicts of interest.
-Travel fraud.
-Abuse of authority
-Theft and abuse of government property.

If you suspect major fraud, waste and abuse, you can report it over a toll-free Department of Defense hotline.

The number is: 800-424-9098.
A hotline investigator will ask you to provide information that will help to piece together the facts and determine the estimated loss to the government.

Minor fraud, waste and abuse cases and the misuse of government vehicles can be reported to the state Inspector General.

People who call the hotline are protected from retaliation by law. Calls are handled confidentially and callers may remain anonymous.

Misconduct that should be reported include:
-Contract and procurement irregularities.
-Bid-rigging, parts overpricing and product sub-

Some of the hot line complaints are referred to the state Inspector General's office.
"The basic policy is to send it to the lowest level in the IG chain to get it resolved, which makes sense because we know the territory," said Col. Donald Lightman, the state Inspector General.
At least half the cases investigated by the state IG's office result from a misunderstanding or a lack of knowledge of Army regulations, Lightman said.

and go directly to the inspector general with problems that could be handled at the unit level."

The Inspector General's office handles what are officially known as "Inspector General Assistance Requests" from soldiers. It also coordinates inspections and advises commanders. The IG and his staff visit armories to meet with soldiers who have grievances.

"The chain of command should call the IG for soldiers so the chain of command is seen as helping to solve problems," Iler said.

If soldiers see that their supervisors are trying to help, they can continue to perform their duties feeling that someone cares, he said.

"The chain of command cannot forbid a soldier from seeing the IG, and they are not required to tell anyone why they are going," Ross said.

Ross said it's very important for soldiers to notify their supervisors when they have an appointment with the IG, otherwise they could be considered absent without leave.

Soldiers also cannot be punished for seeing the IG. It's a violation of a federal law to retaliate against someone who files an official IG complaint.

So use your chain of command and if that fails, then it may be time to contact the IG.

Lightman, an active component officer, said serving as Georgia's IG has been one of his most rewarding assignments because he gets to help soldiers.

And forget about clothing-optional annual training. The mosquitoes at Fort Stewart are too fierce.

Education office offers programs for enlisted and officers

By Cadet ERIC D. JOHNSON
124th MPAD

Today's high-tech world demands workers to have more education than ever before, and so guardsmen don't fall behind the power curve, the State Education Services Office has programs to help.

There are programs for enlisted, warrant officer and officers alike.

"There are 362 guardsmen on the Army side with no GED or high school diploma," said Maj. Iva E. Wilson-Burke, the state education services officer.

The state offers a course designed to help soldiers and airmen prepare for the official GED exam. There will be two more 15-day courses offered this year: April 14-30 at Fort Gordon and July 21-Aug. 6 at Fort Stewart. These can be done in lieu of AT.

"The Education Services Office also has self-paced study guides and video tapes to assist guardsmen and families to take the GED," said Wilson-Burke. "They can take them home for 30 days at a time."

"There is a selection program for State Adult Education agencies which will help assist in GED preparation," Wilson-Burke added.

Guardsmen have other benefits like the Montgomery GI Bill and the Student Loan Repayment Program,

which only for enlisted. "Soldiers who enlist for six years in a critical skill or critical unit are eligible for the Student Loan Repayment Program," Wilson-Burke said. "These skills and units change on a yearly basis."

The Montgomery GI Bill remains at \$190 for reservists. The National Defense Authorization Act for fiscal year 1994 has allowed the GI Bill to now be used for graduate study, but it is subject to availability and the funds have not been released.

Education is also important for officers, especially if they want promotions. The guard has a program that offers up to \$10,000 to help first and second lieutenants complete their undergraduate degree.

"Already commissioned officers must have a four-year degree by Oct. 1, 1995 to be promoted above captain," Wilson-Burke said. "As of the same date, you will have to have a four-year degree just to get a commission."

The guard also provides many tests and study guides free to guardsmen and their families. The Graduate Record Exam (GRE) and College Level Exam Program (CLEP) tests are free of charge for guardsmen. Free study guides are available for the SAT, ACT and the LSAT.

"Our office also provides Military Training Evaluation (METEC)," said Wilson-Burke. "This program

is designed to evaluate military education (basic training, AIT, MOSs) for recommended college credit. The institution decides on the credit and it ranges from 1-9 semester hours. All guardsmen are eligible."

The education services office has a degree completion program, which provides alternative ways to complete a degree from the traditional classroom.

Many guardsmen would like some benefits to help them get a professional degree. "There are only two colleges who allow the GI Bill for medical programs: the Doctor of Chiropractor at Life College and the Doctor of Pharmacy at Mercer," said Wilson-Burke.

Wilson-Burke also urged guardsmen who are currently enrolled in a college or university to look into the HOPE Grants sponsored by the Georgia Lottery Commission.

"We are functioning without a budget, so we have to come up with creative programs to help enlisted, warrant officers and officers complete their degrees," Wilson-Burke said.

To get more information about any of these benefits or to get educational counseling from the state education services office, call Maj. Wilson-Burke or Sgt. 1st Class Elizabeth Buckley at (404) 624-6579 or 6629 Monday through Friday and during drill weekends.

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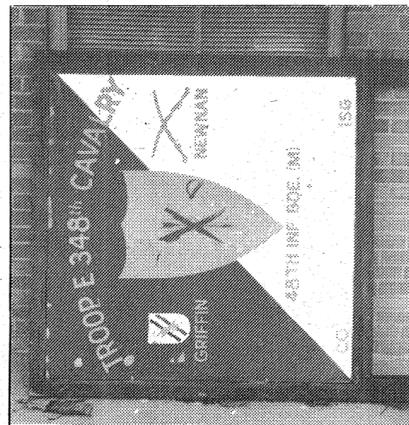
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Current unit locations

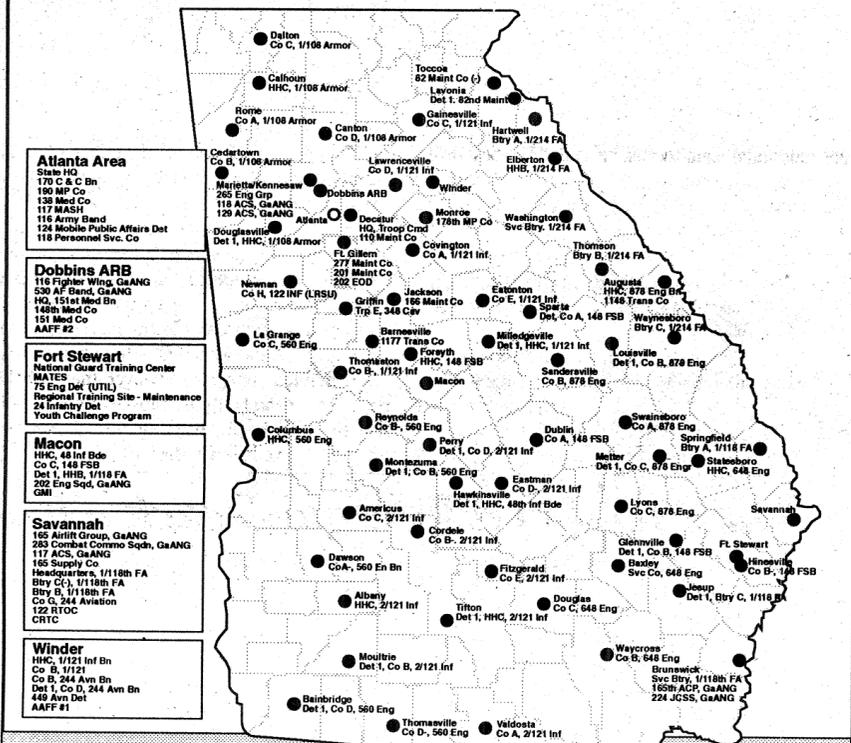
The Georgia Army National Guard underwent a major reorganization in FY-93 including the realignment of units in 32 armories across the state and placing two armories (Reidsville and Quitman) into "caretaker" status. The realignment was driven by three major reasons.

1. To fill armories left vacant because of the force reductions and deactivation.
2. To place units in communities where recruiting demographics are more compatible with the needs of the unit.
3. To increase the readiness of units by placing them in locations where they are better able to train and perform their missions.



SIGN OF THE TIMES -- Cavalry's unit sign remains unset after the unit's move.

Ga National Guard A Statewide Presence



The Georgia National Guard has units in...

- ▶ 67 of Georgia's 159 counties.
 - ▶ 57 of Georgia's 180 State House districts.
 - ▶ 39 of Georgia's 56 State Senatorial districts.
 - ▶ All of Georgia's 11 Congressional districts.
- 150 of 159 Georgia counties either have National Guard armories or are immediately adjacent to counties with armories.

Learning new job skills is all part of the 'reorg'

By Staff Sgt. ELLIOT MINOR
124th MPAD

With the reorganization of the Georgia Army National Guard because of military downsizing, some members are faced with learning new job skills.

Howitzer gunners have to learn to drive dump trucks, wheeled vehicle mechanics have to switch to tracks and light infantry has to become mechanized.

It could be a time of high anxiety, but the transition seems to be going smoothly.

Members of the newly created 648th Engineer Battalion say they accept their transformation as a challenge and look forward to being retrained.

"When we were artillery, I felt like we were the best-firing batter," said Staff Sgt. Jerry Howell of Baxley. "The guys accept the change real well. We've got a bunch of ... motivated guys."

Until October, Howell's unit was a part of the 1st Battalion, 230th Field Artillery.

With the reorganization, it was designated Detachment 1, A Company, 648th Engineer Battalion. Some of the unit's 62 members have been retrained already during a two-week school at Fort Stewart, and 20 more have volunteered to attend a combat engineer school in April in North Dakota.

Members of the Baxley unit have always been close — especially after spending four months together in the Mojave Desert during the Persian Gulf buildup and war. Therefore, they decided to maintain the unit's cohesiveness, rather than transfer to artillery units in Savannah or Brunswick, Howell said.

"We got real close in the desert," he said. "You really learned to depend on your buddies out there."

As an example of their motivation, all 62 members have volunteered to ask their civilian employers for an extra two weeks off for retraining, said Staff Sgt. Lavan Summerlin, the unit's readiness NCO.

"We will be tops. We have already proved that," said Summerlin. "This unit doesn't know what it's like to slow down."

Sgt. John Skipper, a Baxley businessman, was retrained in October and now has the 12B combat engineer MOS.

