



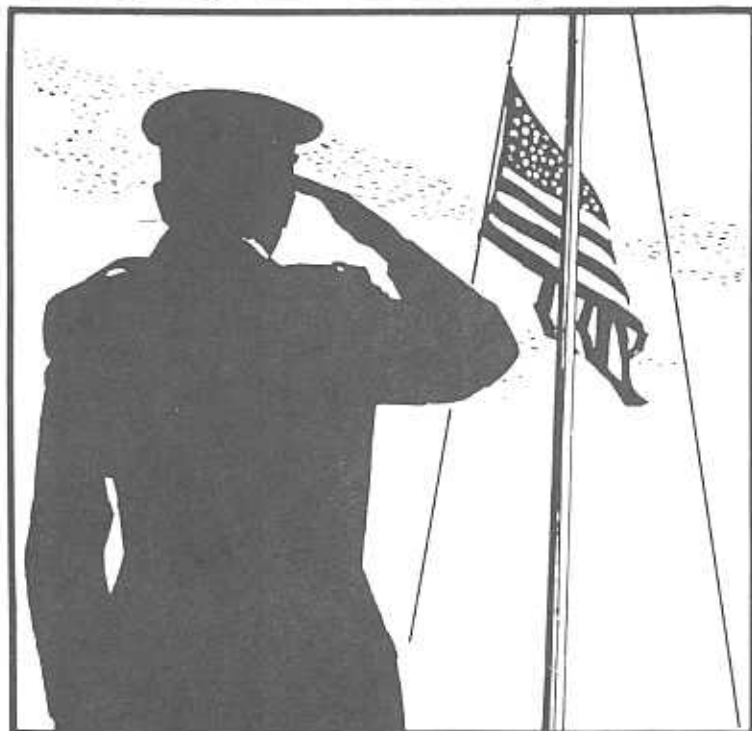
THE CARGO COURIER

Standiford Field, Louisville, Kentucky

123d TAW Kentucky Air National Guard

Vol. 6, No. 6, June 9, 1990

RETREAT



A Special Time To
Show Respect For
Flag And Country



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*Don't Forget:
Father's Day
June 17*

Commander's Column

Several weeks ago I had the opportunity to attend the MAC Commanders Conference hosted by General Hansford T. Johnson, CINCMAC. This was my first exposure to the senior MAC leadership as well as having the opportunity to meet and hear from General Johnson.

I must tell you - I was impressed and motivated by the words of General Johnson and can assure you MAC is "on a roll" under his command. We in the Kentucky Air National Guard are part of a great revitalized MAC team. General Johnson personally knows who we are and is expecting great success from us as we move toward full combat ready status. I know full well we have his support and that of the MAC staff, for they want us to achieve nothing but the best.

To date, our year has been busy and very productive in doing the business at hand. Several of our units have completed annual field training - both state side and overseas. We have had three separate staff assistance visits and three mobility exercises. We sup-

ported the Kentucky Derby, Lexington Airshow, Crusade for Children, Annual Bean Soup Feast and other worthy community projects. We have met our flying commitments and competed strongly in the airlift competition-Sentry Rodco.

Next month, four hundred of our members will deploy to Alpena, Mich., for what I think will be a most productive "summer camp". We have for the most part - been very successful. We have fallen short in our ground mishap prevention program and to some degree, in our self help and individual unit housekeeping programs. There is no doubt we are moving toward those great successes General Johnson spoke of.

The first measure of our capabilities, as formally evaluated by MAC, will come very soon - in September - when Wing Operations and the 165 TAS undergo an inspection of their flying and aircrew readiness. Our big challenge comes in March 1991 - nine UTA weekends from now - with our MAC ORI. These two inspections af-



Col. Joseph L. Kottak
Wing Commander

ford us the opportunity to show General Johnson, that in fact, we are capable of the great successes he spoke of.

