

Buckeye **GUARD**

July-August '86 Buckeye Guard



A Look At Lady Liberty



The old saying, "She's not getting older, she's getting better," was never more evident than during this fourth of July weekend in New York Harbor. The renovated Statue of Liberty was unveiled in a huge celebration.

Whether you traveled to New York for the unveiling or chose to wait until later when the crowds are smaller, there are some interesting facts about Lady Liberty that you can use to dazzle friends and family.

For instance, did you know that the Statue of Liberty stands on the outer perimeter of an Old Army fort? Fort Eleazer Wood was originally built in 1803 on the southern tip of Liberty Island in response to the threat of war with Great Britain. Eleazer Wood was a West Point graduate and Corps of Engineers officer who had assisted in building the defenses at nearby Governor's Island. He was a hero who was killed in the Battle of Erie in September 1814.

In the early 1800s, the idea was to build forts on Manhattan, Governor, Ellis and Bedloe islands to form a line of defense. Luckily, the forts never had to be tested.

The model for the Statue was the sculptor's mother, making Auguste Bar-

tholdi's mother more popular than Whistler's mother. And about 225 tons heavier.

Liberty Island has had a varied history. It has served as a fishing ground, quarantine station, gallows, hospital base, fort, farm, military prison and dump. It's also had several names: The Indians called it Minissais (lesser island); the colonists called it Great Oyster Island. It became Liberty Island by an act of Congress in 1956.

The decision to place the statue facing Brooklyn was probably determined by the shape of the base. The Army Corps of Engineers, which built the stone fort on the island, designed it in the shape of an 11-point star. The statue is facing the most prominent point of the star. It also faces the harbor, welcoming all incoming visitors.

You might also hear some talk about whether the statue belongs to New York or New Jersey. It's New York. In 1883, both states signed a pact to that effect. Both states share the water around it, but New York City policemen protect it, and the 15 people who live on the island pay New York taxes. The 15 people are from the four families who make up the statue's staff members.

(American Forces Information Service)

"The brave man inattentive to his duty, is worth little more to his country than the coward who deserts her in the hour of danger."

**—Gen. Andrew Jackson,
War of 1812, Battle of New Orleans**

Buckeye GUARD

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OUR COVER

Candidate Paul R. Thornton, a member of the Ohio Military Academy's OCS Senior Class, secures his position after an air insertion by helicopter at Camp Custer, Michigan, in June. Photo and photo story on pages 12 and 13 by Sp4 Thomas Grandy, HQ STARC (-Det 1).



BRIG. GEN. FRANCIS E. HAZARD

BY FRANCIS E. HAZARD

The past several years have been exciting times for the Army and Air National Guard. Increasingly, we have had good missions, improved training, better schools, improved compensation and benefits, and growth as result of the Total Force Policy.

Now as never before, our nation relies on the Guard in our National Defense. Public reliance upon the Guard places a higher burden of responsibility on each of us to be ready to fight and win if needed. We need to be quick enough and strong enough to deter aggression, encourage arms reduction, protect our freedoms and maintain peace.

Not long ago, we could assume that we would have time to brush up on our skills, our physical conditioning, and the process of mobilization. Today, we no longer have the luxury of time. Many guardmembers can expect to be mobilized within 72 hours and others in 60 days or less.

Part-Time Duty, Full-Time Challenge

The Total Force Policy calls for each of us to be ready now! For that reason, every guardmember is encouraged to make the best of every training opportunity to build upon knowledge and skills. There is so much to accomplish within 39 authorized training days, together with a few special training and schooling opportunities that we must be efficient time managers and good lesson planners. We need to know our objectives for every training session and the level of skills required for the performance of our duties.

Training is our primary peacetime duty. The future belongs to those who have highly developed mental skills coupled with the ability to use the latest technology. Each of us needs to take advantage of life-long learning opportunities supported by the Guard Tuition Assistance Program, Military Professional Education Schools and correspondence courses. It is too easy to obtain professional military education not to have it. More often than not, promotion opportunities are enhanced for those who have taken the initiative to advance their educational background.

Outcomes of learning through opportunities provided by the military also have application in the civilian sector and vice versa. In addition to technical skills, each of us needs to give emphasis to developing our competence in communication skills, defined as the ability to speak and write effectively. We need competence in social skills to provide effective leadership. We need to develop our adaptive competence to improve our ability to anticipate and adapt to change. We need to continue updating our knowledge and critical thinking skills — for problem solving, analysis and mission performance.

The pace of change can readily overtake those who do not keep themselves mentally, physically and professional prepared. Because our adversary has a superiority in numbers of personnel under arms, in virtually every category of weapon, we must rely upon our quality edge of technology and our superior training and motivation that stems from the noble purpose of defending our democracy. Nothing less than personal excellence will suffice.

Buckeye Guard Deadlines

<u>ISSUE</u>	<u>DEADLINE</u>
Sept.-Oct. 86	Aug. 1
Nov.-Dec. 86	Oct. 1
Jan.-Feb. 87	Dec. 1

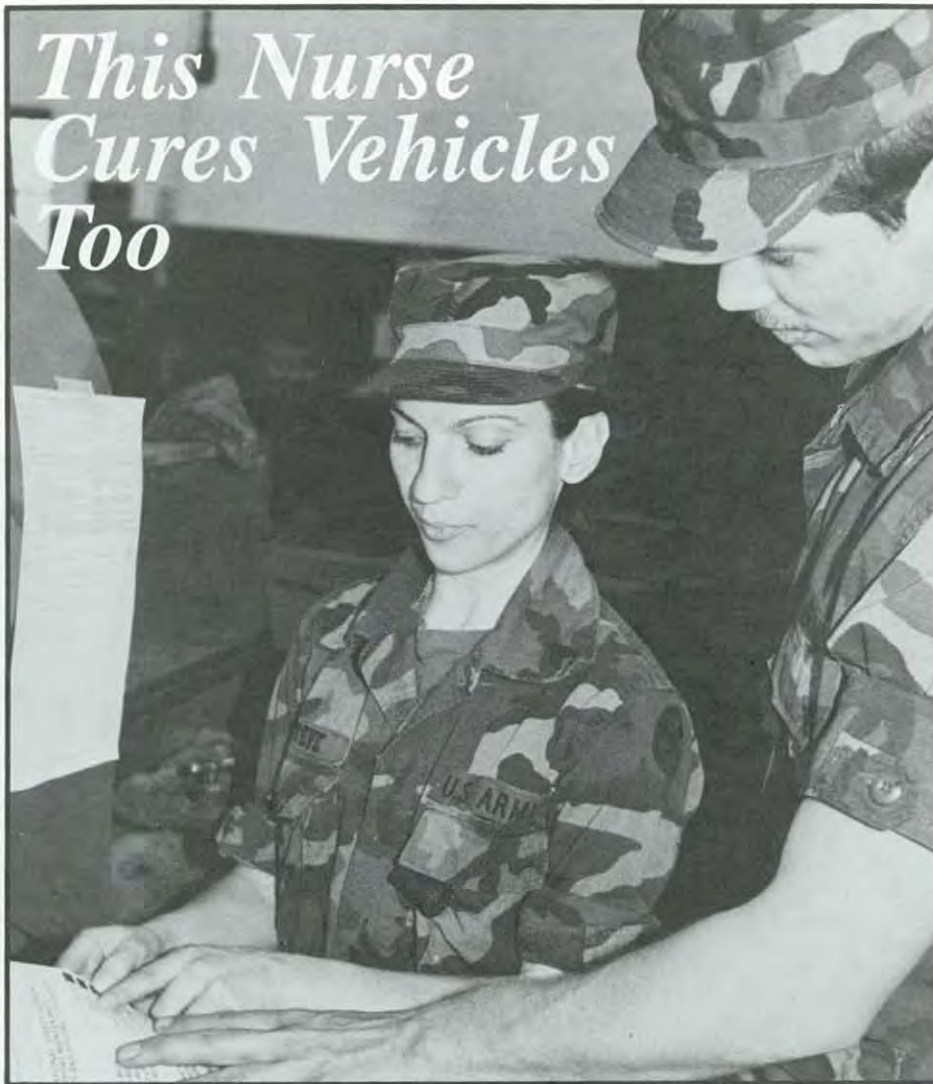
"The reward of a thing well done, is to have done it."

—Ralph Waldo Emerson

"The winds and waves are always on the side of the ablest navigators."

—Edward Gibbon, historian

This Nurse Cures Vehicles Too



THE CURE—Sgt. Stephanie M. Steve and Sp4 Eric H. Johnson discuss vehicle repair procedures.

(Photo By SFC Dave Swavel, HQ STARC (-Det 1).

BY KELLI D. BLACKWELL

HQ STARC

During the week, nursing student Stephanie Steve stays busy learning how to cure the sick. But one weekend a month she gives up her human patients to cure sick vehicles.

Sgt. Steve, a member of the Ohio National Guard for five years, is a temporary federal technician, working with occupational health nurses and environmentalists. She plans to graduate from Ohio State University in 1987, with a bachelor of science degree as a registered nurse.

Steve is the motor sergeant of HHC, 16th Engineer Brigade in Columbus. Getting started as a mechanic in the Guard, wasn't easy for her.

"I spent the first year proving myself. I had to do everything. But after a while, they got used to me."

"As I rose in rank the men became more supportive and respectful." Steve paused, smiled, then said, "It was a challenge."

"I like being the motor sergeant, but as a supervisor, I don't do the 'hands on' work I would like to — I tell others how to do it. I miss twisting those wrenches," she said.

The proud owner of a '73 Pinto wagon and a motorcycle said she had no choice but to learn how to repair her vehicles.

"It's just too expensive to take your car to a garage these days."

"I love it when people at work say, 'Oh, I've got to take my car to the shop.'

"I'd ask, 'What's wrong,' and they'd say, 'I need my oil changed.'"

"I think it's ridiculous to pay all that money so I'd change their oil for them."

The men in her unit now treat Steve as part of their family. "Nothing changes because I'm a woman. We're learning from each other," she said.

Sp4 Eric Johnson said, "It doesn't bother me that we take orders from her; it doesn't bother me that she's a woman. Sgt. Steve's knowledge about cars, trucks and jeeps is technical and precise. She knows what she's doing."

Steve joined the Guard because "I wanted to do something different. I wanted to do something to better myself.

"I could never say that I've regretted joining the Guard. I'm proud to be in the military. It's something that no one can take away from me."



MOS 63 G

She may be the only woman in her section, but she's treated just like one of the guys.