"I'm going to like it," he said. It's like something new for everybody."

Another unit that changed was the 166th Maintenance Company in Glennville and Hinesville. It has a new combat support role as B Company, 148th Forward Support Battalion — part of the 48th Infantry Brigade (Mech).

First Sgt. Daniel Holloman of Stockbridge said it should be easy for the company to switch from working on wheeled vehicles to tracked vehicles such as the M-1 tank and Bradley Fighting Vehicle.

"The 166th had a different mission, so the tactical expertise is weak," he said. "I think it'll take six months to a year to be tactically proficient in our job. The majority (of members) have a good attitude and they're willing to learn."

The company has an authorized strength of 337

Continued see page 9 - 648th

Dealing with change:

For some, it's a matter of how far they have to drive

Spec. Travis Lavender of Fairburn loves it. Spec. Jeremy Orr of Ringgold finds it reason to transfer to inactive status.

Change clearly disrupts lives. The relocation of Co. H, 1st Battalion, 122nd Infantry (LRSU), to the Newnan armory from Cartersville and Summerville, meant that Lavender's 90-minute drive had been cut to 10.

But Orr's drive became 156 miles. "That's just too much for me to drive in a weekend," he said. "This is a nice armory, but I can't drive this far."

Did he consider transferring to a unit closer to home, the 1st Battalion, 108th Armor at Dalton or Calhoun, for example?

"They're not airborne," he said. "I signed up for an airborne unit and I have no desire to go to a unit that's not airborne. I don't want to be a tanker."

Staff Sgt. Andrew McNicol of Cleveland, a member of the unit for five years, is undecided. "I want to stay with the unit as long as I can," he said, though his drive became 125 miles each way.

To make drill, he says he'll leave home on Friday evening and spend the remainder of the night sleeping on the floor of the armory.

But long term, he's concerned about the toll the drive will take on him physically. A LRSU unit spends a lot of time in the field, he explained, and "when you go to the field, you are lucky to get eight hours of sleep over three days."

"Granted, I want to give 110 percent, but I am concerned about a long drive after that. The more you're on the road under those conditions, the more you increase the chances of an accident."

"The front end of my car is already tore up because on the last drill coming back from Cartersville, I was involved in a rear-end collision. Nobody was hurt, but my front-end is tore up."

"I'm not against the move," he said, "but it does seem like they could have picked an armory that's better suited for us somewhere else."

LRSU, because it consists of 18 six-man teams, needs individual team rooms, he said. "The best drill we ever had was when we drilled in an old elementary school in Cartersville, and each team had a classroom where they could go and plan."

A better location would have been in North Georgia near the Ranger Camp at Dahlonega, he said. "It would have been nice to move to our training area."

Most everybody agrees that having their own armory is a considerable improvement. "I think it will be good for the unit," said Sgt. Craig Weitzel of Decatur. "This is a good facility and hopefully it will give us a chance to put down some roots."



LRSU commander 1st Lt. Steve Coker.

Sorting out life in the new armory will take several months, he says. LRSU attracts a special breed of guardsman, many of whom travel from all over Georgia and surrounding states.

Few are from the Newnan area. "I think in the long run, we will wind up pulling people from this community, but right now we don't have them," Weitzel said.

How long does it take for a unit to get back to a normal routine after relocating? The acting company commander, 1st Lt. (P) Steve Coker of Forsyth, thinks six months to a year.

"There's a lot of command emphasis to make sure we have a smooth transition and we will put forth a conscientious effort to make sure it is," he said.

But, he noted, a change "affects a lot of things. You are talking about a soldier who may be driving greater distances, who is in a totally different environment with different eating places and people and routines. A lot of factors will determine that."

He pointed out again, however, that LRSU is a special breed and he thinks most everybody will make the adjustment. His prediction of losses as a result of the move is fewer than 10.



MOVING IN -- Soldiers from Company H unload in Newnan after the unit left from Cartersville and Summerville. (Photos by Staff Sgt. Toby Moore, 124th MPAD)

When things change, soldiers tend to rally around each other

For Co. B, 148th Support Battalion at Jackson, Forsyth and Metter, and the 166th Maintenance Co. at Hinesville and Glennville, change comes in 13s.

When the units were reorganized and the 48th Infantry Brigade and Troop Command's 110th Maintenance Battalion "swapped" maintenance companies, the change materially affected just 13 people in each company.

The company commanders and first sergeants moved and, by coincidence, 13 NCOs from each elected to go with the flag.

Among those who came to Jackson from Hinesville and Glennville, a distance of about 175 miles, were Sgt. 1st Class Joey Waters of Glennville, Staff Sgt. Randy Mobley of Hinesville and Sgt. 1st Class Eli Love of Glennville.

Waters and Love ride together and Mobley

carpools with three others. Both groups leave on Friday afternoon and spend the night either at a local motel or at Indian Springs State Park.

"The drive doesn't bother me," said Waters. "I was the detachment first sergeant in Glennville and I spent more time at the armory there than I now spend here and on the road. I don't mind the ride. It's a short distance."

The weekends in Jackson also provide time to enjoy each other's company. "We had a cook-out last night and tonight we're cooking chili," Love said. "We sit around and talk and watch a little TV."

All say they make the drive because they liked their old unit and did not want to become a part of the 48th Brigade.

All say, too, they will continue to make the drive indefinitely. "I will stay as long as I need to or as long as the Guard keep me," said Waters, a 24-year

veteran. "I've got a son just about to enroll in college, so I will probably stay another four years or so."

Their reception in Jackson, they say, has been warm. "It's a great bunch of guys here," said Waters. "They have been no trouble getting to know and getting accustomed to. It's almost like they're glad to be the 166th."

Not everybody who made the change drives greater distances, though. Capt. Finley Steele, the executive officer, actually finds the commute shorter.

He lives in Pensacola, Fla. To drive to Jackson is six hours; to Hinesville is eight.

How long will it take for the unit to adjust to the change? "I can't say we are 100 percent combat ready, but we can operate as a maintenance unit right now," he said.

Is shopping at the commissary worth it?

Only if you want to save money on your grocery bill

By Capt. MARY E. COLLINS
124th MPAD

Some guard members, however, don't regularly use their commissary privileges. For some, the nearest military installation is too long of a drive to be practical. Others don't realize just how much they could save on their grocery bill. Members of the 124th Mobile Affairs Detachment did a cursory comparison of the Fort McPherson commissary versus two Atlanta area discount supermarket prices. The price comparison chart listed the 12 items we compared, which were about 13 percent less expensive than those from the civilian establishments.

However, according to Jim Davidson, public affairs specialist at the Defense Commissary Agency - Southeast Region, commissary managers strive to provide service members and their families with goods at 25 percent below market prices. "Prices vary widely, and Atlanta is a competitive market," says Davidson, "the percentage you may save at one commissary may be greater than at another."

Even if you don't live near a commissary, you may find it worth your while to

stock up on canned goods, pet food, baby products, cleaning supplies and toiletries once a month. Like a regular grocery store, the commissary has weekly sales and accepts coupons (however, they don't double the coupons).

Unlike some discount supermarkets, the commissary does bag your groceries for you and loads them into your car, a desirable service for busy parents with kids in tow. Keep in mind though, it is customary to tip the baggers \$.50 per bag.

All you need to access the commissary is a military or family member identification card and your commissary card. In order to prevent unauthorized people from using the commissary, you cannot bring a friend, or relative who is not a dependant, along with you to help you shop.

So the next time you are planning a big grocery shopping trip, try the commissary. You'll come away with what you need for substantially less. I'm sure you can find better ways to spend that extra 13 to 25 percent than on your grocery bill.

A price comparison

	Commissary	Supermarket
Branola Oatmeal Bread 1 loaf	\$1.51	\$1.77
Tropicana Pure Premium Orange Juice 64 fl. oz.	\$1.65	\$1.99
Kinnett 2% Milk one-half gallon	\$.98	\$1.23
Huggies Ultrathins Diapers for Her, 14-18 lb. size, 40 count	\$7.49	\$7.79
Baby Fresh Baby Wipes Box of 80	\$2.09	\$2.65
Yoplait Yogurt 6 oz. carton	\$.45	\$.51
Friskies Dry Cat Food 7 lb. bag	\$4.45	\$5.50
Mighty Dog Food 6 oz. can	\$.43	\$.44
Kudos peanut butter snack bars Box of Six	\$1.48	\$1.94
Starkist Solid White Tuna in Water, 6 1/8 oz. can	\$1.29	\$1.46
Ziplock freezer bags Quart size	\$1.30	\$1.42
Pepto-Bismol 12 fl. oz. bottle	\$3.30	\$3.53
Total	\$26.42	\$30.37

We saved \$3.95, roughly 13 percent, by shopping at the commissary for these items. Now, if the average prices for items throughout the commissary are also 13 percent less expensive than those at local discount stores, or if the items are 25 percent less expensive as they are at many commissaries, this is what you can expect to save off your grocery bill:

If you spend (at a supermarket)	You can save (at the commissary)
\$200 per month	\$26 to \$50 per month \$600 per year
\$400 per month	\$52 to \$100 per month \$676 to \$1,300 per year
\$600 per month	\$78 to \$150 per month \$936 to \$1,800 per year



TO SHOP OR NOT TO SHOP -- It may be a bit out of the way for some, but grocery shopping at the commissary can give your wallet a relief. (Photo by Spec. Jimmy Lanham III, 124th MPAD)

Attention commissary shoppers!

What's at Stake

Commissary-cutting ideas have surfaced not only on Capitol Hill but in the Pentagon, where proposals range from cutting stores in metropolitan areas to taking away its \$1.1 billion subsidy. The latest blow—a proposal to triple retirees' surcharge by 1995.

What's New

One cost-cutting idea, designed to benefit customers and commissaries alike, was killed by powerful grocery industry pressure. It would have given National Guard members and Reservists unlimited shopping privileges.

—From the Army Times, January 3, 1994

What's Next

Although Pentagon personnel officials now say they support the commissary system as an essential part of the military's compensation package, they realize taxpayer support for the commissaries must be reduced. In an effort to make cuts, operating hours may be reduced and some stores may close.

A Brief History...

Commissaries date back to the Revolutionary War when Congress established the Commissary General's office. They were originally involved in providing daily rations to troops rather than in the sale of foodstuffs. Contractors called "sutlers" handled those sales, who for the most part, were more interested in their person profit than soldiers' welfare. In 1826 the Army began selling goods at cost to officers.

