



# THE CARGO COURIER

Standiford Field, Louisville, Kentucky

123rd TAW, Kentucky Air National Guard

Vol. 7, No. 7, July 13, 1991

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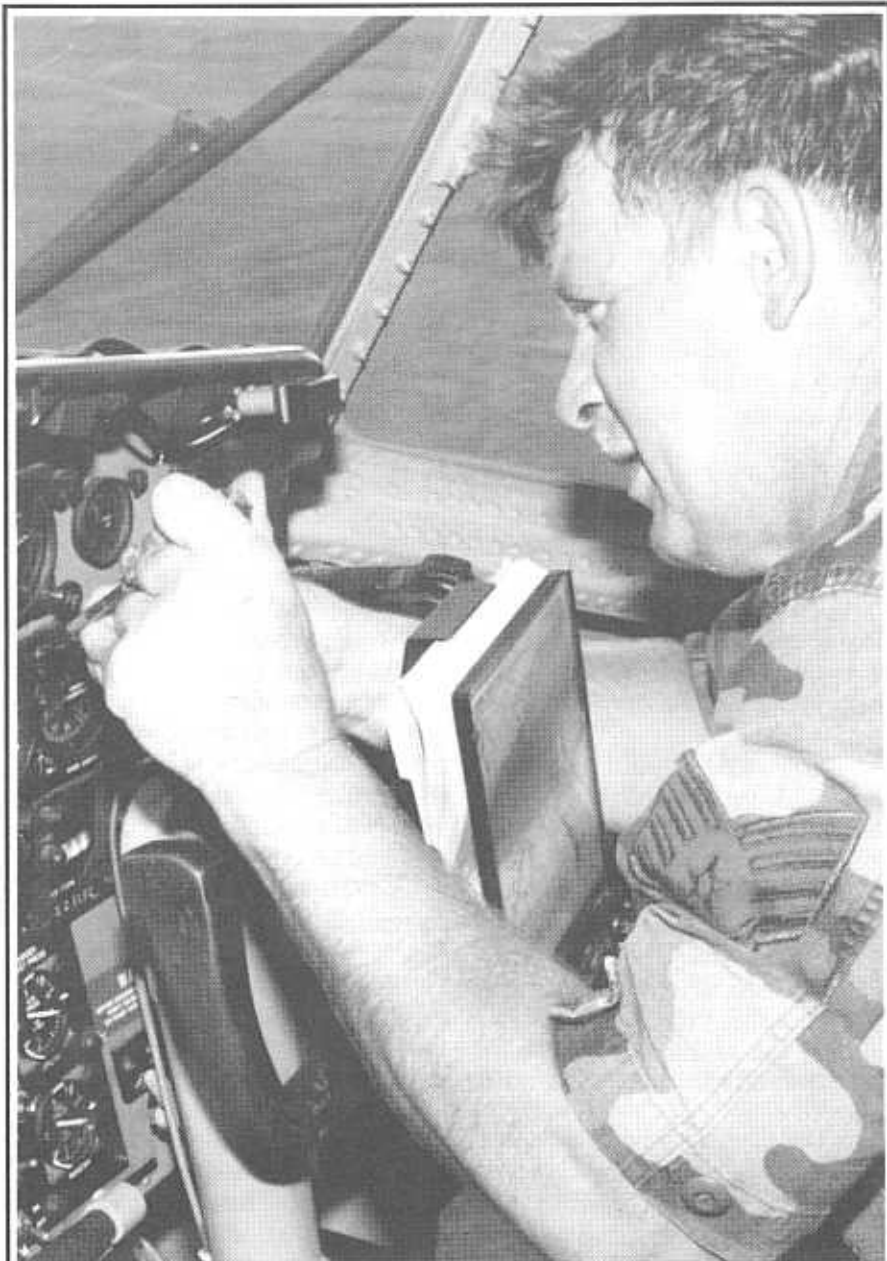


Photo by Capt. Tay Smith, Alabama Army National Guard  
SSgt. Fred Heady of Taylorsville, Ky., replaces components in a C-130B transport plane at Howard Air Force Base, Panama. Heady is a member of the Kentucky Air National Guard's 165th Tactical Airlift Squadron which recently deployed to the Central American nation for two weeks of annual training. Feature story and photos appear on Page 4 of the Cargo Courier.

