

Buckeye GUARD

May-June 1984

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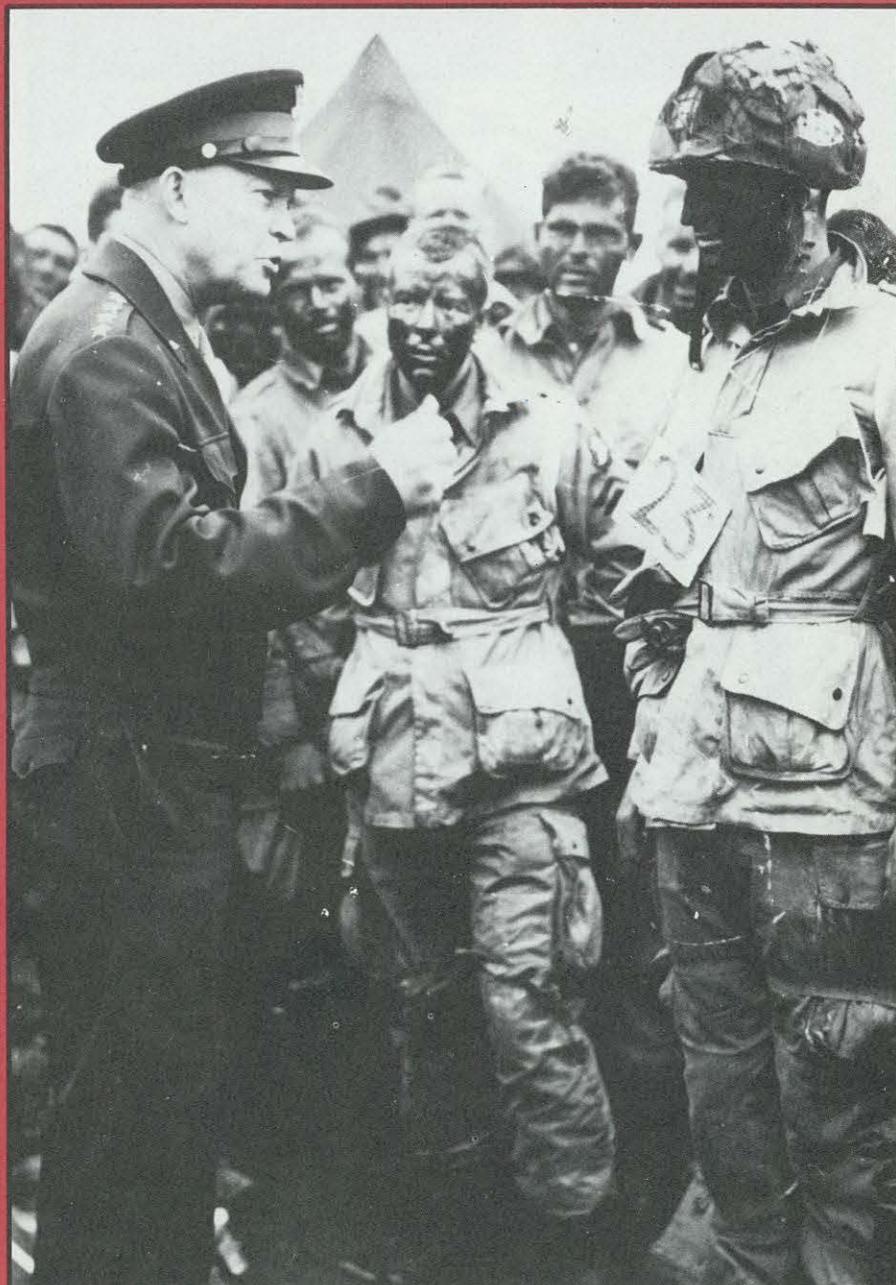
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**40th Anniversary
D-Day, June 6
1944-1984**

D-DAY PLUS 40 YEARS



D-DAY ACTION—In preparation for the invasion, artillery equipment is loaded aboard LCTs at an English port (top photo). Carrying full equipment, American assault troops move onto Omaha Beach on the northern coast of France; landing craft, in the background, jams the harbor (center photo). This graphic tells the story of how the France beachhead was supplied on D-Day (bottom photo). (Photos courtesy of Department of the Army)

BY SANDRA DARVAS

HHC, 112th Engineer Battalion

June 6, 1944 is a day well remembered by the veterans of the Ohio Army National Guard's 112th Engineer Battalion. The sixty- and seventy-year-old veterans of this unit, which is now headquartered in Brook Park, still remember their anxiety as they waited for the word that would throw them into the hell that was the WWII invasion of Normandy; the invasion that would ultimately lead to the downfall of Hitler's Third Reich.

This year marks "D-Day plus 40" and several veterans of the 112th again left the docks of England for Normandy. This time, however, shells were not exploding into the hulls of their landing craft. They made the trip as tourists to the infamous beach that later came to be known as "Bloody Omaha."

Many remember that the invasion did not go exactly as planned. Sgt. Joe Porvaznik, now 63, living in Strongsville, recalled: "I jumped in and went over my head in water. It was scary. This was the first indication that things weren't right. We weren't supposed to be in over our heads. But, they said 'out', and we went."

"When we got to shore all I had was my carbine. I even had to pick up a helmet that had a bullet hole in it. Someone had got it right between the eyes."

On the day before the invasion, June 5, many of the soldiers thought the movement from their encampment was just another trial run. Some say, however, that they knew it was the real thing. There was too much apprehensiveness, too much secrecy and worried looks among senior officers.

The units that became the 112th for the war actually started preparing for the mission years before the invasion. In August of 1940, while the Ohio National Guard's 37th Infantry Division was attending annual training, rumors started circulating that the Guardsmen were about to be mobilized. Soon afterwards, President Franklin D. Roosevelt called the division into active federal service. The call-up was supposed to last about a year, but then the Japanese attacked Pearl Harbor. The 112th, which was regimental in size was divided into two battalions.

The 112th Combat Engineer Battalion then came into existence, and was sent first to train in Belfast, Northern Ireland. Later, they were sent to England to prepare for the invasion.

On D-Day the 112th was one of the first units to hit the beach. Its mission: to remove obstacles hidden underwater which threatened to tear the bottoms out of the landing craft. The English Channel, expected to be calm, turned on the engineers. The weather was sufficient reason to abort the mission for many officers. But the supreme allied commander, Gen. Dwight D. Eisenhower reluctantly gave the word "O.K. let's go."

And go they did; into the pages of history.

Buckeye GUARD

BUCKEYE GUARD Magazine is an unofficial, bimonthly offset publication in which the views and opinions expressed are not necessarily those of the Department of the Army or the Adjutant General of Ohio. The magazine, published in accordance with AR 360-81, is prepared by the Adjutant General's Public Affairs Office, 2825 West Granville Road, Worthington, Ohio 43085; (614) 889-7000; AV 346-7000.

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Total Copies Printed 23,000
Unit Cost \$.2112
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Cover Photo

Gen. Dwight D. Eisenhower gives the order of the Day. "Full victory—nothing else" to paratroopers in England, just before they board their airplanes to participate in the first assault in the invasion of the continent of Europe.

Be Positive

Make Annual Training A Positive Opportunity



Annual Training is a great opportunity! We can establish and achieve the challenge of high training standards. Living in a field environment is always a challenge for non-acclimated guardmembers, but the experience proves worthwhile and meaningful. We must convey throughout our ranks the basic philosophy that we train hard for unique dual-missions—federal and state.

Ohio National Guardmembers are special among Ohioans. The Ohio National Guard is a proud tradition in American History. We, as "citizensoldiers", are highly competent, professionally dedicated soldiers who represent a cross-section of America. As National Guardmembers, we have received technical, tactical and leadership training not experienced by many of today's citizens—our neighbors, friends and relatives.

In today's complex world, we are all bombarded with the sensational, the sadistical and cynical world events. Although we are uniquely trained, we as citizens are subjected to the same world "news", general mood and individual attitudes of others. This influence by others becomes particularly important to us when working and living closely together in conditions such as Annual Training.

Each of us—officers, non-commissioned officers, enlisted—are viewed as part of the military family. Our actions, words and attitudes as individuals in our communities reflect upon the Guard and the military by anyone who knows we are guardmembers. Why? Simple. We are Ohio National Guardmembers and professional soldiers. Today, unlike a few

years ago, others in society expect us to display the traits traditionally associated with the military: professionalism, leadership, competency. Overall, we are expected to display a positive outlook.

A positive approach to every situation in our daily living is admittedly difficult to maintain, but the effort and effects are indeed worthwhile. As many units approach Annual Training, it is once again timely to remind ourselves and to stress the "positive"—both in communication and in leadership. How do you do this? There are several simple methods which have been proven effective.

When we encounter difficulties or obstacles in accomplishing a mission, we need to see them not as "problems", but as opportunities to excel. Fully utilize the knowledge, talent and capability of personnel. Look at any person, regardless of rank, as someone willing and able to make significant contributions to the team. Provide subordinates the opportunity to excel, encourage them, lend your support and give feedback. Then, when success is achieved, recognize individuals who helped achieve success. Take care of the personal and physical needs of your people as well.

Each of us must seize the opportunities! Our collective success will depend upon individual efforts and capabilities directed through an enthusiastic and positive approach.

Raymond R. Galloway
Adjutant General



VIEWPOINTS



Job Well Done!

As you know by now, some units of the Ohio National Guard were called to state active duty by Governor Richard F. Celeste to fight, what has been referred to as, the "Blizzard of 84". Our unit was authorized to activate approximately 10% of our total strength. For three days our missions included rescuing stranded motorists; transporting vital health care professionals to and from work; giving support to the Veteran's Administration Hospital in Cleveland by removing mounds of drifted snow from their parking lots with our heavy equipment; supporting Operation Snow Bird (the snow removal department of the City of Cleveland) and serving as an information and referral service for the concerned residents of our snow-bound community.

I am very proud to say that Company B conducted itself in a commendable way. We worked long hours, 24-hours around the clock and with back to back missions most of the time. Morale was high and our men were eager to do their best . . . and they all did!

Aside from the real-life mission that was performed, at the same time, we were able to get in some good training. Our heavy section with dump trucks performed engineer Army Training and Evaluation Program (ARTEP) tasks. The Commo section set up radio contact with the 3/107th and we were part of their net. Our motor section kept our vehicles fueled and on the road. The training/operation section coordinated our manpower capabilities with equipment assets and kept lines of communication open with our Battalion and 3/107th. And finally, at the bottom line is each soldier whose collective effort brought it all together. I congratulate you all on a job well done!

We all have a good reason to be proud of being a member of Company B, 112th Engineer Battalion.

**1st Lt. David J. Donaldson,
Commander B Company,
112th Engineer Battalion**

Guard helps hospitals

In behalf of Lake County Memorial Hospitals' Willoughby and Painesville facilities, let me take this opportunity to express my sincere gratitude for the help of the Na-

tional Guard, Troop L, 3/107th Armored Cavalry.

During those two blizzard days, Tuesday and Wednesday, these fine people helped transport hospital employees to and from their jobs, so the hospital could continue to run efficiently and patient care would not be disturbed.

Not only did they go to the employees' homes and personally escort them to work, they waited until the end of the shift to take them back. This incident is just one example of fine community cooperation.

Thanks again to the National Guard. You can be proud of your service.

**Frank L. Muddle, Executive Director
Lake County Memorial Hospitals**

SIZEABLE VIEW

"Does Uncle Sam Really Want You?" During the second World War, large posters depicting a bearded man dressed patriotically in red, white and blue and pointing a demanding finger were prominently displayed in all major cities throughout America. The posters were captioned, "Uncle Sam Wants You!"

Well, in those days the man in the top hat really did want you—irregardless of race, color, creed, religion, age (men were drafted from 18 to 45) and size. Yes, that's right! The bigness of a man did not exempt him from being inducted into the armed forces.

Many battles in the Great War were won in the air, sea and on land with GI's with great bulk. EVERYONE contributed and hand-to-hand combat was very evident.

When I was in AIT (1953) at Ft. Belvoir, Virginia, a 260-pound hulk of a man befriended me and he could out-soldier me any day of the week. And I was a mere 145 pounds. Size is not a deterrent to physical fitness. Age apparently has nothing to do with it because our present Commander-in-Chief is 73 years old.

Some very proficient skilled warriors are being separated from the service because of obesity. What a waste? These men are bona-fide soldiers dedicated to the proposition to preserve our freedom and defend our shore. It is inhuman and un-American to treat these juggernauts this way.

The government has squandered a fortune in preparing these troopers for military life.

It is a great disservice to remove them from the service.

These are prosperous times for the army, navy and air-force. Troop strengths are high without the draft . . . thanks to high unemployment. We are in the good grace of a President who is committed to a strong defense.

So like any other big business, the powers-to-be can afford to get "picky". They may sieve through the non-obese, perhaps soon the non-smokers, the non-drinkers and the non-gays to fill the ranks of men in uniform.

The paradox is that the law mandates that all young men (fat ones included) register for the draft at age eighteen. Why not discriminate against the chunky ones and save them from future expulsion? Chances are that heredity is the cause of their heftiness and nature can't alter it.

Why doesn't Uncle Sam offer scaled-down meals in the mess halls to aid the fat ones to skinny down? Put them on diets at government expense. Show appreciation for a job well done.

This effort to rid the armed services of our large ones is a bunch of gobbledygook.

**Sgt. Herman Casey
Co. C, 112th Engineer Battalion**

Editor's note:

The new Army Regulation on weight control has helped some guardmembers be retained. See article on its impact in this issue.

Engineers Commended

On behalf of all the citizens of Conneaut, I want to express my sincere thanks and appreciation to your organization for all your help during the recent snow storm.