During the Civil War, men on both sides experienced the sutlers' price-gouging and poor quality goods. After the war, veterans' were elected to state and national government and used their political clout to do away with sutlers and authorized the Army to sell goods at cost to officers and enlisted alike.

Following World-War II the public had an increased concern for the welfare of those in service. One of the results of this was an effort to improve and standardize commissary operations. By the 1970s, the services had specific agencies running commissaries using professional methods and civilian market standards.

What is a commissary?

It's a worldwide system for the non-profit sale of groceries and household supplies. Eligible customers include active-duty military, military retirees, civilian employees overseas, and members of the National Guard and Reserve and their families.

By providing this important non-pay benefit, the Defense Commissary Agency contributes to this nation's military preparedness by helping maintain morale, readiness, and effectiveness and by encouraging the reenlistment of highly trained, quality personnel.

It also boosts the morale and well-being of military families, and fulfills commitments made to recent enlistees and retirees alike.

Commissary vs. the PX

The Army formally established its first Post Exchange (PX) at a remote post on the Great Plains in 1895 that primarily sold non-perishables. From the start, commissaries were placed wherever they were needed without regard to whether the posts were remote or in populated areas. From 1867 to 1917 daily rations showed little improvement, and soldiers desperately needed alternative and supplemental foods. Commissaries served that need and became very popular.

Commissaries and exchanges remain popular today. They operated by different agencies, and although often located together, do not necessarily have the same operating hours.



In terms of selection, commissaries compare favorably to civilian super markets.

Commissaries located in Georgia

- Athens, NSCS**
Bldg. 37, Brownstone Rd.
Athens NSCS, Ga. 30606
Phone: 706 354-7371/84
Four checkout lanes
Hours:
Sun, Mon: Closed
Tue—Fri: 10 AM - 6 PM
Sat: 9 AM to 5 PM
- Fort Stewart**
Bldg. 421
Fort Stewart, Ga. 31314
Phone: 912 767-4395/2076
15 checkout lanes, deli
Hours:
Sun: 11 AM - 5 PM
Mon: Closed
Tue—Fri: 10 AM 8 PM
Thur: 10 AM - 7 PM
Sat: 9 AM - 5 PM
- Camp Merrill**
Bldg. 25
Dahlonega, Ga. 30533
706 864-6017
One checkout lane
Hours:
Sun—Mon: Closed
Tue, Wed, Fri: 10 AM - 4:30 PM
Thur: 11 AM - 5:45 PM
Sat: 10 AM - 3 PM
- Hunter Army Airfield**
Bldg. 1031
HAAF, Ga. 31409
Phone: 912 5007/5219
Eight checkout lanes, deli
New facility projected for
Oct. 1994
Hours:
Sun: 11 AM - 5 PM
Mon: Closed
Tue, Wed, Fri, Sat: 10 AM - 6 PM
Thur: 12 NOON - 8 PM
- Fort Benning**
Bldg. 9230
Fort Benning, Ga. 31905
Phone: 706 544-3965/67
22 checkout lanes, deli
Hours:
Sun: 10 AM - 6 PM
Mon: Closed
Tue, Thur: 9 AM - 9 PM
Wed, Fri: 10 AM - 9 PM
Sat: 9 AM - 7 PM
- Kings Bay NSB**
Bldg. 1037
Kings Bay NSB, Ga. 31547
Phone: 912 673-3312/13/15
Eight checkout lanes
Hours:
Sun, Mon: Closed
Tue, Thur, Fri: 9 AM - 7 PM
Wed: 9 AM - 6 PM
Sat: 10 AM - 4 PM
- Fort Gillem**
Bldg. 214
Forest Park, Ga. 30050
Phone: 404 363-5148
18 checkout lanes, deli
Hours:
Sun: 10 AM - 5 PM
Mon: Closed
Tue, Wed, Fri: 10 AM - 6 PM
Thur: 10 AM - 7 PM
Sat: 9 AM - 6 PM
- Moody AFB**
4333 George St.
Moody AFB, Ga. 31699
Phone: 912 333-3365/3766
Nine checkout lanes, deli
Hours:
Sun, Mon: Closed
Tue—Fri: 10 AM - 7 PM
Sat: 9 AM - 4 PM
- Fort Gordon**
Bldg. 37200
Fort Gordon, Ga. 30905
Phone: 706 791-3718/2728
17 checkout lanes, deli
Hours:
Sun: 10 AM - 5 PM
Mon: Closed
Tue, Wed: 10 AM - 6 PM
Thur, Fri: 10 AM - 8 PM
Sat: 9 AM - 5 PM
- Robins AFB**
Bldg. 660
Robins AFB, Ga. 31098
Phone: 912 926-2109/3656
13 checkout lanes,
deli, bakery
Hours:
Sun: 11:30 AM - 3:30 PM
Mon: Closed
Tue, Thur: 10 AM - 7 PM
Wed, Fri: 10 AM - 6 PM
Sat: 9 AM - 4 PM
- Fort McPherson**
Bldg. 360
Fort McPherson, Ga. 30330
Phone: 404 752-2231/64
7 checkout lanes, deli
Hours:
Sun, Mon: Closed
Tue—Fri: 10 AM - 6 PM
Sat: 9 AM - 5:30 PM

Annual Training 94

Officer Candidate School-Junior Class	June 11-25	GMI, Macon, Ga.
Officer Candidate School-Senior Class	July 25-Aug.	Eastover, S.C.
Battery A, 1-214th FA	TBA	Norway
277th Maintenance Co.	TBA	Kuwait
165th Supply Co.	March 18-April 2 and May 4-18	Fort Bliss, Texas
148th Forward Support Bn.	July 30 -Aug. 13 and Aug. 6-20	Anniston Army Fort Stewart, Ga.
1-214th Field Artillery Bn.	Jan. 22-Feb. 5	Fort Stewart, Ga.
202nd Explosive Ordnance Det.	April 30-May 14	Fort Stewart, Ga.
1-118th Field Artillery Bn.	April 9-23	Fort Stewart, Ga.
117th MASH	June 18-July 2	Fort Stewart, Ga.
HHC 265th Engineer Group	July 23-Aug. 6	Fort Stewart, Ga.
560th Engineer Bn.	July 23-Aug. 6	Fort Stewart, Ga.
Det. HHD STARC	July 23-Aug. 6	Fort Stewart, Ga.
HQ 170th Command and Control Bn.	July 23-Aug. 6	Fort Stewart, Ga.
449th Aviation Det.	July 23-Aug. 6	Fort Stewart, Ga.
138th Medical Co.	July 23-Aug. 6	Fort Stewart, Ga.
277th Maintenance Co. (cell)	July 23-Aug. 6	Fort Stewart, Ga.
201th Maintenance Co.	July 23-Aug. 6	Fort Stewart, Ga.
166th Maintenance Co.	July 23-Aug. 6	Fort Stewart, Ga.
190th Military Police Co.	July 23-Aug. 6	Fort Stewart, Ga.
Co. C, 244th Aviation Bn.	July 23-Aug. 6	Fort Stewart, Ga.
178th Military Police Co.	July 23-Aug. 6	Fort Stewart, Ga.
148th Medical Co. Air Ambulance	July 23-Aug. 6	Fort Stewart, Ga.
Co. C, 878th Engineer Bn.	July 23-Aug. 6	Fort Gordon, Ga.
1-121th Infantry Bn.	July 30-Aug. 13	Fort Stewart, Ga.
1-108th Armor Bn.	July 30-Aug. 13	Fort Stewart, Ga.
1148th Transportation Co.	July 30-Aug. 13	Macon, Ga.
2-121st Infantry Bn.	Aug. 6-20	Fort Stewart, Ga.
E Co., 348th Cavalry	Aug. 6-20	Fort Stewart, Ga.
82nd Maintenance Co.	Aug. 6-20	Camp Dodge, Iowa
648th Engineer Bn.	June 11-25	Fort Stewart, Ga.
Det. HHC 48th Bde.	Aug. 16-30	Fort Stewart, Ga.
878th Engineer Bn.	July 23-Aug. 6	Fort Gordon, Ga.
Co. H, 122nd Infantry LRSU	July 23-Aug. 6	Fort Bragg, N.C.
Co. B, 1-244 Aviation Bn.	June 11-24	Fort Polk, La.
Det. HHC, 1-244th Aviation	June 11-24	Fort Polk, La.
Det. 1, Co. D, 1-244th Aviation	June 11-24	Fort Polk, La.
122th RTOC	April 30-May 14	Fort Bliss, Texas

Most units to train in-state during AT

Money drives training—and a lack of money has driven 1st Battalion, 214th Field Artillery from Fort Drum, New York, to Fort Stewart for cold weather training.

For units of the Georgia Army National Guard, the cutback in military spending means training closer home and other economies. Still, however, some units are still scheduled for annual training at far-flung destinations.

Members of the 122nd RTOC and its 165th Supply Co. will journey to Ft. Bliss, Texas, in April and May for a joint training exercise at Roving Sands Depot. While there, the 165th will issue, receive and store supplies that include building materials and vehicles.

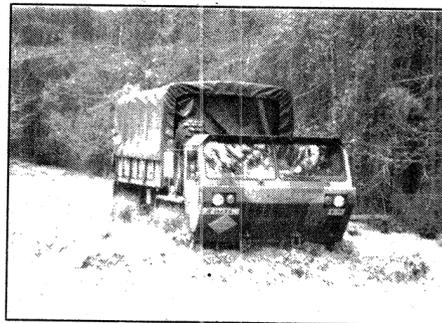
The 82nd Maintenance Co. will go in August to Camp Dodge, Iowa, which Deputy Chief of Staff Col. Joel Seymour calls "one of the prettiest places I have ever seen."

Most guardsmen, however, will return to Fort Stewart. The major encampment for the 48th Infantry Brigade and other units will occur over a three-week period starting July 23.

Units will be performing annual training for only 15 days over the three weeks, but because of limited training space, not all units will be there for the same two weeks.

While they will not travel far, some of the more novel training of the year is being performed by the 265th Engineer Group.

The engineers will work in civilian communities throughout the state assisting local governments. Among the projects to which the engineers are assigned are ball field and other recreational facility construction, land clearing, road improvements and the removal of a tower at Georgia Southwestern College in Americus.



TEN WHEELIN' -- Avoiding the snows of Fort Drum for the rains of Fort Stewart, the 1st Battalion, 214th Artillery, managed to accomplish a lot during its AT.

