

- page 1 - cover/highlights in issue.
- PAGE 2 - military beat. CSM Manning x CMSGT Williams' messages.
- PAGE 3 - • Interview with BG Cecil L. Pierce
• Army Community of Excellence
• INSIDE ARMY GUARD: Youth Challenge; topics at senior cmdr's conference
- PAGE 4 - • The Guard & Community, Service doesn't end at armory doors.
• BOSS day brings employers to AT
- PAGE 5 - Guard & Community articles
- PAGE 6 - Guard & Community - 75th ENGINEERS Repair GIRL SCOUTS
• Camp Road; perform NGTC maintenance.
• Recent engineer projects of: 265th/878th/202d EIS/465th TAG
- PAGE 7 - Guard & Community • 116th Band / 1st PROVISIONAL BN Honor Guard.
- PAGE 8/9 - 48th's Super Troops
- PAGE 10 - AIR GUARD NEWS • Maj. Ashley takes cmd. of Air Guard's
• Combat Readiness Training Center / Promotions, commands/
202d AIR GUARD engineers deploy to San Juan.
• 158th AIRLIFT SQD. / 165th CAMS help in Hurricane Andrew's wake
• 165th Aimen ferry Paraguay President during exercise, Panama training
- PAGE 11 - • Guard must stick to environmental laws
• trng. around Rare animals.
• AIR Guard environmentalists keep bases clean.
- PAGE 14 - • Bold Shift, guard changes approach to TRNG.;
48th's reaction.
• Land navigation in Bold Shift trng. put on hold due to alligators.
• SSG Rory Dunn, 116th CAMS, awarded GA Meritorious Service Medal, nabs Robber.
- PAGE 15 - • 3 Generals pinned on same DAY (Promoted) -
Bland, Padgett & Pearce.
• Soldiers of 48th presented medals by Nunn.
• Awards/individuals.
• LANE promoted to 151st CSM.
- PAGE 16 - PT/Health
- PAGE 12 - • 1/214th trains in Norway.
• TLAT Battalion deactivation.
• 48th uses enemy weapons for trng. in Bold Shift.
- PAGE 13 - Public service commercials filmed by recruiting.

GEORGIA GUARDSMAN

VOL. 11, NUMBER 4

DECEMBER 1992

ISSUES & IDEAS

New training year brings challenges

—page 2

Airmen face issues of great import

—page 2

Q&A: A talk with new Army ATAG

—page 3

NEWS

214th goes north for NATO training

—page 12

Lessons learned from Bold Shift

—page 14

MILESTONES

Lane is new CSM for 151st



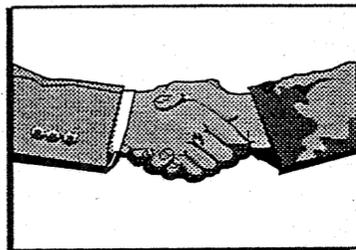
—page 15

HEALTH & FITNESS

Staying in shape over the winter

—page 16

SPECIAL REPORT



-  BEYOND THE ARMORY
-  INDIVIDUAL EFFORTS
-  UNITS ARE INVOLVED
-  STANDING ON CEREMONY

The National Guard has always been community-oriented. From its earliest days, citizen-soldiers were good citizens first, and good soldiers when necessary. Community involvement of the guard went without saying. We've changed over time, of course, but local units are still vital parts of the communities they serve. Our report focuses on some of the things that guardsmen do for their towns and cities, and for the people who live there. The report begins on page 4.

Super troops

So you think you're a good soldier? Look at what the 48th Brigade did during its annual training at Fort Stewart and see how you measure up.

A contest of sorts, inspired by Brigade Commander Brig. Gen. Don

CENTERPIECE

Davis, let the participants showcase their soldier skills and physical skills to earn the title of "Super Troop." It wasn't all brains or brawn, and it was all in good fun.

A goodly number of soldiers participated, and each day's winner got a chance to ride with the general for a day. Hey, at least it meant they got to come in from the field for a shower. For a recap of the contest, see pages 8 and 9.

A historic occurrence

As he pinned the shiny new stars onto Maj. Gen. William P. Bland's epaulet, Gov. Zell Miller remarked: "When I was a sergeant in the Marine Corps, I never dreamed I'd be doing something like this."

For the first time, three general officers were promoted at the same time, with the same date of rank: Bland, Brig. Gen. Cecil Pearce and Brig. Gen. Douglas Padgett. See Page 15.



SMILES ALL AROUND after Gov. Zell Miller, right, passes out stars to, left to right, Brig. Gen. Douglas Padgett, Brig. Gen. Cecil Pearce, and Maj. Gen. William P. Bland. (Photo by Staff Sgt. Toby Moore, 124th PAD)

Communities of Excellence

What this program means to the Guard

Last year the National Guards of only 22 states took advantage of the chance to win big money in the Army Communities of Excellence Program. First prize is a \$200,000 bonanza. Won't buy a Howitzer, but it could equip a lot of weight rooms.

The program, which was started several years ago by the Army, means one thing — doing what you do, but with excellence in mind.

Last year's winner, Louisiana, put together a package showing how the guardsmen

there made everything better, from their surroundings to their training, using excellence to set the tone.

This year, competition gets tougher as the word gets out. Georgia has entered, and the presentation is a good one. Staff from all four major commands, and GMI have put together all the things that their units have done during the past year to promote excellence. Col. Donald Burdick, special assistant to the AG, outlines the program in greater detail on page 3.

'Gray-area' retirees: call 1-800-578-3976

Members of the Georgia Army and Air National Guard who have retired with 20 or more years of service, but who have not reached the age of 60 take heed: there is an important change in the Survivor Benefit Program that may affect your retirement benefits.

John Hardwick, chief of the guard's Military Retirement Branch, said that "gray-area" retirees are no longer locked in to survivor benefit elections that were made upon receipt of retirement letters. A "window of opportunity" has opened to allow former guardsmen to make changes in their survivor benefits, the first time that's happened in 20 years.

No master file of those soldiers and airmen exists, a task which Hardwick's office is working on. If you are a gray-area retiree, or know someone who is, call Hardwick at 1-800-578-3976.

THE MILITARY BEAT

Cohesion is the thing.

Revelations of sexual misconduct at a recent convention of Naval aviators has sharpened our focus on sexual harassment issues. Sexual harassment cannot be tolerated. That's been made abundantly clear.

But the so-called "Tailhook" incident, where several women were fondled as they walked through a gauntlet of Navy fliers at a convention, must also allow us to re-emphasize **exactly why** sexual harassment can't go on. Sexual harassment cannot be tolerated — not simply because it's just wrong — but also because of the adverse impact it makes on unit cohesion.

In testimony before the House Armed Services Committee in late July, Gen. Gordon Sullivan, Army Chief of Staff, detailed efforts "to make the total Army a cohesive and effective fighting force," by ending sexual harassment.

The point? Sexual harassment isn't simply unfair, it's also counter-productive. The modern total Army simply can't field a cohesive force, dedicated to the job at hand, if there is sexual harassment within the ranks.

"Senior leaders in the Army are very much aware of the disruptive problems and the effects on readiness that stem from groups within the force who feel they are not understood, are discriminated against, are victimized," Sullivan stated.

By testifying as to the adverse "effects on readiness," Sullivan highlighted the core of sexual harassment, as it affects us. To be completely ready to meet a given threat, today's Army — with an 11 percent female population — cannot afford to allow disparate treatment of women.

Tailhook has made sure we all know the definition. And the Army defines sexual harassment as "a form of sex discrimination that involves unwelcomed sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature."

Army policies and regulations regarding sexual harassment have developed since the late 1970s. And leaders at every level must be aware of what the policy is — and why it's so important.

Senior leaders receive specialized training regarding sexual harassment at the Army War College. NCOs and junior officers are to be taught how to recognize sexual harassment in basic and advanced courses.

The Army faces challenges regarding sexual harassment, arguably stemming from demographics. The Army's population is overwhelmingly male. Constant turnover means the population is also predominately young, with almost 50 percent of the total force between the ages of 17 and 24.

An historical challenge facing Army leaders has been to promote unit cohesion. Today's challenge will be for us to recognize that sexual harassment ruins cohesion.

Cohesion is the thing.

It's up to the individual

New year brings challenges, opportunities

By Command Sgt. Maj. **BILLY MANNING**
State CSM



Some thoughts as we enter the new training year:

Oct. 1 brought us into the new fiscal and training year for the Georgia Army National Guard, and we're faced with many challenges. Many units are changing drastically.

Soldiers are moving to new commands; new personnel are reporting; there is new equipment to be dealt with; schools are being scheduled.

All this brings to us a golden opportunity to increase readiness. Remember that it's critical to maintain professionalism and strength, especially in these times that seem to bring about continuous change and a never-ending shortage of funds.

I think each soldier should make this a personal as well as a professional challenge. Our elected officials need to know how important your unit's mission is to the Total Force Concept, and how your job and the jobs of your fellow soldiers helps fill the guard's role in national defense.

And they need to hear it from you.

Congratulations are in order. 1st Sgt. Cliff Peters

Commanders conference recap

Issues for our airmen to ponder

By Chief Master Sgt. **DAVID WILLIAMS**
Senior Enlisted Advisor
Georgia Air National Guard



Recently I attended a Joint Army/Air Commanders Conference in Savannah. The conference, which was very informative and helpful, covered a number of issues. Here's a recap:

BRIG. GEN. BLAND spoke at length on sexual harassment, reiterating that such behavior will not be tolerated at any level in the Georgia National Guard.

PROFESSIONAL MILITARY EDUCATION — Prepare for the future. Take advantage of the opportunity to enhance your military career. Until now, many positions were filled because of a person's longevity. Not anymore. The trend is to place the best-qualified person into the vacant position.

That means that an individual must have completed all requirements necessary for advancement, and be someone who places high priority on unit, mission and National Guard. In short, commit yourself to becoming qualified through patience,

of the 178th MP Company in Monroe and 1st Sgt. James Wiley of Headquarters Troop Command are recent graduates of the U.S. Army's Sergeants Major course at Fort Bliss, Texas.

Also, two members of the 121st Infantry, 1st Sgt. Walter Kegley of 2nd Battalion, and Command Sgt. Maj. Hilton Joiner of 1st Battalion will report to the resident course there in January.

We have four new command sergeants major in the state. They are Billy Duncan of the 108th Armor, Hilton Joiner of the Infantry, John Lane of the 151st Military Intelligence Battalion, and Gerald Hewell of 1st Battalion, 214th Artillery.

I'm proud of the accomplishments of these soldiers and I encourage you to congratulate them as you see them.

Your unit is important to your hometown and your hometown's support is doubly important to your unit. Many guard members don't wait to be asked to give something back to their communities, they just do it. If you aren't involved in a civic group or community project, then I encourage you to get involved. It can pay big dividends to you, your family, your community and to your unit.

Remember, there are three kinds of people: those who make it happen, those who watch it happen, and those who wonder what the hell happened. Make it happen.

persistence and positive attitude.

"DO THE RIGHT THING." Take care of your people. I'm a firm believer that if you respect and work diligently with your fellow airmen, misunderstandings will be minimized and progress will be realized.

SUBSTANCE ABUSE — Society's vices have infiltrated the guard. In today's military, members need to be physically and mentally capable of carrying out the mission without endangering fellow guardsmen and unit performance.

We can begin to evaluate ourselves by answering the following questions:

- What is my future in the guard?
- Do I have the necessary skills to reach that goal?
- What do I need to do to get there?

Remember, you control your future in the guard to a large degree.