PFC Susan Templeton, of the 155th Maintenance Company in Willoughby, works as a fuel electrical systems repairer, MOS qualified as 63G.

She said the men in her section do not play favoritism because she's a woman. "If anything, they watch me to make sure that I do my job right."

Templeton said, "I really like my job. I now know how to fix my own car."

She said her unit acts as a go-between with the motor pool. "We handle a lot of the paper work. During drills we test drive the trucks, and if we find something wrong, we fix it," she said.

Templeton truthfully said, when she first joined the Guard two years ago, she didn't like it. "I had to get used to—being the only girl, and all. But now I like it. Our unit is like a family."

Templeton attends Cleveland State, with the aid of the Guard's tuition grant program. She is majoring in pre-med.

She plans to reenlist in the National Guard, and stay in until retirement.

Her dedication shows what the Army National Guard is all about.

ACES A Valuable System

EDUCATION

BY MICHAEL PALUMBO

HQ STARC

Most Ohio Army National Guard members are now eligible to receive tuition assistance for high school, undergraduate, or graduate courses under the ACES, the Army Continuing Education System.

The new AGOR 621-5, dated May 9, 1986, describes the variety of federal programs available to help you invest in yourself through continued education. The newest program in ACES, where Army Guard soldiers can obtain 100% tuition assistance for adult High School Diploma and G.E.D. programs, and two different levels of assistance for college courses. Active/Guard Reserve soldiers have used the program for some time. Now it is available for virtually all Ohio Army Guard members.

This valuable new benefit has been provided as part of an Armywide effort to assist all soldiers in attaining the ambitious personal growth and career goals that will be a part of the 1990's and beyond. Similar to the Post Exchange and Extension Bonus incentives, the education benefits are of tremendous value to the guardmember. Education is forever.

Enlisted soldiers in grades E-5 through E-9, with less than 14 years service, can obtain 90% funding for undergraduate college tuition, instructional fees, shop and laboratory costs. All other Army Guard members, officer and enlisted, can obtain 75% funding for undergraduate or graduate courses. All courses must be part of a program leading to a certificate, diploma, or degree.

Unlike other educational programs, enlisted soldiers and noncommissioned-officers do not have to reenlist or extend their service to be eligible. All that is necessary is having sufficient service remaining to complete the current semester. Officers have to serve at least four years after completing a course funded by ACES.

Soldiers receiving Veteran's Education Benefits, including the New G. I. Bill, are not eligible for ACES. Additional restrictions and application procedures are located in Appendix B, AGOR 621-5. For further information call Cpt. Michael Palumbo at (614) 889-7275 or toll free at 1-800-282-7310, or write to him at the Adjutant General's Department, ATTN: AGOH-PA-RR-O, 2825 W. Granville Rd., Worthington, Ohio 43085-2712.

DANTES Can Help You Get Ahead

BY EVELYN D. HARRIS

American Forces Information Service

Military people are often surprised to learn how much of their experience can be meaningfully applied to a college degree. Said one military education official about a Defense Activity for Non-Traditional Educational Support program, "A university won't give a soldier credit just for learning how to be a cannoneer, but it can give him credit for the mathematics involved."

"Non-traditional" is the key part of the DANTES title. The DANTES program enables a soldier, sailor, airman or Marine to finish a high school degree or earn college credits in spite of unusual duty hours or mission requirements.

Although many servicemen and women are able to take advantage of the more formal classroom education programs offered through their local education centers, others can't. The latter are stationed at isolated sites, do shift work, are transferred before completion of their programs to sites where courses are not offered, or have advanced to a level in their studies where courses needed to progress are not among those offered at their new places of assignment. For such individuals, non-traditional education programs are a practical way to make progress toward educational goals.

Enter DANTES. Since education is so important for success in today's fast-changing, high-technology society, DANTES provides an opportunity for all military people to get that education. Said Dr. Dorothy von Scanland, head of professional information services for DANTES, "Voluntary education is incredibly undervalued in perspective. It touches upon literally millions of people. You probably remember the term 'night school.' Now it's a way of the times."

DANTES offers a number of examination and certification programs. These programs are available to Army, Air Force, Marine

Corps and Coast Guard personnel through the local installation Education Office, to Navy personnel through the local Navy Campus Office, and to all eligible National Guard and Reserve personnel through the nearest active component Education Office.

Among the most popular DANTES testing programs is the College Level Examination Program, a widely accepted program for giving college credit for knowledge already gained on the job or through independent study. Last year, DANTES administered more than 50,000 general CLEP tests. DANTES also gives DANTES Subject Standardized Tests in vocational-technical and traditional academic subjects, as well as other tests for gaining college credit.

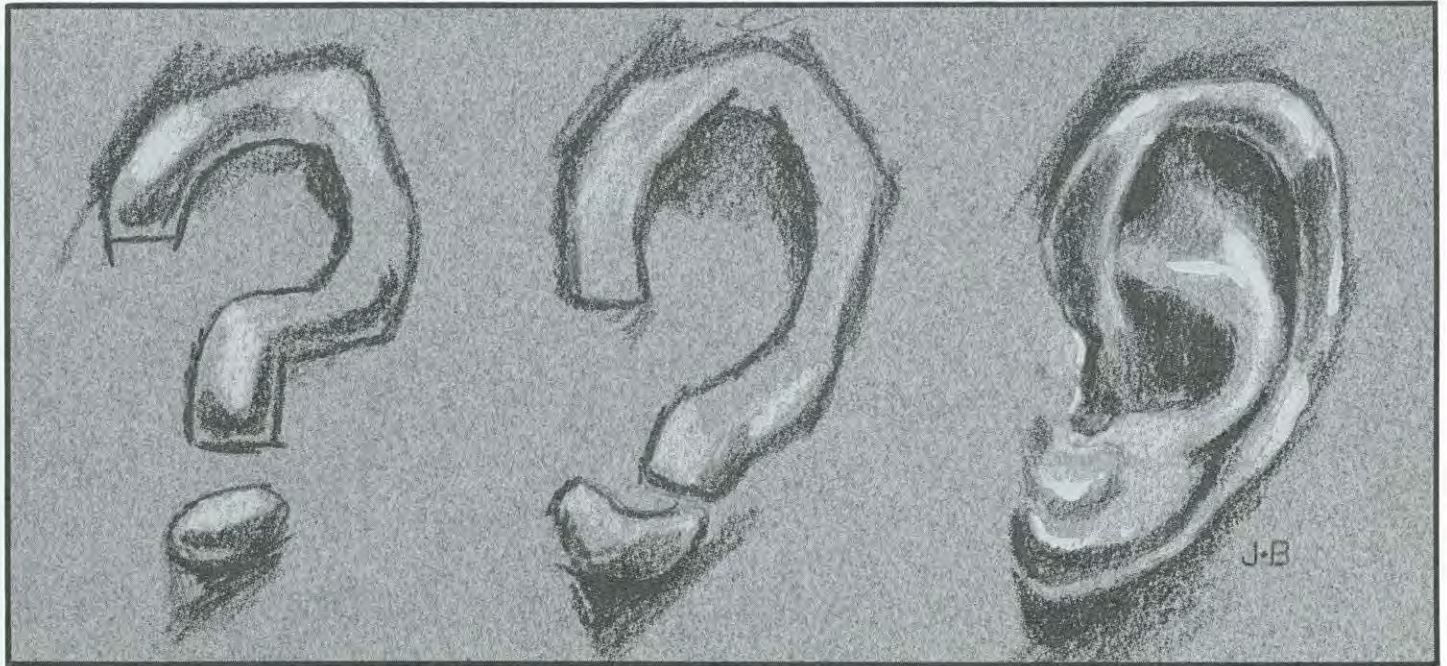
Another popular DANTES service is the chance to take conveniently the Scholastic Aptitude Test, which is required for admission to many colleges and some officer education programs. Last year, DANTES administered some 12,500 Scholastic Aptitude Tests and even paid the fee. Also available through DANTES is the National Teacher Examination, the Graduate Management Admission Test and the Law School Admission Test.

If you'd like to get a high school equivalency certificate, ask your education officer about the General Educational Development Test. Available to military personnel stationed in the continental United States, overseas and at deployed locations, the general education development testing provides adults who do not have their high school degrees a chance to earn an equivalency. DANTES pays the state credentialing fee.

Military people go to some tough schools to acquire some of the best training around. Why not get college credit for that work? The American Council on Education has rated a number of courses given by military schools such as the Defense Information School, the Defense Language School and the Field Artillery School, so colleges know how many credits to give for them as well as for the math involved in becoming a cannoneer.

There is much more to the DANTES story — including certification tests for a variety of occupations ranging from medical technology to computer professionals. If you want more education or simply credit for what you already know, talk to your education officer.

Listening-The Absence of Speaking



BY RAYMOND D. WEBER

Dep. Chief of Staff, Ohio Air Guard

We, as military, professionals do a considerable amount of "listening" and "talking" in our everyday jobs. Listening is one of the most neglected of the communication skills and definitely the weakest cog in everyday communication system. This is verified by the fact that psychologists predict that approximately 85% of all marital conflicts and 45% of parental problems are related to "not" listening.

It wasn't until 1979 when the Sperry Corporation, heavy into the computer systems, launched a multimillion dollar advertising campaign titled, "It's about time we learn to listen," that the idea of listening caught the attention of top middle management personnel. Other companies quickly followed this idea. Ford Motor Company announced "we listen better." The 3M Company said, "we hear you."

Listening should not be confused with hearing. Listening is with the mind; hearing with the senses. Good, active listening goes beyond the senses and emotions. Certain professions have always paid greater heed to the art of listening. Being a pilot for both the military and civilian aviation for over 25 years has made me aware of the art of listening, or in some instances the lack of listening.

Pilots may talk more than the average individual (especially fighter jocks), but they also listen more. It's something you learn from the very first flying lesson. There is a very strong negative motivation, since the results of "not listening" can be hazardous to your health. Listening, like flying safety, should be made our number one priority.

The consequences of not listening can and does cause delays and extra down time. This is very costly in terms of time, money and energy.

The only activity that requires more time than listening is breathing. You obviously know the end result here.

The average person spends roughly 45% of his time listening, while managers and top executives spend approximately 60-70% of their time listening to important matters.

But regardless of how much time we spend listening, we retain only 20-25% of what is heard, losing the other 75% within 2 days. However, listening is a learned skill that can be improved with definite rules and techniques. Several of the techniques include:

- (1) Raising the level of motivation and on-the-job competence.
 - (2) Develop teamwork and morale through better understanding.
 - (3) Seek creativity and new fresh ideas that have real value.
 - (4) Acquire more broadly based knowledge cross-tell.
 - (5) Improve the quality of decisions and leadership.
 - (6) Avoid mistakes in advance.
 - (7) Produce feedback.
 - (8) Point out areas where communications should be expanded, reduced, restricted, revised, intensified or adjusted.
- We continually hear the words "better communication" would have resolved our problem.