48th Infantry referees action in Egypt for Bright Star '94

By Capt ALAN FECTEAU
48th Brigade PAO

You can't play the game without refs. And in this game, the refs got to wear helmets, too.

Serving as exercise officials and observer-controllers, members of the Georgia Army National Guard's 48th Infantry Brigade, based in Macon, oversaw much of the action in Operation Bright Star '94, a multi-service, multi-national exercise, last fall.

"We kept track of the opposing combat forces throughout the battles," said Lt. Col. Charles S.

Rodeheaver, head of the 54-member brigade task force.

Stationed in Egyptian desert, about 150 miles east of the Libyan border, and some 30 miles south of the Mediterranean Ocean, the task force officiated parts of the exercise for nearly three weeks last November.

Since Bright Star featured no use of Multiple Integrated Laser Engagement System (MILES) gear, task force members provided safety via human decision-making that temporarily took the place of the

Army's high-tech equipment.

Bright Star marked the second Middle East training session for brigade members last year. The brigade sent troops to support Operation Intrinsic Action in Kuwait last April.

"We gained greatly from the experience," said Rodeheaver, who otherwise commands the Calhoun-based 1st Battalion, 108th Armor. "First, you always benefit from deploying overseas. Training with the (active Army) 24th Infantry Division is also always a plus, and they learned a few things from us as well. And lastly, we really enjoyed training with the local forces."

Bright Star participation allowed brigade task force members to work alongside Egyptian Army troops throughout the training period.

Funding restrictions may mean brigade participation in exercises of this type may be limited through the rest of the 1994 fiscal year. Still, there may be a chance for the brigade to see action in this year's Intrinsic Action exercise, set to kick off next month.

As the group departed the land of the pyramids, brigade members were treated to a brief tour of Cairo and the surrounding area.

Yes, every game needs a ref. And the Georgia brigade would welcome the chance to call another one anytime.



Soldiers from the 48th Brigade board a jet destined for Operation Bright Star in Egypt.

Learning languages helps Bright Star '94 shine through

More and more of the world's citizens speak English and generally know about American life. Still, Americans overseas benefit from learning local language and customs.

A prime example of today's "global village" can be seen in the person of Columbus's Sgt. Ismael DelValle, of the Georgia Army National Guard's Company C, 2nd Battalion, 121st Infantry, based in Americus.

The Brooklyn, New York, native traveled with about 50 members of the Macon-based 48th Infantry Brigade (Mech) last fall to Operation Bright Star '94 in Egypt.

"Egyptians are very friendly to Americans," DelValle said. "And you have to understand they are as curious about us as we would be about them. And they really appreciate it when you at least try to speak their language."

Stationed about 150 miles from the Libyan border, the brigade task force's military training found itself matched by service as American ambassadors.

And perhaps DelValle best represented that goodwill effort. DelValle routinely conversed in Arabic with locals and often found himself mistaken for a Middle East native.

"I would often be asked who my favorite Middle East leader was and I'd say Anwar Sadat," DelValle explained. "The only bad part was that some people thought I was either Iraqi or Iranian, and those two places are not real popular over there right now."

But nevertheless, DelValle's first name, Ismael, proved universally popular with locals. In fact, he had longed throughout his 21-year military career to train in the Middle East.

"That's been my dream, to go to that part of the world," said DelValle.

As the task force prepared to depart Egypt, members toured Egyptian treasures such as the Sphinx, and pyramids.

"It's one thing to read about this stuff," DelValle said. "It's another to see it. The architectural ability of the people that built these things must have been fantastic."

On the flight home, the task force found itself grounded overnight on an American air base in Spain.

And when DelValle, of Puerto Rican ancestry, conversed easily in Spanish at a local base restaurant, a few of his fellow members could no longer take it.

DelValle recounted a member chided him by asking "is there any language you don't speak?"

648th continued from page 4

and more than 100 members are full-time mechanics at Fort Stewart. The experience level in the unit is awesome.

"It'll probably be one of the best maintenance companies as far as technical expertise," Holloman said.

The unit's company commander, Maj. David K. Young of Atlanta, said the transition has gone better than he expected and it has received strong community support.

Since it is now part of the brigade, the company

can grow to 125 percent of its authorized strength, can hire more full-time guard members and can pay enlistment bonuses, he noted.

The full-time mechanics from MATES and the Directorate of Logistics at Fort Stewart and from the Organizational Maintenance Shop at the Hinesville armory probably make the unit the most experienced reserve maintenance company in the nation, Young said.

Now the goal is to teach tactical skills.

"Our transition is from maintenance to mainte-

nance," said Alfred Woods of Fleming, first sergeant of the Glennville detachment. "We know our mechanics can repair, our cooks can cook and our medics can treat. The difficulty we see is tactical — forming teams to support the infantry and artillery."

Already members of the company are scheduled to go to the National Training Center to support the units training in California's Mojave Desert.

"We haven't had the desert training," said Staff Sgt. Danny Kicklinger, a Glennville logger. "It'll be something different. That's for sure."

National Guard Day at the Capitol... Lawmakers Applaud Heroes

They called out the National Guard here shortly after dawn on February 3. Morning commuters and radio traffic reporters watched in awe as a Bradley fighting vehicle maneuvered through downtown streets and took up a position behind the Capitol building; but there wasn't a riot or natural disaster.

The purpose of the event—to educate lawmakers about the missions of the national guard—featured Governor Zell Miller signing a proclamation making it National Guard Day and recognized heroic efforts of two Georgia Guardsmen during the Blizzard of '93.

State Adjutant General William P. Bland, Jr. was invited to address both the state House of Representatives and the Senate through resolutions sponsored by Rep. Ken Birdsong of Gordon and Sen. Ed Harbison of Columbus.

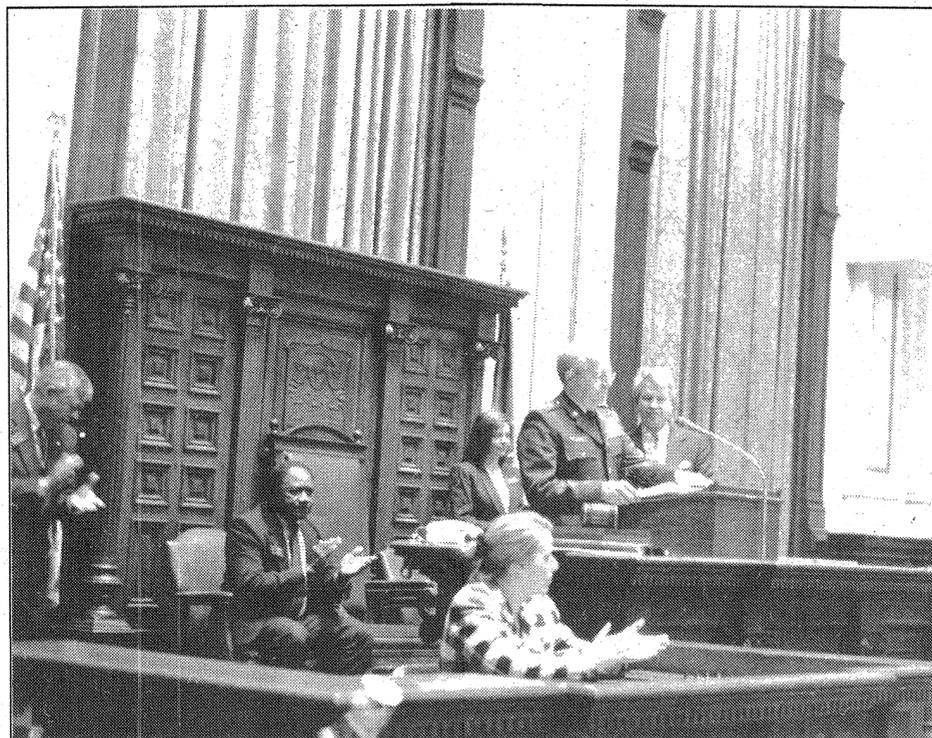
In his remarks at the Capitol, Bland reminded the lawmakers that, while it had been only a few years since Georgia's defenders returned from their global mission in the Persian Gulf, the guard has stayed busy during the past 12 months with its civil mission. One of his examples—the Youth Challenge Program, which helps troubled Georgia teenagers get their lives on the right track.

Maj. Gen. Bland personalized the guard's role by introducing two of our local heroes: Sgt. Myron McElrath and CWO-2 Jerry Perry, both cited for heroism during the Blizzard of '93, stood to the assembly's standing ovation in their honor.

In addition to the Bradley fighting vehicle from B Company, Detachment 1 of the 1st Battalion, 121st Infantry of Winder gracing the state house grounds; there were displays set up in the Capitol's north wing from both the Army and Air National Guard. The 530th Air Force Band's performance gave the event a festive feel as the politicians and visitor's took in the exhibits.

Gov. Miller, a former marine, examined an M1-Garrand rifle that was part of a World War II uniform and equipment display set up by the Georgia Militia and National Guard Society. Outside on the street next to the Bradley, Airmen of the 165th Tactical Air Control Party, from Brunswick, displayed their Hummvee—fully loaded with high-tech communications gear.

State employees at the James "Sloppy" Floyd Building were treated to a lunchtime performance by the 116th Army Band that filled the cafeteria with upbeat tunes as they dined.



Pictured clockwise, beginning at top:

Members of the General Assembly applaud during Maj. Gen. William P. Bland Jr.'s address to the lawmakers.

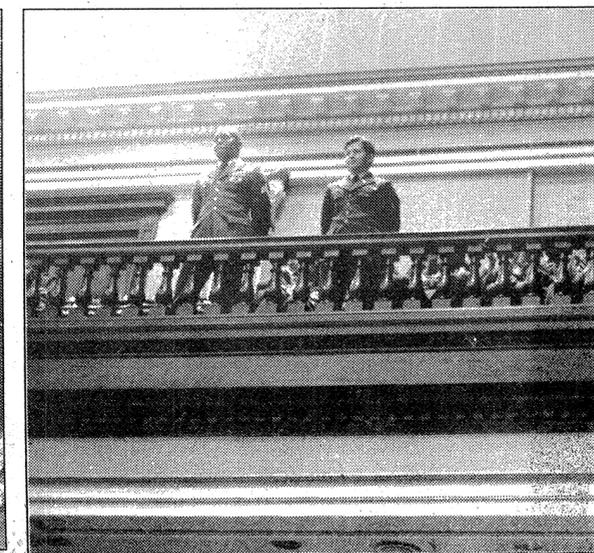
Rep. Ron Crews and Tom Murphy, Speaker of the House accompany Rep. Ken Birdsong as he presents Bland with the National Guard Day proclamation.