For those units preparing for ORIs, I am comfortable that you will all pass your inspections.

If I can be of assistance, please contact me.

CMSGT David Williams, P.O. Box 17965, Atlanta, Ga. 30316; DSN 338-6839; 404-624-6839; or at home: 2203 Pinewood Dr., Brunswick, Ga. 31520; 912-265-9516.

Pearce Realizes Lifelong Dream

Q: General Pearce, you have just been appointed as the Assistant Adjutant General, Army. How do you feel about the appointment and what do you see your job as being?

A: I am delighted that the Governor and Major General Bland had enough faith in me and my record to select me for this job. This is probably the lifelong dream of every officer who comes into the Georgia Army Guard for a career which I never expected to obtain.

As Assistant Adjutant General, it is my job to stay on top of the problems and challenges that face the Georgia Army Guard and offer the best possible advice to the Adjutant General.

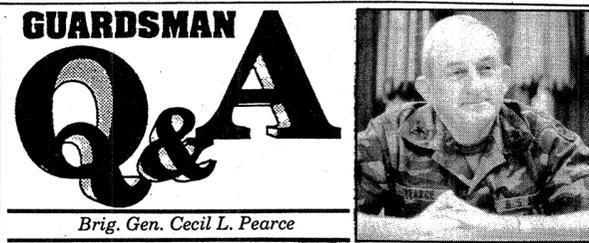
I believe that if the lower-ranking soldiers feel they have an important mission in the Guard and that their accomplishments are properly recognized we will have a strong and combat-ready Guard. The soldiers are the key to all of it. Everyone in a leadership position must ensure that the soldier is well trained and given the opportunity and encouragement to grow in the Georgia Guard.

Q: What do you see as problems and challenges for the Georgia Army Guard during the next few years — up until the year 2000?

A: The biggest problem I see is that we will be charged with the same missions that we have had for years but we will have a smaller force and fewer resources to accomplish them.

The end of the Cold War and the withdrawal of many of our forces from overseas mean that we must be better trained and better prepared to go anywhere in the world on very short notice.

The reduction in the strength of our military forces will also hit the National Guard. We have already lost about 1,000 from the Army Guard and there is every indication that we will lose



Brig. Gen. Cecil L. Pearce

more in the years to come.

My challenge — our challenge — is to accept a smaller force but to make sure that it is completely professional. That means that future reductions will force out those soldiers who just do not measure up with the best of them.

Q: What should the individual soldier do to remain a part of this professional team?

A: As I just said, the soldiers who do not measure up to the highest professional standards will eventually go. That means that every soldier must continually work to keep himself or herself competitive.

A competitive soldier seeks out both civilian and professional schooling. A competitive soldier is physically fit. A competitive soldier looks for additional responsibility and performs his/her job beyond the job description. A competitive soldier is a good soldier.

Q: Will any armories be closed because of the reduction in our strength? If so, what happens to the soldiers from that armory?

A: There is a probability that some armories will be closed. Some of them will be closed because of unit deactivations.

We are also looking at the possibility of consolidating some armories and establishing regional National Guard centers that will be the homes of more than one unit. There is no reason why an armory cannot be home to more than one unit.

Q: If you were asked to

ACOE: Excellence In All We Do

By Col. **DONALD BURDICK**
Spec. Asst. to the AG

This year, Georgia joined the ranks of those competing in the Army Communities of Excellence (ACOE) program.

With the lure of cash awards ranging from \$5,000 to \$200,000, states and territories compete to achieve excellence in facilities, services, and environmental clean-up.

Patterned after the active Army's program of the same name, the ARNG program seeks

identify the biggest problem facing the Georgia Army Guard today, what would that be?

A: The single biggest problem facing the Georgia Army Guard today is retention of our good soldiers.

In Fiscal Year 1992 we lost more than 2,000 soldiers. That amounts to about 20 percent of our total force. Most of these were solid, professional soldiers and we did not have to lose them.

Q: Looking ahead, what do you see for the Georgia Army National Guard at the beginning of the next century?

A: That's easy. I see a smaller but highly professional Georgia Army National Guard. All of our soldiers will be well educated and motivated. The force will be younger and more professional. Georgia will be looked on by the rest of the nation as the home of the best Army National Guard in the country.

We will have the same missions — state and federal — that we have today. We will still have to be ready to become a part of the active forces during any national emergency. At the same time, we must still be ready to protect the lives and property of Georgians during domestic crises.

While we will still have the same missions, I foresee that our involvement in the communities will grow. We have a lot of talent in the Georgia Army Guard and we should use it to assist Georgians whenever possible.

adjutant general, fully support the program. "We recognize that we cannot accomplish all our goals overnight," Bland said. "But with each person striving toward excellence in their individual area of responsibility, the guard, our families and communities, will benefit."

Georgia's ACOE plan is to be submitted to National Guard Bureau early this month. Winning states are to be selected based upon their submitted plan, and a subsequent state visit.

INSIDE

The Army Guard

Georgia a Pilot Starts on Domestic Front

Look for Georgia to be in the forefront of national efforts to develop youth programs to serve our communities.

With a reduced threat to world peace and expected reductions in national defense spending, military and political leaders are debating ways to more effectively use the military to address domestic social problems.

Congress, as a part of that experiment, has commissioned pilot programs in 10 states. Georgia was selected to be a pilot state in a program called "Civilian Youth Opportunities Program" or Challenge.

It's still in the discussion stage, but Challenge will be a five-month residential program directed at 16-18 year old high-school drop-outs.

The goal, initially, is to start a class of 100 in March. Once operating, it would serve 200 students every five months. "It's a challenge to us to lay on a program of that magnitude by March," said Brig. Gen. Cecil L. Pearce, the Assistant Adjutant General.

"But think of the impact this could have on our communities. It fits hand-in-glove with the governor's education programs. It is one of those opportunities that don't come along very often."

A toll free call for families

For the benefit of soldiers and their families, the Family Outreach program now has a toll-free telephone number. It's 1-800-578-3976. If you or your family needs assistance, give them a call.

What commanders are thinking

Should senior non-commissioned officers, like senior officers, have fixed terms? That's one of the questions senior commanders were discussing at a recent conference in Savannah.

Looking to the future and the possible impact of downsizing, commanders are concerned that enlisted promotion opportunities could be limited by a lack of turnover at the E-8 and E-9 levels. Limiting tenure would allow senior NCOs a greater variety of experience. One example of how it might work: Allowing battalion command sergeants major to overlap new commander by one year.

Commanders also had drugs on their minds. They were near universal in asking for a zero-tolerance policy. Do drugs and you're out, no ifs, ands or buts. "I personally feel as a commander that I don't want anybody who uses drugs working for me" said Brig. Gen. William P. Bland, the Adjutant General.

The legal eagles are researching the possibilities, but the sentiment of commanders is clear: No druggies, hard-core, recreational, one-time or otherwise.

A warning to those who might be tempted: Your odds of being subjected to a random drug test this year will triple. Before the year's over, 29 percent of the force will have been invited to participate — and it's the sort of invitation nobody declines.

A stiffer drug policy was part of a wide-ranging discussion on ways to improve the Georgia Guard.

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ABOVE AND BEYOND

Service does not end at armory doors

By their nature, the members of the National Guard are volunteers. Not only do they volunteer to serve their country, but they seek to serve the very institutions that comprise their communities ...

By Staff Sgt. TOBY MOORE
124th PA Detachment

From the beginning, the National Guard has functioned in a dual role of community steward and defender of the country. Now that the Cold War has sounded its death rattle, the experts tell us that the guard will renew its emphasis on serving units' hometowns.

One only need look around the state to see that this emphasis is not only being placed now, but it has long been ingrained in the unique relationships that guard units share with their communities. This seems especially true in smaller municipalities, where the guard builds roads, repairs athletic

fields and sponsor scout troops.

But metro areas also benefit each time the band marches in a parade or a guard volunteer speaks in a school on drug abuse.

"National Guard units are stationed in some 90 communities throughout the state," said Brig. Gen. William P. Bland Jr., Adjutant General for the Georgia National Guard. "These units and all the men and women in them are a part of their communities, and, to a man and woman, they feel very strongly about working in their communities."

"I commend them all and the work that they do." Judging from the guard's good works, the AG's comments aren't just lip service.

During annual training, for example, the 75th

Engineer Company from Hinesville graded a road leading to a Girl Scout campground off Savannah. Engineers also helped a Douglas County community built near a hazardous waste site get clean water.

An Armor supply sergeant from Calhoun feeds the needy at Christmas, while an Albany infantryman built a bridge across a muddy ditch for children to walk to school, and an Air Guard unit works with Habitat for Humanity erecting homes for the poor.

These are but a few of the many good deeds the guard performs as soldiers and airmen work selflessly to make their communities better places to live.

Boss Day brings employers to AT

By Pfc. CARLOS A. CAMPOS
124th PA Detachment

They flew to Fort Stewart in a C-130 transport plane. They listened to a briefing on the future and direction of the Georgia Army National Guard. Then they rode tanks, Bradley fighting vehicles and ended the day with a ride aboard a CH-47 helicopter.

A typical training day for a 48th Infantry Brigade (Mechanized) guardsman during Bold Shift exercises in August?

Not quite. Although many of the guardsmen from the 48th Brigade did spend their days doing those sorts of things during their two weeks of annual training, on this particular day it was their civilian bosses' turn.

About 30 employers of Guardsmen from the 48th's 1st Battalion, 108th Armor, headquartered in Calhoun, got a chance to see exactly what it is their employees do while they are gone from their civilian jobs.

The program is part of an employee/spouse program started by the 108th's battalion commander, Lt. Col. Alan D. O'Rourke. On Saturday, Aug. 22, the 108th hosted about 30 employers who watched and participated in the Bold Shift training exercises at Ft. Stewart.

The trip was dubbed "Bosses Day," and employers from the 108th's cities - Detachment 1 in Douglasville, A Company in Rome, B Company in Cedartown, C Company in Dalton and D

Company in Canton - got a chance to watch some of their employees in action.

"It's a good idea," said Capt. Chris Clark, A Co. commander, who was visited by his boss, Ray Meyer of the Atlanta law firm of Cashin, Morton and Mullins.

"It gives them a tremendous understanding of the hard-ship their employees have to undergo. It's no vacation. These guys are working real hard."

Clark's boss agreed. "I think this is an excellent thing to do," Mayer said. "An employer has no concept of any of this."

The purpose of the program is to let employers know exactly what guardsmen do during training, and hopefully gain an appreciation for his employee.

"The program has helped the employers see the sacrifices that their employees give to their families and their jobs and to show them that they do important training," O'Rourke said. "And it gives them a better understanding of how their tax dollars are spent."

The bosses had a busy day, beginning with a plane ride in a C-130 from Dobbins Air Force Base in Atlanta to Savannah. They were shuttled to a classroom at Ft. Stewart, where they were given a briefing on the Georgia National Guard and its role in national defense, as well as its future. The group

A TASTE OF TRAINING

"Boss Lift" is not a new weight-training technique. Instead, it's a good method for unit commanders in the guard to fortify the relationship between the soldiers in their command and their civilian employers.

But it's a tool too few officers use to full advantage, according to Maj. Laura Wickett, chief of combat service support in the training evaluation section of DSC-OPS.

Wickett, who formerly headed the Employer Support for Guard and Reserve for Georgia, said that many harried commanders live and work in towns separate from the units they command, and don't have the strong ties of their predecessors of the past.

Still, programs such as "Boss Lift," where soldiers' employers are given a VIP tour of the action while their employees get their combat fatigues muddy in the name of training, or flying them to the Pentagon for an inside look at the Total Force concept, are valuable ways to improve often-strained relationships.