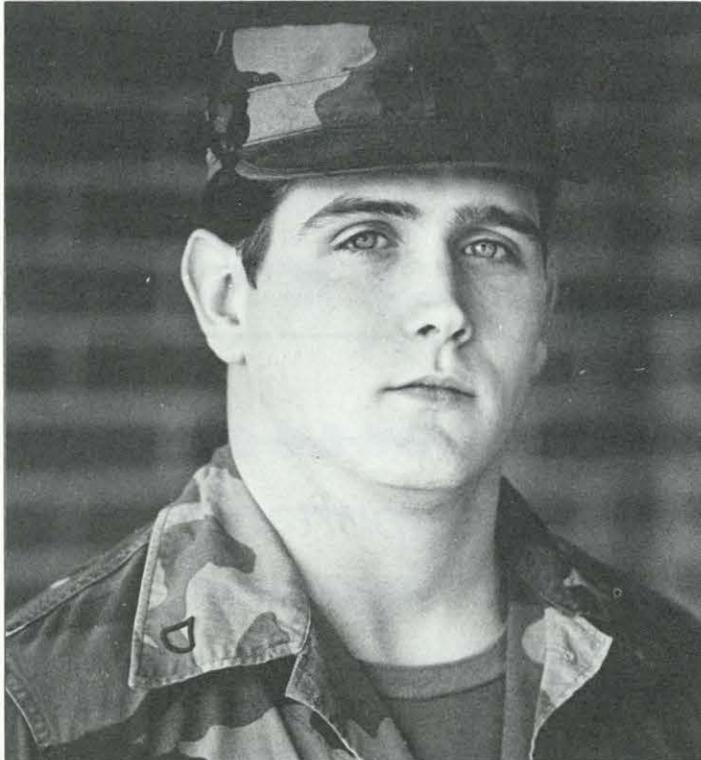
Without your help, we would not have been able to recover so quickly and make sure that all roads were open for emergency purposes.

Your personnel assigned to work in Conneaut were well-mannered, polite and cooperative. They are a great asset to your fine organization.

**Mayor Edward J. Griswold
City of Conneaut**



Guardman Is West Point Bound



PFC JOEL HAGY

BY DOUGLAS DANKWORTH

196th Public Affairs Detachment

PFC Joel Hagy, a member of Company D, 612th Engineer Battalion, Sandusky, has proven he has the potential to be a leader. The biggest decision the West Point appointee had to make was where he would lead—on land or at sea.

Hagy, a 19-year-old Huron, Ohio resident was accepted this year to both the U.S. Military and U.S. Coast Guard academies. He recently decided to go to West Point, but he said, "the Coast Guard was appealing."

Although most West Point nominations are submitted by U.S. Congressmen, Hagy explained that he was awarded a "service-connected appointment."

"A nomination is open to any Guard member. West Point accepts approximately 85 National Guardmembers each year," Hagy stated.

Capt. Stephen Stohla, Hagy's commander, said, "I was impressed with the young tactical wire specialist's leadership potential the day I met him. Before Joel was nominated for West Point, I tried to advise him to enter Officer Candidate School. He's really intelligent and a hard worker."

The 1983 graduate of Huron High School has been a guardmember since his junior year and is utilizing the Split Training Option program.

He was class president in his freshman and senior years, a member of the National Honor Society and Student Council. The 6'1", 205-pound Hagy played football, basketball and ran track while maintaining a 3.2 average in his school work. He also attended one year at the Firelands Branch of Bowling Green State University.

When asked what he believes makes a good officer, Hagy had a realistic answer. "A good officer can take control of a situation without anyone having doubts about his leadership and ability to handle it. The troops know the difference between a good officer and a poor one. I know the difference," he said.

Hagy did add, however, that officers need certain qualities. "If he is a real officer, honor and integrity mean something to him."

Hagy reports to West Point July 2, and will graduate in the class of 1988.

His family includes his father, Jesse, who is a physical education instructor and coach at Huron High School, his mother Lynn, and older sisters Liz and Leslie.

PX/BX Policies Outlined For Guardmembers

BY STUART SEARS

196th Public Affairs Detachment

Policies and procedures pertaining to the use of commissary and post/base exchange facilities by National Guardmembers and their dependents were recently issued.

The guidelines state that National Guardmembers and their dependents are authorized to use the commissary facilities whenever the member is in annual training (AT), active duty for training (ADT) or full-time training duty (FTTD) status in excess of 72 hours. Members must present a copy of orders and their red ID card. Dependents of members, when not accompanied, must furnish AGOH Form Letter 30-1, a copy of the orders placing the member on duty and another form of ID, such as a driver's license.

Personnel performing "fragmented" annual training in segments of less than 72 hours are authorized commissary privileges for a period of the exact number of days of annual training.

The post exchange provisions state that when a member is in active duty status, annual training or full-time training status for any period of 30 days or less, the member, their spouse and dependents are permitted to use the exchange. Members must present a copy of their orders and if not in uniform, their red ID card. Dependents are required to furnish AGOH Form Letter 30-1, a copy of the orders and a photo ID, such as a driver's license.

Members and their dependents are authorized exchange privileges for inactive duty training (drill days) on a basis of one day of military exchange use for each day of inactive duty training. Members must furnish authorized exchange personnel a valid red ID card and a recent Leave and Earning Statement (LES), which they receive each month shortly after receiving their monthly paycheck.

Exchange personnel will enter the date in the remarks section of the LES when a shopping day is used. The LES will be valid for twelve months from the date of issue; this means that the number of days authorized for that month need not be used that month. All accrued days of exchange privileges remaining at the time of separation of the individual are forfeited.

Dependents are authorized to shop in the exchanges unaccompanied in accordance with the privileges earned by the members drill performance. They must show the member's Leave and Earning Statement, AGOH Form Letter 30-2 and a photo ID, such as a driver's license.

Following these simple guidelines prior to entering the exchange or commissary will save delays and frustration at the check-out line.

NCOs Have Key A.T. Role

BY WILLIAM OXLEY
State Command Sergeant Major

This is the time of year when Non-commissioned officers should be serious about their involvement at Annual Training. Start thinking about safety, valid driver's license, vehicle maintenance, proper loading and unloading equipment techniques and hundreds of other important areas.

Ask yourself these important questions.

- *"Am I personally prepared—technically and tactically?"*
- *"Have I prepared the soldiers with whom I am entrusted?"*

- *"Is my unit ready to perform as a result of my efforts?"*

There is not much time remaining in which to prepare yourself and your personnel before we load up and move to our training sites.

The NCO's are responsible to ensure that all soldiers are trained, equipped and fed. Also, we need to ensure their needs are accommodated and that ample time is available for rest and recreation. The NCO's must orient soldiers who have never attended Annual Training. They must know what to expect and what is expected of them. Apprise

them of the proper clothing and equipment to bring and any special or necessary items to make their annual training more gratifying.

Ohio National Guard units have very diversified training planned for this year. Safety and the welfare of our soldiers must be top priority. To succeed in our missions, we must all work hard and long hours. When the training is completed, we must have time to relax and enjoy ourselves.

All NCO's must provide encouragement, leadership and assistance to our soldiers. *After all, that is why we are here!*



Personal Hygiene Important In Field Training Environment

BY CHRISTINE A. WYND
HHD STARC (-Det 1) OHARC

Summertime and Annual Training — time to head for the great outdoors! Time to pitch tents and live "in the field". The field experience can be a good experience if attention is paid to personal hygiene. **Prevention** is the key. Once a health problem becomes established, much time, money and energy are spent on the cure.

Hygiene is often forgotten during stressful annual training when the rapid pace, unusual demands and long hours take a toll. Soldiers are removed from daily routines and conveniences; good health habits are temporarily set aside. Yet, due to these increased stressors, human resistance is lowered, and personal hygiene becomes an even more important issue.

This article provides guidance for personal hygiene in a field environment. The following information will help you prepare for annual training and provide you with ideas for maintaining your health during field exercises.

Remember to wash daily; shower daily if shower points are available. Wash your hair at least once per week. Soil and dust contain bacteria and other microorganisms which cause diseases under certain conditions. Change your uniform every two to three days, or as often as necessary. Soiled uniforms are also sources for bacterial growth, lice and other disease-causing insects.

Wash your hands after using the latrine. Wash your hands before each meal. A lyster bag and hand soap must be available at the latrine exit area and a second lyster bag must be located near the mess tent and meal line. Latrines are a major source for diarrheal disease-producing organisms. These organisms are spread rapidly from hands to food and therefore ingested, if the simple practice of hand-washing is forgotten.

Wash your feet daily, dry them thoroughly and use foot powder frequently to decrease irritation from perspiration. Wear clean, dry socks and change your socks daily or anytime that socks become wet. Bacteria grow best in damp, warm places; therefore, the feet are particularly susceptible. Problems, such as athlete's foot, infected blisters and general soreness, can be prevented.

A properly balanced diet helps boost morale and enhances general resistance to disease. Don't skip any meals. Make sure that you drink plenty of fluids, especially if the weather is hot and humid, and you are perspiring. Keep your canteen full of water and stop to take a drink every hour. Don't wait until you feel thirsty. Often the human body needs water before thirst becomes a stimulus. Obtain water from approved sources only. Natural water sources, such as lakes and streams, do not contain pure drinking water.

Sanitize your mess kit and eating utensils **before** and **after** meals by cleaning them carefully and dipping in boiling water provided by immersion heaters. Before eating

canned foods, check the can carefully for bulges and leaks. Don't eat the food if the can looks unusual; the food may be contaminated.

Brush your teeth after each meal or at least twice a day. It is easy to forget about mouth hygiene when in the field environment. Frequent mouth care will prevent the formation of cavities.

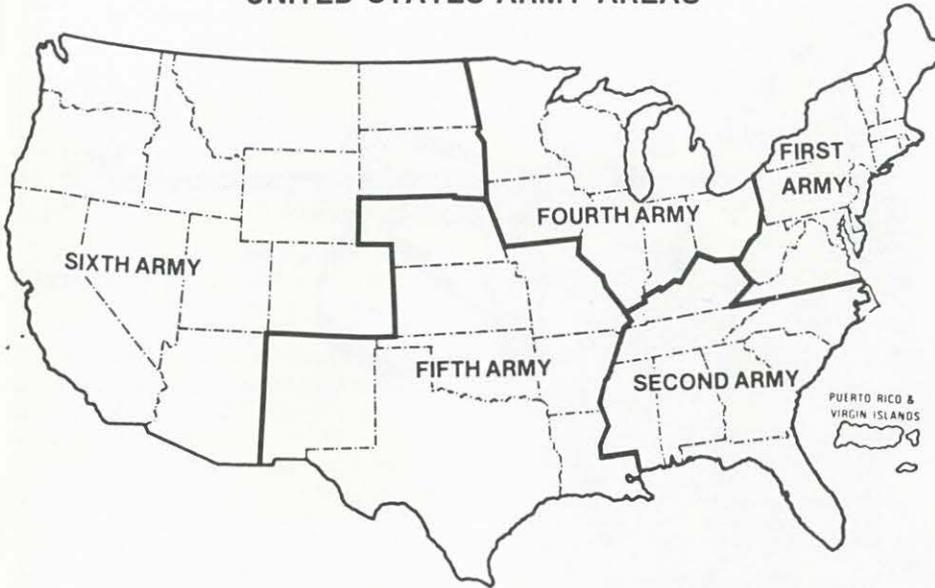
Do not share personal items, such as cups, toothpaste and combs. Living in close quarters with other humans increases communicability of certain infectious diseases. Don't aggravate the situation by sharing personal objects.

Get an adequate amount of sleep. Heroism is **not** measured by lack of sleep! Everyone needs at least six hours of sleep during a twenty-four-hour period. With adequate rest, work performance will increase, tempers will remain even and creativity in problem-solving will be enhanced. Adequate rest increases resistance to disease, injury and the stresses of annual training will become challenges instead of burdens.

As you pack your field equipment, remember the following personal care items: bath soap, toothpaste, toothbrush, comb, deodorant, handkerchiefs or tissues, washcloths and towels, a daily change of underwear, enough pairs of socks for changing daily and extra pairs in case of damp weather and enough uniforms for changing every two or three days.

BDU - Pressed, Not Starched — Not Yet!

FIVE CONTINENTAL UNITED STATES ARMY AREAS



The Battle Dress Uniform (BDU) has been the subject of much discussion in recent months. The Department of the Army has announced the following actions being taken to improve the appearance and functionality of the BDU.

The appearance of the Battle Dress Uniform needs to be improved. Based on a review of numerous ways to accomplish this purpose and the need to establish a single standard, the Army has decided to authorize pressing (no starching) of the BDU. Costs were fully considered and negotiations are underway with the commanders of Army and Air Force exchange service and troop support agency to ensure that the lowest possible prices are established. When home laundering and pressing the BDU, do not exceed the permanent press/steam setting on the iron. Commercial laundries may use steam presses. If a hot head press is used, the temperature should not exceed 300 degrees fahrenheit. **The new standard for the Army will be a pressed BDU.** Information concerning other modifications to improve appearance and functionality of the BDU are as follows:

In all production beginning with 1983 deliveries from manufacturers, the BDU coat sleeves have been widened and lengthened, trousers have been lengthened and the crotch area has been modified to provide more room. These changes were designed to improve the comfort and fit of the BDU.