Sgt. Myron McElrath (left) and CWO-2 Jerry Perry stand in the State House Gallery as they were given a standing ovation during Maj. Gen. William P. Bland's speech on National Guard Day.

Members of the 116th Army Band entertain the lunch crowd during National Guard Day in February.

Gov. Zell Miller remembers his days as a Marine as he looks over an M-1 rifle which was part of a historic display. He is joined by Joey Seguin, a member of the National Guard Militia Society, who provided the displays. Also looking on are Maj. Gen. Bland, Brig. Gen. Cecil Pearce, Brig. Gen. Douglas Padgett and Brig. Gen. Thomas McCullough.

Story and Photos by
Spec. Mike Carr
124th Mobile Public Affairs Det.



Air guardsmen play rangers in the north Ga. mountains

By Spec. MIKE CARR
124th MPAD

They're one part "McHales's Navy," one part "Dirty Dozen" and a whole lot of "Hoo-ahh!" The 165th Air Control Party Flight, Georgia Air National Guard, from "the low country" of Brunswick, took to the north Georgia mountains on the first weekend of December to test their field skills in the Chattahoochee National Forest.

This type of exercise a first for the 165th, said Maj. Mark Schwartz, an Air Liaison Officer.

In a real world situation, the 165th TCAP would be attached to an Army light infantry division or brigade; and they would operate out of HUMVEES. In this training scenario, their vehicles were declared knocked out by hostile fire. The men of the 165th would have to "hump" the radios through the mountains. "We're out here to get muddy," Schwartz said.

Mother nature obliged with the mud, thanks to almost non-stop rain from the time the 165th stepped off from their base camp. With the 60-pound packs and M1A2s, you had to look very close to tell these

were "blue-suiters" training in Ranger country.

The plan was to call in close-air support from Marine Reserve "Cobra" gunships, a tactical re-supply air-drop from an Air Force Reserve C-130 and be extracted from a "hot" landing zone by Army Guard "Hueys."

But no air support could be called in that day, at 4,000 feet the cloud cover wasn't just above the Air Guardsmen, but all around them.

Undaunted by the knowledge that no "birds" would arrive to pluck them from the mud, they kept on their upward trek.

Stopping on a roadside plateau, they built a fire, had chow and taught a class on tactical field maneuvers.

Staff Sgt. Shane Dunn and Tech. Sgt. Chris Cooke both saw combat while attached to Army ground units during Desert Storm. Dunn gave an impromptu class to the bluesuiters on patrolling and hand and arm signals. Cooke stressed the importance of caring for their weapons in harsh field conditions.

"When on patrol, you have to look around," Dunn said, "not down at your feet!"

Bolstered by the MREs and uniforms that were now merely damp and not soaked, they put out the fire and continued to bust brush the rest of the afternoon.

Although they were disappointed that no air support could be brought into play, the Air Guardsmen were still glad to be able to test themselves against the mountains. "Land navigation is tougher here than down in Brunswick," said Senior Airman David Brightbill. "We are improving our field skills. This is so much better than being in the classroom."



Staff Sgt. Brian Aguiar, a radio operator for the 165th Tactical Air Control Party, hikes up the mountain side during the field training exercise in the north Georgia Mountains. (Photo by Spec. Mike Carr, 124th MPAD)



Staff Sgt. Shane Dunn of Brunswick, a radio operator in the 165th Tactical Air Control Party, teaches a class in the field on hand and arm signals to members of the unit. (Photo by Spec. Mike Carr, 124th MPAD)



An airman in the 165th Tactical Air Control Party fords the Toccoa River during the field training exercise. (Photo by Spec. Mike Carr, 124th MPAD)

Combat engineers provide youth recreation in Cusseta

By Staff Sgt. ELLIOT MINOR
124th MPAD

Combat engineers from Dawson and Columbus are getting realistic training while carving out a Little League baseball complex for a small western Georgia town.

With bulldozers, earth movers, dump trucks and front-end loaders, the engineers are clearing and leveling a four-acre site that will provide recreation in the west Georgia town of Cusseta, just south of Fort Benning, and in surrounding Chatahochee County.

The only cost to the county is the guardsmen's meals.

The project began in October and is expected to be completed in March or April. Guardsmen from A Company, 560th Combat Engineer Battalion, will devote about 12 hours a day during weekend drills to

complete the job.

"These people would work 18 hours a day if the sun was out," said 1st Lt. Scott Adkins of Augusta, the support platoon leader. "I've got people in the armory who are mad because they can't come."

The project gives the engineers an opportunity to operate and maintain their heavy equipment. Mechanics are available for minor repairs.

"We get good training, good public relations and we get use of our equipment," said Sgt. Paul Stodghill of Columbus, a dump truck driver.

Staff Sgt. James Flourney of Dawson, a heavy equipment supervisor, said the project boosts morale and provides realistic training.

"Instead of having classes on it, we can do it hand on," he said.

Eric Brown, a maintenance worker in the



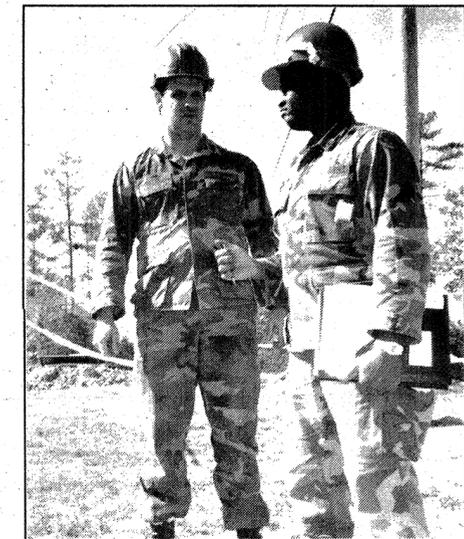
The 560th Engineers Battalion uses its heavy equipment to build baseball diamonds for the town of Cusseta, near Fort Benning. (Photo by Staff Sgt. Elliott Minor, 124th MPAD)

Chatahochee County Public Works Department, said the county's three Little League teams have had to share one baseball diamond at an elementary school. That made it difficult to schedule games.

The new complex will have two fields, plus a concession stand.

Stodghill said the guardsmen take satisfaction in knowing that their work will allow the county to provide recreation for its young people.

"I like to see it," he said. "A small town like Cusseta needs recreation."



Sgt. Joe Jimmerson (r) discusses the Cusseta baseball project with the OIC, 1st Lt. Scott Adkins. (Photo by Staff Sgt. Elliott Minor, 124th MPAD)

500 miles away from home

Boyette travels from Louisiana to Georgia, helps feed soldiers of Griffin's Cavalry

It's not a bad drive.

If you say it real fast.

Five hundred thirty five miles. Monroe, La., to Griffin, Ga.

Nope. No matter how fast you say it, traveling 535 miles to drill is still a long, tedious drive. Yet, Sgt. 1st Class Kenneth W. Boyette, a food service NCO for Griffin's Troop E, 348th Cavalry, makes it every month.

"I leave about 2 o'clock in the afternoon on Friday and I get here about midnight or 1 a.m.," said Boyette. He spends the remainder of the night with a daughter in Duluth and then drives to Griffin to help prepare the day's meal for his unit.

On a drill weekend, he'll put 1,500 to 2,000 miles on his four-year-old pickup.

Why? His job with Morrison's Cafeteria for the

past year has been managing a hospital food service operation in Monroe. Before that, he was in Charlottesville, Va., for four months and in Savannah for seven years. In each case, he chose to remain with his Griffin unit.

Eventually, within a year perhaps, he will be transferred again. But he'll still drive back to Griffin. "I'll keep it up at least another eight years, until I can retire from both jobs," says Boyette, a 21-year guard veteran.

"I don't make any money out of the Guard," he said. "I'm doing it because I enjoy it. That's the whole thing. I enjoy being around the guys. It's a good unit."

"And it really is not a bad drive. When I cross the Mississippi River, I'm almost home."



Sgt. 1st Class Kenneth Boyette bastes turkeys in the Griffin mess hall. (Photo by Staff Sgt. Toby Moore, 124th MPAD)

Guard families celebrate holidays

The holidays are a time for National Guard units throughout the state to take time to appreciate guard families for the support they lend to the role of the guard in Georgia.

Many of the units had open houses, which featured holiday meals and allowed the families to learn what their guardsman does and what equipment they have.

The 124th Mobile Public Affairs Detachment sent reporters throughout the state to report, visit and participate in family day activities. Here are a few of the things they saw...



JUST A TOUCH OF GREEN -- Spec. William E. Manders, a police officer from Union Point and a military policeman in the 178th MP Company in Monroe, coats third-grader Jake Chapman of Monroe, son of Sgt. Joe Chapman, a squad leader in the 178th and a juvenile investigator in Monroe, during the family day activities on Dec. 4. (Photo by Cadet Eric D. Johnson, 124th MPAD)



1st Lt. Brian Wilkinson, a platoon leader in the 178th Military Police Company, poses with his son, Samuel, during the family day activities at the unit armory in Monroe. (Photo by Spec. Jimmy Lanham III, 124th MPAD)

116th FW invites children to visit for holiday celebration

By Maj. KEN BALDOWSKI
Ga. Air Guard PAO

For the Calvary Children's Home in Smyrna, an invitation by the 116th Fighter Wing to a holiday party in Dobbins provided a yuletide experiences the children may soon not forget.

While it was a traditional holiday festivity — holiday dinner, gifts from guardsmen, a visit by Santa, and even an old-fashioned petting zoo — the 25 boys and girls of Calvary really came to see the F-15 Eagle.

All had "top-gun" style pictures made in the cockpit of the fighter jet. Video game enthusiasts tested their marksmanship on the 116th's sophisticated small arms training system, known as F.A.T.S. or Fire Arms Training System, a computer-driven, high-tech device which fires a laser beam at a target.