Probably our biggest factor to good listening is the inability to focus on the other person's point of view. First, remember the next time you encounter a

discussion, practice listening and speak only when asked a direct question. Remember you aren't listening if you're talking. Second, listen to the other person and limit your conversation to asking questions in terms of what the other individual is saying. Third, in a conversation, speak only after restating what has been said, letting the person know you understand what is said.

Other tips I would like to make mention of are:

- (1) Work at listening, actively concentrate on what is being said.
- (2) Look at the person who is talking - make eye contact.
- (3) Be aware of the non-verbal communication. Listen with your eyes as well as your ears.
- (4) Focus on ideas, not on the speaker's style.
- (5) Don't interrupt unless you need greater clarity.
- (6) Listen responsively. Show signs that you are interested, such as nodding your head or an occasional smile.
- (7) Remember, we think four times faster than a person can talk, so use this extra time to review what was said.
- (8) If necessary take notes. Writing reinforces retention. Basically the keys to success to being a "good listener" are stop talking, show you want to listen by putting the speaker at ease. Like flying, practice everyday to listen, remembering that listening takes patience, consistent effort and most of all, it requires control on your part. There is no secret to "listening". It's hard work, takes energy and concentration. It doesn't hurt too much to bite your tongue.



THEY'RE OFF AT THE 1985 PORT CLINTON/NATIONAL GUARD MARATHON

Photo by SSGT. Ken White

National Guard Runners, Don't Forget

Deadline for entries for 1986 Port Clinton/National Guard Marathon is August 1 — Race Day is Sunday, Sept. 21.
Your unit has entry forms.



KERMIT DEEM RACES THE CLOCK

ALL-GUARD MARATHON

BY WAYNE BLANKENBILLER

Nebraska STARC Public Affairs

LINCOLN, Neb. — The top finishers in this year's National Guard Marathon Trials invoked prayers and teamwork in their battle against a "killer" wind that slowed times and tested the resolve of the almost 500 Army and Air Guard runners.

The wind had the peculiar quality of "always changing directions so that you were facing into it all the time," said Shirley Schmitt of Hawaii who won the women's division in 3:11:49.

Shirley ran alone most of the race, and couldn't take a rest by letting someone else break the wind for her. Forced to fight the wind on her own, she prayed, "Please Lord let me make it."

Reinaldo Diaz of Puerto Rico, the second place finisher in the men's division with a time of 2:39:32.4, also prayed for "help to be able to finish." But he and several other male front runners became involved in a spontaneous act of strategic teamwork to battle the wind.

The team usually involved four runners whose strategy was to alternate taking the lead so that each volunteer participant only had to fight the wind 25 percent on the time. The others would fall in behind, staying close to take advantage of the respite from a wind that averaged 22 mph with gusts up to 40 mph.

Robert (Jabby) Young from Montana who finished 7th became the time-keeper. "I'd keep an eye on my watch and call for a change of lead every minute. I'd met one of the guys before (Michael Ziegler of Wisconsin who won the men's division). The others I didn't know."

"It was like cooperation just reigned supreme. It was the most exciting and rewarding part of the race to be involved in such an act of sharing and teamwork," said Roger Prevot from Rhode Island who finished third with a time of 2:39:36.2.

Michael Ziegler, the overall Guard winner with a time of 2:39:00.1, also expressed his jubilation over "the spontaneous cooperative effort." Both he and Prevot are primarily National Guard biathletes who run in the off-season.

"I enjoy running and I take it seriously," said Schmitt who belongs to an all-female track club in Hawaii. "But I also believe running should never become the number one thing in life. My 15-year-old son comes first to me."

The importance of the National Guard marathon program in promoting better fitness in the Guard was pointed out at post-race ceremonies by Brig. Gen. Richard D. Dean, Deputy Director, Army National Guard. He called the nearly 500 assembled runners "the cutting edge of physical fitness in the Guard."

Another runner, who happened to be the Adjutant General of New Mexico, Maj. Gen. Edward D. Baca expressed his pride in being a competitor with such fine people. "I don't consider myself a general officer," he said. "I'm one of you—just a member of a running team on which I had to work hard to earn a spot."

Schmitt was followed across the finish line by Dixie Culp of Pennsylvania in 3:29:29, and Jessie J. Standart of Nevada in 3:30:11.

Wesley R. Geringer added more glory to the Wisconsin team by winning the Master's division in 2:46:46.

Bruce Leads Ohio Contingent

SSgt. Ronald E. Bruce, 1486th Transportation Company, Ohio Army National Guard, qualified for the All-Guard Open Team (men 40 and under) and posted the fastest time for an Ohio Guardmember at the National Guard Bureau Marathon on Sunday, May 4.

The 36-year-old Bruce finished 19th overall with a time of 2 hours, 52 minutes, 4 seconds. SFC Carlton J. Surtman, 43, of HHD 137th Supply and Service Battalion, finished the marathon with a time of 2:59:44.7 and qualified for the All Guard Masters Team (men 40 and over).

The other All-Guard qualifier from Ohio was Capt. Gloria A. Bishop, 31, of HQ STARC. Bishop finished with a time of 4:23:40.4

Other Ohio finishers included: Sp4 Kurt A. Wahl, HHC 416th Engineer Group, 3:10:10.6; Sgt. Albert J. Garretson, 324th Military Police Company, 3:18:50.3; SSGT. Gerald R. Forrider, Co. B 1/166th Infantry Battalion, 3:36:35.3; Sgt. Joseph E. Riedlinger, Attack Helicopter Troop, 107th Armored Cavalry Regiment, 3:44:39.5; Capt. Roger A. White, HHC 1/166th Infantry Battalion, 3:59:39.4; MSgt. Kermit E. Deem, HQ STARC, 4:09:16.1; Brig. Gen. Robert L. Lawson, 16th Engineer Brigade, 4:15:34.3; Col. Richard C. Alexander, HQ STARC, 4:15:34.8; PFC Diane L. Romstadt, HQ STARC, 4:53:30.1.

'City of Springfield' Christened



The relationship between the Springfield Air National Guard Base and the city were reinforced on May 15 with the christening of one of the base's jets as "The City of Springfield" to represent the city at air shows and demonstrations.

It wasn't a bottle of champagne, but 80 proof Hiram Walker's Crystal Palace gin that was

held to the nose of the plane by Springfield Mayor Eugene Kunk in the staged christening, and Kunk said the city's new representative in the 178th Tactical Fighter Group was a welcome addition.

Group Commander Col. Richard E. Higgins said naming the A-7D Corsair II for the city revives an old tradition from a few years ago

when the base had a "City of Springfield" among its planes and reflects the base's ties to the city.

"We're a Springfield unit," Higgins said, "so when this plane goes to an air show, it represents the city of Springfield."

(Reprinted, Courtesy Springfield News-Sun)

Outstanding Guardmembers



Sp4 DARRELL LEE PARMER, A1C DIANE PLOCEK

Sp4 Darrell L. Parmer, HHC 612th Engineer Battalion, and A1C Diane Plocek, 180th Tactical Fighter Group, were honored recently as the Outstanding Guardmembers of the Year by the Toledo Area Chamber of Commerce Military Affairs Committee.

The purpose of the Chamber's Military Affairs Committee is to facilitate relations between the business and armed services communities. In accordance with this, the committee hosts an annual dinner to present the awards to outstanding reservists in the Toledo

area and also present special employer support certificates to their employers.

Featured guest at the dinner was Henry "Butch" O'Neill, chairman of the Ohio Committee for Employer Support of the Guard and Reserve. He presented the Northwest Ohio State Chairman's Award to the Schindler Elevator Corporation. This award is given annually to a firm that demonstrates outstanding support for its employees who are members of guard and reserve units.

Ohio Air Guard Deploys to England

BY THOMAS E. BAINES

178th Tactical Fighter Group

The U.S. Air Force's Tactical Air Command deployed 24 A-7 Corsair II aircraft from the Ohio Air Guard in June and July in a short-term tactical deployment called "Coronet Miami." Planes, equipment and personnel from the 121st Tactical Fighter Wing, Rickenbacker ANGB, Columbus; 178th Tactical Fighter Group, Springfield-Beckley Municipal Airport, Springfield; and the 180th Tactical Fighter Group, Toledo were deployed to RAF Sculthorpe, United Kingdom.

Each unit went for a two-week period. Approximately 350 people from Springfield's 178th Tactical Fighter Group were deployed on June 21 and returned on July 5.

While overseas, the units trained with military elements of NATO. U.S. Air Forces in Europe's 48th Tactical Fighter Wing at RAF Lakenheath provided support to the Ohio units while they were in the UK.

Employer Support Critical

BY DAVID HERMAN

State Retention NCO

Pass this magazine on to your employer and help ensure that the business community knows that the Guard is more than a part-time job, and that Annual Training is far from a vacation.

President Ronald Reagan recently had the following to say on the subject of support for the Guard and Reserve:

"There are more than a million men and women serving America in the National Guard and Reserve. They're a vital part of our nation's defense.

"Duty with the Guard and Reserve is demanding. It requires members to take time off from their regular jobs and takes them away from their families for military training.

"Therefore, I extend the thanks of the nation to those of you who support the Guard and Reserve. Without the backing of employers and families, we could not maintain these essential volunteer forces.