# History of KyANG

## LBJ visits, unit answers 1968 Pueblo call-up

By SSgt. John Martin,  
123rd Wing Historian

On July 26, 1953, an article about the KyANG appeared in the Sunday Courier-Journal about the 123d Fighter Bomber Wing's AFT at Grayling, Mich., for three weeks. Intense training was accomplished by new troops that were replacing experienced troops that were replacing more experienced troops that had retired after the Korean War.

On July 22, 1966, three B-57 jets from the KyANG were sent to Oak Ridge, Tenn., in order to photograph timber land that had been infested with the Southern Pine Beetle. The

pictures were used to determine the effectiveness of treatment and salvage operations in the forest area. The very next day, July 23, President Lyndon B. Johnson made a short visit to Louisville, and during the few hours he was in town, no takeoffs or landings were allowed at Standiford Field. All air traffic had to be rerouted around the airport to a specified point until the president left town. The KyANG, given little advance notice of his visit, was altered to assist the presidential party in any way.

On July 1, 1970, at ceremonies at the base, the KyANG honored its members who served during the Pueblo call-up

1968-1969. Gov. Louis B. Nunn and wing commander Col. Vern M. Yahne performed the awards ceremony.

On July 19, 1982, the Louisville Courier-Journal announced that the KyANG was recipient of the Spaatz Trophy, the award given to the No. 1 ANG unit.

On July 1, 1986, the KyANG again made history when Lt Col. Verna D. Fairchild was selected as the first woman commander of the unit's hospital.

July 25, 1987, was the day when the wing received the Winston P. Wilson Trophy, an award presented to the outstanding ANG jet fighter or reconnaissance unit, based on the unit's ability to perform its war-time mission.

## SMSgt Roy earns AF medal

By TSgt. Jeff Sansbury,  
Cargo Courier Editor

A former guardsman of the 123rd Tactical Reconnaissance Wing was awarded the Air Force Commendation Medal and the Air Force Recognition Ribbon.

SMSgt. Louis Andre' Roy, who served with the KyANG from 1980-1987, distinguished himself this year in Florida, where he was selected as the Civil Air Patrol's Reserve Assistance NCO for 1990.

As part of the USAF liaison office, he is assigned to the Florida Reserve Assistance Program.

Roy was awarded the Air Force

medals for his commitment and excellence to reserve duties, and he spends his civilian career as a registered environmental professional and a transportation engineer.

In his recommendation letter, USAF commander Col. Richard Gasparian said "I was totally confident of Roy's success. His hard work, dedication and numerous accomplishments clearly established his credentials as the person to beat. He was generous, patient and committed...he made good things happen."

Roy lives in Cape Coral, Fla., with his wife and two teen-age daughters.

## Reservists invited to social club

The Elks Lodge at Indian Trail and Poplar Level Road in Louisville invites all members of the armed services to a Happy Hour each Saturday UTA from 5 to 9 p.m.

The Elks Lodge will host the celebration for the remainder of the summer, and perhaps longer, in honor of America's victory in Operation Desert Storm.

Members in uniform can have discount beverage prices, and there are hors d' oeuvres and snacks for everyone.

This funded Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of THE CARGO COURIER are not necessarily the official views of the United States Government, the Department of Defense or the U.S. Air Force.

The editorial content here is edited, prepared and provided by the KyANG Public Affairs Office, 123rd Tactical Airlift Wing, Standiford Field, Louisville, Ky, 40213-2678.

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Deadline for submission of articles is the Saturday of each UTA, for publication in the following month's newspaper. Articles can be delivered to the Public Affairs Office, Room 143 of the O&T Building.

# Feature

## Panama trip gives 165th Total Force indoctrination

By Capt. Tay Smith,  
131st Public Affairs Detachment,  
Alabama Army National Guard

HOWARD AFB, Panama -- For Tech Sgt. Dan Fuller of Okolona, annual training 1991 has been everything except routine.