A few brave kids experienced the feeling of

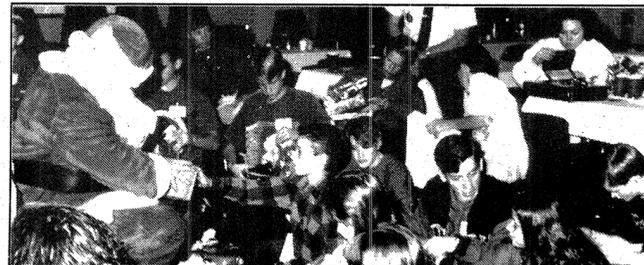
floating down below an open parachute after a simulated high-speed ejection from an F-15 in the wing's Life Support section.

While 6-year old Chris as was convinced that Santa could probably make better time with the help of an F-15 in his Christmas Eve trip around the world, he was not ready to retire Rudolph and the eight reindeer, at least not for his Christmas.

"The local community is very much apart of the life of this unit," said Brig. Gen. Steve Kearney, commander of the 116th. "It is at this season of the year that we wanted to do something a

little different for these very special kids. Perhaps in this way, we can provide a few unusual experience."

Additional funds were also collected from the unit to be used for the purchase of needed items for the children's home.



Twenty-five children from the Calvary Children's Home, Smyrna, enjoy an annual Christmas celebration.

Baxley's 648th Engineers have a flair for parties

By Staff Sgt. ELLIOT MINOR
124th MPAD

Many Army guard units hold open houses in December to honor wives and children and bring them up to date on guard activities.

Some units have a traditional holiday meal with turkey and all the trimmings and others serve only cake and cookies. Family support is considered vital to keeping members in the guard.

Units in Baxley and Glennville had a gala family support day on Dec. 11 and units in Hinesville and Fort Stewart celebrated the holidays on Dec. 12.

The family support for B Company, 148th Forward Support Battalion, in Hinesville brought cakes and cookies and the unit's cooks provided the holiday meal.

A \$6 cookbook prepared by the family support group was a hot-selling item. It had recipes for such delicacies as deep-fried turkey, shrimp creole and Better-than-Sex cake.

"There's some real good recipes and it's mostly stuff you have on hand," said Georgia Brady, wife of Sgt. Rufus Brady.

Betty Deason, president of the support group, said the cookbook was their money-making project for the year.

The 100 members of the 75th Engineer Detachment and the training side detachment hosed family members and retirees at Fort Stewart's National Guard Training Center.

Their celebration began with a 7:30 p.m. church service and continued through the morning with a briefing, an equipment display, an awards ceremony and a holiday meal.

Sgt. 1st Class Ralph Bailey, the unit's chief cook, and his six assistants, prepared chicken — barbecued and fried — hotdogs, hamburgers, deviled eggs, baked beans, salad, potato salad and pecan and pumpkin pies.

"I love it," Bailey said. "You feel like you are doing a service."



Sgt. 1st Class Ralph Bailey helps himself to a mess of holiday vittles. (Photos by Staff Sgt. Elliott Minor, 124th MPAD)



Col. Bobby Duncan, left, presents award to Capt. Keith Mack, commander of the 75th Engineer Detachment.

During the awards ceremony, the 75th received a trophy for being the state's top unit in retention.

Col. Bobby Duncan, commander of the training center, said there are waiting lists for both units.

"That's self-explanatory," he said. "They're good units and they've got a good mission. These people do things that are forever."

A day earlier, the wives of Detachment 1, A Company, 648th Engineer Battalion in Baxley showed they have a flair for parties.

They filled a table almost as long as a Grey-

hound bus with cakes, cookies, candy and other delectables and found a volunteer in the community to give buggy rides to the children.

The unit's family support group has remained active since it was formed in November 1990 when the unit was mobilized for the Persian Gulf war. The wives have maintained close ties ever since.

"When our husbands were activated, none of us knew each other," said Betty Nash. "We formed a bond that will always be there. We know we'll always be there for each other."

There aren't too many cooks in this kitchen

By Capt. MARY E. COLLINS
124th MPAD

If you get frazzled during the holidays and find yourself with a gridlock at the oven door, take comfort from not being alone. The guys in the galley in Griffin whipped up Christmas dinner for 400 people and kept good humor as well.

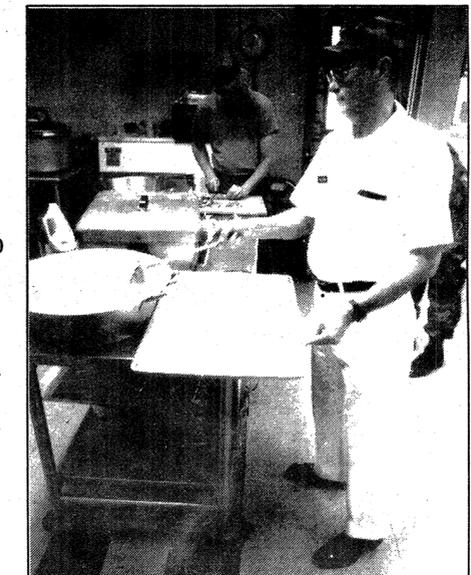
"That's nothing," said Staff Sgt. Willy B. Carter, mess sergeant for Troop E, 348th Cavalry. "On time we helped prepare a meal for 800 people at Fort Stewart for AT."

With himself and five cooks, Carter prepared the holiday feast for soldier and their families in about six hours.

Staff Sgt. Kenneth Boyette cooked whole turkeys and turkey rolls, while Sgt. J.W. Williams prepared vats of cornbread batter for dressing, all on the armory's crusty old gas range.

They had some help, though, from spouses who baked a few cakes, pies and other desserts, Carter said. But there was still baking to be done, much of which was done in advance to save time on the day of the meal.

So next time you have a big menu, not a lot of time, and guests sure to come hungry, think of the cavalry cooks and follow some of their tips: plan ahead, bake ahead and — above all — keep your head.



IT NEEDS DRESSING -- Sgt. J.W. Williams prepares cornbread for stuffing for the holiday meal. (Photo by Staff Sgt. Toby Moore, 124th MPAD)

178th MP breaks record, wins machine gun match

By Cadet ERIC JOHNSON
124th MPAD

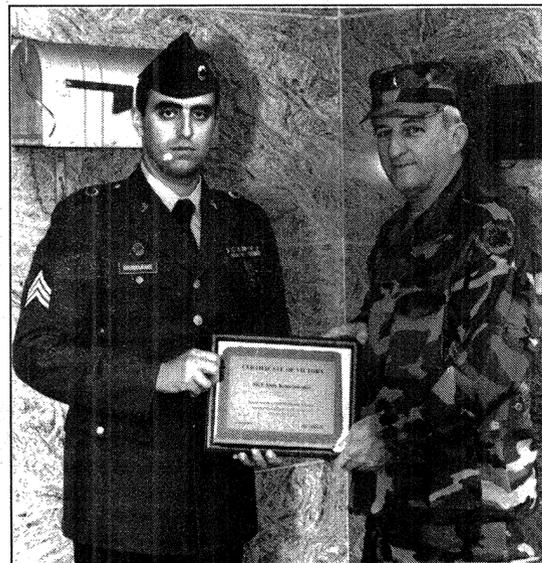
A Georgia Army guardsman set a new record for the assembly and disassembly of the M-60 machine gun at the Wilson P. Winston Matches at Camp Joseph T. Robinson in North Little Rock, Ark.

Sgt. Andy Koundourakis of Lawrenceville, a military policeman in the 178th Military Police Company in Monroe and a financial analyst for the Gwinnett County government, broke the record with a time of 3:34 -- blindfolded.

The Georgia guard sent a seven-member combat rifle team, a five-member combat pistol team and the two-member M-60 light machine gun team to the WPW Matches, led by Staff Sgt. Mark Saxon of Bogart, an MP in the 178th. Koundourakis' partner for many of the events was Spec. David Grace of Social Circle, also in the 178th.

"The only reason I won was because Mark Saxon, David Grace and others were really instrumental in helping me learn the weapon system," Koundourakis said, who beat-out his closest competitor by only one point.

Koundourakis said that he was originally a substitute for



SGT. ANDY KOUNDOURAKIS is presented with a certificate of victory for his performance by Brig. Gen. Cecil Pearce, assistant adjutant general. (Photo by Spec. Jimmy Lanham III, 124th MPAD)

the event. "I'd been training for only a couple months. I prepared with repetition and working with my trainer."

The WPW Matches are conducted annually in October at Camp Robinson and part of the competitive marksmanship program directed by the National Guard Marksmanship Training Center. Particular emphasis is devoted to im-

proving individual battle focus shooting skills, team spirit, physical fitness and leadership qualities of the Army and Air Guard participants. This year's competition attracted more than 850 competitors from throughout the United States, the District of Columbia, Guam, Puerto Rico and the Virgin Islands.



Master Sgt. Dena Byrum receives the outstanding unit career advisor of the United States from Brig. Gen. Stephen Kearney at award ceremonies at the 116th Fighter Wing in December.

Caldwell awarded Georgia Medal of Valor

By Maj. KEN BALDOWSKI
Ga. Air Guard PAO

The petite size and reserved appearance of Tech. Sgt. Monkee D. Caldwell of Whitwell, Tenn., belies the fact that she is a genuine hero.

Caldwell was honored by the 1200-member 116th Fighter Wing of the Georgia Air National Guard, as she received the state's highest medal for heroism, the Georgia Medal of Valor.

A rainy autumn day in Tennessee set the stage for what could have been a grave tragedy, were it not for the quick-thinking of the Georgia Guard member.

Caldwell, a Postal Service employee in Chattanooga, was outside her home on the Sequatchie River last when she a shout for help. Days of torrential rain had caused the river to swell close to flood proportions. Caldwell, rushing to the edge of the raging river, saw an overturned automobile, its driver clinging to a downed tree, frantically fighting to stay above the rising water.

She rushed back home and summoned several neighbors who immediately came to the aid of the man. Dragging a small fishing boat from her

home to the water's edge, Caldwell and two members of the county rescue department paddled through the waters which threatened to overturn the boat or sweep it downriver. Nearing the fallen



Brig. Gen. Stephen Kearney pins the Medal of Valor on Staff Sgt. Monkee Caldwell.

tree which kept the man afloat, Caldwell steadied the boat while the nearly exhausted man was pulled aboard.

Maj. General William P. Bland Jr., the adjutant general for the State of Georgia, issued the medal during ceremonies at Dobbins Air Reserve Base in Marietta.

The citation which accompanied the medal cited "Caldwell's complete disregard for her own personal safety" in the daring rescue. She is a three-year veteran of the 116th and is a utilities specialist with the 116th Civil Engineering Squadron at Dobbins.