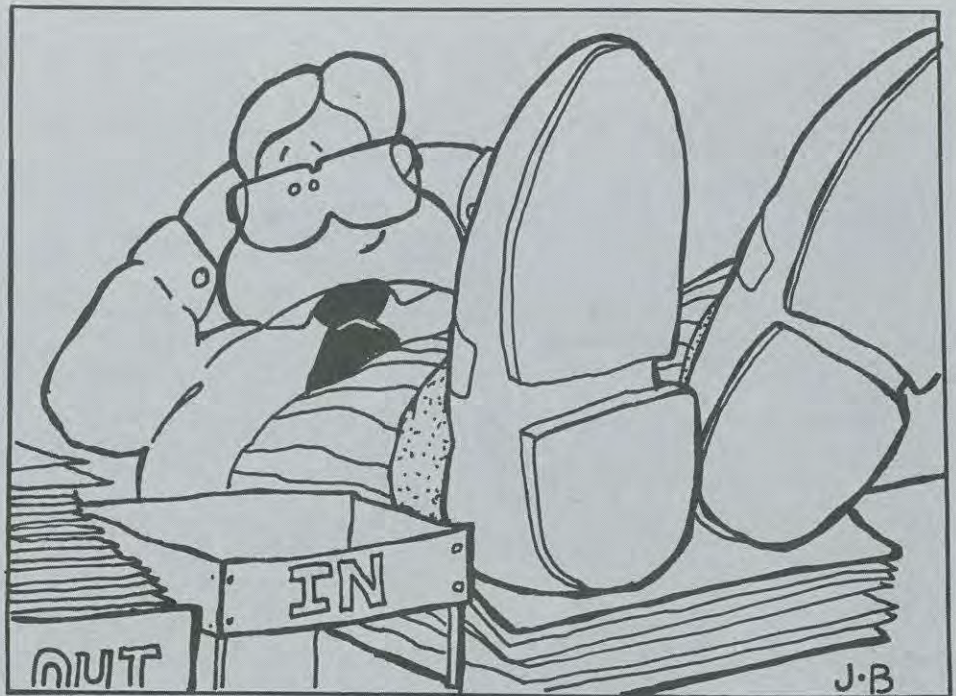
"The security of our nation depends on a strong Guard and Reserve. And a strong Guard and Reserve depends on us."

Approximately 40 percent of our military strength rests in the Guard and Reserve. We can neither afford the dollar costs of converting to an all active military force, nor can we afford the costs to our national security by reducing the number of trained men and women by 40 percent. The only remaining alternative is to support those employees who have chosen to fulfill the total responsibilities of American citizenship.

The Ohio Committee for Employer Support of the Guard and Reserve needs your help as an employer or citizen. Activities include public relations, presenting awards to supporting employers, and assisting Guard and Reserve members whose employers actively discourage their military training.

Volunteer your services to assist the Ohio Committee by calling one of the Area Chairpersons:

- Northwest, Mr. Kim Boyd, 419-841-2825
 - Northeast, Mr. Al Wickley, 216-889-3365
 - Southwest, Mr. Keith Kmett, 513-322-9519
 - Southeast, Mr. James Mitchell, 614-373-6421
 - Central Ohio, Mr. Blaine Sickles, 614-249-6364
- Protect their future while they protect yours. Support the Guard and Reserve.



My Boss is a Pro

All those who have a full-time civilian job, raise your hands. Have you thanked your employer lately for supporting your membership? If not, now is the time.

The National Committee for Employer Support of the Guard and Reserve, as well as the Ohio Committee and the Adjutant General's Department, would like to recognize those employers who show extra concern and support for their guard employees.

That concern may be shown in such ways as extremely flexible work schedules . . . payment of full salaries during military training programs in their place of business.

If you feel your boss deserves recognition for supporting you and the Guard, write a letter. Describe how your employer "Goes The Extra Mile." Include your name and address; your employer's name and business address; and your unit, unit address and commander's name.

There are no losers in this program. Your employer will receive an attractive certificate of appreciation, be recognized in the *Buckeye Guard* magazine, and be considered for the prestigious national PRO PATRIA award and state chairman's award. This certainly can't hurt your relationship with your supervisors, nor their opinion of you and the Guard. Everyone wins.

Nominations may be submitted at any time. There is no cut-off date—this is a continuous effort to help make life easier for you, the guardmember.

Send your letter (or a pre-printed form available from the Army Guard Area Retention NCO's) to:

My Boss Is A Pro
NCESGR Awards Officer
 1735 North Lynn Street, Suite 205
 Arlington, VA 22209

'My Boss is a Pro,' awards nomination form

Please print legibly or type all information requested on this form. Without all the information requested below, we cannot process your nomination.
 Mail to: National Committee for Employer Support of the Guard and Reserve, Suite 206, 1735 North Lynn Street, Arlington, VA 22209-2082.



This section pertains to your boss.	This section pertains to you.	This section pertains to your unit.
Nominee name: _____ <small>(Employer name or supervisor)</small>	Name: _____	_____ <small>(write unit)</small>
Business/company name where you work: _____	Rank: _____ Component: Air <input type="checkbox"/> Army <input type="checkbox"/>	Address: _____
Street address: _____	Address: _____	City: _____
City: _____	City: _____	State: _____ ZIP: _____
State: _____ ZIP: _____	State: _____ ZIP: _____	Your commander: _____
Your reason for nominating your "Boss" or company for an Employer Support award: My boss is a "Pro," because: _____		Commander's rank: _____
(Use an additional sheet of paper, if needed. Attach to this awards form.)		
(Make photocopies of this form for use in your unit.)		

Civilian Job Rights For Reservists

BY DONNA BOLLINGER

American Forces Information Service

A National Guardmember working for a small town police department received orders for a four-month officer basic course. When he requested time off from his civilian job to attend the course, his employer told him that when he finished his military training, he'd have to reapply for his job and wait for the next vacancy.

A reservist told his civilian boss his unit was scheduled to serve a four-week annual training period in Europe. The employer said he'd release the employee for two — but not four — weeks of military duty.

In both cases, the employers violated federal law. Employers often don't realize that employees who periodically must take leave of absence to serve in National Guard or Reserve force units are entitled to special employment protections.

On the other side of that coin, many Guard and Reserve members don't realize they're not entitled to *carte blanche* job protection — that if they want to retain their civilian job rights, they have responsibilities to their civilian employers.

Air Force Col. Barbara Bacon spends her days helping Reserve component members and their employers understand their particular responsibilities. As ombudsman for the National Committee for Employer Support of the Guard and Reserve, Bacon works to resolve employer-employee conflicts before they reach the courtroom.

Bacon said she often deals with employers who don't realize their legal obligation to allow their employees time away from the job for military training.

Congress has provided that a member of the Reserve forces is entitled, upon request, to an unpaid leave of absence from a civilian job to participate in annual training, active duty for training or weekend training drills.

This applies whether a reservist or guardmember volunteers for, or is ordered to, active duty and regardless of the frequency of the duration of the duty (up to five years).

By law, an employer cannot require an employee to use vacation time for military training. The employee may choose to use vacation time, but may also use leave without pay or, if provided by company policy, paid military leave.

Congress also stipulated that once this training is completed, the employee is entitled to reinstatement to the same job or a similar job of equal status and pay. The returning reservist is entitled to the same seniority, status and rate of pay to which he would have been entitled if he had remained on the job, Bacon explained.

While Bacon frequently deals with employers not familiar with their legal obligations, she also encounters guardmembers and reservists who don't understand their responsibilities or abuse the protections they have.

These primary obligations, she said, are to:

- keep their employers informed about upcoming training periods as far in advance as possible, preferably by presenting the employer with military orders, a unit training schedule or a letter signed by the unit commander;

- return to work immediately after the training is completed, and

- avoid taking excessive absences from their civilian workplace to conduct unnecessary military training.

In short, guardmembers and reservists have to be considerate of their employers' needs if they want to preserve a harmonious employer-employee relationship, Bacon summarized.

"The thing we stress is communication. When a reservist knows of upcoming training in advance, he has a responsibility to tell his employer. That gives the employer a chance to plan for the employee's absence and to adjust work schedules if necessary."

To retain his employment rights, a reservist is obligated to return to his civilian job as soon as his military training is completed. In the case of initial active duty training, however, the reservist must report back to work within 31 days following release from duty.

Any additional time a reservist chooses to take off before returning to his civilian job must be taken with the employer's permission and is counted as leave without pay, personal or annual leave — not military leave.

While the law provides reservists almost unlimited leave opportunities for military training while maintaining job rights, Bacon advises reservists and guardmembers not to abuse this entitlement.

"Some reservists seem to sign up for one school after another and one duty assignment after another, frequently leaving their civilian employment for weeks and weeks at a time," Bacon said.

She advised that members of the Reserve forces who wish to pursue military training attend only those military schools directly related to their military specialties to help keep peace with their civilian employers.

"Reservists have a responsibility to be fair to their employers," Bacon said. "When it comes to avoiding employer-employee conflicts, it's a two way street."

OCS.

BY THOMAS GRANDY

HQ STARC (-DET 1)

In one of the final exercises of the Ohio Military Academy's Officer Candidate School, 39 candidates in the Senior Class traveled to Camp Custer, MI, to participate in an eight-day field training exercise.

After being briefed on the safety procedures to be observed while out in the field, members of the Ohio National Guard were joined by their cohorts in the West Virginia National Guard OCS and flown out by helicopter to the landing zone.

Dressed in full battle gear with weapons, the future officers jumped from the helicopters and fanned out into a battle formation under the attack of the OPFOR, or Opposing Forces, thus beginning their eight days of training.

While out in the field, the candidates put to practice the skills they had learned in their previous classroom work through exercises in defensive positions, night patrols, combat patrols, raids and ambushes, night attack and even an anti-armor exercise.

Although their training may have spanned a long 13-month period, their dedication was rewarded on June 28 when the remaining 39 candidates were converted to second lieutenants in a graduation ceremony at Camp Perry, OH.



As the helicopter approaches its objective, Candidate Paul R. Thornton examines the landing zone for any "enemy" activity.

. Learning to Lead



The afternoon before a night patrol mission, Candidate Mike Best and his squad prepare themselves by participating in a daytime reconnaissance patrol.



After reaching the landing zone, members of the OCS Senior Class exit the helicopter to secure fighting positions.



After an early morning field bath, Candidate Anthony P. Digiacomio replaces his camoflauge before getting breakfast.



SSgt. Sam F. Eisele, Co. M, 107th ACR, briefs members of the Senior Class on the procedure of field mess operations before heading out to the field.

Nutrition Important For Readiness

BY EVELYN D. HARRIS

American Forces Information Service

Once, the military's attitude toward food was to "get it down and get out." But no longer. If an army or any other military service is going to travel on its stomach, that stomach had better be fueled with nutrients, not weighed down with excess fat and "empty calories" from concentrated sugars or bloated by water retention brought on by excess salt.

A recently issued DoD health promotion directive (1010.10;11 March 1986) is probably best known as the "Defense Department's anti-smoking directive." But it is just as concerned with other aspects of the healthy lifestyle — such as nutrition and exercise.

Dr. William Mayer, assistant secretary of defense (health affairs), noted, "We have the healthiest men and women of any armed force on earth. This directive is intended to make them even healthier. We don't try to force changes on men and women — you cannot alter human behavior. But we must continually impress upon our people the importance of choosing a healthy lifestyle and maintaining healthy habits if we are to maintain the high state of readiness required to do our mission."