Nine modifications have been developed which are going to be evaluated on an expedited basis in 1984. The modifications are:

- A smaller collar to improve the appearance.
- Slanted breast pockets to provide improved accessibility when load bearing equipment (LBE) is worn.
- The bellows on the breast pockets have been moved to the outside to improve comfort and appearance.
- More room in the underarm area to improve fit and comfort.
- The second button on the coat moved up one inch and the third and fourth buttons spaced appropriately to improve appearance.
- The coat length increased three-quarter inch to improve cargo pocket accessibility when LBE is worn.
- Tabs at the waist to allow take-up of up to one and one-half inches on each side of the coat.
- The forward button of the trouser cargo pocket moved one inch to the rear to provide easier accessibility.
- Removal of the seat patch on the trousers to provide better comfort.

Armies Reorganized

As part of a major streamlining of the Reserve Components, the Department of the Army has announced plans it is reorganizing continental armies and establishing two new armies.

Second U.S. Army has been established at Fort Gillem in Atlanta and Fourth U.S. Army will be established at Fort Sheridan in Chicago. This will bring the total number of continental armies from three to five.

The five continental armies, under U.S. Army Forces Command, will command and work directly with 44 major U.S. Army Reserve commands. The commands' responsibilities will increase in about 80 areas, including coordination of training and training assistance, mobilization planning and force modernization.

The new organization streamlines the Total Army by eliminating one layer of control - the nine Army Readiness and Mobilization Regions. The Readiness Groups will continue to function and will report directly to the five CONUSA headquarters.

The addition of the two continental army headquarters, coupled with the increased responsibilities placed on major Army Reserve commands and the State National Guard, will result in a closer relationship between Active and Reserve Components. It will also increase efficiency of the Total Army, especially in the area of mobilization planning and training. In the reorganization, Fifth Army picks up Kansas, Nebraska and New Mexico from Sixth Army.

Second Army will command all Army Reserve units in its area of responsibility and will be responsible for the training assistance of Army Reserve and Army National Guard units in the area.

Second Army includes the states of Florida, Georgia, Alabama, Tennessee, Kentucky, North and South Carolina and Mississippi, as well as Puerto Rico and the U.S. Virgin Islands.

Fourth Army, which will include Minnesota, Wisconsin, Iowa, Illinois, Indiana, Ohio and Michigan, is scheduled to be officially established in October 1984.

States in which Army Reserve unit assignments will change because of CONUSA boundary changes include Kentucky, Illinois, New Mexico, Missouri and North and South Dakota.

Vets Plan Reunion

148th Infantry Veterans (37th Division) WWI, WWII and Korean Conflict Reunion, August 24-25, 1984 at the Camp Perry Military Reservation six miles west of Port Clinton, Ohio. Contact D. J. Folk, 600 S. Patterson, Gibsonburg, OH 43431, for further information.

Biathlon Is A Demanding Sport

BY JON FLESHMAN

196th Public Affairs Detachment

With little experience and a lot of courage the Ohio National Guard entered the field of biathlon competition this year.

Ohio was one of 29 states that sent National Guard Biathlon teams to the Guard Bureau Biathlon Championships at Camp Ethan Allen, Vermont, this winter.

Team members include Capt. Donald Coffin, state medical recruiter; Capt. Christopher Cline, 73rd Infantry Brigade; SSgt. Corry Stophet, 124th Tactical Control Flight; TSgt. William Pifer, 200th Civil Engineering Squadron; and Sgt. Roger D. Michael and Cpl. Gerald Forrider, both of Company B, 1/166th Infantry Battalion.

Capt. Cline said he didn't know what a biathlon was when he saw a flyer announcing the formation of an Ohio Guard team in 1983.

Eight competitions later Cline's trim physique and trained mind know the meaning of the word.

Biathlon combines the grueling sport of cross-country skiing with the precision sport of target shooting. The competitor must ski 7.5-, 10- or 20-kilometer cross-country trails, stopping to fire at small targets on a 50-meter range. For each target missed, the biathlete skis a penalty loop before continuing the race.

Final scores reflect skiing and marksmanship abilities.

Being able to make a quick transition from the rigorous action of skiing to the relaxed but rock-steady position for target shooting is a necessity. Breathing and pulse-rates are factors. Endurance is the catchword and physical fitness and endless target practice are the keys.

Cline's personal training program includes weight-lifting, calisthenics, sprinting and long-distance running, as well as shooting practice. Cline said the competitor's diet is very important too.

"We are asking a lot from our bodies," Cline said. "Remember, a lot of us are older guys. I'm 34—not a spring chicken."

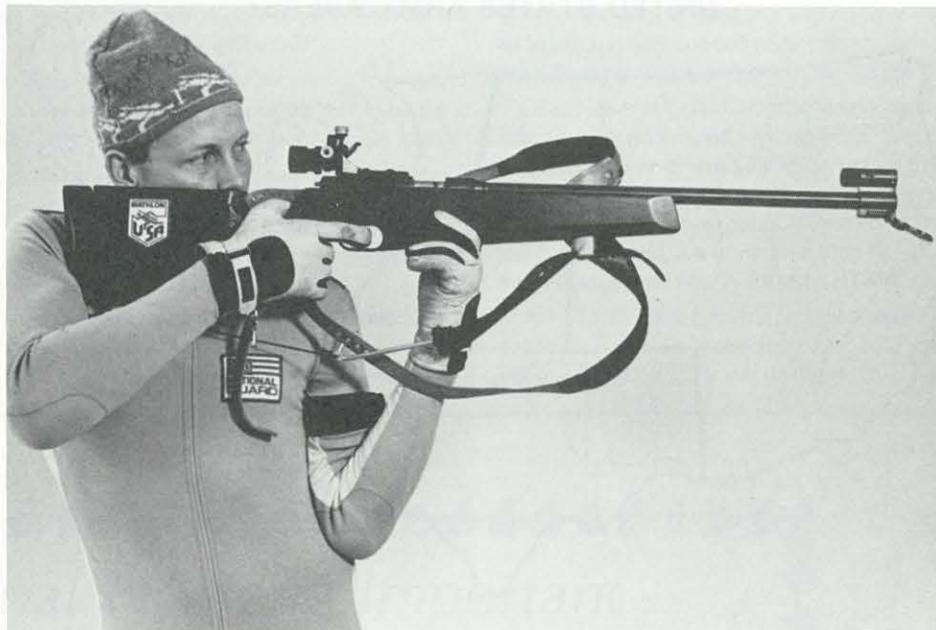
"Hard liquor and smoking are definitely out," Cline said.

Equipment for the five team members is provided by the National Guard: .22-caliber Anschutz rifles from Germany, fiberglass skis from Finland, poles from Norway, boots from France, polypropylene underwear and nylon racing suits from Cleveland, Ohio.

"Roller skis" are on order so team members can keep their skiing form. Roller skis resemble elongated roller skates and are popular among biathletes for training in the summer months.

"Training takes a lot of personal dedication," said team coach, Capt. Donald C. Coffin, 112th Medical Brigade, OARNG.

"We catch as catch can — as far as getting



Ohio Guard Biathlon team member Capt. Christopher T. Cline demonstrates the off-hand firing position with the .22-caliber Anschutz match rifle he uses during competitions. (Photo by SSgt. KENNETH WHITE)

together as a team," Coffin said. "It's individual initiative that really makes it work, though we like to have the team together as often as possible especially during the competitive season."

Coffin said that because the biathlon program is voluntary, team members are not excused from their regular weekend drills. They must be committed to training by themselves. When the team does manage to get together, they are usually provided with transportation, meals and lodging.

The starting point for Coffin's understanding of the sport was a coaching clinic he attended in October sponsored by the U.S. Biathlon Association. It was held at the Olympic Training Center, Lake Placid, N.Y. Since then he has been reading literature on biathlon equipment, training, rules and regulations.

Coffin is planning a clinic this summer for

team members and guardmembers interested in the sport. Newcomers who are willing to make a commitment to the rigorous training will be able to compete next season for a spot on the team, Coffin said. The coach said he wants to expand the program and increase the number of potential competitors. Interested individuals can contact Capt. Coffin at 1-800-282-7310.

"A biathlon course is about one-third uphill and one-third downhill, so Ohio is not the best state for training. The place where we practiced for the most part this year was in the Cleveland area, Geneva. But it wasn't really adequate for us because it was all flat terrain and it really didn't prepare us for what we were going to meet in Vermont," Coffin stated.

Coffin hopes funds will be available for the team to train in more mountainous out-of-state regions in the future.

Use Some Restraint!



Society Opens Guard History

Beightler Military Collection Available

BY JAMES A. CANNON

Ohio Historical Society

The Major General Robert S. Beightler Papers and Audiovisual Collection are now available for research by Guardmembers and the public. The historical collection is available at the Ohio Historical Society in Columbus.

The Collection, donated by Major General Beightler prior to his death in 1976, documents the history of the 37th Division (The "Buckeye" Division) in World War II. Included in the collection are intelligence and after-action reports, field orders, rough drafts of unit and divisional histories plus photographs and negatives.

The Beightler Papers do not document every activity of the 37th Division, but they include a rough draft of a divisional history written for the 37th Division Veteran's Association and published in the Infantry Journal.

Editor's Note: The late Maj. Gen. Robert S. Beightler, for whom the state headquarters is named, was one of our nation's great military leaders. Gen. Beightler established himself as an outstanding field general in World War II as commander of the famous 37th Buckeye Division.

The manuscript includes annotations and parts of chapters not found in the published edition. Also included in the collection are correspondence and speeches by General Beightler, newsletters distributed to men at the front, casualty lists and material on the 37th Division Veteran's Association from 1945 to 1948.

The audiovisual collection contains over 2,500 pictures and negatives by military photographers. These include: the Division in training at Camp Shelby, Mississippi; Guadalcanal and the Philippine campaigns. Photos of General Beightler accepting the surrender of Tomoyuri Yamashita, the Supreme Japanese Commander of the Philippines, known as the "Tiger of Malaya", are noteworthy.

The Beightler material is only one of many collections held by the Historical Society's Archives-Library Division which deals with military history.

The Collection is located on the third floor of the Ohio Historical Society and is available for research between 9 a.m. and 5 p.m. Monday through Saturday.



BEIGHTLER AT THE FRONT—Inspecting the results of battle on Company F, 129th Infantry, 37th Division perimeter on Bougainville are: (l to r) Col. John D. Fredericks, Commander, 129th Infantry; Maj. Gen. O.W. Griswold, Commanding General,

XIV Corps and Maj. Gen. Robert S. Beightler, CG, 37th Division. (Photo by Lt. FIELD, U.S. ARMY SIGNAL CORPS; provided through the courtesy of the Ohio Historical Society)

What Is Patriotism?

BY REBECCA SLYH

196th Public Affairs Detachment

We often forget why we are in the Guard. Although we may not be recognized on an individual basis, each of us plays an important part in the Guard. Several guardmembers recently indicated what they feel about patriotism and why they serve their country in uniform.

"Serving your country with dedication and doing more than is expected of you is patriotism," stated Sp4 Donald Hartman of the 112th Medical Brigade. In addition to serving our country, we must "strive to see our nation continues as a nation," said SSgt. William Prodonovich, of the same unit.

"Patriotism comes from the heart and is a feeling you have for mankind," added MSgt. Joseph Lynch of the 135th Military Police Company in Brook Park.

"Patriotism is a conviction to a cause," noted Sp5 Joan Penohr of the 155th Maintenance Company.

According to SFC Ruth Kinney of State Headquarters, "Patriotism is believing in your country."

"It is loyalty to one's country," adds Sp4 Ronald Gross, computer operator of the 237th Support Battalion.

PFC Kelli Moore, HQ Starc (-Det 1), March Soldier of the Month, believes, "It is feeling proud about what you are doing and willing to support others in any measure." Moore further believes that the country has a lot to offer and she is proud to serve her country.

Serving in the Guard is defined in many ways by guardmembers. Between love of the country and enjoying one's job within the military, many reasons for joining the Guard were found. So, what is new? These are the reasons people have joined for centuries.

By the way, why did you join?



Citizen-Soldiers Play Vital Role

BY JOYCE GOOD REIS

Colonel James C. Good, M.D., State Surgeon of the Ohio National Guard has seen many changes in his three decades of service. In his career, he has risen from a First Lieutenant in the 166th Regimental Combat Team to the highest ranking medical officer in the state and the first Ohio Army National Guard Medical Officer to achieve the rank of Brigadier General. He is the retired Commander of the 112th Medical Brigade and recipient of numerous awards, including the Legion of Merit, the highest award granted in the peacetime Army.

Just as his own positions and responsibilities have changed so has the role and image of the National Guard. He has seen the turmoil of the 60s, apathy of the 70s and peace movement of the 80s.

This interview with Col. Good provides a fascinating look at the Ohio National Guard and the "Guardmembers" upon whom our military forces, as well as each citizen, can depend in time of need.

Q. What is the role of the "Peacetime" Guard?

Col. Good: Our mission in the National Guard is one of readiness. We train for wartime missions of deployment to a degree of readiness to respond on very short notice at numerous locations throughout the world. In peacetime, we train to be prepared for local disaster or any requirements which involve augmenting local police or fire-fighting forces, anywhere in the state.

If there were a major conflict, our role is one of augmenting active fighting forces and support elements in combat situations.

Q: Can you translate this into what an actual unit does, both now and in the event of a crisis?

Col. Good: The 684th Medical Company, based in Westerville, for example, provides medical care as a clearing company. At weekend training sessions this might mean conducting medical examinations of enlistees and Guardmembers, as well as training for emergencies, such as the treatment of fractures or other injuries. In a wartime situation, this unit would operate a clearing situation to receive, sort and treat patients until they can be evacuated or returned to duty.

Q: It sounds as though this unit requires a special kind of person. What type of men and women enlist in the Ohio National Guard?