To each of you, I extend my sincere appreciation for our year to date achievements. Keep up the good work, stick together, and take pride in yourself and your section. Lastly, be safe as you go about your duties and remember that when things get tough or go the wrong way - for every minute you are angry you have lost sixty seconds of happiness!

Chaplain's Column

By Chaplain (Capt.) Thomas Curry

A man once found a dollar bill in the street. Since then he's kept his eyes on the ground, always searching for more. He has accumulated 1,754 pins, 578 buttons, and \$2.58, but he has lost the sight of the faces of friends, the loveliness of flowers, the glory of heaven and its blue skies.

Dale Carnegie reminds us that happiness is not found in objects we might possess. In order to acquire happiness and peace of mind Carnegie suggests the following steps: (1) Fill your mind with thoughts of peace, courage, health and hope; (2) Never try to get even with your enemies; (3) Expect ingratitude; (4) Count your blessings, not your troubles; (5) Try to profit from

your losses; (6) Don't imitate others; and (7) Create happiness for others.

Perhaps the best source for peace and happiness lies within ourselves. The Sermon on the Mount says, "Do unto others as you would have them do unto you." Collect happy experiences, not things, and you will find happiness and peace of mind.

THE CARGO COURIER

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Wing Commander
Public Affairs Officer
Asst. Public Affairs Officer
Editor
Staff Writer
Admin Asst.

Col. Joseph L. Kottak
Maj. Jeff Butcher
Maj. Toby Harrell
TSgt. Jenny Montgomery
TSgt. Jeff Sansbury
SSgt. Sandra Merriweather

Deadline for submission of articles for THE CARGO COURIER is the Friday after each UTA for publication the following UTA. Articles should be given to TSgt. Jenny Montgomery, Rm 123 of the O&T Bldg.

News

Guard's war on drugs

Positive cases of abuse receive negative discharges

By Lt. Col. Gary Napier
Chief, Legal Office

Since the beginning of the urinalysis testing program, 11 positive marijuana and/or cocaine cases have been detected. Of these cases, 10 have been involuntarily discharged for misconduct.

These discharges are negatively coded for life. These 11 cases have included technicians and traditional Guardsmen; some with many years of service and some with excellent military records. All but one have been discharged irrespective of tenure or work record.

The Sept. 12, 1988 policy letter of the National Guard Bureau concerning drug abuse states the following:

"Drug abuse is not compatible with

membership in the Air National Guard (ANG) and it is ANG policy that all drug abusers will be processed for discharge.

"Members identified as drug abusers through urine testing or other means will be processed for discharge.

"Initiation of discharge processing is not optional."

ANGR 39-10, Enlisted Personnel Administrative Separation of Airmen, para 8-12, provides the following:

"As a rule, discharge for misconduct under this situation will be characterized as under other than honorable conditions."

The National Guard is in the war on drugs. Just Say No!

DWI penalties stiff in Michigan

In July the unit will sojourn to Alpena, Mich., for Annual Field Training. It should be an enjoyable tour.

Be advised that the penalty for DWI under Michigan law is 90 days imprisonment and/or a fine of up to \$500 and the loss of the operator's license. The penalty for public intoxication under Michigan law is 90 days confinement.

The penalty for possession or use of marijuana under Michigan law varies with quantity, but ranges from one to 30 years confinement.

It is a criminal offense not to wear a seat belt under Michigan law.

Let's be careful out there!

Retirements



Col. Joseph L. Kottak, wing commander, recognizes Lt. Col. John R. Pearl, 123d Consolidated Aircraft Maintenance Squadron commander, left, and Lt. Col. Kenneth E. Voelker, chief of the command post, upon their retirement. Colonel Pearl retires with more than 32 years of service and Colonel Voelker with more than 22 years.



KyANG Photo by TSgt. Charles Simpson

Brig. Gen. Donald J. Ryan, KyANG Chief of Staff, recognizes Col. William A. Spencer, Headquarters KyANG, upon his retirement. Colonel Spencer retires with more than 29 years of service.