The directive makes formal an already existing trend toward providing more nutritious meals in military dining facilities. More than two years ago, the joint service Armed Forces Recipe Service began developing recipes that would help trim waistlines and unclog arteries. Now, these recipes are being used, and meals with reduced amounts of fat, salt and calories are available in military dining halls wherever feasible.

Vending machines and snack concessions are expected to offer nutritious alternatives to the usual candy and soda pop — such as fresh fruit, fruit juices and whole grain products. In addition, the directive instructs dining halls to provide calorie information where feasible.

And finally, the services will be providing even more nutrition education than before, education that will "get the message across" about the value of good nutrition, such as these facts:



□ Foods with a high fat content (like bacon and sausage) can contribute to coronary heart disease.

□ Foods with a high salt content should not be eaten by those with high blood pressure. Some foods are surprisingly high in salt. For example, the recommended safe and adequate level of salt in the adult diet is approximately 1,100-3,300 milligrams per day. One large dill pickle contains around 1,930 milligrams of salt, and a tablespoon of soy sauce contains 1,320.

□ Foods with a high sugar content contribute to the high incidence of dental cavities in American youth. Many children's cereals — especially the sugar-coated ones — are surprisingly high in sugar content (more than 50 percent).

□ Additives such as monosodium glutamate (MSG) can cause headaches. Monosodium glutamate is particularly common in food served in oriental restaurants.

□ Excessive amounts of the fat-soluble vitamins A, D, and K are stored in body tissue and can be dangerous.

□ Diets too low in fiber may contribute to cancer of the colon. Fiber is found in fresh fruit, vegetables and whole grain products. However, don't overdo the fiber — too much fiber (more than 40 grams per day) inhibits calcium absorption.

□ Regardless of your age, you need calcium. A recent study shows calcium may help prevent colon cancer. Women, in particular, need enough calcium to prevent osteoporosis, or brittle bone disease. Experts recommend 800-1,000 milligrams of calcium per day for women before menopause and as high as 1,500 milligrams after menopause. One cup of milk contains 298 milligrams of calcium.

Slow Chewers Can Make Diets Last Longer

For some, going on a diet has a built-in failure point. If you go "on" a diet, there's the expectation of going "off" a diet, and that's when your extra weight can return.

To avoid the pitfalls of regaining weight, the Food Service Division of the Fort Belvoir, Va., hospital offers suggestions you can use at home, during drill weekends and annual training:

- Use skim milk or low fat milk instead of whole milk.
- Avoid the use of jam, jellies, preserves, honey and syrup.
- Substitute fruit for dessert rather than using pastries, cookies, ice cream, pies or other dessert items.
- Use dietetic beverages rather than regular carbonated beverages. Drink a dietetic beverage before eating a meal.
- Avoid the use of fruit punches or ades.
- Avoid french fried foods and those served with sauces.
- Broil or bake meats rather than frying. Grilling out-of-doors is a good way to avoid extra calories unless sauces are added.
- Use raw vegetables as snack foods instead of high calorie potato chips, torilla chips and pretzels.
- Alcoholic beverages are high in calories and may stimulate your appetite; for these reasons they should be avoided.
- Some foods are naturally low in calories and can be taken as desired. Examples of these are raw vegetables, dill pickles, fresh cranberries, coffee, tea, diet soda, dietetic gelatin, lemon and lime, herbs and spices, vinegar and bouillion.
- Avoid the night eating syndrome, or starving by day and stuffing by night. Try to space your food over the entire day. Statistics have proven that skipping meals causes you to eat more later in the day, usually more than making up for the calories missed earlier.
- Second portions can be taken from vegetables and salads rather than higher calorie foods such as meats, potatoes, and breads.
- Vary your menu. Be creative. Dieting doesn't have to be dull.
- When faced with temptation, ask yourself, "What is more important, five minutes of delight or lasting results of a shapely, healthy body?"
- Weigh yourself at the same time with the same amount of clothing. Weekly weights are more accurate than daily weights. Remember that a safe weight loss is one or two pounds per week.
- If you've cheated, admit it and start your diet again. Strong feelings of guilt often lead to more cheating.

Low-Cal Food For Summer Diets

BY GLORIA BISHOP

It's summer and high calorie goodies are passe for many who look for that lean look this time of the year. There is no reason to get timid about losing weight during the warm weather months.

Here are some plain facts to help you design a weight loss plan for yourself — before your next unit weigh-in!

Weight control is accomplished by a balance of calorie intake (food eaten) and calorie output (physical activity).

Weight loss is accomplished by spending more calories than you take in.

Weight gain is accomplished by taking in more calories than you spend.

An adequate daily diet consists of:

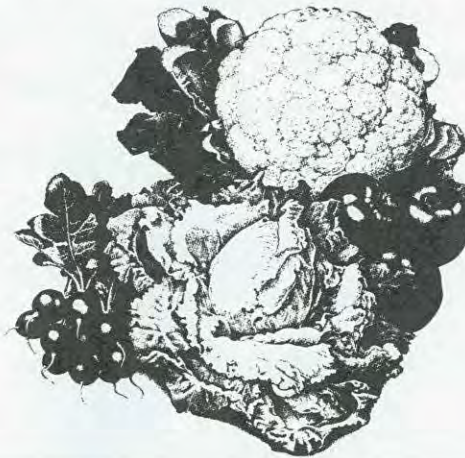
- Skim milk — two or more glasses for adults (cheese and yogurt fall into this group also.) Milk products provide protein, calcium and other nutrients.
- Lean meats — two or more servings of fish, poultry or meat. Dry beans, peas, lentils and peanut butter are OK occasionally. The meat group provides protein, fat, iron, minerals, vitamins, including thiamine and vitamin B12.
- Fruits and vegetables — four or more servings with a good source of vitamin C daily and vitamin A several times per week. Good sources of vitamin C include: oranges and orange juice, broccoli, papaya, strawberries, cantelopes and raw cabbage. Good sources of vitamin A include: liver (and

other organ meats), sweet potatoes, greens, butter and margarine.

- Whole grain and enriched breads, cereals, and grain products — four or more servings. This group provides B vitamins, iron and energy (calories).

A diet consisting of the aforementioned amounts of each food group will provide 40 different nutrients each person needs to stay nutritionally sound. These nutrients consist of vitamins, minerals, amino acids, fatty acids (from vegetable oils and animal fats) and sources of energy (calories from carbohydrates, fats and protein).

Most foods contain more than one nutrient — and no single food provides all of the essential nutrients in the amounts that your body needs. Therefore, you should eat a variety of foods as outlined



above, to provide your body with the nutrients it needs. This decreases the chances of your developing a deficiency of any single nutrient.

Now, let's discuss a weight reduction plan. But before you begin any serious weight reduction plan, you should consult your physician. He can provide you with a diet plan specific to your needs.

Crash diets are not an effective way to lose weight and keep it off. The reasons for this are because: 1) the food selection is usually very limited and becomes very boring, 2) fad crash diets are often expensive and usually nutritionally unsound, and 3) crash diets do not help you break old eating habits or develop new ones that can be maintained for a lifetime.

A successful weight loss plan is one you can follow throughout your life. It requires a conscientious effort on your part — and does not happen overnight. It takes years to gain extra weight, so it takes a substantial amount of time to lose it, and of course, depends on how much weight you have to lose.

REMEMBER! It takes 3,500 calories to make one pound — that is a pound gained or a pound lost. That is, an extra 67.5 calories per week for 1 year will equal one pound. **EITHER LOST OR GAINED — THAT IS YOUR CHOICE.** You can accomplish weight loss one day at a time, and do not be discouraged by setbacks — they happen to everyone.

Good Old Water . . .

Three-fourths of the Earth is covered with it. It makes up the greater part of our body weight, and most of what we eat and drink contain it. We're talking H₂O here. Good old water. Yet, despite common sense and an official policy, most service members don't drink enough of it.

Water helps cleanse the body of impurities and increases its endurance for physical activity. During high heat stress activity, the body can lose more than a quart of water per hour, resulting in dehydration and exhaustion.

A chart in a multi-service manual on the prevention, treatment and control of heat injury lists water intake requirements when performing different types of activities at different temperatures. The amounts may sound high, but they include the water content of food that is eaten.

A person should consume from five to 13 quarts of water per day when performing in heat stress temperatures, the manual says. Further, water should be replaced every 20 to 30 minutes if the temperature or humidity is high.