A committee of civilians, most of whom are either retired or former military, directs the Georgia ESGR program, Wickett said. "These men are all in positions of authority in the communities," she said.

Georgia is divided into six geographical areas, each represented by a committee member. Besides administering employer-participation programs, members act as mediators in disputes more between service members and their bosses.

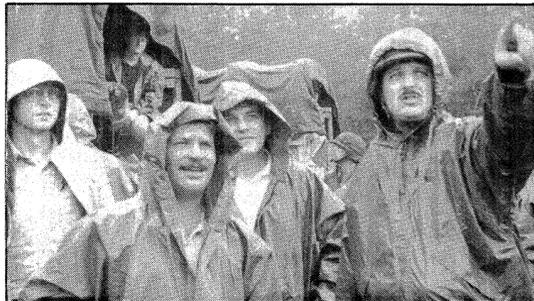
Members are appointed by the Assistant Secretary of Defense for Reserve Affairs through the national committee, and is separate from Guard Bureau, Wickett said.

Although the commander is the first line of defense in these disputes, she explained, units should call on area representatives to advise soldiers of their employment rights and responsibilities. Since the representatives carry some weight in the communities, they can also advise bosses of their rights and responsibilities.

"The biggest thing is to get bosses involved," she said.

then visited the 24th Infantry Division (Mechanized) museum. Later, the group watched and participated in computer simulated tank-battle training, rode aboard

M1A1 tanks, Bradley fighting vehicles, and watched a live-fire tank exercise. To top the day off, the group enjoyed a ride aboard a CH-47 helicopter.



Capt. Doug Mattox, intelligence officer with the 108th Armor in Calhoun, makes a point to his civilian co-worker, Sgt. Rick Poteat of the Winnett County Police Department. (Photo by Pfc. Carlos Campos, 124th PAD).



BY A POWER OF ONE

The strength of any unit comes from within. And the guard is filled with members whose individual actions makes their units and their communities stronger ...

Individuals CAN make a difference

By Staff Sgt. TOBY MOORE
124th PA Detachment

Perhaps no one individual in the Georgia Army National Guard embodies the spirit of community service more than Sgt. 1st Class Douglas Dew of Decatur.

Since 1985, Dew has spent his Christmases serving a holiday feast in his hometown of Calhoun. Last year, he and a cadre of volunteers from the community and his unit served dinner to more than 1,000 people.

A supply sergeant with Headquarters Company, 1st Battalion, 108th Armor, Dew and his late wife Anita started the Christmas Day meal to help the less-fortunate, spending \$800 of their own money to pull off what most said was an impossible task.

"The first year we fed 356 people," he said. "And it just grew from there."

Dew has help. Several members of his unit and others in the Gordon County community volunteer for what has become a three-day chore. It takes 35 to 40 people to acquire, cook and serve the turkey, ham, dressing, vegetables and desserts.

For its first six years, the Dew crew cooked and served the meal in the Calhoun Armory. As the throngs of hungry people grew, however, space became a premium, and



EVEN THE RELATIVES PITCH IN, as Tobias Harris, a nephew, and Cassandra Dew, a daughter-in-law, prepare box lunches for sick and shut-in Calhoun citizens. Both are related to Sgt. 1st Class Doug Dew, the impetus behind the annual dinner.

the feast last year was moved to the local high school cafeteria.

"The first year we fed 356 people. And it just grew from there."

"They've got more modern equipment, so it's easier to cook it there at the school," he said. "At the armory, we have to start cooking two days ahead. At the school, we can start on Christmas Eve."

Named the Anita H. Dew Annual Memorial Christmas Dinner, the meal has gained enthusiastic support. Local businesses donate funds for food, so that all it costs Dew and his staff of volunteers is their time.

Not just the needy come for the repast. It's open to all, and

rich and poor come, equally hungry, Dew said.

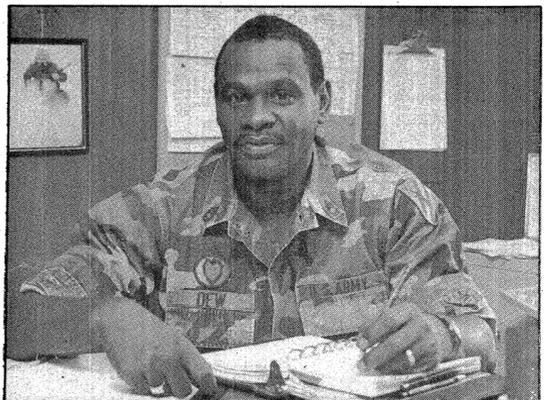
One year, he said, an Ohio family was stranded by car trouble at an I-75 rest area on Christmas Day. They heard about the dinner on the radio, and were taken by local police to the armory to join in. Afterward, celebrants passed the hat, collecting enough money to repair their auto and send them on their way.

For the aged and infirm, Dew said that volunteers deliver, and whatever is left over is carted to the county jail or various shelters in the community.

When Dew and his unit were mobilized for Desert Storm in 1990, citizens rallied to the cause. While the Armor rolled across the Mojave Desert, Dew's Christmas dinner rolled on.



FILLING PLATES WITH Christmas vittles, volunteers Dennis Grafe and Helen Hicks of Calhoun help with the Anita Dew Memorial Dinner. More than 1,000 people were served at a local high school cafeteria last year. (Photos courtesy of Beth Leftwich, Calhoun Times)



WORKING AT HIS DESK is Sgt. 1st Class Doug Dew, a Calhoun native who gives back to his community in a big way.

Troubled teens find solace with Darien guard volunteer

By Staff Sgt. ELLIOTT MINOR
124 PA Detachment

Sgt. Charles Davis, a member of the 75th Engineer Detachment at Fort Stewart, uses his counseling skills to help troubled children.

Davis, a certified counselor, teaches math in McIntosh County. He said he works with parents and children when there is a conflict and takes kids fishing and to sporting events so they can enjoy fun activities.

"Kids will come to talk about math

and pretty soon you're talking about life's problems," he said. "I believe in accepting responsibility. I've always been involved."

Davis is also a member of the McIntosh Clean and Beautiful Committee, he is the vice president of the Darien Historic Preservation Commission and the McIntosh County Chamber of Commerce. He volunteers to help maintain a cemetery in the historic coastal town and to pick up roadside litter.

Route to school is cleaner over guardsman's footbridge

By Staff Sgt. ELLIOTT MINOR
124 PA Detachment

Staff Sgt. James Hunter used construction skills learned in the 75th Engineer Detachment to build a 20-foot bridge for school children.

Hunter's bridge spans a ditch in his Hinesville subdivision. He built it so small children would not have to walk a half-mile out of their way when the ditch fills with water in

inclement weather.

"I call it a bridge to learning," he said. "The children were going to school muddy. Teachers would make them go home and change their shoes."

Hunter said he spent about \$500 for materials and worked on the bridge for three months in his spare time. Recently, he has been planting flowers and shrubs nearby to beautify the area.



MEN AND MACHINES

The good deeds of the engineers serve a dual purpose: serving the community and satisfying the soldiers' training requirements. Roads need grading and pipelines need to be laid, for the community's sake. But training must go on for everyone's sake ...

Engineers repair Girl Scouts' camp road

By Spec. EMORY MINOR
124th PA Detachment

As the birthplace of Girl Scouting in America, Savannah has a proud tradition of providing quality programs for girls.

But when the road to their island campground washed out, the scouts were less than happy campers.

Lacking funds for road repairs, the Girl Scout Council of Savannah Inc. turned to the Georgia Army National Guard for help.

Last month, members of Fort Stewart's 75th Engineer Detachment began upgrading the road leading to Rose Dhu, the Girl Scouts' 300-acre island near Savannah. The island's campground serves girls in 28 south-east Georgia Counties.

"We are giving back something to the community that has given so much to the guard," said Capt. Trent Long, a Hinesville civil engineer who commanded the 75th for three years.

Normally, the 75th helps maintain Fort Stewart's National Guard Training Center, where guard members and Army Reservists from six states take

annual training. The unit's 60 members live mostly in Glennville, Reidsville and Hinesville. Many are Civil Service mechanics and maintenance workers at Fort Stewart.

Six of the 75th's heavy equipment operators are helping the Girl Scouts. They worked two weekends last month and are expected to complete the job during annual training this month.

"We all love a project like this, giving something back to the community," said Staff Sgt. Dan Harvey of Reidsville, a supervisor for the project.

"I like work... that helps build a strong foundation for our children, Girl Scouts need people to support them to make it better and make it work," said Sgt. Jerry Blocker of Claxton, who helped grade the road.

Using a 20-ton dump truck, a bulldozer and a SEE (combination backhoe and bulldozer), the guardsmen graded the road and dug drainage ditches.

Barbara Boatman, executive director for the Girl Scout Council, requested guard assistance after discussing the problem with Rushing.



SGT. JERRY BLOCKER OF CLAXTON grades a road leading into the Girl Scout's island, Rose Dhu, near Savannah during annual training with the 75th Engineer Detachment. (Photo by Spec. Emory Minor, 124th PAD)

NGTC's maintenance depends on close-knit detachment



SGT. JAMES TOOLE OF GLENNVILLE deepens a Fort Stewart drainage ditch. (Photo by Staff Sgt. Elliott Minor, 124th PAD)

By Staff Sgt. ELLIOTT MINOR
124th PA Detachment

Sgt. 1st Class John Meacham drives 1,000 miles each month to drill with his Georgia Army National Guard unit.

He says it is worth the long drive to serve with the 75th Engineer Detachment, a close-knit unit that helps maintain the National Guard Training Site at Fort Stewart.

"The 75th Engineers is the closest thing to heaven you're going to get," says the Raleigh, N.C., bricklayer. "You couldn't ask for a better group of people."

Meacham, the 75th's detachment sergeant, says the unit's 56 members are skilled construction workers because many are carpenters, electricians and plumbers in civilian life.

During annual training this year in September, the 75th worked on about a dozen projects. They put roofs on reviewing stands at Donovan parade field; they deepened a drainage ditch; they refurbished an old building and they built a shed.

"I couldn't live without them," said Col. Bobby Duncan, the training site commander. "They are a highly skilled unit."

The detachment's commander, Capt. Keith Mack, was a truck driver in the 75th as a private. Mack became an officer and served in the 878th Engineer Battalion and the 1st Battalion, 230th Field Artillery before returning.

"They are very proficient in their MOS areas

because they do that for a living," said Mack, a state trooper in Reidsville. "Usually the job gets done in a very professional manner."

Sgt. 1st Class Ralph Bailey, the mess sergeant, has been in the 75th since it was organized 17 years ago.

"It's a family-affair unit," he said. "Everyone works together, shares together and we do an excellent job."

Recent engineer projects

Jogging track - City of Grovetown - 265th Engineer Group
Loan of equipment - Robbins AFB Museum - 878th Engineer Battalion
Pole Shed - City of Swainsboro - 878th Dredge Lake - DNR - John Tanner State Park - 265th, 116th CES
ROTC drill field - Augusta high school - 878th Erect radio antennae - City of Unadilla - 202nd EIS
School site prep - City of Cartersville - 265th Level building - City of Douglas - 848th Engineer Co.
Recreation complex - Chatooga County - 265th Ballfield lights - City of Perry - 202nd School bus shelters - Savannah schools - 165th TAG



To many people, the first impression they have of the National Guard is the band playing at a civic function or the color guard at a baseball game ...

Week in, week out, band stays on key



CHIEF JOE MAXEY leads the 116th Army Band in a Christmas number at an Atlanta Mall.