His unit, the 165th Tactical Airlift Squadron, 123rd Tactical Air Wing, Kentucky Air National Guard, flew and maintained 10, C-130B "Hercules" cargo planes throughout Central and South America as part of Operation Volant Oak, an ongoing reserve component mission dating back to 1977.

"Volant Oak" crews -- all from U.S. reserve components -- maintain the planes and fly missions throughout Central and South America. Often they are on stand-by and able to respond to contingencies in only three hours. More than 30 Air Force Reserve and Air National Guard units alternate duty in the operation.

What makes it so different for Fuller, who works full time for the Kentucky Air National Guard, is that 165th work might include flying training missions at 240 knots, just 300 feet above the ground; running an active shuttle service of troops and supplies all over this part of the world, or any other unique mission.

Fuller, who lives just outside Louisville, said the excitement and satisfaction comes from training while actually performing jobs necessary to support several agencies.

"Anytime you do an operational mission -- with DEA (Drug Enforcement Administration), Navy SEALs -- you get a damn good feeling," said Fuller. "You know you're doing some-



Photo by Capt. Tay Smith, Alabama Army National Guard  
Sgt. Patrick Maloney (left) and Amn. Randall Hood, both of Louisville, rearrange equipment so they can install passenger seats on a C-130B "Hercules" transport plane as part of Operation Volant Oak. The two KyANG members are assigned to the 165th Tactical Airlift Squadron, which was deployed to Panama this summer for two weeks of annual field training.

thing."

Fuller said missions like Volant Oak should put to rest any reservations people may have that National Guard units are not prepared to perform missions usually performed by active components.

Since Volant Oak began, reserve component troops have alternated new crews into Howard Air Force Base every two weeks for 14 years.

"As a part-timer in the National Guard or Reserve, we have to meet the same standards, the same currency, the same training as the regular Air Force members," he said.

One mission the 165th performs, said Fuller, is airlift support for training paratroopers. He said the 165th's C-130Bs drop the troops just a couple of miles from Howard Air Force Base. However, Fuller said it takes the C-130Bs "a couple of hours to get there," something that displeases the paratroopers but lends more realism to

their training.

"They'd like us to just fly right up and drop the troopers," said Maj. John Amshoff, of Leabon Junction, Ky. "First, we fly around, attempting to use the terrain and mask our flight patterns."

"It's better training for the troops that way. It's a lot more realistic," said Fuller. "In a hostile environment, you're not going to fly straight up and drop them. You may, instead, fly hours before you reach your targeted landing zone."

Amshoff said part of the 165th's flight success comes from an emphasis on maintenance.

"Our quality of maintenance is very good," he added. "A big reason is a guy may work on the same aircraft for 20 years. He knows that aircraft inside and out."

"It's the love of flying and fellowship," he said.



# State News

## Ferrell selected NCO-Quarter after Desert Shield sight tour

By Capt. Richard Frymire III,  
123rd MSS Executive Officer

Tech. Sgt. Ray Ferrell has been selected as the 123rd Mission Support Squadron's NCO of the Quarter for April - June 1991, announced Maj. Daniel G. Wells, the squadron commander.

A 14-year veteran of the Navy and the Kentucky Air National Guard, Sergeant Ferrell was chosen after his nomination package met a selection board comprised of the unit commander and unit officers. All nominees were evaluated on duty performance, self-improvement efforts, base and community affairs, and military appearance.

SMSGt. Steven L. Otto, who nominated Sergeant Ferrell because of his superb performance as Assistant NCOIC for Disaster Preparedness, said "Sergeant Ferrell's knowledge, participation and willingness have greatly improved the wing's chemical warfare training program. His performance has helped make our workcenter one of the most dynamic in the Air National Guard.

Sergeant Ferrell, a traditional

guardsman, volunteered for Operation Desert Shield and served 45 days at Prince Abdul Air Base, Saudi Arabia, where he helped train more than 6,000 troops in chemical warfare and decontamination procedures. He received a Letter of Commendation from his unit commander for the effort.