Col. Good: The Guard attracts high quality people from various civilian careers. Many of our enlistees are college students interested in the tuition assistance program. The Guard attracts those people who are career-oriented



COL. JAMES C. GOOD

in both civilian and military professions. They are adventuresome, patriotic, willing to sacrifice time and effort on behalf of society. Many are seeking further training in their careers or perhaps in a totally different direction and, of course, they enjoy the money that goes with the job.

Q: How much time does the Guard require and what benefits could a person expect?

Col. Good: The basic requirement of time is 16 hours or two full days a month, plus 15 days annual training. But, guardmembers must become involved in extra courses, or special schools to further their military careers. I would estimate that the average person spends an additional 50-100 hours per year for personal advancement.

The number one benefit is the education, either to augment a chosen career or develop a new one. The Guard teaches skills which are applicable in almost any civilian profession. There is the opportunity to meet and work with others, to travel, sometimes extensively; the money the job pays; a retirement program for those who are career-minded and finally, the tuition assistance program for college interested students.

Q: Can you elaborate on the types of careers where Guard-learned skills are applicable to civilian work?

Col. Good: Almost every job in the Guard is convertible to civilian careers. For example, motor mechanics, truck drivers, aviation mechanics, electronics, radio and computer technicians are all found in both military and civilian worlds. There is an enormous attraction in the Guard for medical training and many people find medically-oriented jobs in the civilian world. Medical instrument repair and emergency medical technicians are two examples.

All facets of engineering, road work, bridge building, office skills and photography can be learned through Guard positions. And, importantly there are skills which everyone can

use in leadership, human relations, management and teaching.

Q. The events in Lebanon and Grenada spurred interest in enlistment in the Marines. Is there a similar effect in the National Guard, and what sorts of events trigger increased enlistments?

Col. Good: Any threat to national security stimulates interest. The economy may play a role as well. Certainly, an extra \$100 or more a month helps many families. But, I believe the tuition assistance program and enlistment bonuses initiated six years ago have had the most influence on enlistments.

It is hard to say if the events in Lebanon and Grenada have affected enlistments in the Ohio National Guard because we are already in an excellent strength posture. We look for quality people and we still have many opening opportunities. We still need physicians and are always looking for doctors.

Q: The Marines say they need a "few good men", what does the Ohio National Guard need?

Col. Good: The Guard always needs good men and women. We have no room for dead wood, non-participants, goof-offs or bad apples. We take our work very seriously and recognize the limitations of time and the demands of accomplishing our objectives.

Q: You mentioned women in the Guard. Have there been other changes in the past 30 years?

Col. Good: Well, the greatest change has been the addition of women to most units. Except for those destined for actual combat in the event of mobilization, there are women fulfilling important roles in performing jobs and achieving goals.

Another change is in attitude. Even though in the past 25 years the hours required in training have doubled; there are great demands placed on precious few hours. The Guard requires dedicated, sincere and hard-working people.

Q: Why do you, a family Physician with an active civilian life, stay involved in the Ohio National Guard?

Col. Good: I have asked myself this question many times in the past 30 years, and I am sure my wife would be curious about the answer as well.

I believe there is a job to be done. I feel personally well qualified to accept the responsibility. I feel an obligation to serve. Certainly, the pay and retirement are valuable. There have been opportunities to meet and to work with people I otherwise would not know. It is not often in my civilian career that I have the opportunity to associate with others with whom I share this much in common.

It's "Shape-Up" Time

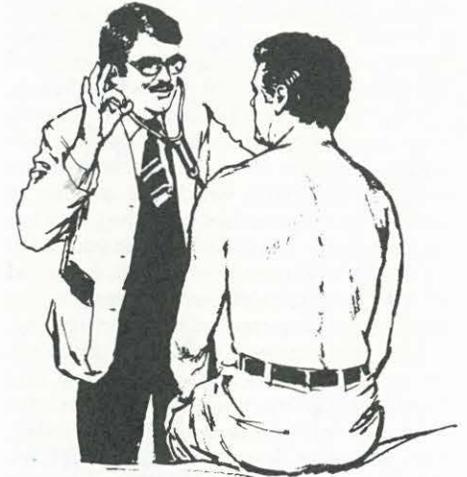


The Army Physical Fitness Readiness Test Sets Standards

In the past, to be considered physically fit in the Army Guard, you had to march four miles in an hour or less. Now, with the Army's new Physical Readiness Test, soldiers must be fit enough to correctly perform a number of push-ups and sit-ups within a two-minute period, and to run two miles in a given timeframe, all in accordance with FM 21-20. The actual number of push-ups and sit-ups, and the time allowed for the run vary according to one's sex and age. (See accompanying tables.)

For soldiers age 39 or less, points are awarded for the total number of push-ups and sit-ups you perform during your fitness test, as well as for the amount of time it takes you to complete the run. To pass the test, you must earn a minimum of 60 points in each event, for a minimum total score of 180 points.

Soldiers age 40-60 are scored on a "go/no-go" basis for each event, and must also pass all three. However, all soldiers age 40 and over must be medically screened in accordance with AR 350-15 and AR 40-501 before taking the APRT. Until a medical screening program can be established in the ARNG, the 4-mile march will continue to be administered. Of course, soldiers of all ages are encouraged to reach beyond the minimum standards through a continuing program of regular exercise.



Objective Set For New Army Physical Fitness Program

The objective of the Army's new Physical Fitness Program is to enhance readiness by developing and sustaining the following qualities in all soldiers:

- Stamina
- Quick reaction time
- Coordination, flexibility and speed
- Fighting spirit and the will to win
- Self-discipline
- A health-enhancing lifestyle

To reach these goals, you will be asked to meet new and tougher physical fitness standards and to attain at least the minimum standards for your age once a year when the Army Physical Readiness Test (APRT) is administered to your unit.

Checkup, Advice From Doctor Is Recommended

Before beginning any exercise program, it is wise to have a medical check-up. If you have not had an exam in the past year, if you are over 30, if you are overweight, or if you have a history of high blood pressure or heart trouble, such an exam can help you avoid any problems.

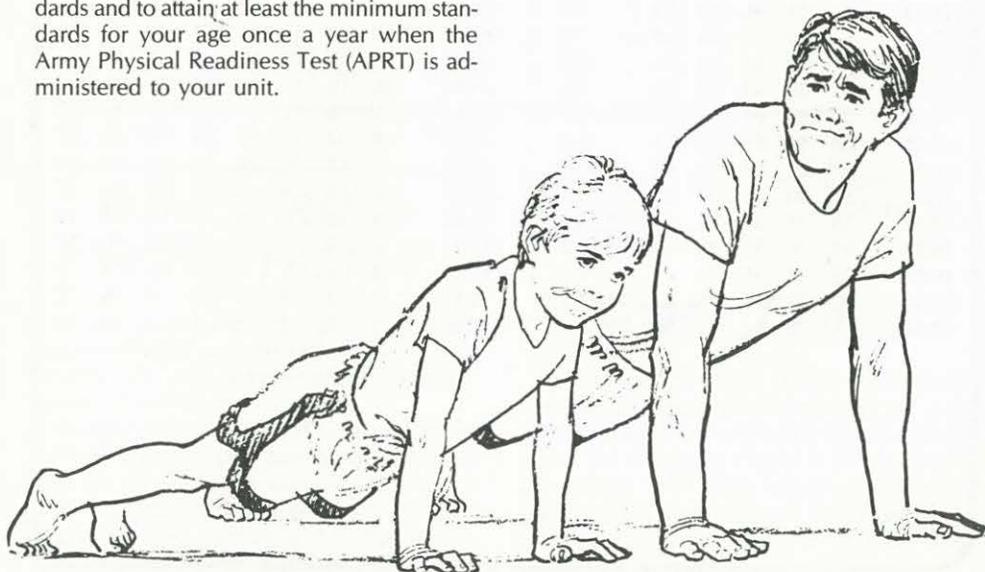
In most cases, your physician will be able to give you an unconditional go ahead to start an exercise routine. But, if you have a medical problem that could be adversely affected by exercise, your doctor can modify a program to suit your needs.

Your doctor is really the best person to help you plan an exercise program that's right for you.

Regardless of how fit you think you are, your best first step is to consult your doctor.

Start slowly. A slow start is important, especially if it's been a while since you exercised regularly. "Overdoing" could injure muscles and tendons, and may even put you off your program before you've really begun.

It's best to build your exercise program gradually on a day-by-day, week-by-week basis. The important thing is to exercise regularly, at least three to five times a week. When you're first starting, don't be concerned about how far or fast you go, or even how many of a given exercise you perform. When you're tired, stop. Over a period of weeks you will begin to see the difference in the way you feel and the amount of exercise you're able to do.



Ohio National Guard Is

TOTAL CONDITIONING, THE ULTIMATE GOAL

Whether it's biking, jogging, hiking, swimming or "pumping iron", each of us has a favorite type of exercise. Yet, few specific exercises can give you total body conditioning—that state of muscle tone, flexibility and aerobic strength that equals total fitness.

Most people require a combination of exercise activities to achieve total body conditioning. Probably the most important of these exercises are those which are aerobic in nature. Aerobic exercises strengthen your cardiopulmonary system by bringing your heart rate to its maximum level for a given period of time. Examples of aerobic exercises are jogging, jumping rope and aerobic dancing.

Next, come strength exercises, such as calisthenics, isometrics and weight lifting. And finally, flexibility training—exercises that make your muscles and joints more limber, such as ballet, floor or standing exercises. Oftentimes, flexibility, strength and aerobic exercises can be combined into one exercise session.

Editor's Note:

This material on physical fitness has been designed as an insert so it can be pulled and posted as desired. The charts may be particularly helpful.



RUNNING TABLE

TIME	M F M F M F M F				TIME	M F M F M F M F						
	17-25	26-30	31-35	36-39		17-25	26-30	31-35	36-39			
13:05	100				20:00	50	69	53	70	55	90	58
13:12	99				20:14	49	68	52	69	54	88	57
13:20	98				20:30	48	67	51	68	53	86	56
13:27	97				20:35	47	66	50	67	52	84	55
13:34	96				20:58	46	65	49	66	51	82	54
13:40	95	100			21:15	45	64	48	65	50	80	53
13:49	94	98			21:26	44	63	47	64	49	79	52
13:56	93	96			21:41	43	62	46	63	48	78	51
14:03	92	95			21:55	42	61	45	62	47	77	50
14:10	91	94			22:14	41	60	44	61	46	76	49
14:20	90	93	100		22:29	40	59	43	60	45	74	48
14:25	89	92	98		22:38	39	58	42	59	44	72	47
14:32	88	91	96		22:53	38	56	41	57	43	70	46
14:39	87	90	94		23:07	37	55	40	56	42	68	45
14:47	86	89	92		23:22	36	54	39	55	41	66	44
14:57	85	88	91		23:36	35	53	38	54	40	64	43
15:05	84	87	90	100	23:50	34	52	37	53	39	62	42
15:08	83	86	89	98	24:04	33	51	36	52	38	60	41
15:16	82	85	88	96	24:19	32	50	35	51	37	59	40
15:23	81	84	87	94	24:34	31	49	34	50	36	58	39
15:30	80	83	86	92	24:48	30	48	33	49	35	57	38
15:37	79	82	85	90	25:02	29	47	32	48	34	55	37
15:45	78	81	84	88	25:17	28	46	31	47	33	54	36
15:52	77	80	83	86	25:34	27	45	30	46	32	53	35
15:59	76	79	82	84	25:46	26	44	29	45	31	52	34
16:06	75	78	81	83	26:00	25	43	28	44	30	51	33
16:14	74	77	80	82	26:09	24	42	27	43	29	50	32
16:21	73	76	79	81	26:29	23	41	26	42	28	48	31
16:28	72	75	78	80	26:43	22	40	25	41	27	45	30
16:35	71	74	77	79	26:58	21	39	24	38	26	42	29
16:43	70	73	76	78	27:12	20	38	23	36	25	40	28
16:50	69	72	75	77	27:26	19	36	22	34	24	38	27
16:57	68	71	74	76	27:39	18	34	21	32	23	36	26
17:04	67	70	73	75	27:55	17	32	20	30	22	34	25
17:10	66	100	69	74	28:10	16	30	19	28	21	32	24
17:19	65	98	68	71	28:24	15	28	18	26	20	30	23
17:25	64	96	67	70	28:38	14	26	17	24	19	28	22
17:33	63	94	66	69	28:53	13	24	16	22	18	26	21
17:41	62	92	65	68	29:07	12	22	15	20	17	24	20
17:48	61	90	64	67	29:22	11	20	14	18	16	22	19
17:55	60	88	63	66	29:36	10	18	13	16	15	20	18
18:08	59	86	62	65	29:50	9	16	12	14	14	18	17
18:20	58	84	61	64	30:05	8	14	11	12	13	16	16
18:30	57	82	60	63	30:19	7	12	10	10	12	14	15
18:45	56	80	59	62	30:34	6	10	9	8	11	12	14
19:00	55	78	58	61	30:48	5	8	8	6	10	10	13
19:10	54	76	57	60	31:02	4	4	7	5	9	8	10
19:23	53	74	56	59	31:17	3	3	5	4	7	6	8
19:35	52	72	55	57	31:31	2	2	3	3	5	4	6
19:48	51	70	54	56	31:46	1	1	2	2	3	3	4

Shaping Up In 1984

PUSH-UPS

REPS	M F M F M F M F				REPS	M F M F M F M F									
	17-25	26-30	31-35	36-39		17-25	26-30	31-35	36-39						
68	100				34	54	88	56	92	61	100	62			
67	98				33	53	86	55	90	60	98	61			
66	96	100			32	52	84	54	88	59	96	60			
65	94	98			31	51	82	53	86	58	94	59			
64	92	96			30	50	80	52	84	57	92	58	100		
63	90	94			29	49	78	51	82	56	90	57	97		
62	88	92			28	47	76	50	80	55	88	56	94		
61	86	90	100		27	45	74	49	78	54	86	55	91		
60	84	88	98	100	26	44	71	47	76	53	84	54	88		
59	82	86	96	98	25	42	69	45	74	52	82	53	85		
58	80	84	94	96	24	40	68	43	71	51	80	52	82		
57	78	82	92	94	23	39	67	42	69	50	78	51	79		
56	76	80	90	92	22	37	66	40	67	48	76	50	77		
55	75	78	88	90	21	35	65	38	66	46	74	49	75		
54	74	76	86	88	20	34	64	36	65	44	71	47	72		
53	73	75	84	86	19	32	63	34	64	42	69	45	70		
52	72	74	82	84	18	30	62	33	63	40	67	42	68		
51	71	73	80	82	17	29	61	31	62	37	65	40	66		
50	70	72	78	80	16	27	60	29	61	35	63	38	64		
49	69	71	76	78	15	25	56	27	60	33	61	36	62		
48	68	70	75	76	14	24	53	25	56	31	60	33	61		
47	67	69	74	75	13	22	50	24	53	29	56	31	60		
46	66	68	73	74	12	20	47	22	50	27	53	29	56		
45	65	67	72	73	11	19	43	20	46	24	50	26	53		
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43	63	65	70	71	9	15	35	17	38	20	42	22	47		
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38	58	96	60	100	65	66	4	7	16	8	17	9	20	11	22
37	57	94	59	98	64	65	3	5	12	6	13	7	15	8	17
36	56	92	58	96	63	64	2	4	8	5	9	6	11	7	12
35	55	90	57	94	62	63	1	2	4	3	5	4	6	5	7



Three Ways To Guard Your Fitness

Nutrition. It's an old saying: "You are what you eat." If your goal is physical fitness, what you eat is of tremendous importance in helping you reach that goal.