By Staff Sgt. ELLIOTT MINOR
124th PA Detachment

Members of the 116th Army Band traveled to Music City USA for annual training, where they helped teach drum majors how to strut their stuff, played cool jazz tunes and performed grandiose concert pieces.

The 116th, commanded by Chief Warrant Officer Joe Maxie, performs at official functions of the Georgia National Guard and represents the guard at many community events. The band performs at least once during just about every weekend drill.

This year, the 116th received its first invitation to the Forscom Army Band Advanced Skills Training School, which ran from July 20-26 in Nashville.



ALWAYS ON CALL, the band plays most every drill weekend. (Photos by Sgt. Mattie Jones, 124th PAD)

Two other bands, the California National Guard's 159th Army Band and the Tennessee National Guard's 129th Army Band, helped train Army musicians during the school.

The 116th was the school's marching band. Members spent their days marching back and forth in front of the Tennessee Capitol rotunda and at a city park while 21 guard and reserve drum majors improved their skills.

"This is a high honor. We

were real glad to be selected," Maxie said. "It gave us an opportunity to get our marching band in excellent shape. We worked on the fundamentals of drill and ceremonies and later in the week added the spit and polish to put the final touches on it."

With the temperature in the 90s and the humidity around 80 percent, the Georgia musicians had exhausting workdays. They marched all day and then performed eight pass-and-reviews in the eve-

ning. "It was very tough and strenuous," said Sgt. Stanley Murray of Atlanta, a percussionist.

The musicians also performed with a concert band and practiced improvisation with jazz groups.

"We got a chance to see all aspects of what a drum major has to do," said Murray. "We also had a chance to perform with other players. We had a session."

Honor Guard's stock in trade is ceremony

By Spec. JOHNNY CAIN
124th PA Detachment

Funerals, parades, weddings, and ballgames.

What they have in common is the 1st Provisional Battalion Honor Guard for the Georgia Army National Guard.

Twenty-three members, all volunteers, comprise this elite organization. And the Honor Guard represents the Georgia Guard at functions like these all around the state.

"The prestige and distinction of being part of an elite group is the greatest feeling there is," said Sgt. Tony Parks, of Atlanta's 118th Personnel Services Company.

Annually, the Honor Guard

appears at the Martin Luther King Center's "Bell-Ringing" Ceremony, where Atlanta celebrates Dr. King's birthday. The group also appears at Macon's annual Cherry Blossom Festival, and Jasper's annual Marble Festival.

The group can be seen regularly at Atlanta Braves, Falcons and Atlanta Hawks games. And members present the colors at college games.

"I like traveling, and meeting people," said Sgt. Sherry Sumner, of Standard Installation Division Personnel Systems (SID-PERS) in Atlanta. "This allows me to represent the National Guard in a positive manner."

Aside from public events, the Honor Guard performs all necessary drill and ceremonies on behalf of the Georgia Guard. The cadre handles changes of command, events at Georgia Military Institute, military funerals and military weddings.

Darinda Goethals, wife of Sgt. 1st Class Michael Goethals of Atlanta's 190th Military Police Company, had seen the Honor

Guard perform during a military wedding. So when the couple decided to re-exchange vows at Fort MacPherson, they called upon the Honor Guard.

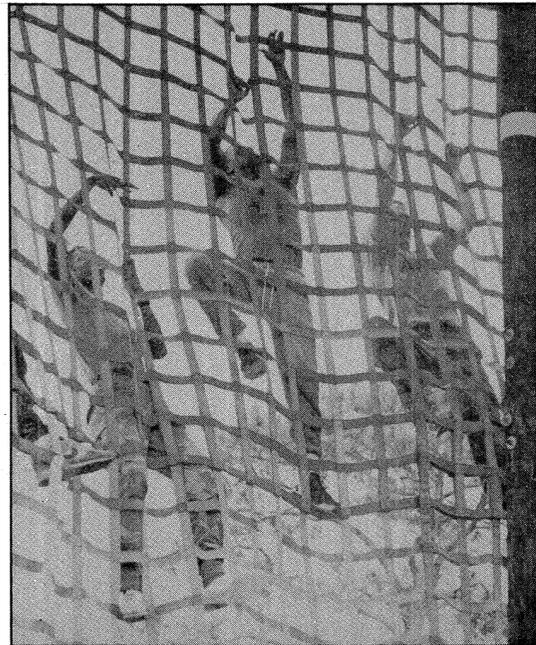
"She had seen the them at another wedding," said Goethals. "She was impressed with the sharpness of the performance."

In fact, the group remains on 24-hour alert to respond to any call for a military funeral or burial ceremony. "The most heart-felt moment we have is when we perform at funerals for fellow soldiers," said Chief Warrant Officer Danny Hammond, OIC of the Honor Guard. "We can lay our comrades to rest in a distinguished manner. This provides some comfort for the families involved."

Georgia's Honor Guard formed in April of 1990. "From nothing, we put together the team. We screened all the volunteers, and kept the best," said Hammond. The group has performed more than 75 missions since its inception, according to Master Sgt. Joseph Neely, co-NCOIC.



SGT. 1ST CLASS MICHAEL GEOTHALS leaves the chapel at Fort MacPherson after re-exchanging vows with his wife, Darinda. Georgia's Honor Guard forms a gauntlet. (U.S. Army Photo)



SUPER TROOP COMPETITORS race up the netting at the confidence course.

48th's SUPER TROOPS

Superman, Green Lantern ain't got nothin' on them

It's a bird!
It's a plane!
It's ... Super Troop?

The Man of Steel's colossal power may play well in Gotham, but here at Fort Stewart, the selection of Super Troop for a day during the 48th Infantry Brigade's annual training holds just as much intrigue and adventure.

Brig. Gen. Don Davis, commander of the 48th, encouraged starting the friendly competition at the company and battalion level. Command sergeants major or first sergeants in each unit select the best soldier during the contest. Winners each get to spend a day riding with the general.

At the end of the competition, individual Super Troops

get to vie for the title at brigade level.

"I did this years ago as a battalion commander. This is the first time we've done it at brigade level, but it's the same concept," Davis said.

"The idea is to reward the outstanding soldiers for a job well done. They get lots of exposure riding around with me all day, and it helps soldiers understand more of what we do. You can't spend a whole day with every soldier, but the word filters down."

In addition, each Super Troop receives an Army Achievement Medal and a certificate of appreciation.

Winners at the unit level can compete for the brigade title of Super Troop for Annual Training, but participation is voluntary. Of the 12

unit winners, six opted for the ultimate challenge.

They were Spec. James Burton of Sparta, A Co., 148th Forward Support Battalion; Sgt. Len Currie of Marietta, C Co., 148th; Sgt. Larry Anderson of Adairsville, Headquarters, 108th Armor; Sgt. Bruce Austin of Ashburn, B Co., 2nd Battalion, 121st Infantry; Sgt. Jerome Heath of Stone Mountain, D Co., 108th; and Spec. John Pine of Centerville, Det. 1 of 48th Brigade Headquarters.

The competition consisted of Fort Stewart's confidence course, a land navigation test, enemy and friendly vehicle identification and, finally, arm wrestling.

The six took it seriously, as they struggled through each of the events. In the end there

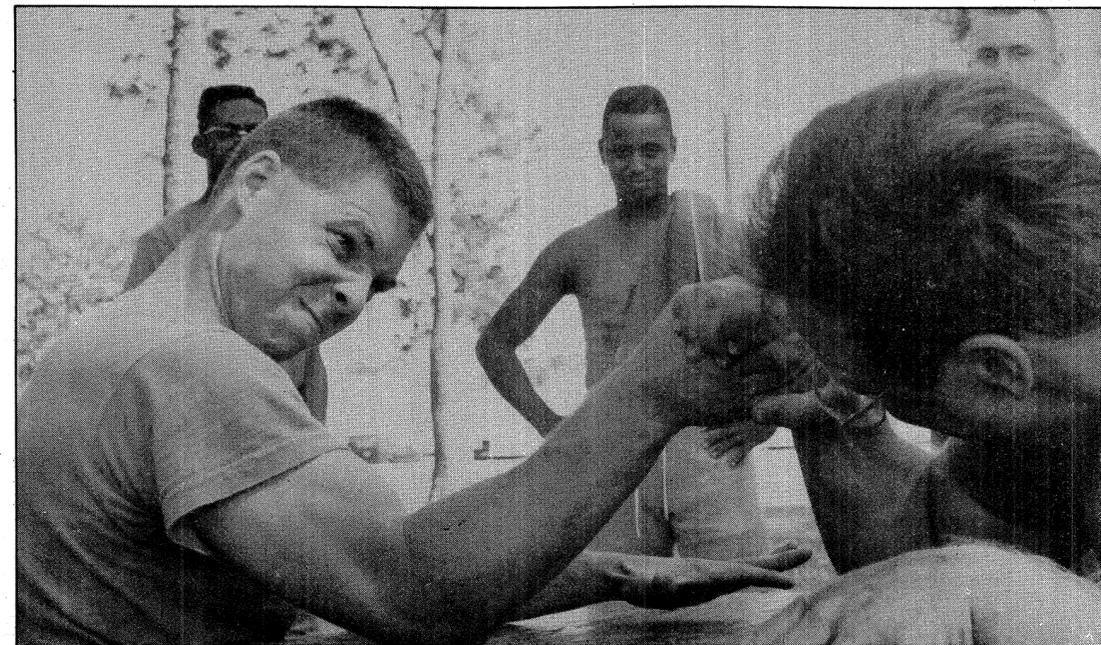
was a tie for first place, between Pine and Austin.

As a tie-breaker, Command Sgt. Maj. Emmett Walker asked the two promotion board questions. The result? Austin was awarded the title of Super Troop for AT '92.

But as Walker put, there were no losers among the participants.

"You are all super soldiers," Walker told the competitors. "I'm proud of all of you and you should be proud of yourselves."

Davis says he gained as much from the competition as did the soldiers. "I benefit far more than they do. These young, motivated soldiers renew my faith in why we are here. They are the epitome of the citizen-soldier."



SGT. BRUCE AUSTIN grimaces as he arm wrestles with Spec. John Pine during Super Troop competition.



The confidence course at Fort Stewart was a formidable foe for 48th Brigade Super Troop contestants. Hanging on the overhead ladder are Sgt. Larry Anderson, Sgt. Jerome Heath and Sgt. Len Currie.