Chief Warrant Officer Dave Parrish, coordinator of the C-26 aircraft program at the Army Aviation Flight Facility at Dobbins ARB, recently became the first CW5 to be authorized in the Georgia National Guard. He is being congratulated by Maj. Gen. William P. Bland, adjutant general.

Highest peacetime honor

116th Fighter Wing makes history, wins AFOUA award

The 116th Fighter Wing made Air Force history recently as it became the only fighter unit in the Reserve Component to receive the prestigious Air Force Outstanding Unit Award eight times.

At ceremonies held at Dobbins Air Reserve Base, Maj. Gen. Tad Oelstrom, vice commander of the Ninth Air Force, presented the award ribbon and addressed the more than 300 guests on the precedent-setting occasion.

"Your transition into fighters earned you your first Outstanding Unit award," said Oelstrom. "You made yourself indispensable in the total force. I think in the near future that we'll see you with a ninth award."

Joining Oelstrom was Congressman George "Buddy" Darden whose Seventh Congressional District comprises Cobb County and Dobbins. Darden took the occasion to re-emphasize his commitment to keeping the 1200-member unit at Dobbins. Last May, the Department of the Air Force had indicated that the 116th would be re-



PRESENT ARMS -- Maj. Gen. Tad Oelstrom, vice commander Ninth Air Force, right, attaches Air Force Outstanding Unit Award Streamer to Wing Flag making the eighth time that the unit has been awarded this honor while Brig. Gen. Steve Kearney, commander of the 116 Fighter Wing, looks on. The AFOUA is the highest award a unit can achieve during peacetime.

cated to Robins AFB near Macon and the unit would convert to B-1B bombers.

Darden, who passed legislation to prevent any money from being spent in fiscal 1994 to move the Wing or to convert it to B-1B bombers, told guardsmen, "you made your mark here and should stay here."

Five former 116th commanders were on hand at the ceremonies. Each had led the unit during a time when the unit received one or more out-



Congressman George "Buddy" Darden addressed the men and women of the 116th Fighter Wing on the occasion of being awarded its eighth Air Force Outstanding Unit Award.

Three former commanders of the 116th FW honored

Three former unit commanders of the 116th Fighter Wing were honored in a recent ceremony with buildings named for them at the 116th at Dobbins Air Reserve.

The 116th Civil Engineering Facility, a 17,300-square-foot building was named in honor of Maj. Gen. Billy M. Jones. The \$1 million facility which was completed in 1988. It houses shops, warehouses and classroom space to train more than 100 engineers and craftsmen.

After serving as the 116th commander, Jones went on to serve as the adjutant general of Georgia.

The 10,400-square-foot Munitions Storage Facility

was dedicated to Brig. Gen. William M. Berry. The building, which houses various missiles and small arms, was completed in 1993 at a cost of \$2.2 million.

About 60 guardsmen train in the facility. Berry retired in 1987.

The Ben L. Patterson Jr. Munitions Services Facility was finished in 1992 at a cost of \$1.3 million. The facility contains 11,200 square feet of floor space, and provides shops, offices and training for 60 guardsmen who are involved in weapons delivery systems. Brig. Gen. Patterson went on to become the assistant adjutant general for air for Georgia.



IT'S OFFICIAL -- The Georgia Army National Guard's Maj. Brian Culpepper, a Bibb County Superior Court judge when not in uniform, administers the attorney's oath in the field to Maj. Fred Zimmerman, top law enforcement officer in the Macon-based 48th Infantry Brigade. Zimmerman, brigade provost marshal, recently earned admissions to the State Bar of Georgia after passing the Multistate Professional Responsibility Exam. While attending John Marshall Law School, Zimmerman taught military justice to fellow officers enrolled in the Army's command and General Staff Officer Course. (Photo by Master Sgt. Willis Mitchell, 48th Brigade)

Starting a PT program

Starting a physical fitness program, but not sure how to do it?

You should consider several physical fitness components in designing your program, according to Louis F. Tomasi, research physiologist with the Army's Physical Fitness School at Fort Benning, Ga.

"The one service members are most familiar with is cardiorespiratory exercise," Tomasi said. "This is continued exercise over a long period of time — more than 20 minutes of intense activity." This level of exercise strengthens the heart and respiratory system, and research shows it can lessen chances of

heart disease.

A second component is anaerobic conditioning. In a conditioning sense, anaerobic means using muscles for short periods — two to five minutes — without oxygen recharging the muscles.

Another component is local muscular strength and endurance. This is weight training with an intensity level at a momentary muscle failure in eight to 12 repetitions.

A final component is body composition. This is defined as the fat-free body weight in relation to lean body mass.

Tomasi urged periodic testing of your progress and said to expect no more than

10 to 15 percent improvement.

Tomasi said you can specialize and tailor your program for a specific goal. "It comes down to: fit for what?" he asked. "Do you want to throw the ball further? Do you want to increase your road-marching capability? Are you training for a triathlon or to run a set mile distance?"

"Once you know the area you want to work on, concentrate a greater part of your workout time on that specific area."

Gradually increasing your workouts is the way to go. Don't think you can run 10 miles if you've never run for a

approach to fitness. Divided into six-man teams, the soldiers exert peer pressure on each other. And the unit does physical training as a body each quarter. At annual training, every soldier does PT — every day.

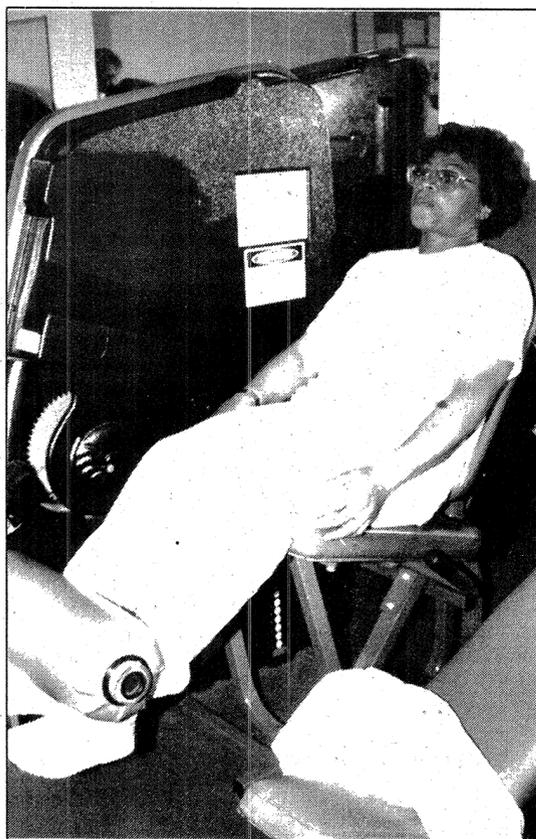
Also, policy is followed to the letter: no favorable personnel actions for a soldier who does not meet standard.

"If you wear the maroon beret, you've got to look the part and be the part," Coker said.

"We're on hazardous duty orders," he said. "The risk is greater for injury. It's been proven that the better shape you're in, the fewer injuries you have."

Besides, a fit soldier is a better soldier, said Coker, himself a master fitness trainer and an accomplished triathlete. "If you look good, you feel good. Exercise reduces stress, gives you a good appearance and improves self-esteem. It affects everything you do."

The unit stresses a team



PUMPING IRON --Staff Sgt. Vernetha S. Jones, a finance specialist in the 148th Finance Det. and an elementary teacher from Macon, does leg-lifts on one of the Nautilus machines in the gym at Fort McPherson. (Photo by Cadet Eric D. Johnson,

Starting a PT program can be easy if done right

Here are some tips for your fitness program:

Exercise three to five times a week and do not do the same exercise each day. This does not allow the muscles enough time to recover. For example, if you run for 20 minutes on Monday, you may want to do weight training on Tuesday.

Keep accurate records of your training to make sure you do more today than during your previous exercise session.

Allow each exercised component about 48 hours to recover. A light-intensity workout day between heavy sessions will meet this requirement.

Balance your program. Ensure you do upper and lower body routines and front and back routines. Do both cardiorespiratory and anaerobic routines.

Variety is the spice of exercise. Change your aerobic (cardiorespiratory) training methods. Don't just run. Use bikes, rowing machines, stair climbers, skiing machines to vary your workout. Walking is fine and interval training also helps vary your routine.

Physically fit, but fit for what?

Sure everyone wants to be fit, but the question is, fit for what?

There are levels of fitness and what may be fit for one person may not be correct for another, according to Louis F. Tomasi, a research physiologist with the Army's Physical Fitness School at Fort Benning, Ga. He said people should ask what they want to accomplish before they start a fitness program.

"Obviously, service members should generally be more fit than civilians," Tomasi said. Infantrymen should be more fit than clerks.

Judging the type of job and the level of fitness you need, then, is key to designing a physical fitness program.

Another question is, what do you want to accomplish

with the physical fitness program? General all-around health is one choice, improving your performance is another, and improving your appearance is still another.

Tomasi defines exercise for health as a desire to free yourself from the health risks associated with the unfit population. A regular physical fitness program can lessen chances of illness and disease and reduce chances of injury.

Tomasi defines improving performance as the ability to develop skills and underlying abilities well enough to compete either with others or yourself. This can also mean improving your job performance.

Finally, improving your appearance means getting an overall "healthier" or "more

fit" look. This can improve a person's self-esteem and self-confidence, Tomasi said.

Talk with your doctor or a physiologist before starting any program. Tests — such as body fat, electro-cardiograms — can help pinpoint where you are and what is safe for you to accomplish.

The physical aspect of fitness is only one portion, Tomasi said. Physical fitness can't be relegated to simple exercise. He said there is emotional, spiritual and social aspects of fitness in addition. Healthy habits and sound diet also contribute.

"Physical fitness is the ultimate quality of life that leads to positive physical health, well-being and wellness," Tomasi said.

Working-out starts with warming-up

Your workout should consist of a warm-up, high-intensity session and cool down.

The warm-up session, five to seven minutes of light activity, helps prepare your body mentally and

physically for more intense activity, Tomasi said. Some examples include walking, jogging, running in place or light cycling.

Cool-down is five to seven minutes of light inten-

sity work. This encourages a good blood return to the heart, helps avoid dizziness and additional heart stress. Don't simply stop after a high-intensity workout.