Recently, Sergeant Ferrell and his fellow unit disaster preparedness team members produced a new chemical warfare training film which is used to conduct annual refresher education for wing members. The film received numerous laudatory comments from National Guard Bureau personnel.

Additionally, Sergeant Ferrell has done much to help the Kentucky Air National Guard achieve a positive image within the community. He has spoken to several Jefferson County public schools about his experience in Operation Desert Shield and recently received a Letter of Commendation for a presentation to the University of Louisville Air Force ROTC. He also helped set up a chemical warfare display for the City of Louisville's Veterans Day Parade.

Additionally, he and other Desert Shield/Storm participants served as



TSgt. Ray Ferrell  
Showed Saudi troops ANG mission

co-grand marshalls for the 1991 Derby Festival Pegasus Parade.

Sergeant Ferrell is currently working toward a four-year degree in Business Management from Sullivan College. He plans to complete his requirements by the spring of 1992.

As NCO of the Quarter, Sergeant Ferrell received a handsome plaque and certificate of commendation.

## 123rd TAW members earn national spotlight

By Maj. Jeffrey Butcher,  
Public Affairs Officer

Maj. Sandra J. Cleveland, 123rd TAC Hospital and TSgt. Richard A. Furman, 165th Weather Flight, represented the wing during the June 8 Welcome Home Parade in Washington, D.C. They also traveled to New York City for a similar public tribute for the nation's effort in the Persian Gulf war.

Three 165th Weather Flight members participated in Operation Provide Comfort in northern Iraq. They

were: Maj. Timothy J. Gump, MSgt. Michael E. Walters; and SSgt. John W. Perry III. The weathermen were assigned to the Army as a support mission surrounding the Kurdish relief effort.

Deployed Volant Oak aircrew members performed the unit's first aerovac mission in June. A U.S. Army helicopter crashed in Honduras. Unit members transported the injured from there to a Howard AFB hospital in Panama.

In a separate mission, the 123rd also logged a humanitarian sortie from Guatemala to Costa Rica. Lt. Col. Gary Logan of the 123rd CAM Squad-

ron noted we were the first American aircraft permitted on a Guatemala military installation since the U.S. Congress cut off aid to that nation eight months ago.

The humanitarian airlift involved providing supplies to Costa Rican earthquake victims.

TSgt. and Mrs. Charles R. Simpson are the proud parents of a soon-to-be U.S. Air Force Academy cadet. Their son Brice is a 1991 Fern Creek High School graduate. He is one of about 1,400 selectees to the academy's class of 1995.

# National Front

## Women now in combat, but only Air Force, Navy

Washington (AFNS) -- In a landmark action May 8, the House Armed Services Committee voted to allow Air Force and Navy women pilots fly combat missions.

The committee action would not require the services to put women on combat missions, but would give them the option by lifting the statutory prohibition that now exists for the Air Force and Navy.

There is no statutory prohibition on women in Army combat roles, but they have been barred from direct combat assignments by service policy.

The bill to lift the ban on women combat fliers was initiated by Rep. Patricia Schroeder, D-Colo., who offered an amendment to the bill to cover the Air Force.

Rep. Beverly B. Byron, D-Md., Chairwoman of the Personnel Subcommittee, amended Mrs. Schroeder's proposal to include the Navy.

In response to the House action, Air Force officials applauded the accomplishments of women in the Air Force but will wait until a specific law is enacted before fully assessing the impact and developing plans for implementation.

There are currently 74,556 women in the active Air Force; 13,778 officers and 60,778 enlisted. During Operation Desert Shield and Desert Storm, more than 3,800 women were deployed performing duty in all career areas open to women.

Officials say women are eligible for 97 percent of Air Force positions. Restriction from certain duties is based on Title 10,

U.S. Code 8549, which states women may not be assigned to duty in aircraft engaged in combat missions.

Air Force Regulation 35-60 explains combat exclusions affecting the assignment of Air Force military women and applies to all members of the regular Air Force, Air Force Reserve and Air National Guard.

All Air Force officer career areas are open to women.

But combat exclusion doesn't allow assignment of women in aircraft which fly into hostile territory, or are involved in combat operations behind enemy lines.