What they said

"I think all troops should see stuff like this. It lets you see how we fit into the big picture."—**Sgt. Len Currie**

"I've been in the brigade for three years and never realized the 148th was the brains for the whole outfit. I learned a lot from this experience, that generals can be human, too."—**Sgt. Bruce Austin**

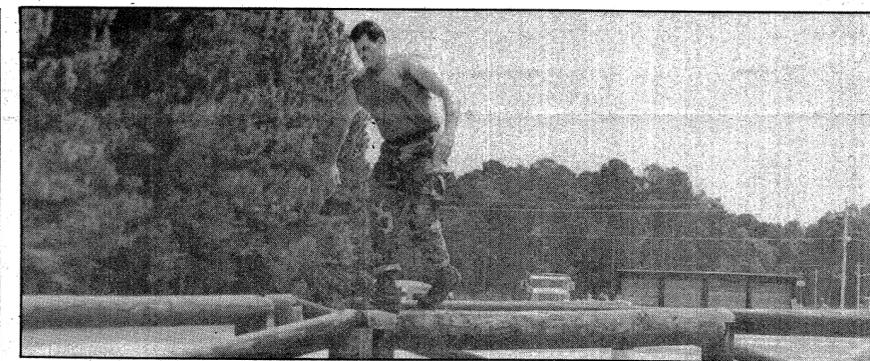
"Doing something like this makes me proud of being in the 48th."—**Spec. James Burton**

"I got picked because of my PT scores, and I try to set standards for others in our unit all the time. I really like all of the attention. There should be a Super Troop at squad level, too."—**Spec. John Pine**

"I was a little shaky being around a general and all; I didn't know what to expect. He made me feel real comfortable, though. I really liked the attention."—**Sgt. Jerome Heath**

"It was great to be there. The 108th is the best battalion in the brigade, and this gave me the opportunity to prove it."—**Sgt. Larry Anderson**

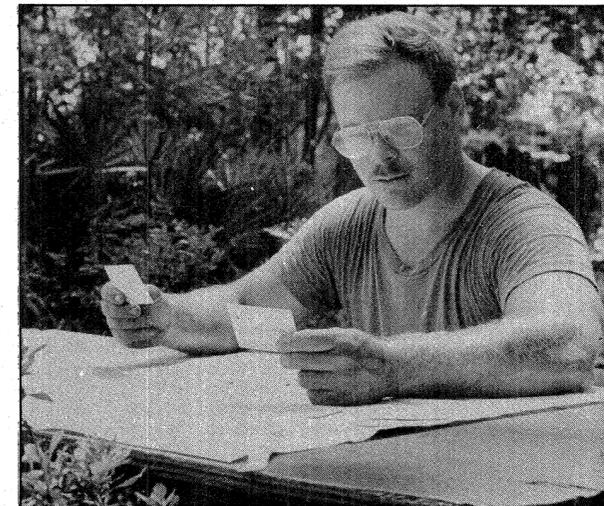
Story & Photos By
Capt. Suellen Reitz
48th Brigade PAO



BALANCING HIMSELF across a makeshift footlog is Sgt. Larry Anderson.

Who they were

Spec. Wayne Goes, C Co., 1/121st Infantry
Sgt. Bruce Austin, B Co., 2/121st Infantry
Sgt. Jerome Heath, D Co., 1/108th Armor
Spec. Dexter Reed, 48th Brigade Headquarters
Staff Sgt. Kevin Roberts, D Co. 2/121st Infantry
Sgt. Larry Anderson, 1/108th Headquarters
Sgt. Brian Yarborough, Troop E, 348th Cavalry
Spec. James Burton, A Co., 148th Field Support Battalion
Sgt. Len Currie, C Co., 148th Field Support Battalion
Spec. John Pine, Det. 1, 48th Headquarters
Spec. Mark Sutherland, HW 148th FSB



NOT JUST PHYSICAL, the Super Troop competition encompassed soldier skills as well. Spec. John Pine tries to identify friendly and threat vehicles.

The Blue Yonder

Ashley named CO of ready center

Maj. Eugene D. Ashley, former assistant operations officer for the 158th Airlift Squadron, has assumed command of the Georgia Air National Guard's Combat Readiness Training Center in Savannah.

Ashley replaced Col. Carl C. Poythress Jr., longtime commander of the center, based at Savannah International Airport. He retired in October after 36 years of service.

Brig. Gen. William P. Bland, Adjutant General of the Georgia National Guard, and Brig. Gen. Michael P. Bowers, Air National Guard assistant to the chief of Guard Bureau, were reviewing officers at the ceremony.

Air Guard promotions

Lt. Col. Thomas R. Morgan was named deputy commander for maintenance at the 165th Airlift Group upon the retirement of Lt. Col. Edward Farrell.

Lt. Col. Ed Wexler has assumed command of the 165th Consolidated Aircraft Maintenance Squadron. He had commanded the 165th Mission Support Squadron.

Maj. James F. Jenkins has assumed command of the 165th MSS.

Betty L.G. Morgan of Savannah was recently promoted to senior master sergeant. She is the first female in the 165th Airlift Group to attain this rank.

Air Guard engineers deploy to San Juan

Forty members of Macon's 202nd Engineering Installation Squadron deployed to San Juan, Puerto Rico, as part of Exercise Peach Star II.

The airmen provided engineering and communications support for Muniz Air National Guard base and Camp Santiago Gunnery Range, working under simulated wartime conditions.

The engineers divided into six teams during the exercise, five working at Muniz, the other operating at Camp Santiago. Working with New York's 213th EIS, the airmen worked through rugged terrain and severe thunderstorms to complete eight communications projects during their two-week stay.

In Andrew's wake — airmen fly relief

By Maj. FRANK BAKER
165th Airlift Group PAO

As he listened to forecasters predicting where Hurricane Andrew would strike south Florida, Lt. Col. Carl Powell knew that there would be a need for a massive military airlift.

Powell, operations officer for Savannah's 158th Airlift Squadron, called National Guard Bureau and volunteered his unit's services immediately after the storm made landfall.

Less than 48 hours after Hurricane Andrew hit, the first relief mission from Georgia Air Guard units was launched, headed for Cecil Field Naval Air Station, just outside Jacksonville. Aboard were Sr. Master Sergeants Vernon Rushing and Billy

Air Force UNO

Airmen ferry Paraguay's president during exercise

By Maj. FRANK BAKER
165th Airlift Group PAO

Lost in a sea of photographers, reporters and military brass gathered on a chilly South American flight line, Lt. Col. Fred Schuller, Lt. Col. John Brunson and Lt. Col. Johnny Vinson presented Paraguayan president Gen. Andres Rodriguez a model of a C-130.

The ceremony was the climax of the closest to an Air Force One mission the crew will probably ever fly.

Aircraft, crew and maintenance personnel from the 165th Tactical Airlift Group were in Paraguay as part of a joint exercise, "Fuerzas Unidas 92-Paraguay," or "United Forces."

The exercise combined the armed forces of the U.S. and Paraguay in counter-drug and civic action activities.

Guardsmen from Savannah's 165th TAG deployed last summer to Asun-

Lightfoot, and Master Sgt. David Stanley or the 165th Mobile Aerial Port Squadron.

After two days, they had loaded more than 100 tons of cargo and 106 Florida Army National Guardsmen bound for the devastated area.

Over a two-week period, 14 Air Guard relief missions were flown from Travis Field in Savannah to two staging areas in Florida, Griffis and Pope Air Force Bases, then on to Opa Locka and Homestead. Some lifted off on only a few hours notice.

Scheduling and operations personnel were busy finding volunteer crews and performing mission set-up. The 165th Consolidated Aircraft Maintenance Squadron kept aircraft ready for deployment.

Capt. Hank Sermons, a 158th navi-

gator, went to Guard Bureau in Washington to man a special command post to coordinate Air National Guard airlift efforts. He left on Aug. 30 and didn't come home until mid-October.

There was also the need for aerial port-trained personnel to help unload relief supplies. Six members of the 165th CAMS left for duty in south Florida on Aug. 31, working side by side with active-duty and reservists at Miami International Airport.

The volunteers down-loaded more than 7 million pounds of cargo. In the first 10 days, almost as much cargo was airlifted to south Florida as was sent to the Persian Gulf in the first 10 days of Operation Desert Storm, according to Gen. Ronald Fogelman, commander of the Air Mobility Command.



PRESENTING THE PARAGUAYAN president, Gen. Andres Rodriguez, a model of a C-130 is Lt. Col. Johnny Vinson, who was navigator on the mission. Lt. Col. Fred Schuller, center, was a pilot during the event. (Photo by Maj. Frank Baker, 165th PAO)

The humanitarian mission focused on helping victims of recent flooding in Concepcion, and included Utah medical personnel and Air Force engineers.

The 165th crew selected for the VIP mission had to overcome several challenges, according to reports, not the least of which was briefing the president through an interpreter under the watchful eyes of his security aides.

cion, capital of Paraguay, along with a C-130 from the West Virginia guard. The mission was to transport airborne troops and cargo from the capital to Concepcion in the country's interior.

During the two-week exercise, the 165th's crew flew 44 sorties, hauled nearly 130 tons of cargo, transported 344 passengers and dropped more than 100 jumpers.

Civic leaders see Panama training close-up

By Maj. FRANK BAKER
165th Airlift Group PAO

When Sr. Airman Doug Robertson pointed to the AK-47 bullet holes in the guard shack at Albrook Air Station in Panama, 29 visiting civic leaders and news media representatives realized this was no ordinary summer camp.

The attack by Panamanian demonstrators — in protest of President Bush's visit to the Canal Zone last summer — had happened only a few hours before Robertson had gone on duty at the station, and five days before the Georgia guard supporters arrived.

The civilian contingent had come to Albrook to observe the Savannah-based 165th Tactical Airlift Group, which had deployed to Panama for annual training.

As guests of Brig. Gen. Douglas Padgett, Assistant Adjutant General-Air, and Col. Scott Mikkelsen, commander of the 165th Airlift Group, the community leaders were given a first-hand look at Air Guard training.

During the four-day trip, the group logged 12 hours of flight time on a C-130, toured the Panama Canal, shopped and were briefed on the guard's role in

Central and South America.

The group met with members of the 165th during their training in support of Operation Volant Oak, and discuss their views on the dual role of citizen-airman.

More than 100 airmen from units in the 165th TAG participated in the training, representing the 158th Airlift Squadron, 165th Consolidated Aircraft Maintenance Squadron and the 165th Security Police Flight.

Savannah News-Press reporter Amy Swann wrote a three-article account of the trip upon their return.

PROTECTING THE ENVIRONMENT

Guard must stick to tough environmental laws

By Staff Sgt. TOBY MOORE
124th PA Detachment

Things have changed where the National Guard and the environment are concerned.

Solvents for degreasing engines are passe. Phosphate-based soaps for washing airplanes are giving way to citrus cleaners. Oil-tainted water from vehicle wash racks can no longer be allowed to run into municipal sewers. Training sites must be monitored for sensitive wetlands and endangered species. Soldiers can't clean weapons in the field.

As state and federal laws become tougher and fines get stiffer, the National Guard must become its own environmental

police force, according to Lt. Col. Raymond Grant, state facilities management officer.

"There are 17 different protocols concerning the environment," Grant said. "And we're involved in all of them."

Grant, whose office is responsible for choosing training sites and picking sites for armories, deals with local communities on making sure that those areas are environmentally suitable. Working for him is a team of three environmental specialists based at state headquarters which must monitor all Army Guard training activities and facilities statewide for compliance with state and federal regulations.

Grant points to the tank wash

at the National Guard Training Center as an example of the direction the guard is moving environmentally. The state-of-the-art washing system uses recycled water to clean armored vehicles as they come in from the field.

Capt. Bruce Berger is one of three environmentalists that form the environmental team, which must document that training sites are not sensitive areas before any field training takes place.

"It's not just hazardous materials. It's wetlands, noise, endangered species — anything that can have an effect, positive or negative, on the environmental setting," he said.

The team also is responsible for the whole gamut of ensuring environmental compliance, from overseeing asbestos abatement by private contractors to training soldiers on containing spills. Armories with wash racks, for example, must have oil-water separators to make certain that no polluted water enters the city sewer systems.

"One gallon of oil can contaminate 50,000 gallons of water," Berger said.

The environmental program is in its infancy, Berger said, and even though there were no citations by the state Environmental Protection Division this year, 1993 will be more critical. That's when an Army Environmental Compliance Assessment System team will spot-check facilities throughout the state for environmental program management.

How well the guard fares in the future depends largely on training at individual and unit level.

"We need to train soldiers on being environmentally aware," Grant said. "Everyone must be a steward of the environment."