In general, strive to eat a balanced variety of foods to assure you get all the essential vitamins and nutrients. Avoid or reduce foods high in fat, cholesterol, sugar or salt. And, if you drink alcoholic beverages, do so in moderation.

Diet. Your body weight is a reflection of the balance you maintain between the food you eat (caloric intake) and how active you are (amount of exercise). To lose weight, you must "burn up" more calories than you take in. You can lose weight by increasing your physical activity, reducing your caloric intake, or, the best way, a combination of both.

To lose weight successfully, don't try a "crash" diet. Rapid weight loss can harm you medically, is seldom nutritionally complete, and for most people, the weight loss lasts for just a short time.

Like fitness itself, successful weight loss results from a regular, sensible and gradual program—in short, a change in your life habits.

Start by taking an inventory of what you normally eat and drink. Look for sources of unnecessary, or "empty" calories and try to eliminate those from your diet first. These are usually foods high in sugar and fat, such as soft drinks, cakes, cookies, chips, french fries, doughnuts and fried chicken.

(Continued)

FITNESS RUNS IN THE FAMILY

As with most difficult things in life, breaking old habits and replacing them with healthy new ones is easier when you don't have to "go it alone".

Sharing your new diet and exercise routines with everyone in your family will help you keep on your program, as well as encourage your family to adopt a healthier lifestyle. For many families, exercising together means spending quality time together on a regular

basis. It can bring you closer to your spouse and children... as well as "keep you company".

Check Tables

To find your minimum fitness requirement, find the appropriate column for your age and sex in the tables. There is one table for each event. Go down the column until you reach the number "60". Then, look over in the left-most column under "Reps" for the number of repetitions/time required to meet the minimum fitness standard.



Three Ways To Guard Your Fitness

(Continued from P. 13)

Next, look at when and where you eat. Avoid eating out of habit or boredom. And when you do eat, watch your portion size!

Regular exercise. Aerobic exercises, such as jogging, are those which place a heavy demand on your cardiovascular system; building it up to its maximum capacity and efficiency. The greater your cardiovascular capacity, the greater amount of muscular exertion your body can perform, and the faster your body can deliver essential nutrients and oxygen, and remove waste products.

Of all the kinds of exercises you can do, aerobic exercises are the most important for your overall health and well-being. And, of all the aerobic exercises available, jogging is probably the easiest way to achieve cardiovascular fitness.

Jogging is one form of exercise you can do just about anywhere and anytime. You don't need to take expensive lessons to learn it. You don't have to pay to do it. And it requires very little special equipment—just a good pair of running shoes.

If you want to make jogging a part of your physical fitness program, keep these important points in mind:

- Warm up before; cool down after. Always do stretching exercises before and after you jog to adequately prepare your muscles and joints for a full range of motion.
- Start slowly. You may begin a jogging program by walking, then walk-jogging; then jogging; and finally, running. Be sensible and build up your speed and distance gradually.
- Listen to your body. If you develop pain, shortness of breath, or any other unusual symptom, slow down or stop. If the problem persists, see your doctor.

A HEALTH & FITNESS READING LIST

"One Step At A Time". An introduction to running developed by the President's Council on Physical Fitness and Sports. For copies write to the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

"An Introduction to Physical Fitness". Another helpful brochure from the President's Council, also available from the U.S. Government Printing Office.

SIT-UPS

REPS	M	F	M	F	M	F	M	F	REPS	M	F	M	F	M	F	M	F
	17-25	26-30	31-35	36-39	17-25	26-30	31-35	36-39		17-25	26-30	31-35	36-39				
69	100								34	49	67	52	69	56	86	60	
68	98								33	48	66	50	68	54	84	58	
67	96	100							32	46	65	49	67	52	82	56	
66	94	98							31	45	64	48	66	50	80	54	100
65	92	96	100						30	43	63	47	65	49	78	52	96
64	90	94	98						29	42	62	45	64	48	76	50	92
63	88	92	96	100					28	40	61	44	63	47	74	49	88
62	86	90	94	98					27	39	60	42	62	45	71	48	84
61	84	100	88	92	96				26	38	58	41	61	43	69	47	80
60	82	98	86	90	94				25	36	56	39	60	42	67	46	76
59	80	96	84	88	92				24	35	54	38	58	40	64	45	72
58	78	94	82	86	90				23	33	52	36	56	39	60	43	68
57	77	92	80	84	88				22	32	50	35	54	37	58	41	64
56	76	90	78	82	86				21	30	46	33	52	35	56	40	60
55	75	88	77	80	84				20	29	44	32	50	34	54	38	58
54	74	87	76	78	82				19	28	42	30	47	32	52	36	56
53	73	86	75	77	80				18	26	39	29	44	31	50	35	54
52	72	85	74	76	78				17	25	37	27	42	29	49	33	52
51	71	84	73	100	75	77			16	23	35	26	39	27	48	31	50
50	70	83	72	98	74	76			15	22	33	24	37	26	46	29	47
49	69	82	71	96	73	75			14	20	30	22	34	24	43	28	44
48	68	81	70	94	72	74			13	19	28	20	32	22	39	26	41
47	67	80	69	92	71	73			12	18	26	19	29	21	36	24	38
46	66	79	68	90	70	72			11	16	23	17	27	19	32	22	35
45	65	78	67	88	69	71			10	15	21	16	24	18	29	21	32
44	64	77	66	86	68	70			9	13	19	14	22	16	26	19	29
43	63	76	65	84	67	69			8	12	17	13	19	14	12	17	25
42	62	75	64	82	66	68			7	10	14	11	17	13	20	16	22
41	61	74	63	80	65	100	67		6	9	12	10	14	11	17	14	19
40	60	73	62	78	64	98	66		5	8	10	9	12	10	14	12	16
39	58	72	61	76	63	96	65		4	6	8	7	9	8	12	10	13
38	56	71	60	74	62	94	64		3	5	5	5	7	6	9	9	10
37	54	70	58	72	61	92	63		2	2	3	4	4	5	6	7	7
36	52	69	56	71	60	90	62		1	1	1	2	2	3	3	4	4
35	50	68	54	70	58	88	61										

FOOTNOTE:

Tables apply to all soldiers age 17-39, and are used to convert raw scores to point scores. You must score at least 60 points in each event to meet minimum readiness requirements. For the two-mile run event, the lower point score is awarded for performance times falling between time intervals indicated in these tables.

40 AND OLDER MINIMUM REQUIREMENTS

Age Group	40-45		46-50		51-55		56-60	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
PUSH-UP	20	10	20	10	15	8	15	8
SIT-UP	25	15	25	15	20	10	20	10
2-MILE RUN	20:00	26:00	21:00	27:00	22:00	28:00	23:00	29:00

Guard Helps

Food Parade Is A Huge Success in '84

BY CALVIN L. TAYLOR

HQ, STARC (-Det 1) OHARNG

Clowns, citizens, television personalities, entertainers and Ohio National Guardmembers combined in WBNS-10TV's Food Parade to collect 45,278 food items in seven hours on the first Saturday in April. Hundreds of central Ohio motorists and passengers contributed food through the Food Parade to help Operation Feed reach its original goal of 1,000,000, surpass its second goal of 1,500,000 and attain its height of 1,658,213 food items.

Ohio National Guardmembers enjoyed themselves as they lifted bags and boxes from autos into military trucks which delivered items to central warehouses. "We could not have achieved this success without the Ohio National Guard," explained Chuck White, Public Affairs Director for WBNS-10TV.



HAPPY VOLUNTEER—Cadet Rendia Crews of the 16th Engineer Brigade has a happy smile as she participates in the annual Operation Feed program at Channel 10 TV in Columbus. (Photo by SSGT. KEN WHITE)

Guardman Saves Life

BY LAUREL LAMPELA

251st Combat Communication Group

What started as a calm Saturday afternoon at a local grocery store became a terrifying experience for SMSgt. Daniel Schetter, an air technician with the 269th Combat Communications Squadron of the Springfield Air National Guard.

While shopping in the neighborhood supermarket with his family, he heard a loud crash and a woman screaming.

"I ran in the direction of the noise and found a man lying face down on the floor," said Schetter. "There was a woman next to him begging me to help her husband. I turned him over and noticed he was turning a bluish gray color in the face and neck."

Schetter observed the victim bleeding from a head wound and assumed he was unconscious.

"I opened the man's shirt and placed my ear to his chest and then to his mouth. There was not a heartbeat or any sign of breathing," he said.

Finally, two women identified as nurses assisted Schetter with cardiopulmonary resuscitation.

"My actions were totally spontaneous. I remembered from my CPR training he needed breathing and heart compressions and he needed them fast," Schetter said.

Once the medical squad arrived and began additional CPR, the victim was transported to the hospital. Later, the victim personally thanked Sgt. Schetter for saving his life.



BY CALVIN L. TAYLOR

HQ, STARC (-Det 1) OHARNG

Physical fitness is the heart and lifeblood of our preparedness as an armed force. We live today in a world experiencing a broad range of tensions, conflicts and threats against which we must be prepared. These words were expressed by Maj. Gen. Raymond R. Galloway, Ohio's Adjutant General in April 1983 when he declared war on fat in the Ohio National Guard.

On July 15, 1983 the new Army Regulation (AR) 600-9 became effective. That AR uses the soldiers' percent of body fat content as a standard to determine whether a person is within acceptance or is overweight. Unlike the previous regulation, the new AR allows those who exceed the weight standard tables but who have a low body fat percentage, to be considered acceptable and not overweight. Any soldier who exceeds the standards receives a body fat content determination by trained medical personnel using calipers.

"A person's body fat content is greatly influenced by a person's physical fitness," said Sgt. Maj. Fay Morton, physical fitness representative for the Ohio Army National Guard. According to Morton, the new regulation

takes into account the natural impact that growing older has upon the body's weight and body fat content.

Morton relates four examples of how the new regulation actually helps soldiers be retained while being physically fit. In Case A, a male between the ages of 28-39, at a height of 76 inches, under the regulation could not exceed 223 pounds. After he received the caliper examination, the soldier was given a personal weight standard of 246 pounds. Another male, Case B, over 40 years of age at a height of 64 inches was only allowed to weigh 160 pounds based upon the regulation standards. The caliper measurement, however, allowed the person up to 213 pounds. Case C, a female between 28 and 39 years, at a height of 67 inches was allowed a personal weight standard of 173 pounds rather than 148 pounds as allowed by the regulation standards. Another female, over 40 years, at a height of 68 inches was permitted 172 pounds—sixteen pounds latitude.

Morton continued, "The new regulation is fairer than the previous one which did not differentiate because of age or body fat content. It made no latitude for a physically fit person, such as a football player or a weight lifter. The new regulation uses 'common sense' and it allows people to be retained."

Buckeye Briefs



Sp5 **PAOLA WARD** recently competed for the Active Guard Reserve (AGR) Soldier of the Year. She competed with five other enlisted personnel and won the competition. According to State CSM William Oxley, "She was chosen based upon her knowledge of specific areas of military expertise. Her self-motivation in attending college full-time for the past three years, working full-time in State Headquarters as Military Personnel Records Specialist, and her completion of the Officer Candidate School, as well as several Non-Commissioned Officer courses, were all considered," he said.

She also competed in the Armor Readiness Mobilization Region VI competition. There, she competed against Active component personnel, as well as AGR troops from the Guard and Reserves. She won in that competition.

"It has taken a lot of hard work and devotion in preparing for this competition, and it has been a real pleasure being able to participate and excel in the thing I believe in the most — The Ohio Army National Guard!" Sp5 Ward stated.

Sp4 **DAVID LYON**, an Enlisted Personnel Management Specialist at State Headquarters, recently competed for the Ohio Army National Guard Soldier of the Year Award. "In preparation, I spent many hours reading regulations and researching the history of the Guard and other related subjects which I felt every enlisted soldier should be familiar," Sp4 Lyon stated.