Feature

Combat controller travels to North Pole

Another first for the Kentucky Air National Guard, a member of the wing's Combat Control Team participated in an exercise at the North Pole recently.

TSgt. Robert A. Vanassen spent seven days at the North Pole participating in Exercise AREA 90 (Arctic Research Environment Activities). It is an annual joint-service exercise at ice camps north of the Greenland coast. Sergeant Vanassen was part of the Pioneer Camp, the first five people on the ice to set up the station.



A ski-equipped C-130 from the New York ANG lands on a runway made of ice on the Atlantic Ocean. TSgt. Robert Vanassen is one of three combat controllers in the nation trained to set up an ice-way for aircraft landings.



Members of the Pioneer Camp built snow caves in the ice that can be used for survival if necessary. TSgt. Vanassen spent the night in one, with inside temperatures of 25 degrees below zero. Outside temperatures exceeded 70 below zero.



CCT members marshaled in helicopters with equipment to re-supply their base camp. The helicopters and C-130s brought in research scientists and supplies for the exercise.

Jammin' recruiters

From left, TSgt. Nathaniel Mack, SMSgt. Todd Beasley and TSgt. Phil Dearing, KyANG recruiters, lip-synch to "Blue Moon." They were hamming it up for the Kentucky Physician's Association. (Kentucky Air Guard recruiters will try anything for a recruit!)



Health Update

Carbohydrates provide energy

Submitted by SSgt. Tim Foster
123d Services Flight
Health Promotion Committee

Many people avoid starchy foods because they believe them to be "fattening." Yet health professionals are telling us to emphasize rather than avoid starches. What is the reason for this controversy?

Starches are one form of carbohydrate, a nutrient which provides energy for the body to function. Because they are composed of hundreds of small sugar units linked together, starches are called "complex" carbohydrates. Foods high in complex carbohydrate (e.g. cereal, potatoes, pasta, rice, bread, legumes and some fruits and vegetables) are also often good sources of many important vitamins and minerals.

Simple carbohydrates

Sugars are another type of carbohydrate that provide energy, but since they are made up of only one or two sugar units, they are referred to as "simple" carbohydrates.

Simple carbohydrates are found in

a number of foods such as fruits, vegetables, milk, cane sugar, corn syrup, honey and molasses.

Fibers

Fibers are a third type of carbohydrate. Fibers, like starches, are also composed of many sugar units. But because they are joined together in a way that the body cannot break down, fibers pass through the body undigested. However, fibers may play an important role in promoting better health.

Scientists have learned that our

diet is too high in fat and too low in complex carbohydrates. This diet contributes to our nation's high prevalence of chronic diseases such as heart disease, cancer, diabetes and obesity among others.

Thus, to promote the health of Americans, health professionals are recommending that we increase our intake of cereals, pasta, bread, potatoes, rice, fruits and vegetables. (But be careful not to add high fat spreads or sauces to these low fat food choices.)

(Information from the Kellogg Company and the Institute for Aerobics Research.)

Substitutions for better health

INSTEAD OF...	TRY...	Increases complex carbohydrates	Increases insoluble fiber	Increases soluble fiber	Lowers fat content
• White bread, rolls, crackers	• Whole-grain cereals, breads, rolls, crackers	X	X	X	
• Potato chips, corn chips, cheese curls	• Unbuttered, air popped popcorn; Ready-to-eat cereal with low fat milk	X	X		X
• Candy	• Fresh, dried or frozen fruit (w/o added sugars)		X	X	
• Eggs, bacon, biscuit breakfast	• Hot or cold whole-grain cereal	X	X	X	X
• Sugar cookies	• Cookies made with oatmeal, whole wheat flour and/or dried fruit	X	X	X	
• Cream soups	• Bean soups (e.g., navy, green pea, lentil)	X	X	X	X

Safety

Thinking prevents accidents

By Maj. Thomas J. Marks
123d CES Commander

How safe are your work habits? Do you consider getting the job done first, going home, watching TV, playing sports and ??? before thinking safety? If you do, you are setting the stage for an accident. Think safety FIRST and then you will be able to perform the rest. Safety is our MOST IMPORTANT task.