A WORKER with a civilian asbestos contractor comes out of the boiler room at the Operational Maintenance Shop at State Headquarters in Atlanta. He was part of a crew doing asbestos removal from the facility. (Photo by Staff Sgt. Toby Moore, 124th PAD)

Walking a tightrope around rare animals

Besides the usual pitfalls of simulated combat, 48th Infantry Brigade soldiers training at Fort Stewart were faced with another obstacle — making sure they complied with federal endangered species laws.

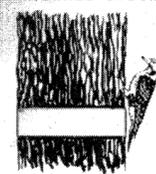
Brigade commanders were reminded of this when they had to relocate a command post because it was too close to an endangered woodpecker's habitat.

Six species on the federal endangered species list can be found on the 279,000-acre post: the indigo snake, short-nosed sturgeon, wood stork, bald eagle, red-cockaded woodpecker and the gopher tortoise.

Post officials make certain that these animals are not disturbed during field exercises.

Bivouac sites, rest areas, maneuvers and other activities are prohibited within 200 feet of woodpecker nesting areas, for example. Such areas are marked by conspicuous signs hanging on trees.

ENDANGERED SPECIES



NO VEHICLE TRAFFIC
WITHIN 200 FEET
EXCEPT ON
IMPROVED ROADS

Air Guard environmentalists work to keep bases clean

On the Air Guard side, Lt. Col. Terry Huey, civil engineering commander, has similar responsibilities as the Army Guard's Grant.

Huey, who spent four months visiting all the units checking for regulatory compliance and conducting environmental training, said that there is heavy command emphasis on the environment.

The Air Guard Readiness Center in Washington has directed that all Air Guard bases be evaluated for environmental problems, Huey said. If any are found, they are scheduled for cleanup.

"They send a team in to check for old dump sites, where engines have been cleaned or where solvents were dumped," he said. "They do a soil analysis and identify sites that need to be repaired or cleaned."

"Then they hire an outside consultant to tell them what needs to be done, such as soil removal or purifying water. The consultant gives them an estimate, and it's then turned back over to the readiness center."

Bases are placed on a priority list to await funding, Huey said. Clean-up money comes from the federal government's Superfund project.

"We're at this stage at Savannah and at Dobbins," Huey said. "We're waiting on money."

Each base is assigned an environmental engineer and technician, who make sure hazardous materials are

"They send a team in to check for old dump sites, where engines have been cleaned or where solvents were dumped."

handled properly, Huey said.

"They monitor oil removal, toxic waste, battery disposal — things like that. And they contract out removal and disposal of waste from the bases," he explained.

Training of airmen is "extremely important," said Huey. No longer are phosphate-based soaps and degreasing solvents universally allowed to clean aircraft. Instead, citrus-based cleaners have begun to be used as environmentally friendly replacements.

Away to Norway

Georgia 'Arctic Artillery' trains with NATO troops

As the only American contingent of the Nato Composite Force, the 1st Battalion, 214th Artillery spent two weeks in September training with Norwegian, German and Canadian forces among the mountains and fiords of Norway.

The rough terrain of the only NATO country that shares a common border with the Republic of Russia proved to be a challenge for the 80 soldiers from the Elberton-based battalion. But the exercise gave them a chance to see where they would be fighting in wartime, according to Lt. Col. William Thomas, who commands the battalion.

"It's the perfect mission for a guard unit," Thomas said. "Because Norway does not allow any foreign troops to be stationed there."

The artillery trained with soldiers from Norway's Sixth Division. The NCF rounds out the division and includes the U.S. artillerymen and soldiers from Germany and Canada.

Because its mission calls for it to be ready to fight in a frigid climate, the battalion has begun regular cold-weather training at Fort Drum, N.Y., in January and Norway in March. Temperatures dip as low as 20 degrees below zero in Norway, with as much as three meters of snow, Thomas said.

During the September visit, however, the weather was cool and crisp, with the hills filled with fall colors.

During the exercise, the battalion had three goals, according to Thomas: full commander's recon of the area, for the soldiers to learn as much



GENERAL SIR GEORGE PATRICK, commander of Allied Forces-North (NATO), is flanked by his chief of air operations, Maj. Gen. John Borling, at right, and Lt. Col. Bill Thomas, at left. Thomas, commander of Elberton's 1st Battalion, 214th Field Artillery, led his people on a fall deployment to Norway. The unit is expecting to return to Norway next spring, carrying some of its own equipment.

as possible from their Norwegian counterparts, and to work out the differences between the way the armies operate.

"They don't set up in the normal six-gun battery, for example," he said. "Due to the

limited flat terrain, they set up in three two-gun sections."

Also, the artillerymen strengthened the Norwegians' weaknesses, such as maintenance.

And, because of the terrain, which is dotted with villages and farm houses, the soldiers had to work on fighting in

urban areas as well.

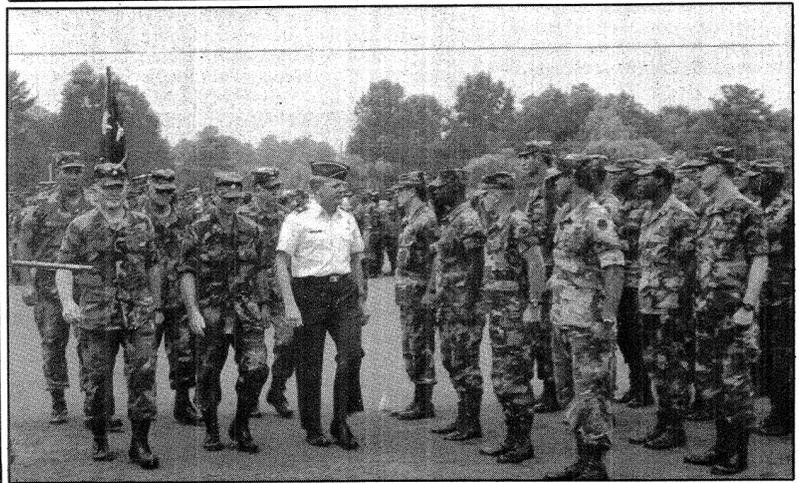
One of the highlights of the training was a live-fire demonstration, which lasted 45 minutes and expended more than \$1 million in ammunition. It was the largest such demonstration ever in Norway.

TLAT battalion says farewell



LEFT — CSM Donald Duke, left, and 1st Sgt. Johnny Pittman march during a deactivation ceremony for the 1st Battalion, 121st Infantry.

BOTTOM — Maj. Gen. William P. Bland reviews the assembled troops of the TLAT battalion for a final time. (Photos by Sgt. Mattie Jones, 124th PAD)



Brigade troops train using enemy weapons

By Pfc. CARLOS CAMPOS
124th PA Detachment

Military strategists have always known one important key to defeating the enemy: Knowing the enemy and his capabilities.

It is that philosophy which is the purpose behind the OpFor Weapons training course, part of the Bold Shift training soldiers of the 48th Infantry Brigade received during their two-week annual training at Fort Stewart in August.

Members of the 48th were given instructions on how to fire several weapons made by the former Soviet Union, which were captured by the 24th Infantry Division (Mechanized) during Operation Desert Storm last year.

And it didn't take long for the soldiers to realize why they were getting acquainted with enemy weapons.

"Out in battle," said Spc. Ronald Corella of the 1st Signal Detachment in Hawkinsville, "if something happens to your weapon, you can use one of theirs."

Members of the 48th were instructed on how to assemble and disassemble the weapons,

as well as classes on its nomenclature, to increase their familiarity with the weapons.

The 48th guardsmen received classes on the RPG-7 rocket launcher, the SVD sniper rifle and the Makarov pistol.

They also got classes and were able to fire the AKS-74 and AKMS (better known as the AK-47) rifles, and the RPK and PKM automatic machine guns.

"If something happens to your weapon, you can use one of theirs."

The Soviet weapons got high praise from those who shot them.

"They're pretty easy to handle," Corella said. "Easy to break down and assemble. And they fire pretty accurately."

A 24th Infantry Division (Mechanized) instructor agreed.

A lot less moving parts make it real easy to clean, and it breaks down real quick into about five pieces," said Spc. Jason Wood.

Wood said there were very few weapon jams during the live-fire exercise.



NEW TV STARS, soldiers from the 48th Brigade run an obstacle course for the camera.

Georgia-filmed spot airs nationwide

By now, you've probably seen it: M-1 tanks jumping muddy knolls among the pines, Bradleys disgorging armed troops in full combat gear, soldiers running in PT formation, and citizen-soldiers coaching basketball and helping the less fortunate.

The public service commercials hit the nation's airwaves in October, and are running nationwide, according to Sgt. 1st Class Ben Livesay, Army Guard marketing NCO who helped coordinate the filming of the commercial series.

There are three spots — "Adventure," "School," and "Mission," Livesay said, each produced in 60, 30 and 20-second lengths. Each focuses on a different segment of life in the Army National Guard, as their working titles suggest.

Livesay said the filming was arduous, hampered by bad weather at Fort Stewart, and other inevitable production delays. But, he said, it was worth the four months it took to plan the shoot and carry it out.

"They're as good as some of the Army spots I've seen. And, considering the budget we had to work with, we did them a lot cheaper," he said.

After the spots were in the can, they were reproduced and customized to promote each state's guard program, as well as one aimed at a national audience. The commercials were sent to all broadcast networks, cable networks and local television stations.

Strack brigade soldiers hand-picked for TV spot

In order not to disrupt overall training, the 48th Infantry Brigade hand-picked the 30 soldiers needed to fill roles in the commercials.

"We wanted young, fit soldiers who were motivated and fairly new to the guard," said 1st Lt. Jeff Davidson of National Guard Bureau. All were volunteers, however. Six of those chosen were "stars" of the shoot and featured in all three commercials, Davidson said.

Each volunteer was photographed and interviewed.

None knew who had been selected until they arrived at Fort Stewart for annual training.

Spec. Kevin Gotell, a scout with Griffin's Troop E, 348th Cavalry, was surprised to find that he was among the lucky.

"Guys came running up to me when I got here, yelling that I was a star," he said. "We've all been getting a lot of razzing from the guys, asking for autographs and stuff like that. But it was really great."

After several takes, the soldiers playing soldiers were

able to see themselves in action.

I knew we were picked because we were supposed to look like squared-away soldiers," said Spec. David Parker of Thomaston, a member of B Company, 2nd Battalion, 121st Infantry. "But seeing myself on tape was really neat. Now I know I really do look like a soldier."

Each player will be given a copy of the commercials for a memento.

The filming

For the planners, a hard day's night

To the uninitiated, planning and filming a simple commercial rivals life on the farm: work from daylight to dark.

"Because the lighting is better in early morning and in late afternoon, most of the filming had to be done then," said Sgt. 1st Class Ben Livesay, the Army Guard's marketing NCO, one of the people who was intensely and actively involved in the process.

The production company, based in Southern California, arose most mornings at 0500 in order to be ready to shoot

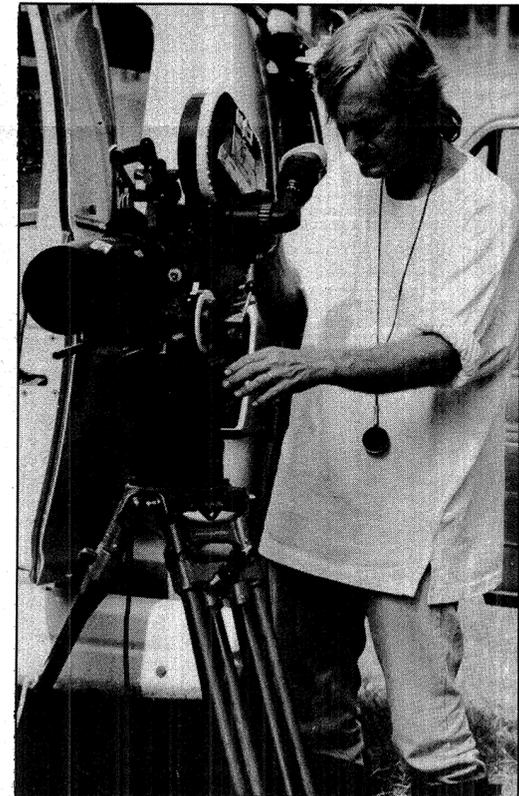
when the sun rose over Fort Stewart's myriad pine trees. The film crew worked through the day, shooting and re-shooting action sequences. The process gave new meaning to the military credo "Hurry up and wait."