"I have been advised that he was the only individual who could answer questions pertaining to the history of the Ohio Army National Guard," commented Maj. James Chubb, unit commander. CSM William Oxley was very impressed with David's military bearing and personal appearance.

Lyon said, "I would also like to thank the Enlisted Association for the expense paid trip to the State Conference at Camp Perry."

At Rickenbacker Air Base

Vogel New Commander

BY JAMES BOLING

Det 1, Ohio Air National Guard

Col. Joseph L. Vogel has been appointed as the new Base Commander of Rickenbacker Air National Guard Base, succeeding Col. Harold W. Wickline, who retired. Vogel was formerly assigned as the Executive Staff Support Officer for the Ohio Air National Guard.

An Ashland, Ohio, native, Col. Vogel received his commission as a second lieutenant in the U.S. Air Force in 1955 through the Reserve Officers Training Corps (ROTC) at The Ohio State University, where he also earned a Bachelor of Science degree in Education. Upon completion of jet fighter pilot training at Laughlin Air Force Base, Texas, he flew fighters, tankers and support aircraft for over seven years of active service while assigned as a Combat Controller and Information Officer.

Following release from active duty, he joined the 179th Tactical Fighter Group (TFG) part-time while teaching in the Ashland and Crestview school systems. Later, he became an Air Technician with the 179th TFG, Mansfield unit, where he served as a Fighter Pilot, Flight Instructor, Training Officer and Plans Officer until 1978, when he was selected as the Executive Officer for the Ohio Air National Guard.

A command pilot with over 4,500 flying hours, the Colonel has flown the T-33; F-100; F-84F; KC-97; C-54; C-47 and C-130 aircraft. Vogel is a graduate of the Air Command and Staff College and the Air War College.

Elledge Is Top ANCOC Graduate

SSgt. Candace J. Elledge of the 196th Public Affairs Detachment, Worthington was the Distinguished Graduate at the Advanced Noncommissioned Officer's Course conducted 24 April through 2 May by the Ohio Military Academy at Rickenbacker Air National Guard Base. SSgt. Elledge, unit administrator for the 196th Public Affairs Detachment and the 122nd Army Band, is a veteran of eight years in the Ohio Guard. Other honor graduates in the class of 46 people were: PSgt. Russell L. Johnson, Air Troop, 107th Armored Cavalry Regiment; and SFC's Michael D. Cowan, HHC 1/147th Infantry Battalion; Richard L. May, HHC, 134th Engineer Group; William F. Rice, 214th Maintenance Company and David D. Viano, 838th Military Police Company.



COL. JAMES VOGEL

Lt. Krichbaum Receives Air Guard Honor

BY WILLIAM F. DAIS

180th Tactical Fighter Gp

Second Lieutenant Robert L. Krichbaum, Commander of the 555th Air Force Band, was selected recently as the "Outstanding Air National Guard Second Lieutenant for 1984". Lt. Krichbaum was nominated by Lt. Col. Edward Kopp, Combat Support Squadron Commander of the 180th Tactical Fighter Group. Lt. Col. Kopp indicated that Krichbaum was deserving of the award for his work as the first year Commander of the "Triple Nickle" during 1983.

Lt. Krichbaum has been a member of the 555th Band since 1971 and rose to the rank of E-6 before attending the Academy of Military Science and receiving his commission in October 1982.

In civilian life Lt. Krichbaum is a music educator in the Springfield Local School District in Holland, Ohio.

Buckeye Briefs

179th TAG Captures Ohio Guard Rifle Title

BY MARTIN J. METZGER

179th Tactical Airlift Group

The rifle team of the 179th Tactical Airlift Group (TAG), of Mansfield, won the coveted Adjutant General of Ohio Championship Trophy at the Twenty-Sixth Annual Ohio National Guard Rifle Championship which was recently held at The Ohio State University ROTC Range in Columbus.

The competition included five teams from the Ohio Air and Army National Guard units throughout the state. Individuals on each team fired four, ten-round stages in prone, standing, sitting and kneeling positions. From the scores in these four categories, individual winners were determined. Then, as a team, they repeated the process to find a winner.

The 179th team was paced by SSgt. Larry Rogers who placed first in three events and third in the other. He finished first overall with an aggregate score of 379 out of a possible 400 points. MSgt. Don Hunt placed first in one event and third in another. He ended with an aggregate score of 369 which was good for third place. His overall total was 341, even though his total did not figure in the team aggregate. The other two members

in the team included SSgt. Dan Denslow (360) and novice, TSgt. Paul Smeltzer (358). TSgt. Smeltzer finished first in the novice class while MSgt. Bob Mills and SSgt. Dick Smeltzer, finished second and third.

According to SSgt. Rogers, "the hard work by the eleven team members paid off. They practiced for several hours two or three evenings each week. It was nice to come home again with the championship!"

As visitors to the Mansfield base enter the Frank P. Lahm headquarters building, they find themselves in a lobby which holds this trophy, as well as other plaques. The Adjutant General of Ohio Championship Trophy is a most striking and unique trophy. It is a Smith Cavalry Carbine invented by Gilbert Smith. Used during the Civil War, it cost twenty-four dollars and required a .52-caliber shell. The Mansfield rifle team has retained the trophy since 1981.

In the recognition ceremony, Col. Daniel G. Arnold, Commander of the 179th TAG, stated, "the rifle team . . . did a fantastic job of which we all can be proud. Their excellent achievements over the past few years are noteworthy."



GEN. RONALD BOWMAN

16th Brigade Gets New C.O.

General Ronald Bowman accepted command of the 16th Engineer Brigade from retiring Brig. Gen. David Wayt at ceremonies held at the Hovey Road Armory in Columbus. After accepting the Brigade Guidon from Maj. Gen. Raymond R. Galloway, Adjutant General for Ohio, Bowman said, "Enthusiasm, urgency and dedication will be the key words of my command."

Bowman, with nearly 35 years of military service, has served as an enlisted person, non-commissioned officer, warrant officer, commissioned officer and also as a National Guard technician. His many military assignments include duty with an infantry company in Korea, a Brigade and Group S-3, commander of a Military Police Battalion and commander of an Engineer Group.

Bowman is branch qualified in Infantry, Military Police and as an Engineer. His most recent assignment before taking command of the 16th Brigade was as the State Inspector General.

His awards and decorations include: the Combat Infantry Badge, three battle stars, the Bronze Star and the Army Commendation Medal.

He is active in community organizations and is a past president of the Toledo Bar Association. Gen. Bowman and his wife have three children.

Retiring Brigadier General David Wayt, who had faithfully served in the military since 1944, received the Legion of Merit in March ceremonies at Beightler Armory. Wayt had served in various leadership positions in the Ohio National Guard for over 31 years of service.

123rd TCF Claims Honor As Ohio's Top Air Guard Unit

BY JACK ARLEN

HQ, Ohio Air National Guard

The 1983 winner of the Tappan Memorial Trophy, in recognition of Ohio's outstanding Air National Guard Unit for the year, is the 123rd Tactical Control Flight of Blue Ash, Ohio. The unit is commanded by Maj. Shelburn R. Childers. Ohio's ten Air National Guard units compete annually for the honor of being selected as the outstanding Air National Guard unit in the state.

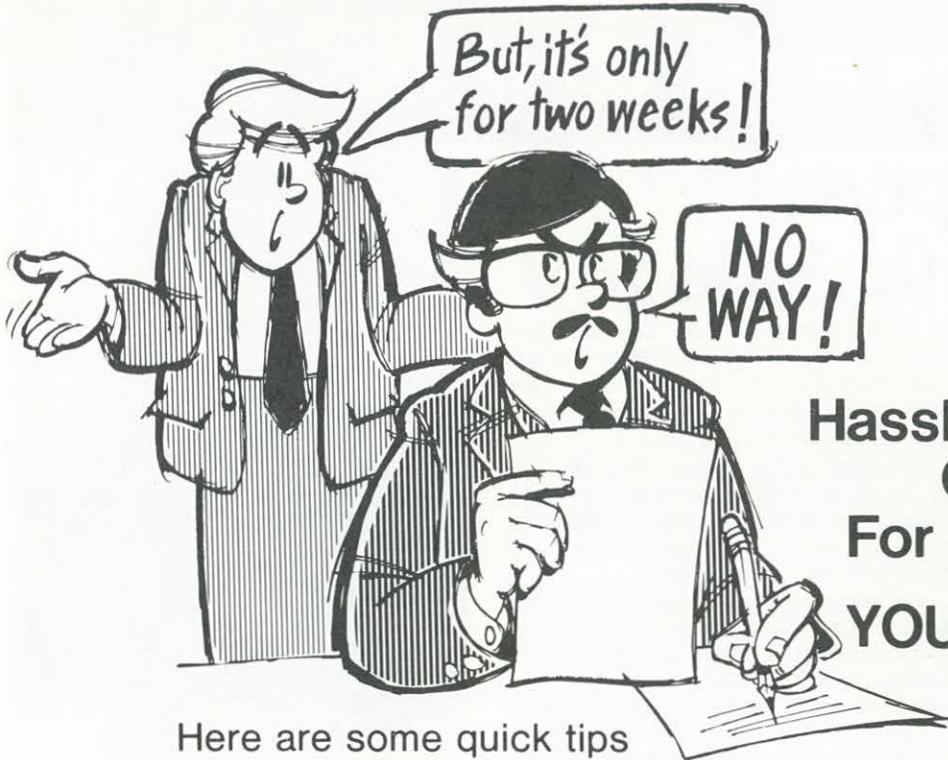
The Tappan Memorial Trophy was created by the Mansfield Airport and Aviation Commission to honor Col. Alan P. Tappan, who was an avid supporter of the Ohio Air National Guard. Col. Tappan contributed generously of his time, effort, leadership and financial consideration in furthering the goals of the Ohio Air National Guard.

Tappan began his military career in 1916 with Company M, Ohio National Guard, serving on the Mexican Border. He graduated from flying school in 1918 and served in WWI and WWII, advancing to the rank of Colonel. Tappan was a man dedicated to the highest standards of performance throughout

his military and civilian career. Because of this dedication to high standards, this trophy was established in his name.

The criteria and point system used in selecting the winning unit are those which have the most impact upon a unit's ability to perform its mission. Points may be earned (or lost) for each of several criteria. Each criterion is weighed to reflect its relative emphasis. The criteria evaluated include manning, reenlistments, airmen skill level, minorities, mission readiness and professional military education. Points may be lost under inspections and safety criteria. Additional points may be earned by outstanding achievements by the unit.

The evaluation and selection of the Outstanding Ohio ANG Unit is under the auspices of the Ohio Adjutant General's Department. The presentation of the trophy was made by Brig. Gen. Robert Preston, Assistant Adjutant General for Air for the State of Ohio at a ceremonial dinner held at the Westbrook Country Club in Mansfield, Ohio. Principal speaker for the occasion was Maj. Gen. Raymond R. Galloway, Adjutant General for the State of Ohio.



Hassles With Your Boss Over Time Off For Military Training? **YOU'RE NOT ALONE!**

Here are some quick tips
which might help:

- Don't pull surprises at the last minute.
Let the boss know in advance when you'll be gone.
- Let the boss know how important your
military duty is to you and to the nation.
 - Use your military skill training on your
civilian job. And demonstrate the
leadership and responsibility you gain
from unit participation.
 - Thank your boss for cooperating. A
little bit of courtesy goes a long way.
 - If you have problems, try to work them
out with your boss personally.

But if you need help, contact your unit commander.

Also standing by to help are your State and National Committees
for Employer Support of the Guard and Reserve

For more information, call
1-800-282-7310



At Port Clinton Inn

Ohio's Co. 'C' Is Remembered

BY TERRANCE DALRYMPLE

HHD 512th Engineer Battalion

The Old Island House is special among Ohio's quaint old inns. Yes, it is located at the main intersection of a small town. Built in 1886, its cheerful hotel rooms and friendly dining rooms have provided rest and refreshment for many weary travelers over the years. But, visitors passing through its tastefully decorated lobby are attracted to a painting hung near the registration desk. The painting depicts a soldier in a tropical white uniform with four stars that glisten on his shoulder boards. Below the painting, on the white border, hand written in black ink are these words: "To Company 'C' 192nd Tank Battalion, in Grateful Remembrance, Douglas MacArthur." Who were the men of Company C and what did they do to earn this recognition in the General's own hand?

Visitors to Port Clinton, Ohio, find the town's historic brick inn an interesting attraction. Many wonder at the mysteries it holds. The picture of General Douglas MacArthur catches the eye of many tourists but it is only the beginning. Next to this handsome portrait is a large photograph of the men of Company C, an Ohio National Guard unit. The style of the uniforms and the tone of the aging

black and white photograph places it in the early forties. These are the men that received the grateful remembrance. Below the picture is an outline of the unit's brief tour of duty. It began with the mobilization of all National Guard units in the fall of 1940. The men of Company C, like so many other guardmembers across the country, were called to active duty on November 29, 1940 for a one-year training tour. The war in Europe was raging as it had for over a year. Government leaders, fearing the worst, activated the Guard for one year, thinking that by the fall of 1941, the crisis would be over or by then we would be caught up in a war.

Company C trained at Fort Knox, Kentucky, home of the Armor School, and later transferred to Camp Polk, Louisiana where it completed training, but was not released from active duty. Instead, the unit traveled to San Francisco where it embarked on October 31, 1941 for the Philippine Islands. On November 25, 1941, only four days short of the anniversary of leaving Port Clinton, the unit arrived at its new duty station—Fort Stotsenburg, Luzon Island.