Accidents happen to individuals who are either unprepared to cope with the situation or because someone else is unprepared. When preparing to do a task, think:

- Who can get hurt?
- What are the conditions that can cause injury?
- How can I prevent an accident?

Each of you are our most important

resource. With your knowledge, experience and can-do attitude, we have become an outstanding unit. But, when you fail to execute any of these talents, accidents occur and we all suffer the consequences.

Be careful at home and at work. Remember: "Thinking allows actions to prevent accidents, and not thinking allows reaction that causes accidents."

4th of July fireworks

Safety tips to prevent unwanted fires

By SrA Lennie Wheeler
Base Fire Department

The 4th of July is right around the corner. There will be gigantic firework shows, picnics and parties.

There will also be numerous UNWANTED fires and far too many people in hospital emergency rooms waiting to be treated for burns and other fireworks related injuries.

There are several excellent firework shows given each year that are free to the public. They will surely thrill your whole family and they are obviously safer and less expensive than putting on your own show at home.

If you should decide to have your own fun with fireworks, the base fire department would like to offer these suggestions to help ensure a safe and fire free holiday.

All fireworks are an excellent source of ignition. Always use them in a safe place that is free of combustibles and try to have an approved fire extinguisher on hand.

Use only legally approved fireworks. The base fire department has a

list of legally approved fireworks for the state of Kentucky from the State Fire Marshals Office. You may obtain this information by contacting us at on base Ext. 624.

Use fireworks only as described by the manufacturers label.

Always be alert and cautious when lighting fireworks and be aware of potential hazards that may arise.

Keep children at a safe distance and never allow them to play with fireworks without adult supervision.

Never use fireworks while under the influence of alcohol.

The base fire department would like to wish you a great holiday and remember, this 4th of July let's put safety first!

News Briefs

Camp sites at AFT

Space is available for campers and recreational vehicles to be taken to Alpena, Mich., for this year's Annual Field Training.

There are 18 camping sites with water and electrical hook-ups available next to the swimming area, Back Bay. Also, there is a bath house with toilet facilities in the area.

Those members interested in using a camp site during AFT should contact Col. Edwin H. Hornung's office at Ext. 409 or 650.

Sites are available on a first come, first serve basis.

Military Pay Corner

June UTA checks will pay on: **June 22**

July UTA checks will pay on: **Aug. 3**

Energy trends for the future When demand outweighs supply, where will energy come from?

(Editor's Note: The following is taken in part from "Civil Engineering" Magazine, March 1990. Submitted by Lt. Philip Howard, Base Energy Steering Committee, the article focuses on energy trends for the United States in the future.)

If concerns over global warming, acid rain and air pollution continue to mount, the 1990s may be remembered as the decade when it became clear that fossil fuels' days as the nation's dominant power source were numbered. But if replacements must be found, what will they be? How will the U.S. meet its rapidly increasing energy needs in the 21st century?

For a glimpse into the future, you might take a look at Hawaii. Today the state is among the most energy-dependent areas of the U.S., importing 90 percent of its fuel, much of it OPEC oil. But within the next century, Hawaii, with its ample sunlight and wind, its year-round growing season for biomass crops, and its extensive geothermal and ocean thermal prospects, could be seen as one of the nation's most energy-rich.

"In 100 years, we should be in great shape, but for the next 25 years we'll be in a panic," says Patrick Takahashi, director of the Hawaii Natural Energy Institute at the University of Hawaii.

Environmental protection

Mr. Takahashi and others working in renewable energy technologies believe that the need to protect the environment may succeed where the energy crisis of the 1970s failed in allowing these nonpolluting energy sources to challenge fossil fuels. Meanwhile, as images of coastal cities inundated by rising sea levels and

farmlands turned to new dust bowls take the place in the public imagination formerly held by Three Mile Island and Chernobyl, the nuclear industry is positioning itself to reenter the U.S. energy market after more than 15 years without a new plant order.