The demanding schedule led to many 18-hour days in the humid Southeast Georgia weather, Livesay said.

Even with the heat, the waiting between shots and as many as 20 retakes, morale among the 48th Brigade soldiers participating in the filming remained high.

"This has been an opportunity most folks never get," said Sgt. Shane Lomax of B Company, 148th Support Battalion. "The waiting gets a little old, but I'd do it again. I'd even go to Hollywood if the money was right."

"It's been tiring at times, trying at times, and a lot of fun. But I'd do it again as many times as they want," said Sgt. Greg Boyt, acting platoon sergeant for the actors. Boyt, a member of B Company, 1st Battalion, 121st Infantry, said the filming is "the easiest job I've ever had in the guard. And it sure beats Fort Irwin."



AS HE ZOOMS IN on the action, a cameraman for the California film crew who shot the commercials checks his equipment. (Photos by Spec. Greg Holley, 48th Brigade PAO)

Bold Shift What it is, where it's going

By Capt. SUELLEN REITZ
48th Brigade PAO

The latest buzz word around the National Guard is Bold Shift. As the name implies, it is indeed a major shift of change for the way the guard approaches training.

Lt. Gen. Edwin Burba, commander of Forces Command, originated Bold Shift after Desert Storm. In essence, it shifts training emphasis back to basics, beginning at the bottom.

48th troops

What they say about Bold Shift

Across the board, 48th Brigade soldiers said training under the Bold Shift concept was far superior to that of the past.

"We had more hands-on training than I've had in the four-and-a-half years I've been in the unit," said Spec. Joseph Michael of C Co., 2nd Battalion, 121st Infantry. "The map reading was really great; I learned a lot."

From the same unit, Sgt. Kerry Johnson of Cartersville agreed with his comrade. "I thought the guys from the 24th were picking on us at first. But they were just making sure we learned it right. Everyone I know has gotten something good out of it."

"What's happening here is a bridge over the gap between active component and guard," said 1st Lt. Greg Mercier, commander of A Co., 1st of the 121st. "We're getting special attention here like never before. They find our weaknesses, focus on them and correct them. You can't ask for more than that."

During its last annual training period, the 48th Infantry Brigade became one of several units around the country to put the tenets of Bold Shift into practice. These bellwether units will lay the groundwork for the whole guard community for years to come.

Soldiers from Fort Stewart's 2nd Brigade, 24th Infantry Division acted as evaluators and trainers for the 48th's AT, using a building-block approach to lane training at individual and squad level.

Col. Burwell Bell, commander of the 2nd Brigade, was pleased with the outcome.

"Our soldiers went through the same training themselves, under Victory Focus," he said. "Now, acting as trainers, these guys have become better soldiers because they have been forced to become experts in their fields."

Brig. Gen. Don Davis, commander of the 48th, echoed Bell's sentiments.

"What we had here was roll-on/roll-off training supported fully by dedicated soldiers of the 2nd Brigade," he said.

Davis said that one of the main benefits to 48th soldiers was gaining state-of-the-art knowledge

Problems and lessons learned

Bold Shift training was not without problems, according to the 48th's deputy commander, Col. Jerry Corbin. It rained, which inhibited gunnery training.

Lack of practice showed in the scores. The solution, Corbin said, is more tank and Bradley simulators at each battalion.

Lessons learned? You can't get away from the basics, regardless of the level of soldiers' expertise.

This first level of Bold Shift training is a start, building blocks upon which a strong foundation for the 48th and the National Guard can be built.

The training can be maintained at home station level routinely.

From now on, units will focus on higher level of skills during annual training.

from the Army trainers.

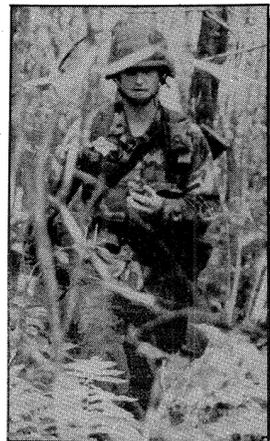
Maj. Gen. Mr. Blackwell said that downsizing of forces has led to the Army's greater reliance on reserve component soldiers. Training must be done at the squad and platoon level, he said, because that is where the main combat action takes place.

"Like any arena, if you don't practice it, you lose it," Blackwell said.



BRIGADE SOLDIERS fire captured weapons during Bold Shift training. (Photo by Pfc. Carlos Campos, 124th PAD)

Reptiles are toothsome foe to 48th's land navigators



By Pfc. CARLOS CAMPOS
124th PA Detachment

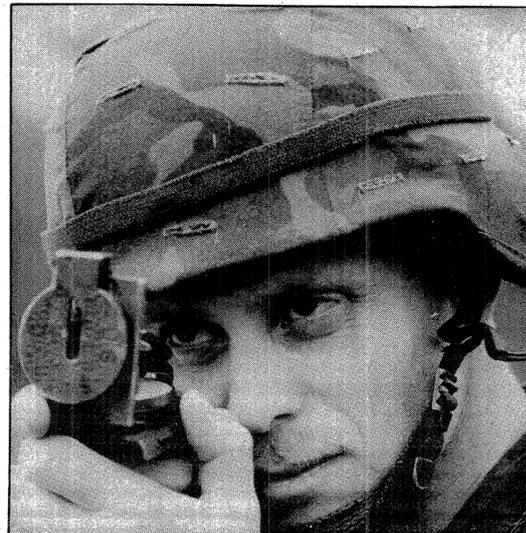
An unexpected obstacle lay in the way of 48th Brigade guardsmen who were negotiating Fort Stewart's tough land navigation course during annual training.

The course was closed due to alligators.

Brigade infantrymen were navigating the course as part of Bold Shift training last August, under the direction of instructors from the Army's 24th Infantry Division. The course winds through miles of wooded swampland, full of cypress knees, palmettoes and pine trees.

Each day before training began, an Army trainer walked the entire course. But while traversing the "Dead Reckoning" portion of the route, Spec. Don Schaefer stumbled across a small alligator.

Using cautious judgement that calls for safety first, Schaefer called in the sighting



A 48TH INFANTRY BRIGADE (Mech) soldier shoots an azimuth on the "gator infested" Fort Stewart Orienteering course.

to his superiors.

"I reported back that we should probably close the course," he said, discretion being the better part of valor. "Those gators can do some

damage."

On another occasion, an instructor was chased by an alligator, and again it was decided to put the course off limits.

Guard hero born as robber nabbed

Staff Sgt. Rory Dunn of the 116th Combined Aircraft Maintenance Squadron in Marietta, will be awarded the Georgia Meritorious Service Medal for his part in catching a purse-snatcher in downtown Atlanta.

Driving through the city, he spotted the robber grabbing the purse from the shoulder of a woman, one of four people chatting on the street. He gave chase, joined by another motorist who happened to be Moses White, editor of a prominent newspaper serving Atlanta's black community. The two men caught the suspect and held him until police arrived.

Dunn and White are black; the victims were white. While holding the robber, Dunn told them: "Atlanta's not like this." The woman's husband wrote letters about the incident to Police Chief Eldrin Bell and columnist Lewis Grizzard. Shortly thereafter, Grizzard devoted a column to the incident.

Pinning of three generals is a first for Georgia Guard

In a first for the Georgia National Guard, Gov. Zell Miller promoted the Adjutant General and both assistant Adjutants General on the same day. The date of rank of all three is Oct. 6, 1992.

While family, friends and staff looked on, Miller promoted Maj. Gen. William P. Bland, Brig. Gen. Douglas M. Padgett and Brig. Gen. Cecil Pearce to their next rank in a ceremony at the state Capitol Oct. 14.

As AG, Bland commands 15,000 soldiers and airmen of the Georgia National Guard. A native of Statesboro, he is a 1959 graduate, and was commissioned as a second lieutenant in the Georgia Air National Guard in 1961.

Bland is a command pilot with more than 8,300 hours of flying time. Among his decorations are the Legion of Merit with Oak Leaf Cluster, as well as the Vietnam Service Medal with 4 devices, Republic

of Vietnam Gallantry Cross with Device and Republic of Vietnam Campaign Medal.

He was appointed as the Adjutant General in April 1991.

Padgett is the Assistant Adjutant General, Air. In this position he advises and assists the Adjutant General in the operation of the 3,500-member Georgia Air Guard.

Padgett is a native of North Carolina and is a graduate of Duke University. From 1959 to 1966, the General was on active duty with the Air Force, flying a variety of aircraft including B-52 bombers. He joined the Georgia Air National Guard in 1967.

He is also a command pilot with more than 20,000 flying hours in commercial and military aircraft. His decorations include the Air Force Meritorious Service Medal, and the Republic of Vietnam Gallantry Cross with Palm.

He was appointed to his current post in June, 1991.

Pearce is the Assistant Adjutant General, Army. In that role he advises and assists the Adjutant General on the operations of the more 100 units and approximately 11,000 members of the Georgia Army Guard.

A native of Moultrie, Pearce entered the military in 1955 as an enlisted man, earning a commission as second lieutenant in the Georgia Army National Guard four years later.

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

General Pearce was appointed as the Assistant Adjutant General in August 1992.

Nunn presents medals

Five soldiers in the 48th Infantry Brigade were awarded the Army Achievement Medal for their performance during Bold Shift training at Fort Stewart recently.

U.S. Sen. Sam Nunn (D-Ga.), chairman of the Senate Armed Services Committee, presented the awards to the soldiers, all members of the 1st Battalion, 121st Infantry, headquartered in Dublin.

Receiving the award for a Bradley fighting vehicle exercise were the three-man crew of Spec. David Muntford of Eastman, the driver; Sgt. William Seagroves of Savannah, the gunner; and 2nd Lt.

Blaine Samples of Metter, vehicle commander.

The crew, all of Eastman's C Co., scored a perfect 500 on the Bradley gunnery skills test.

Receiving medals for outstanding performance in the absence of their superiors were 2nd Lt. Robert Ashcroft of D Co. in Perry and 1st Lt. Gregory Mercier of A Co. in Fitzgerald.

Ashcroft replaced his commander and executive officer when they were temporarily called away from training, and Mercier acted as company commander while his CO was away at training.