These young men from Ohio probably found this turn of events to be a new adventure. The Philippines are colorful and interesting, far different from their Lake Erie home. This would be their first winter in a

tropical climate far from the cold winter winds that would surely lash their hometown for the next several months. Added to this was the secure knowledge that they were thousands of miles away from Europe where the wars were being fought. Little did they know that they were caught in a trap.

Within two weeks of their arrival, Luzon was under attack, and there was no escape. First came air attacks, then amphibious landings to the north of Fort Stotsenburg, then the enemy drive southward, forcing Company C and all other American and Philippine forces to move south to a more easily defended piece of real estate. Many years earlier the American War Department had conceived a contingency plan for just such an emergency, and now the plan was put into effect. The real estate had long been considered the easiest to defend, owing to its rough terrain. The area was selected for American units to fight a defensive war most effectively and to hold out until help could arrive. That mountainous strip of land that hid Company C, at least for a while was the peninsula of Bataan.

For months the fighting raged on Bataan, but help never came. Only the enemy came. Bataan fell on April 9, 1942, and with it Ohio's Company C. Earlier on February 15, one member of Company C, Private Edward G. Grogg, was officially reported as killed in action. On April 15, 1942, all other members of the unit were listed by the War Department as missing in action. With that official declaration, a silence fell over the fate of Company C. The silence seems to persist to this day.

The Port Clinton Armory, today, stands hauntingly empty. The latest tenant of the building, the 213th Heavy Equipment Maintenance Company, recently departed for a new armory on Camp Perry, seven miles away. Just down the street from the armory, tourists at the Old Island House read with interest a short paragraph on the inside of the menu. That narrative, which lists the significant events in the drama of Company C, allows readers to discover that in 1945, 10 men of the unit returned to the United States from prison camps in Japan. The desk clerk informs the curious visitor that at least one of the 10 still lives in the Port Clinton area. In honor of the unit, a local school has been named the Bataan Elementary School and a display of the unit's accomplishments is maintained.

The story of Company C is now part of our National Guard heritage. The men of that unit rendered service to their state and nation, and in so doing wrote a vital chapter in our national history. Today, they are considered heroes, but they were probably no different than any other guard unit. They were probably no different than the units of today. For, like the units of today, they rendered honorable service.

Employer Hints Offered

BY DAVE HERMAN

Employer Support NCO

The most common misconception I have found among civilian supervisors of Guardmembers is quite simple. Many employers treat membership in the Guard as a part-time job. Perhaps it is our own fault. For many years, the recruiting advertising program stressed part-time employment and part-time paychecks. Many Guardmembers treat it as a part-time job as well, and then wonder why their employers are less than enthusiastic in their support.

The fact of the matter is that Guard membership is not a part-time job. It involves a lifestyle totally different from friends and neighbors who are not Reserve or Guard members. Have any part-time employees of a popular hamburger chain volunteered to

sacrifice their lives to protect a quarter-pound sandwich? Have any part-time service station employees volunteered to lay down their lives in defense of the regular unleaded pump?

The simplest tool for preventing pressures from your employer is before your eyes this very second. The *Buckeye Guard* magazine contains all the information necessary to ensure that your job supervisor understands what the Guard is all about. There are stories about training . . . about our work during state emergencies . . . about the extraordinary people who make up the Ohio National Guard . . . about you!

Read this magazine, and then pass it on to your employer. Do it with every issue. Don't be surprised if your boss begins to look at you in a different, special way. You are special. You are the National Guard.

BUCKEYE GUARD DEADLINE
Aug. 1 for Sept.-Oct. Issue
Oct. 1 for Nov.-Dec. Issue

All About People-

HHD STARC (-Det 1)

The following members have been promoted: MSgt. **HARRY H. AGNEW**, SFC **CAROL SHORTRIDGE**, SSgt. **CLARENCE ESTEP** and Sp5 **SHERRY SMITH**. SFC **HAROLD HOUCK** was awarded the Army Achievement Medal. Col. **DANIEL ARNETT** and Lt. Col. **ROBERT DOANE** have been promoted and are pending receipt of federal recognition.

The Army Achievement Medal was awarded to: MSgt. **DAVID K. DOWNING**; SFC **JUDY G. LUTES**, **GEORGE R. SAMS**, **MARK W. ERVIN**, **JOHN L. STRICKLIN** and **HAROLD J. LEONE**. The 2nd Award of the Army Reserve Component Achievement Medal was awarded to SSgt. **TIMOTHY T. WOLFE**.

Congratulations to SFC **ROBERT SINGLETON** on his recent promotion.

PFC **KELLI MOORE** was selected as Soldier of the Month for March based upon recommendations from unit non-commissioned officers who look for appearance, general military knowledge and military bearing.

HQ, Ohio Air National Guard

Brig. Gen. **ROBERT E. PRESTON**, Assistant Adjutant General for Air, received the Legion of Merit in a special ceremony held by the 121st Tactical Fighter Wing personnel, Rick- enbacker Air National Guard Base.

Preston was cited for his outstanding services during the 11-year period starting in March 1974. His leadership, knowledge and guidance were responsible for the mission readiness of two of Ohio's fighter squadrons: 166th Tactical Fighter Squadron and the 162nd Tactical Fighter Squadron.

Maj. **BOB HOWARTH** is the new State Staff Judge Advocate for HQ, Ohio Air National Guard. He completed a degree at Dennison College and received his law degree from The Ohio State University Law School. For the past year Howarth has been Senior Vice President of Huntington National Bank in charge of Public Relations and Governmental Affairs. He resides in Bexley with his wife, Lain and their two children.

HQ, 16th Engineer Brigade

The Legion of Merit was awarded to Brig. Gen. **DAVID W. WAYT** (Ret.), for exceptionally meritorious conduct in the performance of outstanding service while serving as Commander of the 16th Engineer Brigade from Sept. 1979 to Oct. 1983. The award was presented on March 3rd at Headquarters, Ohio National Guard, in Worthington.

Company M, 3/107th Armored Cavalry

1st Lt. **WILLIAM BIASELLA** assumed command of Company M at ceremonies conducted by Squadron Commander, Major Charles Barnette. Biasella resides and works for the City of Akron as a police officer.

Promotions were received by the following members of Company M: PFC **HERMAN VALENTINE**; SP4s **NATE BOLDEN** and **JERRY FILIPOWICZ**.

HHC, 112th Medical Brigade

On March 1st, Capt. **FREDERICK D. HOGAN** passed the reigns of HHC over to 2nd Lt. **SHELLY BROUSSARD**. Lt. Broussard is a graduate of The Ohio State University and is employed by the Defense Construction Supply Center.

Lt. Col. **PHILLIP J. RAPP**, staff chaplain for HHC, leaves that post for a new assignment as Chaplain of National Guard units for the National Guard Bureau. He has served in the Ohio Guard for 22 years and has 30 years of military service. Troops of the 112th join to wish Lt. Col. Rapp a rewarding assignment at NGB.

Best wishes to the following personnel on their recent promotions: Col. **WILLIAM E. CHUBB**, Col. **STAVROS E. MEIMARIDIS**; Lt. Col. **DICK I. BELT**; Maj. **DOUGLAS J. MASER**; Sp4s **THOMAS M. GREGORY** and **MARY A. MANSON**; PFCs **LISA K. KOBYLARCZYK** and **TONYA D. MINOR**.

Congratulations to SSgt. **PHYLLIS WYNN** for being selected as Soldier of the Year for 112th Medical Brigade.

HHC, 112th Engineer Battalion

Capt. **JACKIE McCULLOUGH**, CW4 **ROBERT SAID** and Sgt. Maj. **CLARENCE SMITH** received the Army Achievement Medal during ceremonies at the Battalion Ball in February.

121st Tactical Fighter Wing

The 121st extends best wishes to the following personnel on their recent promotions: Col. **GORDON CAMPBELL**; TSgt. **ROBERT DREISS**; SSgts. **MICHAEL CRISP**, **TENA HARTLEY**, **JANET SARGENT**, **DELBERT SLUSHER, JR.**, **LORRAINE TALBOTT**; Sgts. **FELISA BETHEA**, **MARK GROSSER**, **WILLIAM LEWIS**, **GREGORY SCHNULO**; SrAs **THOMAS PAPLACZYK**, **DANIEL PORTER**, **THOMAS SCHULTZ**; AICs **LARRY ALFORD**, **RAYMUNDO FLOR**, **ROBERT HUFFORD**, **GARY W. TIPTON** and Amns. **JONATHAN KING**, **MARY PERIS**, **PETER TRZCINSKI**.

SSgt. **SCOTT P. WILSON** was selected as the Non-commissioned Officer of the Year 1983.

Capt. **JEFFREY T. WILLIAMS** has been selected as the Outstanding Junior Officer for 1983.

SSgt. **SUSAN NORRIS** is the Airman of the Quarter, TSgt. **JOEL KORTE** is the Non-commissioned Officer of the Quarter and SMSgt. **LOU HARRINGTON** is the Senior NCO of the Quarter.

Battery A, 1/136th Field Artillery

Eight members of the Marion unit have been promoted as follows: SSgts. **CHRIS- TOPHER YOEST**, **TIMOTHY ELLIFRITT**; Sp4s **DONALD ROSS**, **LARRY SHORT**, **RODGER THACKER**; PFC **THOMAS STUDEBAKER**; Pvts. **JOSEPH McCOY** and **ALLAN SISIA**.

HHD, 137th Supply and Service Battalion

Promotions announced for March by the 137th S&S Battalion were as follows: Sp4s **CANDICE COKEFAIR**, **TODD COLLIER**, **LISA MARCINIAK**, **DAVID NEWSOME**, **ROBERT TAYLOR**, **JODYKAY WILKERSON**; and PFC **RENEE DALLAS**.

Maj. **WILLIAM L. BURPEE**, recently assumed command of the 137th in a ceremony held at the Toledo Secor Road Armory.

Maj. Burpee was formerly the Battalion's Executive Officer. A sergeant in the Toledo Police Force, Maj. Burpee resides with his wife Sherie and their two sons.

Lt. Col. Dale Rehard, the outgoing commander, has been assigned the position of Provost Marshall in the State Area Command in Worthington.

160th Air Refueling Group

TSgt. **DANA KENDALL**; SSgts. **DAREN BOGAN**, **MARK FORD**, **STEPHEN FORD**, **JERRY LOCKE, JR.**, **GARY RHOADS**, **JAMES SUMMERS**; SrAs **ARTHUR DAMRON**, **JAY MILLER**; A1C **JOHN TORRANCE** and Amn. **DAVID POND** have been promoted to their present rank.

TSgt. **DOROTHY A. WOLFE** has been selected as the Outstanding Non-commissioned Officer of the last quarter in 1983 and A1C **JAY R. MILLER** has been selected as the Outstanding Airman of the last quarter in 1983.



People-



Battery D, 2/174th ADA

Several members of Battery D have been promoted: SSgts. **MICHAEL BUCHANAN**, **RICKY MOORE**; Sgts. **BRIAN BACHUS**, **DENVER COX**, **JIM HENESTOFEL**, **LEONARD MCKINLEY**, **RANDY BARTOW**, **DAVID WISE**, **BART MILLER** and **ROBERT HAZLETT**. Congratulations on your new stripes!

178th Combat Support Squadron

Lt. Col. **EDWARD MORLEY** has been named base commander of Springfield-Beckley Air National Guard Base and commander of the 178th Combat Support Squadron.

The 29-year veteran of Air National Guard and active Air Force duty replaces Lt. Col. Richard A. Markley who now serves as executive support officer for the Ohio Air National Guard.

Morley previously served as Director of Personnel for the 251st Combat Communications Group.

179th Tactical Airlift Group

TSgt. **DARYL E. CULLER** has been awarded the Ohio Commendation Medal.

Seventeen promotions have been announced by the 179th: Lt. Col. **TERRY VAN HORN**; Capt. **MARK KALBER**; SSgts. **GEORGE PANDAK**, **GEORGE ROSS**, **KEVIN STUDER**, **ANDREW WICKISER**; SrAs **JAMES CAPELLE**, **ALAN DINGER**, **EDWARD KRUKOWSKI**, **GREGORY MOZNY**, **DAVID VURA**; A1Cs **THOMAS BENDER, JR.**, **MICHAEL BON**, **DON CARRIKER, JR.**, **TRACY HUFFMAN**, **THOMAS MUSILLE** and **SCOTT SPYCHALA**.

The following members of the 179th were recipients of special awards. The Air Force Commendation Medal was awarded to MSgt. **ALLAN E. LEEDY**, TSgts. **JOSEPH SHELL** and **CHARLES STIVERSON**. The Air Force Achievement Medal was awarded to TSgts. **DENNIS BREEN**, **ROBERT R. HAMMOND**, **RICHARD MOWRY**, **PAUL E. PICKING** and Sgt. **ANDREW WICKISER**.

180th Tactical Fighter Group

SMSgts. **KEITH MUIR** and **MARTY BROWN** were awarded the Air Force Commendation Medal and cited for their "professional skill, knowledge and leadership".

200th Medical Company

The 200th Medical Company recently promoted the following individuals: 1st Sgt. **REYNOLD PECK**; SSgt. **AUSTIN TAYLOR**; Sp5s **VERONICA MCGHEE**, **JERRY JOHNSON**, **JACKIE ARGABRITE** and PFC **RICCARDO HAYNES**.

213th Maintenance Company

KERRY PUMPHREY was promoted to Sp4. The Soldier of the Month for March was PFC **JEFFRY STEVENSON**.

214th Maintenance Company (-Det 1)

SFC **CHARLES PARKS** ends a 36-year career in the military. SFC Parks enlisted in the Army on December 15, 1942. He served in the 13th Army Air Force, South Pacific during WWII and Korea with 37th Recon. For the past ten years he has served with the 214th in Coshocton.