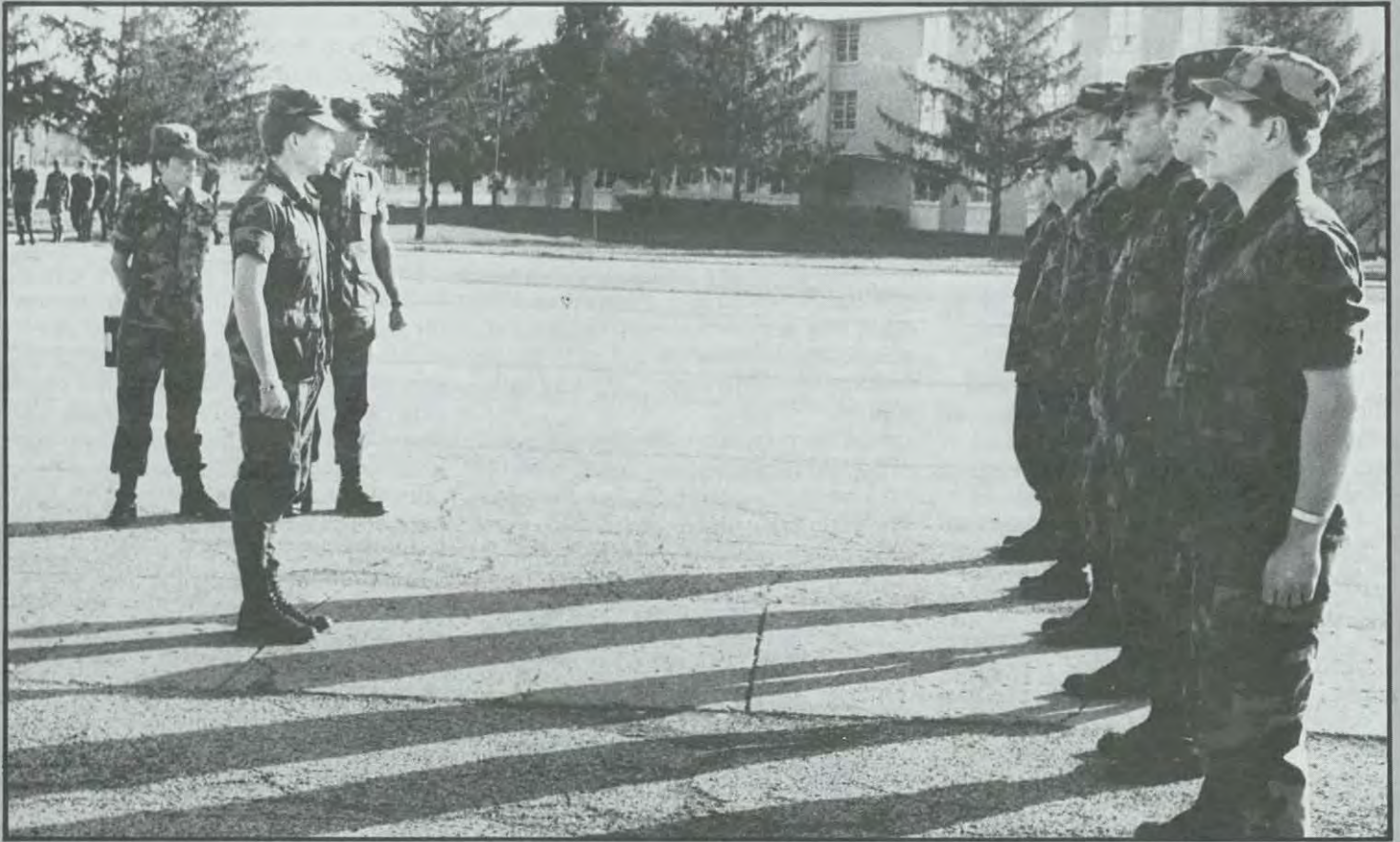
WATER REQUIREMENTS

Activity	Duties	Quarts per day Wet-Dry Index	
		Less than 80°	More than 80°
Light	Desk Work	5	6
Moderate	Route march	7	9
Heavy	Forced marches; stevedoring; entrenching; or route marches with heavy loads or in CBR protective clothing.	9	13

*Water requirements include food with water content.
80° on the Wet-Dry Index is equivalent to 85° in a jungle or 105° in a desert environment.*

Based on a chart in multi-service manual TB MED 507, *Prevention, Treatment and Control of Heat Injury*, July 1980.

Primary Leadership Course



PUTTING YOUR BEST FOOT FORWARD—Acting squad leader Sp4 James Condon, HHB 1/136th Field Artillery, conducts drill and ceremony in accordance with Field Manual 22-5. Sp4 Peg Hanley and SSgt. Randy Fuller, Ohio Military Academy PLDC instructors, evaluate the soldiers and squad leader regarding execution of movements and attention to detail.

BY REBECCA SLYH

196th Public Affairs Detachment

Helping enlisted personnel understand and further their careers is a primary mission of the Ohio Military Academy. Whether it is instilling confidence in students or emphasizing the importance of taking initiative, OMA stresses the importance of both in its Primary Leadership Development Course.

PLDC combines the Primary Leadership Course and Primary Noncommissioned Officer Course. Feedback from students and their units indicated that the courses should be consolidated.

After years of fine tuning the material, the course was validated at Fort Polk, La. in 1983.

"PLDC is a theory of leading by coaching and encouraging," said SFC Michael R. Menrath, Operations Sergeant at the Ohio Military Academy. It is a non-MOS leadership course with an emphasis on 'training the trainer to train.'

Students in PLDC learn leadership skills in classroom and combat environments.

At Camp Custer, Mich. the students practiced map reading and land navigation techniques taught in the classroom. The four-hour field performance exam tested their ability to navigate from one point on the ground to another, using a map and compass.

As for the difficulty of the plotted courses, "they are not an average run-of-the-mill course or a boy scout outing. Students must return to nature and just go by terrain," said Menrath.

According to Sp4 Renee C. Dallas, HHD 137th Supply and Service Battalion, the instructors pulled a lot of material out of the students. Although the instructors lectured, feedback from the students was also important.

"Everyone's different capabilities blended into a working team," said Dallas.

Teaching the material in everyday English is an important part of the course.

"This is how we apply it and try to perfect it," said Sgt. James Frye, an instructor at OMA.

Capt. Bill Pursley, 383rd Medical Company, Chaplain for the class, relates how the students are treated through the training.

"It was always emphasized up front that the way to lead people is to recognize that they are human beings with dignity and individual self-worth," said Pursley.

The 80 PLDC students graduated May 17 at the Ohio Military Academy. They rejoin their units as fully trained NCOs.



(Photos By Sgt. Rebecca Slyh)

SIGN IN—Sp4 Renee Dallas, HHD 137th Supply and Service Battalion, signs for MRE's while SFC Michael Menrath, NCOES Operations Sergeant, overseas for verification.



PRECISION CREW CHIEF—SSgt. Anthony S. Giannantonio, Troop Command, 107th Armored Cavalry Regiment, was chosen to be one of nine crew chiefs out of applicants from across the United States to support the United States Precision Helicopter Team during the World Championships held in England June 22 to 28. The purpose of the championship is to determine the Precision Helicopter World Champion. Events in the competition include: timed aerial and rescue, precision flying, navigation, helicopter slalom and free style. The Army National Guard was represented by an OH-58 team from Texas. (Photo By Karen Leslie)

Hapner Promoted To Colonel

Col. Jon Hapner of Hillsboro has been promoted to the rank of colonel in the Ohio Army National Guard, and has been named head of the Ohio Selective Service Section in the Ohio Adjutant General's Department.

Hapner, municipal judge in Hillsboro and an attorney with the law firm of Hapner and Hapner, has been a member of the Guard's Selective Service Section since 1964. A former field artillery officer, he is a graduate of the Army's Command and General Staff College.

He served as a field officer, fiscal and procurement officer, area office manager and executive officer for the Selective Service Section before being named to head the operation by Ohio Adjutant General, Maj. Gen. Raymond R. Galloway.

The Ohio Selective Service Section is responsible for the management of the standby draft registration system. This includes maintaining liaison with federal, state and local officials involved in emergency planning and manpower mobilization, and supporting local Selective Service boards and offices.

Hapner replaces Col. George T. Willard, who retired after five years as head of the Selective Service Section. The 52-year-old Hapner and his wife Suzanne are the parents of two daughters and a son.



NEW COLONEL—Adjutant General, Maj. Gen. Raymond R. Galloway (left) presents promotion papers to Col. Jon Hapner (center). Also attending the ceremony at state headquarters was Brig. Gen. Thomas Schulte, Assistant Adjutant General, Army. Col. Hapner is the new head of the Adjutant General's Selective Service Section.

(Photo By Maj. Calvin Taylor)

ONGA

Seven Get Association Scholarships

1986 ONGA Conference



OUTSTANDING LIEUTENANTS—2Lt. Michael D. Masiker (left) and 2Lt. James E. Dartt were selected the outstanding Air and Army Second Lieutenants respectively by the Ohio National Guard Association. They were honored at the ONGA conference at Deer Creek in April.

(Photo By Maj. Calvin Taylor)

108th ONGA Conference in Nashville

The 108th conference of the National Guard Association of the United States is Sept. 29 through Oct. 1, 1986 in Nashville, Tenn.

The ONGA conference secretary again this year is Maj. Herschel (Sonny) Knapp. He can be contacted at (work 614-492-4651), or (home 513-584-2312).

Events related to the conference are scheduled to begin earlier than the conference dates. ONGA has purchased 80 tickets to the Grand Ole Opry on Saturday,

Sept. 27. ONGA also has reserved 50 rooms at the Opryland Hotel for delegates and guests from Ohio. This hotel will serve as the conference headquarters hotel.

A separate business session for spouses, started in Kentucky last year, is planned for Monday, Sept. 29, the first full conference day. Tours of the Nashville area also will be offered for spouses.

Contact Maj. Knapp for additional details.

The 1986 Ohio National Guard Association's Annual Conference was held over the sunny weekend of April 25 and 26 at Deer Creek State Park Lodge near Mt. Sterling, Ohio.

The social agenda for the weekend featured the Irish Brigade, four popular Irish entertainers, on Friday night, followed by a hog roast and hoe-down on Saturday night.

Dressed in the garb of Union soldiers, members of the Union Reenactment Association, Sixth Ohio Volunteer Infantry, from Cincinnati opened the Saturday morning business meeting by posting the colors.

The meeting was highlighted with presentations given by Lt. Gen. Edward C. Peter, Fourth Army Commander; retired Lt. Gen. LaVern E. Weber, Executive Director of National Guard Association of the United States; and Brig. Gen. John F. McMerty, Deputy Director, Air National Guard.

Lt. Gen. Peter addressed the association with a slide presentation on today's threat - its nature, location and magnitude. He also stressed the importance of the Guard and Reserve components to the total fighting force of the United States.

Lt. Gen. Weber's speech focused on the organizational structure of NGAUS and how it operates in conjunction with the associations of individual states. He also drew attention to the history of the NGAUS calling it, "the most effective military legislative representation organization."

The last guest speaker, Brig. Gen. McMerty, spoke of the first qualities important in effective senior leadership. These qualities, he said, are integrity, courage, loyalty, obedience, and dedication.

Another highlight of the meeting was the announcement of recipients of the 1986 Ohio National Guard Association Scholarships. Selected to receive \$700 scholarships were Steven A. Baden of Hamler, Sherry Mathias of Carroll, Elizabeth A. Williams of Lakewood, Gerald B. Simon of Oregon, Ann M. Diederich of Concord, Karen D. West of Bowling Green and Debra J. Leadbetter of Dalton. According to Scholarship Committee Chairman, Maj. John R. Fenimore, the seven were selected from 84 applicants. The applicants were judged on scholarship financial need, honors and achievements, purpose in attending college, and goals in life.



GAS! GAS! GAS!

That was the muffled sound that started six grueling hours for the Headquarters and Headquarters Company 371st Support Group, Kettering. The 6 a.m. formation was the start of the unit's training in Nuclear, Biological and Chemical Warfare, as soldiers performed their duties in Mission Oriented Protective Posture (MOPP) gear.

"This type of training has become a very real part of our training schedule and it very well should be," said Capt. Larry Shepherd, Group NBC officer. "It lets the troops know that if they ever have to do battle they will be doing more than just dodging bullets, and they will be prepared."

The 371st spends a large portion of its training time learning about NBC. During this MOPP level four exercise the soldiers learn how to give a nerve agent antidote, administer first aid in the contaminated area, and marking and crossing a contaminated

area. They also fire the M-16 and perform maintenance and clerical duties.