CAPT. JOHNNIE J. SMITH, the new commander of the 190th MP Co., receives the company guide-on from the out-going commander, Capt. Joseph P. Hoffman, while 1st Sgt. Thomas B. Dally looks on. Smith came from the 122nd Support Center (RAOC) and Hoffman is the new battlefield circulation control officer for the 178th Command and Control Battalion. (Photo by the 124th PAD)

AWARDS

ARMY MERITORIOUS SERVICE MEDAL
Col. Lawrence L. Allen, Jr., 117th MASH, Atlanta
Col. Jordan B. Gaudry, III, HHB, 118th FA, Savannah
Col. William J. Steele, HQ, STARC, Atlanta
Lt. Col. James B. Wooten, HQ, STARC, Atlanta
Capt. Charles A. Disher, Jr., 118th Per Svs Co
Chief Warrant Officer Clyde L. Allen, HQ STARC, Atlanta

ARMY COMMENDATION MEDAL
1 Lt. David J. Bunt, HQ, STARC, Atlanta
Sgt. 1st Class Harry C. Maliba, HQ, STARC, Atlanta
Sgt. Randy T. Bradley, HQ, STARC, Atlanta

ARMY ACHIEVEMENT MEDAL
Maj. Jonathan D. Pelletier, HQ, STARC, Atlanta
1 Lt. Carmen B. Williams, 117th MASH, Atlanta
2 Lt. Karen A. Corsetti, HQ STARC, Atlanta
Spec Laura L. Kykes, HQ, STARC, Atlanta
Spec Kerri I. Hayes, HQ, STARC, Atlanta

AIR FORCE ACHIEVEMENT MEDAL
Chief Master Sgt. Phillip M. Chandler, 129th Tech. Sgt. Ricky L. Tootle, 165th Staff Sgt. Norman W. Fowler, 116th
GEORGIA COMMENDATION MEDAL
Col. Russell J. Delaney, NGB, Washington, DC
Col. C. R. Saverance, Jr., SCARNG
Col. John A. Taylor, FLAARNG
Lt. Col. James M. Thomas, HQ STARC, Atlanta
Lt. Col. Kenneth R. Waldrep, HQ, STARC, Atlanta
Maj. Charles Lott, Det 2, HQ STARC,

Hinesville
Maj. Bruce M. Wood, HQ STARC, Atlanta
Capt. Jay P. Wells, HQ STARC, Atlanta
1 Lt. Glenn T. Damon, 138th Med Co, Atlanta
1 Lt. Jennifer M. Ross, 138th Med Co, Atlanta
1 Lt. Clifton B. Wong, 138th Med Co, Atlanta
Warrant Officer Patricia A. Barton, HQ, STARC, Atlanta
Master Sgt. James E. Redmond, HQ STARC, Atlanta
Sgt. 1st Class Thomas E. Elder, HQ STARC, Atlanta
Sgt. 1st Class Ernesto S. Ford, 138th Med Co, Atlanta
Tech. Sgt. Sidney F. Johnson, 165th CES
1st Sgt. Billy L. Mull, 118th Per Svs Co
Staff Sgt. Robert B. Humes, Jr., 165th CES
Staff Sgt. Anita V. Jema, 118th Per Svs Co
Sgt. Merenda T. Green, HQ STARC, Atlanta
SRA Iris L. Hall, 165th CES
Leigh D. Ogden, USA MEDDAC, Ft. Stewart

GEORGIA MERITORIOUS SERVICE MEDAL
Brig. Gen. Michael J. Bowers, HQ, STARC, ANG
Col. Marvin E. Horner, 116 FW, ANG
Col. Gordon E. Pender, NCGNG
Col. Carl C. Poythress, Jr., CRIC, ANG
Lt. Col. Ronald Reed, HQ, STARC, ANG
Lt. Col. Henry Pickelsimer, Jr., HQ, 265TH, Marietta
Lt. Col. Lester L. Preiss, III, 224 JCSS, ANG
Maj. Robert T. Hope, HQ, 110th Main. Btn, Decatur
Chief Master Sgt. William L. Cannon, HQ, STARC, ANG
Master Sgt. Sharon B. Page, 224 JCSS, ANG

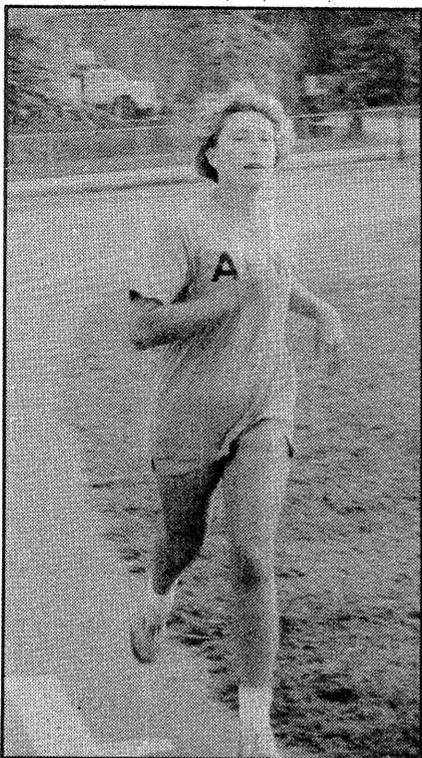
Lane promoted to 151st CSM



"THIS IS A LIFETIME GOAL that I set in basic training at Fort Benning," said the Georgia Army National Guard's newest command sergeant major John H. Lane after receiving his star and wreaths during a recent ceremony. Lane, of Savannah, was promoted to command sergeant major and moved into the top enlisted slot at the 151st Military Intelligence Battalion in Marietta. State Command Sgt. Maj. Billy Manning pinned the insignia on Lane's collar during the ceremony. Lane said that he looks up to Manning and hopes to use his brand of fatherly leadership skills with his own troops. His main goal? To make the 151st the best in the National Guard. (Photo by Cadet Eric Johnson, 124th PAD)

The new, improved guardsman:

A lean, mean PT machine



CAPT. VICTORIA BETTERTON, Headquarters STARC finance section, finishes the final lap of a 2-mile run. (Photo by Sgt. Mattie Jones, 124th PAD)

By Sgt. **MATTIE JONES**
124th PA Detachment

“More PT, Drill Sergeant. More PT!”

All soldiers have repeated those words more times than they care to remember. But that was boot camp.

Now, the Georgia Army National Guard has slowly (for many, reluctantly) jumped on the fitness bandwagon.

Even though the military has always required certain standards for physical readiness, there now seems to be more interest among individual soldiers in not only passing the Army Physical Fitness Test, but excelling beyond the minimum requirements.

The APFT has two sets of standards — a minimum passing score and a maximum score to reach 100 percent. Scores in the three events, push-ups, sit-ups and the two-mile run, are based on a soldier's age. Maximum score is 100 percent in all three for a total of 300.

Chief Warrant Officer Stanley

Hammond of Headquarters STARC, himself a marathon runner, said that, while there hasn't been a dramatic increase in numbers of soldiers who make the maximum score, “there is a significant increase in the number of soldiers who pass the test.”

One who did is Capt. Victoria Betterton of Carrollton, a member of STARC's Finance Section.

“I do well because I run 5 to 7 miles three days per week,” she said. “I also work out in the gym twice a week.”

Not everyone is so motivated. Many units, including STARC, hold mandatory PT formations on drill weekends, although individual programs are encouraged, Hammond said.

Physical training is also playing an integral part of the guard's downsizing process, he said. Soldiers who fail the PT test have their records flagged immediately, which could lead to unfavorable action by a retention board.

Many units also conduct remedial PT programs to help soldiers pass the test.

WINTER FITNESS

No excuses for not staying in shape

By Pfc. **CARLOS A. CAMPOS**
124th PA Detachment

It's cold; it's raining, and there's a good football game on television.

The couch is comfortable, the pizza's hot, and exercise is a distant thought.

But winter is an important time to maintain physical activity, since the cooler climes also tend to chill the desire for exercise.

Physical fitness trainers with the Georgia Army National Guard say, however, there's no excuse for slacking off on the physical training in the winter-time. They suggest alternative exercise plans, special precautions and a little creativity to maintain physical training in the winter.

“Winter doesn't mean you should stop training just because it's cold. You don't have to go out and run — you need to think about variety.”

Maj. Larry Ross, assistant IG officer in the 48th Infantry Brigade, and a Master Fitness Trainer, said guardsmen should seek indoor exercise alternatives if the weather gets too cold.

“Winter doesn't mean you should stop training just because it's cold,” Ross said. “You don't have to go out and run — you need to think about variety. That's where it takes some initiative.”

Ross suggested indoor programs such as a treadmill, rowing machine, stationary bike, swimming, or aerobic sports such as racquetball or basketball.

But the burden of staying in shape throughout the winter months — which include the traditional weight-gaining holidays — falls on the individual soldier.

“It takes a little more creativity and you have to kick the motivation level up a notch,” Ross said.

Lt. Cyro Harrison, a Master Fitness Trainer with the 2nd Battalion of the 121st Infantry in Albany, said precautions need to be taken if outdoor workouts are necessary.

Wear Loose Clothing

Harrison recommends loose clothing in light layers rather than bulky clothes. The layers can be peeled off as the body gradually gets accustomed to the temperatures.

Warm-ups, cool-downs and stretching are especially important in the winter, in order to avoid muscle cramps and pulls in adverse weather.

One important factor many people overlook in the colder months is maintaining a high level of fluid intake, Harrison said. It's only natural to drink water during the hot summer months, but it takes a conscious effort to drink water when it's cold outside.

Both men agreed that winter requires little diet change. They believe a low-fat, high-carbohydrate diet, combined with an exercise program, can fight off the unwanted holiday pounds.

HEALTH & FITNESS

Overeating, depression can dampen holidays

Even though the holidays are exciting and usually enjoyable, many people become depressed during this time of year. Because the season is a time for families, one's thoughts may focus on loved ones who have died or are separated, or wishing for the ideal Christmas.

If you find that your depression is affecting your sleep patterns or eating habits, ask for help from your family doctor or local mental health center.

Accidents can ruin your holiday. But attention to a few details can prevent that.

CHOOSE TOYS for children that are age-appropriate, and follow maker's recommendations for toys' use.

WHEN DECORATING with fresh greenery, water trees frequently and mist boughs and wreaths as well.

REPLACE electric lights if cords are frayed or damaged; don't overload outlets.

USE CAUTION with candles, keeping them stable and away from flammable objects.

The parties, family reunions and quick meals during the holidays can lead to poor nutrition.

Follow these hints for healthful eating:

MODERATION — Use common sense; follow your body's clues when it tells you enough is enough.

AVOID foods high in fat and salt, such as chips, sour cream dips, fried foods and heavy desserts. Instead eat raw veggies, yogurt dips, grilled meats and fresh fruits. Use low-fat dairy products.

EAT LIGHTLY during the day before the big party that evening, but don't let that be an excuse to pig out at the party.

KEEP UP your exercise program. These are those cool days you wished for when you were jogging in July. Take advantage of them.

Best wishes for a safe, healthy and happy holiday from the State Surgeon's Office.

Compiled by Lt. Col. Laura Strange, Chief Nurse, State Surgeon's Office.

BE RESPONSIBLE ABOUT DRINKING

Drinks	APPROXIMATE BLOOD ALCOHOL PERCENTAGE								
	Body Weight in Pounds								
	100	120	140	160	180	200	220	240	
1	.04	.03	.03	.02	.02	.02	.02	.02	Influenced Rarely
2	.08	.06	.05	.05	.04	.04	.03	.03	
3	.11	.09	.08	.07	.06	.06	.05	.05	Possibly
4	.15	.12	.11	.09	.08	.08	.07	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	
6	.23	.19	.16	.14	.13	.11	.10	.09	Definitely
7	.26	.22	.19	.16	.15	.13	.12	.11	
8	.30	.25	.21	.19	.17	.15	.14	.13	
9	.34	.28	.24	.21	.19	.17	.15	.14	
10	.38	.31	.27	.23	.21	.19	.17	.16	

One drink equals 1 1/4 oz. of 80 proof liquor or 12 oz. of beer or 5 oz. of table wine. Subtract .01% for each 40 minutes of drinking.