Company A, 216th Engineer Battalion

Four men of Company A, Chillicothe, have received the Army Reserve Components Achievement Medal for four years of service, they are: 2nd Lts. **JOSEPH LIGGETT** and **DAVID RITTINGER**; SSgt. **ROBERT GAMBILL** and Sp4 **NEIL DANIEL**.

The Award of Merit Ribbon for completing three years of service was awarded to PSgt. **THOMAS SHIVELY**; Sgts. **KENNETH COTRILL**, **STEVEN HOLDREN**, **DANIEL MOORE**; Sp4 **HAROLD SHULTS**; PFCs **CHARLES CHENAULT**, **SKIPPER LEATHERWOOD**, **SCOTT JOHNSON**; Pvt. 2 **THOMAS BANE**. PFC **TERRY FREEMAN** was awarded the five-year device.

The following members of Company A have been promoted: Sp4s **DAVID FISHER**, **JAMES HENDERSON**, **BRENT HURLEY**, **CHARLES CHENAULT**, **HAROLD SCHULTZ** and PFC **LYNDEN SCAGGS**. **GREGORY ABBOTT** was laterally appointed to Cpl.

Sp4 **JOHN BARNHART** was selected as the Soldier of the Month for March.

Company C, 216th Engineer Battalion

PFC **MICHAEL J. BEERMAN** received the Distinguished Service Medal for saving a fellow member's life during Annual Training 83 at Camp Perry. Sp4 **KENNETH LANG** was cleaning and painting the battery box inside the cab of a 10-ton tractor, when the batteries sparked and the box exploded, igniting the can of battery box paint which Lang was using. Lang spilled the can of paint in his attempt to escape the flames, causing his clothes to ignite. PFC **Beerman** tackled the running Lang and forced him to the ground, smothering the flames and preventing Lang's injuries from being worse than 2nd degree burns to his legs and 1st degree to his fingers.

251st Combat Communications Group

MSgt. **DAVID A. EARNHART** and TSgt. **CINDY L. CAUGHLIN** were recently selected to compete in the Air Force Communications Command, Air National Guard and Air Force Reserve Outstanding NCO of 1983 awards.

Lt. Col. **JIMMIE M. PRITT** and Maj. **JAMES B. WILEY** was awarded the Air Force Meritorious Service Award.

Lt. Col. **ROBERT E. CANTER** and Capt. **PAUL HUNDLEY** were recently promoted.

Company D, 372nd Engineer Battalion

Sp4s **GILBERT KYLE**, **JEFFREY MULLIN**, **ALAN THOMPSON**, **ROBERT STICKLEMAN**; PFCs **CARY WELLS** and **TIMOTHY WAGNER** were recently promoted.

383rd Medical Company

The 383rd extends best wishes to the following personnel promoted: PFCs **CAROLE OWENS**, **ANTHONY LOUDERBACK**, **PAMELA HOPKINS** and **BEVERLY CAMPBELL**.

HHC, 416th Engineer Group

Col. **JAMES J. HUGHES Jr.** handed over control of the 416th Engineer Group to Col. **RICHARD F. MUELLER** in February.

Mueller has 26 years of service in the Guard. He is a resident of Toledo and is the District Chief of the Toledo Fire Department.

Hughes moved to Worthington to become the State Finance Officer.

Company A, 612th Engineer Battalion

Three members of Company A were awarded the Army Achievement Medal for meritorious achievement, they are: 2nd Lt. **GREGORY GRAHAM**; SFC **JOSEPH ACHINGER** and Sp4 **RICHARD BAUBIEN**.

Seven members of the unit were awarded the Army Commendation Medal, they are: SSgt. **JOHN RAKAY**; Sgts. **DOUG SMITH**, **PAUL HEATH**, **MARK LEE**, **DOUG PEATEE**, **DAVID THOMPSON** and Sp4 **ED MURPHY**. Congratulations!

Best wishes to the following individuals who earned another stripe: Sp4 **LARRY REID**; PFCs **JOSEPH POCS**, **KEVIN MYLEK**, **DANNY HUNTLEY**; Pvt. 2s **CHESTER POWELL**, **BRIAN ELLIOTT** and **ROBERT**

People-

DUDLEY III. JAMES A. WONACOTT was commissioned as a 2nd Lt.

Soldier of the Month for March was Sp5 **WILLIAM SCHOENDORF**.

Company B, 612th Engineer Battalion

Pvt. **TODD HELMS** has been awarded the Soldier of the Month for March. Todd is a student at the University of Toledo majoring in Engineering.

Company B has awarded four members promotions for their outstanding devotion to the unit, they are: SSgt. **CARL LEIBENGOOD**; Sp4s **JEFFERY BAKER**, **THOMAS COLLINS** and **BRADLEY HARMON**.

684th Medical Company

The 684th Medical Company recently promoted the following members to specialists: **LISA WILSON**, **JAMES HASTINGS**, **BRENDA ALLINDER**, **HOWARD BENTLEY** and **TERESA CORDER**.



Several aviators at Army Aviation Support Facility #2 in Worthington have achieved at least 1,000 accident-free flying hours as a member of the Ohio Army National Guard. They are as follows: CW2's **DALE GLASSBURN**, **DAVID GUEST**, **ROBERT HOLMES**, **SAMUEL JENKINS**, **STEPHEN KOLLSTEDT**, **DAVID McCALLISTER**, **ROY MILLER** and **DALE TAYLOR**; CW3's **JOHN BAYLIN, JR.**, **ROBERT BRISKER**, **DANIEL DAVIES**, **ROBERT DAVIES**, **DENNIS DURA**, **WALTER KOHLS**, **JAMES LEWIS**, **DONALD MEARS**, **EARL REHE**, **BRIAN RILEY**, **ROBERT SCHULER**, **WILLIAM SLYH** and **LEE VANDERBOSCH**; CW4's **CHARLES ADKINSON**, **DIR**, **CARL COYAN**, **CHARLES FOSTER**, **FREDERICK HARRIS** and **TERRY JONES**; Lts. **MARK REYNARD** and **MICHAEL SNOW**; Capts. **JAMES CHISMAN, II**, **PAUL HOLBROOK** and **RODGER WEST**; Maj. **ROBERT GABRIEL**, **MARK RYAN**, **DOUGLAS SPARKS** and **JAMES WILDER**; Lt. Cols. **LYNN CORIELL**, **JOHN MARTIN** and **ANDREW REGRUT**; and Col. **ROBERT ORR**.

This accomplishment reflects a continuing dedication to high professional standards and a distinctly positive contribution to the Ohio aviation accident-prevention program.



OCS ADVENTURE TRAINING—Col. Daniel Arnett, new commandant of the Ohio Military Academy, visits candidates in training. On the rope is Candidate Terry Faust. In the background (left to right) are Candidates Al Briggs and Kevin Hathaway; medic Julie Blike of the 684th Medical Company, and Candidate Scott White. (Photo by SSgt. DAVE SWAVEL)

Candidate Rises To Commandant

Colonel Daniel L. Arnett, the new commandant of the Ohio Military Academy, is the first graduate from the Ohio Military Academy to rise to the commandant's position. Arnett graduated from an Officer Candidate class in August 1959. After graduating, he served with such units as the 1st Rocket Howitzer Battalion and the 1/136th Field Artillery Battalion, 73rd Infantry Brigade. After serving as the Battalion Commander of the 1/136th Field Artillery Battalion, Arnett was reassigned as the Ohio Military Academy Deputy Commandant.

Arnett, who has visited several other state military academies said, "I believe that the quality of candidates from Ohio are far above those of other states."

In 1983, the Ohio Military Academy graduated approximately 1,700 students from various courses. As a comparison, one visited state with 21,000 Army guardmembers (Ohio has about 14,000), graduated only 500 students.

"Unlike some states which offer courses primarily during the week, we afford guardmembers the opportunity to avoid conflicts with civilian employment by attending on a weekend basis," explained Arnett.

Several new leadership development measures, such as a "high-low ropes" course at nearby Camp Mary Orton, are being implemented. These measures are designed to in-

still confidence and to promote teamwork among participants, such as officer candidates. Arnett has also reinstated a writing and speaking exercise.



RUN FOR YOUR LIFE CLUB

Run For Your Life Club certificates have been awarded as follows: 50 miles: 1st Lt. **ROGER WHITE**, HHC 216th Engineer Battalion; SSgt. **LAWRENCE HENNAGE**, Troop F, 2/107th AC; SSgt. **JOHNNIE DOWNS**, Company B, 112th Engineer Battalion and Maj. **THOMAS KEMP**, HHC, 1/148th Infantry Battalion; 100 miles: Sgt. **JACK TAYLOR**, Attack Helicopter Troop 107th AC; SSgt. **JOHNNIE DOWNS**, Company B, 112th Engineer Battalion and Maj. **IVAN BEGGS**, HHC, 16th Engineer Battalion; 200 miles: Sgt. **JACK TAYLOR**, Attack Helicopter Troop 107th AC; 400 miles: MSgt. **KERMIT DEEM**, 684th Medical Company; Capt. **GEORGE CLARK**, HHC, 237th Support Battalion; SFC **BILLY RUMMEL**, Attack Helicopter Troop 107th AC and SSgt. **CHARLES O'HARE**, 1416th Transportation Company (-); 500 miles: MSgt. **KERMIT DEEM**, 684th Medical Company and SFC **BILLY RUMMEL**, Attack Helicopter Troop 107th AC. Congratulations on your running achievements.

ONGEA

Scholarship Funds Available

A National Guard advertising motto seen today is, "It pays to belong". We can readily apply this motto to the National Guard Associations—officer, enlisted or auxiliary.

Did you know that these Associations have been responsible for numerous benefits that your spouse enjoys? Things like the Tort Claims Act, Servicemens' Group Life Insurance, I.D. Cards, PX and BX privileges are all items that the Associations supported for your benefit. Another benefit has just been added.

The Enlisted Association National Guard of

the United States has created the Virgil Williams Scholarship Fund. While the fund is sponsored at National level, it is available to all persons and their families who are members in the Ohio National Guard Enlisted Association. Information about this scholarship was sent to all Command Sergeant Majors and Senior Enlisted Advisors in the Ohio National Guard. If you are interested in an application, contact State CSM William Oxley at (614) 889-7076.

The National Auxiliary also has a scholarship program. These scholarships are avail-

able to sons and daughters of members and spouses of EANGUS Auxiliary members. (Spouse must have at least one year remaining on enlistment following the completion of the school year for which the application is submitted.) For more information call Sondra Monastra, (216) 492-6249 evenings.

Your Auxiliary needs your support. For membership, contact Cookie Schramm, Treasurer, 28961 Glenwood Road, Perrysburg, Ohio 43551 or see her at the conference.

H.B. 671

The Enlisted Association continues to work on getting a distinctive vehicle license plate authorized for Guardmembers. Ohio House Bill 671, the legislation that would officially establish such a license plate, was approved in May by the House Highways and Highway Safety Committee. It is now in the House Rules Committee where it will remain until the legislature reconvenes in November. Testimony on the legislation was given by the Guard and by the Ohio License Bureau. A License Bureau spokesman said only 5% of Ohio's firemen and physicians take advantage of special plates they are authorized. We would certainly hope Guardmembers would use their special plate at a much higher percentage rate than 5%.

Retired Officers' Reunion

The Retired Officer and Warrant Officer Reunion will be held on Saturday and Sunday, September 8 & 9, 1984 at Camp Perry. A golf tournament is being planned for Saturday, September 8th. The reunion this year will be short of speeches but long on fun!

Address changes, additions and deaths should be reported to: Lt. Col. Paul Koreckis, Adjutant General's Department, Attn: AGOH-SPMO-LR, 2825 W. Granville Road, Worthington, OH 43085; phone AV 346-7049; COMM 614-889-7049.

Recommendations and suggestions on how to make the reunion more enjoyable for you should also be forwarded to LTC Koreckis.

Wives Club News

THE OTHER HALF

BY SUSAN BROWN

Summer is in full swing with the special pleasures of vacation. The Ohio National Guard Officers' Wives' Club is also enjoying a brief hiatus from organized activity.

In April more than sixty members met at the Defense Construction Supply Center for a fashion show by "Hit or Miss" clothiers. Elections were also held. Elected to serve for the 1984-1985 year were: Karin Easley, president; Lana Powers, vice president; Lisa Allen, secretary; and Janet Seidt, treasurer.

The Franklin Park Conservatory of Columbus provided the setting for May's luncheon and the installation of the new officers. The conservatory is a joy to visit, especially in the spring. The beauty of the program and tour inspired any to spruce up yards and gardens

and to include lots of color in planning the outdoor decor of their homes.

Thanks must be given to outgoing president, Joan Thomas and to the OWC board. These people have worked hard to provide exciting programming for the group this past year.

One special note of thanks to Barb Bythe-wood, outgoing treasurer, who has served the club for several years. Barb and her family will be moving to Wilmington, Delaware soon. The Delaware Guard's gain is our loss!

OWC officers will meet this summer to plan ideas for innovative programming for the new year. A family affair is now being planned to include husbands and children.

Karin Easley, president, wishes to extend

an enthusiastic welcome to all members. Emphasis for the year will be put on achieving a high level of involvement by inactive members. So, watch the next *BUCKEYE GUARD* for details of the season's plans, and resolve to activate your membership this year.

In closing, I wish to include a personal note. It has been a great pleasure for me to create, for the last seven years, "The Other Half," and to be liaison between OWC and the *BUCKEYE GUARD*. With the next issue, however, a new columnist will be writing the OWC news. I would urge all members to keep reading the column and to support the new reporter in her effort to inform and entertain.

Sea World

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