"The one thing that makes it most difficult is that the gloves are so cumbersome that you almost have to hunt and peck if you don't want to make any mistakes," remarked Sp4 Barb Tyber, clerk typist. "What usually takes under an hour, takes several in the MOPP gear."

Not only does the MOPP gear prove to be cumbersome to work in, it also becomes very uncomfortable. The suit retains the individual's body heat, requiring that those in MOPP level four training be watched closely so that they don't become overheated.

"Our main concern is to get the people to realize what it is like to wear this gear and perform duties in it," said Capt. Shepherd.

After six hours the unit members had a much better understanding of what it is like to work in a chemical environment.

Guard Recognizes Counselors



GUARD RECOGNIZES COUNSELORS—The Ohio Army National Guard recently honored Gary Martin (left) and Bob Kuhn, both guidance counselors at Tri-County JVS, for their support of the Guard's recruiting program. The two were recognized for their efforts in referring high school students to the National Guard for both career and educational opportunities. Pictured presenting the awards is SSgt. Ed Mundy, Full-Time Recruiting Force recruiter supporting Battery A, 2/174th Air Defense Artillery Battalion in Logan and Athens, Ohio.

All About People-

HQ STARC (-DET 1) OHARNG

Promotions

Maj. Gen.: Ronald Bowman
Brig. Gen.: Thomas Schulte
SFC: Bruce Brummett
SSgt.: John Gleason

Awards

Ohio Commendation Medal: SFC Mona Breining, SFC James Cole, SFC Larry Keating, SFC Douglas Weissinger (1 OLC)
Army Achievement Medal: SFC Charles Dade, SFC Richard Daniels, MSgt. Nicholas Kurlas

DET 1 HQ STARC (TROOP COMMAND)

Promotions

Sgt. Maj.: Michael Howley

HHT 107TH ARMORED CAVALRY REGIMENT

Promotions

SFC.: John Harris
Sgt.: Donald Buckley, Carmen Damiani, Richard Fisher II, Herman Gilbert, Curtis Wilson
Sp4: Christopher Farrow, Garrett Franklin, George Masten Jr., Lenny Johnson, Kevin McIntyre, Carlos Smith, Richard Scolaro, John Smith Jr., Phillip Stephens, Darryl Willis
PFC: Paul Bellitto, Samuel DeJesus, Edward Foster, Christopher Grant, Eddie Jackson Jr., Richard Jones Jr., Carl Robards, Michael Timan Jr., John Posta, John Tremmel, Michael McDonald
Pvt. 2: Timothy Allen, Kevin Berry, Bradley Hart, Michael Jones, Mark King, Michael Vitaz, Patrick Walker

ATTACK HELICOPTER TROOP 107TH ARMORED CAVALRY REGIMENT

Promotions

SSgt.: Ray Fuller
Sgt.: Greg Baker, Tom Beckman, Bobby Davis, Mark Harden

HOW BATTERY 2/107TH ARMORED CAVALRY REGIMENT

Promotions

Cpt.: James Plazo
Sp4: Darryl Cottrell
PFC: Ronald Brock, Eric Ohman, David Leasure, Jonathan Popa

TROOP E, 2/107TH ARMORED CAVALRY REGIMENT

Promotions

1st Lt.: David Taflan

TROOP G, 2/107TH ARMORED CAVALRY REGIMENT

Promotions

1st Lt.: Charles Bierer

COMPANY H, 2/107TH ARMORED CAVALRY REGIMENT

Promotions

1st Lt.: Charles Powell
PFC: Gerald Bodnar, Malcolm Genevish, Patrick Hall, Donald Thacker

COMPANY A, 112TH ENGINEER BATTALION

Promotions

PFC: Phillip Boyes
Pvt. 2: Robert Stromack

COMPANY B, 112TH ENGINEER BATTALION

Promotions

SSgt.: Joseph Andreetti, Walter Sparks
Sgt.: John Hill, James Sanzone, Richard Anderson, Daryl Artz, Danny Batchlet, Thomas Jodon, Christopher Lesneski, Paul McCutcheon, William Daniels, Wilbur Dobbins, Bruce Hasenyager, Kirby Snipes
Sp4: David Behling, Brian Bjorklund, Erik Cahn, Andrew Cvitkovich, Douglas Davis, Jozsef Nagy
PFC: Darrin Kotecki, Christopher Anderson, Christopher Boring, Thomas Bowling, Alec Cahn, Martinex Lee, James McKinnon, Mark Brustoski
Pvt. 2: Oscar Toris, Hayward Dixon, Michael Adams, Michael Tucker, Timothy McCune, Michael Lynch, Brian Coffman

COMPANY C, 112TH ENGINEER BATTALION

Promotions

1st Lt.: David Komar

121ST TACTICAL FIGHTER WING

Promotions

TSgt.: Susan Gingras
SSgt.: Gary Tipton, Franklin Cunningham, Michael Farmer, Paul Gardner, Jamie Kennedy, Steven Pond, Gregory Schnulo
Sgt.: Robert Calton, Kimberly Oltman
SrA: Donna Smith, Gloria Shanahorn, Barry Shannon, Timothy Gray, James Bapst
A1C: I. Amy Walcoff, Jonathan Guzman
Amn.: Steven Baum, Scott Campbell, Brenda Levatte, Todd Pope, Charlene Redd, Roberta Reeser, Paul Semeraro

122ND ARMY BAND

Promotions

SSgt.: Joseph Hesseman
Sgt.: Carolyn Black, Richard Davis

135TH MILITARY POLICE COMPANY

Promotions

SSgt.: Samuel Cox Jr., Mary Reddick
Sgt.: Mark Hughes
Sp4: Edward Bosworth, Alfonso Cirino, Robert Crowe, Michael Dellapenna, Patrick Mueller
PFC: Joyce Diewald

BATTERY C, 1/136TH FIELD ARTILLERY BATTALION

Awards

Distinguished Honor Graduate: Sp4 Leonard Slife

COMPANY C, 1/147TH INFANTRY BATTALION

Promotions

Sp4: David Lemon, William Mitchell Jr., Christopher Miller
Pvt. 2: Gary Blackburn, Billy Church, Richard Cole, James Florence, Harold Gentry, Daniel Gray, Phillip Rimer, James Simpson III

COMPANY C (-DET 1) 1/147TH INFANTRY BATTALION

Promotions

Sgt.: Bradley Hesson, James Snodgrass, Daryl Walerius, Johnnie Wass

People-



HHC 1/148TH INFANTRY BATTALION

Promotions

Sgt.: Jeffrey Blackmore, Donald Finney, Terry Kreglow, Paul Ward Sr.
Sp4: Frank Piscitani Sr.
Pvt. 2: Kevin Kirkendall, Eric McNeal

155TH MAINTENANCE COMPANY

Promotions

SSgt.: Eric Stanberry, Isaac Eperson, Joseph Latour, Robert Cranford
Sgt.: Richard Cattell, Robert Markovic, Victoria Lacy, Willis Calvert, Thomas Gretchko, Robert Pausch

HHC 1/166TH INFANTRY BATTALION

Promotions

SFC: Gary Robertson
SSgt.: Alan Slaughter
Sgt.: Edwin Berio, Charles Berg

BATTERY C (DET 1) 2/174TH AIR DEFENSE ARTILLERY BATTALION

Promotions

Sgt.: John Hatcher

178TH TACTICAL FIGHTER GROUP

Promotions

Maj.: Richard Lohnes
Capt.: Richard Kincade
1st. Lt.: Thomas Rutherford
SSgt.: Phillip Back, Monica Baker, Paul Burton, Mark Cook, John Etzler, Lewis Lawson III, Mark Lehar, Jeffrey Rath
Sgt.: Chris Terry
SrA: Timothy Azbill, Douglas Brigner, Dana Kelly, Margaret Patterson, Robert Ruby II, Jeffery Shepherd, Timothy Sholund
A1C: Kristen Bahan, Nancy Burger, Dale Edwards, Jonathan Holmes, Scot Hudson, Michael Ippolito, David Leist, Thomas Myers, John Rhoads II, Charles Rice, Billy Senter Jr., Kurt Vanburen

Awards

Air Force Commendation Medal: SSgt. Thomas Berry
Air Force Achievement Medal: MSgt. Hyman Yospur, TSgt. James Couch, SSgts. Cassandra Channels, Scott McKenzie and Jessie Taulbee, SrAs Kenneth Howard and Stephen Norris

179TH TACTICAL AIRLIFT GROUP

Promotions

TSgt.: Gary Wright, John Butler, Lawrence Rogers, Allie Walker
SSgt.: Donna Lowe, Philip Rognon, Richard Arndt, Russell Pierce, Jon Studer, David Tata
SrA: Gregg Anton, Patricia Barr, Paul Delbane, Robert Donner, Gary McQue, Rebecca Murray, James Farriss, Bradley Hess, Ralph Lemieux Jr., Jack Smith
A1C: John Kleilein, Nick Kousma, Terry Owen, Matthew Pierce, Todd Troutman, Wayne Reiter

Awards

Air Force Achievement Medal: MSgts Michael Cyphert, Richard Rowland, TSgt. Charles O'Rourke, SSgt. Craig McKenzie
Air Force Commendation Medal: 1st. Lt. Willis Waldron, MSgts. Russell Berry, Larry Bowman, TSgts. Roger Nauman, Dale Secrist, SSgt. Randall Wolff

180TH TACTICAL FIGHTER GROUP

Awards

Air Force Commendation Medal: TSgt. Jeffrey Kistler

200TH CIVIL ENGINEERING SQUADRON

Promotions

1st Lt.: James Parent, Lawrence Kowalski
SSgt.: George Eberle, James Hollers
SrA: Loren Odegaard, Garry Savage Jr., Kevin Beat, Robert Smetzer, Joseph Lehmann, John Olalde, Todd Puckett
Sgt.: David Copeland
A1C: David Slater
Amn.: Michael Trabbic, Joseph Savina

DET. 1 214TH MAINTENANCE COMPANY

Promotions

SSgt.: James Perkins
Sgt.: Timothy Raymond, Timothy Price
Sp4: Jamie Whittington, Victor Price, Charles McMarrow, Melinda Dixon, Glen Coleman, Cathy Abbott
PFC: John Young
Pvt. 2: John Dorris, Kenny Wahl

COMPANY A 216TH ENGINEER BATTALION

Promotions

1st Lt.: Joseph Liggett
PSgt.: Robert Barnhart
Sp4: Nicholas Corcoran, Christian Neal, Samuel Alley, Stephen Drummond
PFC: Matthew Nichols, Evan Diehl