These include fighters, bombers, gunships, forward air controllers, most helicopters and some reconnaissance aircraft.

Open to women are transport and strategic aircraft, tactical airlift, tankers, airborne command and control, mission support, some helicopter, reconnaissance and flying training.

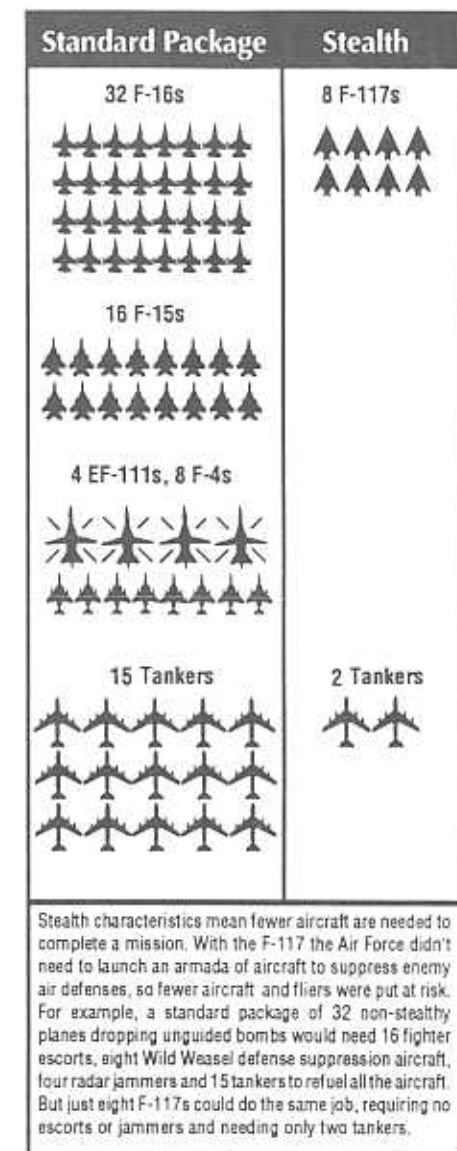
But within some of the otherwise open career fields are some specific positions closed to women due to combat exclusion, such as C-130 Special Operations low-level missions.

The physiological restrictions on the TR1 and U-2 were removed, opening these aircraft for the assignment of women.

## Fairchild gets colonel, given new TAC mission

Last month the Kentucky Air National Guard had another historical milestone with Verna D. Fairchild becoming the first female to achieve the rank of colonel.

Col. Fairchild is currently serving as the ANG assistant for nursing, Office of the Command Surgeon, TAC Headquarters. Colonel Fairchild's civilian position is staff assistant, Office of the Commissioner, Kentucky Department of Mental Health and Mental Retardation, Frankfort. She reports that her ANG position has enabled her to be a



APNEWS

spokesperson for the "lessons learned" portion of the Reserve Nursing Corps.

Seven new lieutenant colonels also appeared on the base last month. The highly unusual situation was a Desert Shield/Storm byproduct. Officers are required to meet a promotion panel similar to enlisted promotion boards.

All officer promotion recommendations are then forwarded through channels for federal recognition from the U.S. Congress.

# Feature

## Burial rights outlined by VA

By Sgt. 1st Class Linda Lee, USA  
American Forces Information Service

Veterans are entitled to burial in a national cemetery. The catch is they don't get to choose which one.

The Department of Veterans Affairs arranges burials in its 113 national cemeteries only at the time of death, said VA spokesman Binner Day. Grave sites cannot be reserved, and only 65 of the cemeteries are currently open for burials. The other 48 accept requests only if an immediate family member of the deceased is already buried there.

VA's national cemeteries are located in 38 states and Puerto Rico. There is no VA-administrated cemetery in Connecticut, Delaware, Idaho, Montana, Nevada, New Hampshire, North Dakota, Rhode Island, Utah, Vermont, Washington and Wyoming. Day said VA is creating a new cemetery in sites in Illinois, Washington, Ohio, New York, Texas, Pennsylvania and Oklahoma.

Any active duty service member, retiree or veteran who was not dishonorably discharged may be buried in a national cemetery. So may their eligible spouse and children.