Program for Cardiovascular Improvement

An example of a seven-week running or walking program

Week 1
Day 1: 15 minutes, _____ distance
Day 2: 15 minutes, _____ distance
Day 3: 15 minutes, _____ distance

Week 2
Day 1: 20 minutes, _____ distance
Day 2: 20 minutes, _____ distance
Day 3: 20 minutes, _____ distance

Week 3
Day 1: 22 minutes, _____ distance
Day 2: 23 minutes, _____ distance
Day 3: 23 minutes, _____ distance

Week 4
Day 1: 25 minutes, _____ distance
Day 2: 25 minutes, _____ distance
Day 3: 27 minutes, _____ distance

Week 5
Day 1: 30 minutes, _____ distance
Day 2: 30 minutes, _____ distance
Day 3: 30 minutes, _____ distance

Week 6
Day 1: 33 minutes, _____ distance
Day 2: 33 minutes, _____ distance
Day 3: 33 minutes, _____ distance

Week 7
Day 1: 35 minutes, _____ distance
Day 2: 35 minutes, _____ distance
Day 3: 35 minutes, _____ distance

Increase up to 40 minutes. For days with the same time, increase your distance. Research shows workouts conducted at high intensities for more than 40 minutes increase a chance for stress-related injuries, tendonitis, stress syndromes, myositis etc.

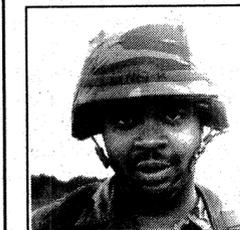
Muscular Performance Development

The use of progressive resistance training (weight training) is the primary method to improve local muscular performance. Here are some suggested exercises and weights to start.

- Squat or leg press -- 60 percent of body weight
- Leg extension -- 45 to 50 percent of body weight
- Leg flexion -- 30 to 40 percent of body weight
- Heel lift -- 60 percent of body weight
- Bench press -- 35 percent of body weight
- Bent over row -- 30-35 percent of body weight
- Upright row -- 30 percent of body weight
- Overhead press -- 25 to 30 percent of body weight
- Arm curl -- 25 percent of body weight

SOLDIER POLL

How does being in the Guard motivate you to stay in shape -- and what do you do?



"I like to do PT myself, but being in a group motivates you more. I like to lift weights and do aerobics."
—Pfc. Kenneth Lynn of Columbus, a member of B Company, 1-121 Infantry.

"I know I have to be in shape to pass my PT tests and perform well, so that's one reason I work out. I also feel better about keeping myself in shape. I like to lift weights and do abdominal work. Then I usually run for time rather than distance."
—Pfc. Josh Fulmer of Athens, a member of the 178th Military Police Company.



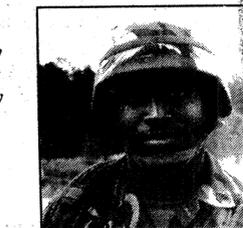
"My own lifestyle, not being in the guard, keeps me in shape. I like indoor and outdoor cycling."
—Spec. Carl Dalessandro of Atlanta, a member of B Company, 1-108th Armor.

"I'm definitely a fitness-oriented person. I hit the track three times a week and stay in shape for the PT tests"
—Pfc. Jennifer Clark of Forsyth, a member of C Company, 148th Forward Support Battalion.



"I have to stay in shape to care for the patients. I like to do aerobics and exercise with my baby."
—Spec. Amy Tidd of Ellaville, a member of Company C, 148th Forward Support Battalion.

"I mostly stay in shape on my job as a carpenter, going up and down those ladders. I maxed the PT test every year until about three years ago, when I started slowing down. But I still look forward to it every year."
—Spec. James Green of Jackson, a member of B Company, 148th Forward Support Battalion.



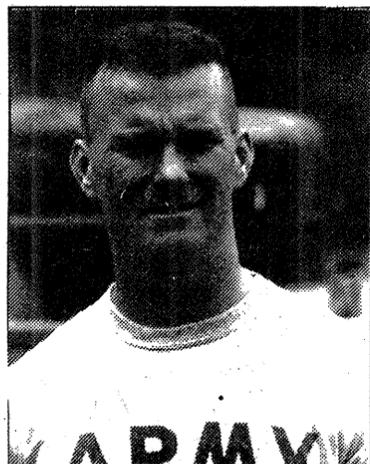
"I have to stay in shape on my own because the guard is part time. I like to stay in shape by pumping iron."
—Sgt. Malcolm Taylor of Barnesville, a member of B Company, 1-121 Infantry.

'PT animals' tell how to shape up

By Staff Sgt. **TOBY MOORE**
124th MPAD

If you want to become a PT animal, there's more than one way to skin a cat.

Four members of the Long Range Surveillance Unit who achieved the maximum score on the PT test, have vastly different training regimens. But



Sgt. Michael Hurndon

they all work.

Sgt. Michael Hurndon of Kennesaw, a platoon team leader, pumps iron, with no traditional aerobic conditioning.

"A lot of people say that lifting weights is not aerobic, but I disagree," said Hurndon, who follows an intense workout four to six days per week. "I use free weights, with relatively heavy weights, and do a lot of leg work, like heavy squats," he said.

"Every so often a buddy and I will do some intense hiking in the Smokies," he said.

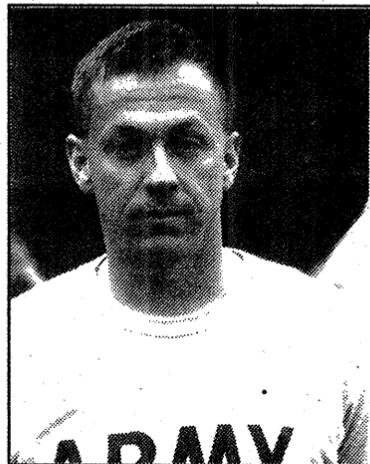
Hurndon, 31, a teamster truck driver as a civilian, also concentrates on pushups and situps as part of his workouts.

Sgt. 1st Class Ken Hutnick, 29, of Doraville,

takes the opposite approach. Eschewing weights, he runs 15-20 miles every week, plus concentrates on pushups and situps.

"I also do triathlons," said Hutnick, who is a financial analyst and is working on his Masters of Business Administration at night. "Sometimes, for a real intense workout, I'll run up Stone Mountain and run up the down escalator at the Peachtree Center MARTA station in Atlanta."

Hutnick, operations NCO, is goal-oriented in his workouts. "I set a goal to not just max the test for my age category, but to max it for the youngest age category," he said.



Staff Sgt. Greg Griggs

Then there's Staff Sgt. Greg Griggs, who follows a combination of activities.

Griggs, 30, combines aerobic exercise with intensive weight training on Nautilus equipment. He owns and operates his own gym in his hometown of Blue Ridge, and uses weights two days

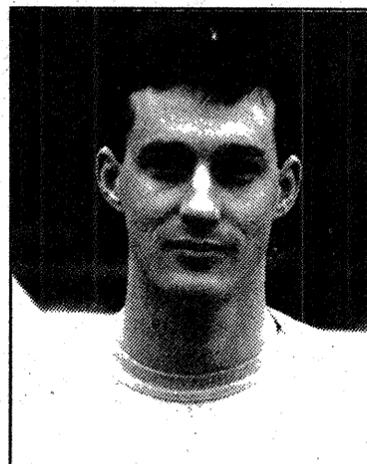
per week. "I believe in the Nautilus concept," which involves single sets during which muscle groups are worked to the point of failure.

Then, four or five days per week, Griggs will ride a stationary bicycle, stair climber or rowing machine. He mixes this with running and swimming.

"Ideally, I work out six days and rest on Sunday," he said.

One part of keeping fit that all three agree on is diet. All eat low-fat meals that are high in complex carbohydrates. Only Hurndon, who is a bodybuilder, relies on any type of dietary supplement. He takes vitamins and amino acid supplements regularly.

Hutnick and Griggs do nothing special, except watching the fat content of



Sgt. 1st Class Ken Hutnick

their meals. Said Griggs: "I try to keep my fat intake to under 50 grams per day. And sometimes that's hard to do."

HEALTH & FITNESS

National Poison Prevention Week March 20-26

"Children Act Fast...So Do Poisons" is this year's National Poison Prevention Week theme. Twenty years ago, when public awareness campaigns for preventing poisoning were started, 450 children under age five died from accidental poisoning that year. After two decades of greater public awareness and safer packaging, the accidental poisoning death rate dropped to 49 children.

Still nearly a million children each year are injured from taking potentially poisonous medicines or household chemicals. Ironically, the top killer is a substance that is healthful if taken in small doses—vitamin pills containing iron.

Poisoning Symptoms In Children

- Vomiting and bloody diarrhea
- Burns around the lips or mouth
- Drowsy or sluggish
- Breath may smell like the chemical ingested

Poisoning Prevention Tips

1. Keep all vitamins out of reach of children.
2. Do not tell children that their vitamins are candy, it may tempt them to try and eat them as a treat when you're not looking.
3. Many medicine bottle caps are more adult-proof than child proof. Do not rely upon them to deter your child.
4. Keep medicines and chemicals in locked cabinets out of children's reach. Medicine cabinets above bathroom sinks or toilets are not a good choice; a child can climb up and open them.

What to Do When Your Child Is Poisoned

1. Call your local poison control center.
2. Give them product label information of the substance involved and whether it was swallowed, inhaled, absorbed through the skin or splashed in the eyes.
3. Inform them of any first aid given.
4. Tell them if the poison was vomited.
5. Give them your child's age, weight, existing health condition and your location and how long it will take you to get to the hospital.

State-Wide Poison Control Hotline
1-800-282-5856

The Hutnick method for improving situps and pushups

Here's how Sgt. 1st Class Ken Hutnick does it:

Pushups — Do 60 in one minute.

Rest one minute. Then do two pushups that take an ENTIRE minute. Rest one minute. Do 25-30 pushups in one minute.

Situps — do 30-40 full situps, with feet not anchored. Rest, then do as many crunches as possible. Rest, then do 20 alternating crunches (left knee-right knee). Do two more sets.

Calculate your target heart rate

The key to the high-intensity session is your training heart rate. To figure this, take 220 (the maximum heart rate) and subtract your age, then multiply by the intensity level you wish to meet that day. So if you are 40 and you wish to train at a 70 percent intensity level the formula works like this: $220 - 40 \times .70 = 136$ beats per minute. During your high-intensity session, your heart should beat 136 times each minute. The longer the exercise continues, the more likely the intensity will decrease.