COMPANY C, 216TH ENGINEER BATTALION

Promotions

Sp4: Bruce Dick, Mark Eldridge, Phillip Esz, Anthony Gelter, Oscar Hoskins, Kenneth Lambert, John Long, Mark Siler
PFC: Jerome Bargo, James Cooper, David Dornback, Rodney Halfhill, James Hall, Daniel Haden, John Jones, Carl McClure, Michael Nochang, Herbert Souder, Clinton Studt

Awards

Army Commendation Medal: Sp4s Chip Cooper, Tommy Cooper, George McConnell and Jimmy Hicks, Sgt. Robert Smith

COMPANY B 237TH SUPPORT BATTALION

Promotions

1st Lt.: Phillip Shubert, Meridith Treen
SSgt.: Charles Faulkner
Sgt. Betty Carter, Brian Hinshaw
Sp4: William Fisanick, Joseph Hanlon
PFC: Nathaniel Cox, Larry Chandler, John Stropki, Romon Wright, John Knight
Pvt. 2: James Barbee

Awards

Army Commendation Medal: SSgt. Teresa Marriott

HEADQUARTERS, 371ST SUPPORT GROUP

Promotions

Maj.: Larry Honsberger

People-



COMPANY C 372ND ENGINEER BATTALION

Promotions

PSgt.: William Obst
SSgt.: Charles Beatty, James Frauenknecht, James Bunnel
Sgt.: Brent Amburgy, Kenneth Schoonover, Andrew Vonderahe, Michael Werner, Douglas Wolfe
Sp4: Gregory Fields, Robert Hamilton, Douglas Koogler, David Meister, Keith Schoonover, Jeffrey Skinner
PFC: John Botts, Kenneth Cornett, Jeffrey Harrison, Alan Muennich

HHC 612TH ENGINEER BATTALION

Promotions

Sp4: Timothy Bush, Pete Gilbert, Martin Goodman, Kevin Kozak, Frank Roberge
Cpl.: David Adams
PFC: Kirk Peterman

HHD 737TH MAINTENANCE BATTALION

Promotions

Cpt.: Barbara Michelson
SFC: Nicholas Davis

1484TH TRANSPORTATION COMPANY

Promotions

Sp4: Terry Canfield

RUN FOR YOUR LIFE CLUB

Run For Your Life certificates and patches have been awarded as follows:
5,000 Mile Club: MSgt. Thomas DeWitt, HHC 73rd Infantry Brigade; *1,000 Mile Club*: SSgt. Johnnie Downs, Company B, 112th Engineer Battalion; *750 Mile Club*: PSgt. Donald Lusk, 214th Maintenance Company; *500 Mile Club*: MSgt. David Jarman, HHC 16th Engineer Brigade, Sgt. Timothy Alspach, HQ STARC (-Det 1) OHARNG; *400 Mile Club*: Sgt. Daniel Bush, Battery B, 2/174th Air Defense Artillery Battalion; *200 Mile Club*: Cpt. Brian Rogers, 1193rd Engineer Company

Aviation Career Opportunities

BY DALE TAYLOR

State Aviation Office

Implementation of the new Regimental Combat Aviation Squadron (RCAS), 107th Armored Cavalry Regiment, Ohio Army National Guard, has created openings for aviation warrant officers. As a result, highly motivated, qualified enlisted members interested in warrant officer flight training are needed in the geographical support area of Army Aviation Support Facility #1 at the Akron-Canton Regional Airport in Greensburg, Ohio.

Some of the prerequisites for flight training are:

- 20/20 vision, uncorrected and no problems with color vision. Vision waivers are not authorized.
- A score of 110 or higher in aptitude area GT. (Initial ASVAB Battery)
- An age cutoff of 27½ years. (Complete application must be submitted to National Guard Bureau prior to the applicant's 27½ birthday. NGB will *not* authorize age waivers.)
- Successful completion of a Class 1 Flight Physical.
- A score of 90 or higher on the Flight Aptitude Selection Test (FAST).

Applicants are not required to be in an aviation unit at the time the application is made. Selected individuals will be assigned to an aviation unit upon successful completion of flight training.

Individuals who have a strong desire to enter the field of Army Aviation should contact one of the following individuals for complete requirements and application procedures:

WO1 Dale K. Taylor, State Aviation Office at (614) 889-7068, AV 346-7068; or CW3 Don Baker, Army Aviation Support Facility #1 at (216) 896-1932, AV 580-5715.

State Combat Matches Set At Camp Perry

The state combat rifle and M-60 machine gun matches are scheduled 26-27 September 1986 at Camp Perry.

The course of fire for the M60s has changed this year, so teams will need practice with tripods and traversing and elevating mechanisms.

Match bulletins will be mailed to units at a later date.

Interested individuals should contact their unit marksmanship coordinator for additional information.

HHC, 371st Group Gets Eisenhower Plaque

Headquarters and Headquarters Company of the 371st Support Group has been honored as being the best company-sized unit in the state.

The Eisenhower Plaque for the best Army National Guard unit was presented to the unit's commanding officer, Capt. David W. Cox, by Brig. Gen. Ronald Bowman, commander of the State Area Command.

The award was given for the unit's performance during the 1984 training year.

The 371st Support Group is the parent organization of the 112th Transportation Battalion, the 137th Supply and Service Battalion and the 737th Maintenance Battalion and comprises 24 companies in the state.

There are 96 men and women in the 371st's headquarters company. The first sergeant is James L. Lykins.

Anheuser-Busch, Timken Company Honored At Banquet

The Ohio Air National Guard's 121st Tactical Fighter Wing and 160th Air Refueling Group and the Air Force Reserve's 907th Tactical Airlift Group at Rickenbacker Air National Guard Base in Columbus recently held a joint Guard/Reserve employer support awards banquet.

Ohio Chairman Henry M. O'Neill presented the State Chairman's award to Anheuser-Busch Executive Ed Steinhilber, on behalf of the Columbus plant, during the banquet.

In a separate ceremony, Mr. O'Neill presented the PRO PATRIA Award to Plant Manager William McCurry, representing the Timken Company.

Other activities included a cocktail party hosted by retired Army National Guard Maj. Gen. Robert Teater, and a breakfast at the Columbus Athletic Club hosted by Air National Guard retired Col. Joe Vogel.



UNBUTTONED POCKETS

Dear Editor:

You have asked for items of humor for the BUCKEYE GUARD. Perhaps you might like this one:

During a company inspection at the Redstone Arsenal in Alabama, the U.S. Army's guided missile school, a bit of unintended comedy happened. The inspection was being conducted by a full colonel. Everything had gone smoothly until the officer came to the man standing just next to the soldier who recalled the incident.

The colonel stopped, looked the man up and down, and snapped, "Button that pocket, trooper!"

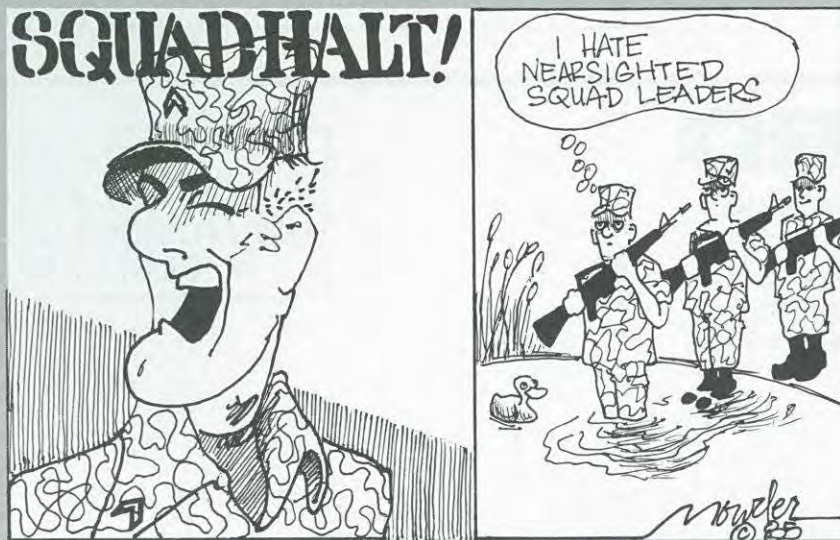
The soldier, more than a little rattled, stammered, "Right now, Sir?"

"Of course right now!" was the reply.

Whereupon the soldier very carefully reached out and buttoned the flap on the colonel's shirt pocket.

For some reason peculiar to our human nature, it is always easier to see the unbuttoned pockets of others than to see our own. Splinters in other people's eyes seem to be more obvious than planks in our own eyes. (Related by W.T. Parkiser, Herald of Holiness)

SSgt. George S. Kelly
HHC, 371st Support Group



By Sgt. David B. Mowder
HHT, 3/107th ACR

OHIO

the heart of it all!

The Ohio National Guard COMMEMORATIVE HISTORY

★ 1788 — 1988 ★

July 25, 1988 marks a significant day in the history of the Ohio Army and Air National Guard, the Ohio Military Reserve and Naval Militia and, yes, the Ohio National Guard Marines. On this same date, 200 years ago, legislation was signed creating the Ohio Guard and its counterparts.

To properly chronicle the history of the Ohio National Guard, the Ohio Military Reserve, the Ohio Naval Militia and the Ohio National Guard Marines, we need your help. The commemorative book, sold on a pre-paid basis only, will be a *Limited Edition* one-time publication. Your help is needed to develop articles of historic interest. Personal experiences with accompanying photographs are most desired. The deadline for submission of articles is December 31, 1986.

WHAT IS A COMMEMORATIVE BOOK?

It is a book that recognizes in both word and picture the deeds and accomplishments

of the men and women who have served to protect the lives, freedom and property of the citizens of our country and state.

Our Commemorative Book will highlight the significant accomplishments, changes and deeds. It will capture 200 years of heritage, traditions and fellowship uniquely belonging to an institution 15 years older than Ohio's Statehood — The Ohio National Guard.

BOOKS SOLD ON A PRE-SALE BASIS ONLY

These beautiful, *Limited Edition* Books will be sold on a pre-sale basis only for \$29.95 each. There are no plans to print more than are ordered by the deadline. These books are sure to become collectors' items. Books will become available in early 1988.

For book order blanks and a copy of the pre-sale brochure, contact: Ohio Historic Holding, Commemorative History, ATTN: AGOH-IO, 2825 W. Granville Road, Worthington, Ohio 43085-2712.

RETIRED OFFICER'S REUNION

September 6, 1986
Camp Perry, Ohio

Buckeye

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