Almost 2 million people have been buried in VA-administrated cemeteries. Day estimates that more than 60,000 people will be buried in VA national cemeteries across the country this year. Day said the process usually begins when a funeral director contacts VA to schedule a funeral. If space is available, VA will honor a request for burial in a specific national cemetery.

The family must cover the cost of transporting remains to the cemetery unless the death was service-connected or occurred in a VA hospital or nursing home. Family members pay their own

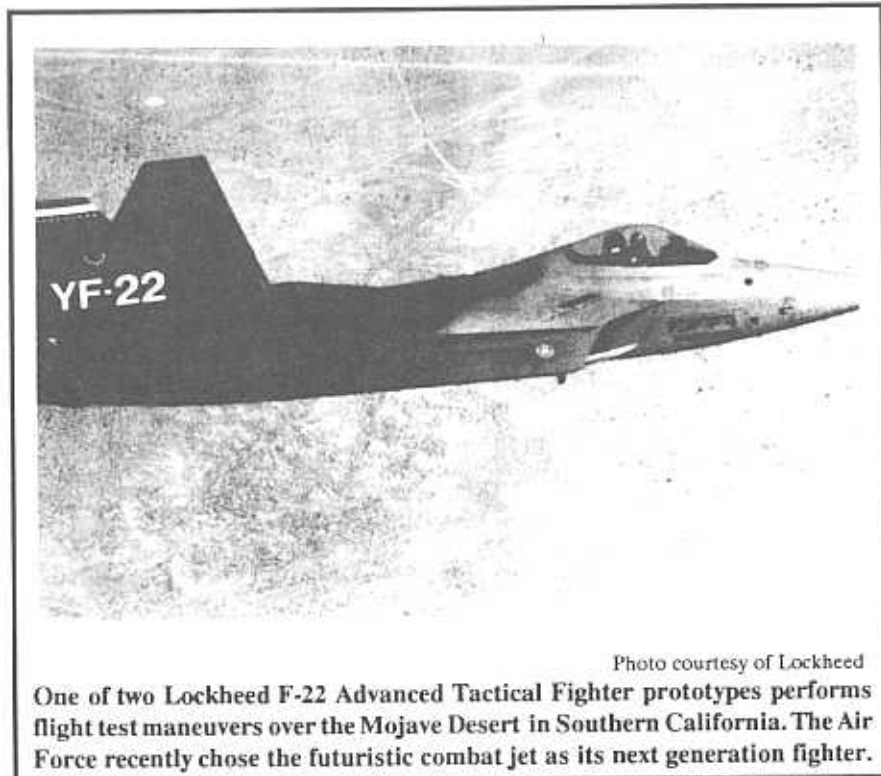


Photo courtesy of Lockheed  
One of two Lockheed F-22 Advanced Tactical Fighter prototypes performs flight test maneuvers over the Mojave Desert in Southern California. The Air Force recently chose the futuristic combat jet as its next generation fighter.

travel expenses.

VA pays for opening and closing a gravesite at its cemeteries. It also orders the headstone or marker, places it on the grave and maintains the grounds. Families of pensioned or disabled veterans are entitled to a \$300 burial and funeral expense allowance.

Families that opt to bury the deceased in a private or other public cemetery are entitled to limited benefits. Upon request, VA will provide a standard headstone or marker and pay to ship the stone or marker to the cemetery.

VA does not pay for placing the marker or for opening or closing the gravesite, but does provide a \$150 plot allowance for burial in a private or state cemetery if the deceased was a pensioned or disabled veteran.

VA has three telephone service centers to assist families in scheduling funerals on weekends or holidays, when regional offices are closed. They are in Riverside, Calif., 1-714-653-8417; Calverston, N.Y., 1-516-727-5410; and Jefferson Barracks, Mo., 1-800-535 1117.

The national cemetery system be-

gan during the Civil War when President Abraham Lincoln ordered military commanders to make sure the dead were buried. Congress agreed and established the system in 1862.

The Army was given responsibility for most national cemeteries in 1933, but transferred control to the Veterans Administration with the passage of the National Cemeteries Act of 1973.

The Army kept jurisdiction over Arlington National Cemetery, near Washington, however, and applies special eligibility rules for burial there. More than 200,000 Americans are buried in the 500-plus-acre cemetery.

The Department of the Interior controls a number of national cemeteries because they're located within historical sites; only one in Georgia and another in Tennessee accept new burials. The American Battle Monuments Commission care for more than 20 U.S. national cemeteries located overseas.

For specific information on burial benefits, including burial in a VA national cemetery, call the nearest VA regional office.



# Health & Safety

## Heart disease, smoking just half the story

Submitted by Capt. David Granstrom, 123rd TAC Hospital, Environmental

For years, the link between cigarette smoking and lung cancer and chronic lung disease has been well-documented and well-known. Most people still associate cigarette smoking with respiratory problems.

That's not the whole story, though, because recent evidence indicates that cigarette smoking is a major cause of cardiovascular disease. Cigarette smoking, aside from harming the lungs, takes its toll on the cardiovascular system, too.

Should you be concerned? Yes - don't take cardiovascular diseases lightly. Each year, nearly a million Americans die of heart attack, stroke, high blood pressure and other cardiovascular disorders. That's about one of every two deaths - almost more deaths than from all other causes of death combined.

The bottom line is that about 350,000 deaths every year are attributed to smoking. And most of these deaths result, not from cancer, but from heart attack.

Cigarette smoking, high blood pressure and high levels of fat (e.g. cholesterol) in the blood are the three major risk factors of heart attack.

Smokers who have a heart attack have less chance of surviving than non-smokers. And smokers who continue to smoke after having a heart attack increase the chances that they'll have a second attack.

Smoking is the main cause of chronic lung diseases (chronic bronchitis and emphysema). These chronic lung diseases put additional pressure on the heart and -- when heart disease is present -- may result in heart failure.

Regardless of how much or how long you've smoked, when you quit smoking your risk of heart disease gradually decreases. Ten years after quitting, for



## QUICK DIET DANGERS

### Here's the Skinny On Weight-Loss Plans

By Barry J. Cutler  
Federal Trade Commission

(NU) - Are you looking for a way to lose weight — quickly and easily?

If so, you may be tempted to try one of the widely advertised weight-loss programs that promote liquid diets, special diet regimens or medically qualified staff.

At the Federal Trade Commission (FTC), we've been looking into some of these programs. Here's our concern: While you may lose weight in a diet program, about 90 percent of those enrolled regain most of their weight within five years after leaving the program.

Dieting in the United States is a big business. It is a multi-billion dollar industry that caters to approximately 34 million overweight American adults, millions of whom are dieting at any given time.

#### Two Common Plans

While many professional weight-control programs offer special dietary and exercise plans, two widely advertised programs are:

— Very low calorie diet (VLCD) programs. VLCD programs generally use 400 to 800 calorie-a-day liquid diet formulas as part of a 12 to 16 week supplemented fast. Available only through physicians in their offices or through hospital-based programs, VLCD programs require careful medical screening and constant medical supervision. Most VLCD programs are targeted to people who are severely obese.

— Diet clinics/food plans. Many of these programs are 1,000 to 1,500 calorie-a-day diets. You usually fol-

low a carefully controlled menu plan and may be required to purchase specially packaged meals.

Being obese has serious health consequences and losing weight can help reduce these risks.

But dieting itself is not without risks.

#### Ask Your Physician

In general, the more slowly you lose weight and the longer you maintain that weight loss, the safer that diet will be for you. Because of possible health complications, you may wish first to ask your physician whether a particular weight-loss program is right for you.

If you are thinking of trying a diet program, consider asking the program staff the following questions:

— What does the diet program require you to do?

— How much does the program cost and how do you pay for it?

— What are the health risks associated with the diet program?

— What kind of professional supervision is provided?

— What kind of maintenance program is provided and at what cost?

To lose weight permanently, scientific evidence suggests you must make lifelong changes in how you eat and exercise. Be cautious about any diet program not seriously committed to helping you maintain these important lifestyle changes.

(This is one of a series of columns by Barry J. Cutler, director of the Federal Trade Commission's Bureau of Consumer Protection.)

example, your risk of death from heart disease is almost the same as if you'd never smoked.

It's important to stop smoking before the signs of heart disease appear. Once they appear, even if you quit

smoking, your risk of heart attack won't return to normal, although it will be lower.

Don't wait until you have heart disease to quit. Quit while you're ahead and STOP SMOKING NOW!

# News Briefs

## With competition high, PME could be answer

By Maj. Daniel Wells,  
123rd MSS Commander

PROFESSIONAL Military Education is important to all, including

those in the Kentucky Air National Guard. PME broadens your perspective and prepares you for increased responsibility. PME is an important factor considered by promotion selection

board, and Air National Guard Officers are expected to complete all three levels of PME during their career. (AFR 53-8) According to AFR 50-05, USAF Formal Schools.

"ACSC's non-resident seminar and correspondence programs parallel the resident school curriculum with a focus on warfighting (at the operational level), doctrine and jointness."

The ACSC recently received joint certification which is part of the requirement for joint-service positions. ANG officers serving with the rank of major (including selectees) and above are eligible for ACSC.

Captains with a DOR of 1983 or earlier are also eligible for ACSC. The resident course has additional requirements such as completion of SOS, less than 15 years TFCS, and selection by the National Guard Bureau.

The ACSC resident course is conducted at Maxwell AFB, Ala. During the 40-week course the curriculum will challenge and enlighten all students. Such quality training cannot be duplicated in the non-resident ACSC course. Everyone who can attend in residence should apply.

The Base Education Office started signing up people for the ACSC seminar program in April and the deadline was in June. There must be at least eight applicants and approvals by the ACSC for the seminar.

Eight students are required for each class so there should be more than eight applicants. The course begins in August and ends in June.

The curriculum consists of 40 lessons and classes meet each week for approximately three hours. The seminar program offers an exchange of ideas between students and guest instructors that is not available in the correspondence program.

The completion of ACSC will benefit both the Kentucky Air National Guard and yourself. Contact the Base Education Office, O&T Bldg, Room 120, for further information.

## Promotions

The following men and women are promoted in the KyANG and as a reserve of the U.S. Air Force. Congratulations for a job well done.

### TO AMN (E-2)

AB Paul K. Bowling 123 MAP  
AB Lawrence R. Graves 123 SPF  
AB John M. Price 123 MAP

### TO A1C (E-3)

AMN William A. Devore 123 MSF

### TO SRA (E-4)

A1C Cleopatra Buckner 123 RMS  
A1C Steven E. Garvey 123 MAP  
A1C Mark A. Motsinger 123 CAM  
A1C Gregory M. Simpson 123 CE

### TO SSGT (E-5)

SGT Delvin R. Brooks 123 CE  
SGT Robert L. Hatfield Jr 123 CE  
SGT Audrey A. Nesbitt 123 MSF  
SGT Michael J. Payne 123 TAW  
SGT Theodore W. Schiess 123 RMS

### TO TSG (E-6)

SSG Fred J. Devillier 123 RMS  
SSG Keith L. Smith 123 CE

### FEDERALLY RECOGNIZED

COL Verna D. Fairchild

LT COL Geary L. Edsel  
Gary W. Logan  
Thomas J. Marks Jr.  
David B. Moreman  
Larry E. Rogers  
Michael J. VanLeuven  
Robert H. Williams III

MAJOR Robert J. Abell

CAPT Warren J. Klingaman  
Benjamin T. Vorhees

### RETIREES

LTC Jack Chandler  
TSGT Charles T. Klein  
SMSGT Robert M. Sherek Sr.

## AMERICAN PROLOGUE



### Air Cavalry

**B**ack in 1910, the very first pilot for the U.S. Army complained that it was hard to stay seated in the airplane's cockpit during tricky flight maneuvers at Fort Sam Houston, Texas.

An old cavalry saddle maker suggested the pilot strap himself in with a four-foot length of horse leather.

It worked. They named it a seat belt. It became standard equipment on airplanes and eventually on cars.