Added generating capacity in some form will certainly be needed soon. Plant construction by utilities was at a virtual standstill throughout the 1980s—a decade in which, despite unprecedented conservation efforts, energy demand grew by 20 percent. Plants built in the 1960s and early 1970s, when energy use was doubling every 10 years, left utilities with considerable excess capacity when the economy slowed and energy costs rose in the latter half of the decade. Now demand is catching up, and, in some cases, threatening to exceed available capacity.

Country may be short of power by mid-90's

The U.S. Department of Energy (DOE) forecasts annual demand growth of 2.5 percent for the next decade, but some observers consider that estimate too conservative. According to Scott Peters of the U.S. Council for Energy Awareness, a pro-nuclear group, load growth has actually ranged around 5 percent annually for the last two years and could be in the 3-5 percent range for the rest of the century. It's been estimated that as much as one-third of the country may be short of power by the mid-1990s.

Predicting how markets will develop for renewable energy sources is difficult, dependent on future environmental regulations, incentives and disincentives for new power develop-

ment, and changing public perceptions. Recent reports raising doubts about the likelihood and severity of global warming effects, for example, could dissipate some of the urgency about reducing carbon emissions.

Nuclear energy faces obstacles

The nuclear industry, too, faces formidable obstacles to its revitalization. Continuing opposition to the operation of completed facilities, such as the recently mothballed Shoreham plant in New York State, and the furor over the government's plans for disposal of nuclear waste are reminders of the passions that nuclear power can still generate.

For the next 10-15 years, "A prudent prediction would be one of no great change in the relative share of energy sources from the present," says Joel Darmstadter, senior fellow with Resources for the Future, a Washington, D.C. research organization. "Despite growing concern over global warming, I don't think there's enough broad-based support for imposing major controls on carbon dioxide emissions."

The main near-term development may be growing use of natural gas, which burns cleaner than coal in carbon and acid rain-related emissions. But improvements in pollution controls in coal burning plants and use of natural gas will be stopgap measures, some experts insist, and may also add to costs, eroding the economic advantages of fossil fuels.

"You're talking about the next 50 years, basically," says Mr. Takahashi. "Coal could become unacceptable for environmental reasons, and sometime past 2020 or so, natural gas will not be an effective energy source. The costs will be too high because supplies will begin to become difficult to obtain. What do you have left then? It's a big problem."

News Briefs

Unit Career Advisors meeting

There will be a meeting of all Unit Career Advisors today in the Dining Hall at 2:30.

For more information contact SSgt. Tess Faust, Base Career Advisor's Office, Ext. 604.

State Fair workers

The Recruiting Office needs help during the Kentucky State Fair to assist in manning the Air Guard booth. Dates for this year's fair are Aug. 16 - 26. Sign up sheets are in the Recruiting Office starting this drill weekend.

Mandatory cross training

Make sure to check with your immediate supervisor to see if you are coded as an overage. If you are, you must contact the Recruiting Office to cross-train into another career field.

If you intend to stay in the Kentucky Air National Guard, you need to take care of this problem immediately.

Promotions

To MSgt:

Danny Brooks, 123d CES

To TSgt:

John Grant, 123d RMS

Joan Hazle, 165th TAS

Charles Miller, 165th TAS

To SSgt:

Jon Waliga, 123d SvsFlt

To Sgt:

Richard Dages, 123d CAM

Stephen Johnson, 123d SvsFlt

Kenneth Broome, 123d RMS

To SrA:

Dennis Brian, 123d MAPS

Christopher Facemire, 123d MSFlt

Brendan McLeod, 165th WeaFlt

To AIC

Steven Garvey, 123d MAPS

Anthony Thomason, 223 Comm

To Amn:

Theresa Bland, 123d MSS



Fire Support School

Firefighters from the 123d Civil Engineering Squadron Fire Department demonstrate removal of a crew member during an aircraft fire. The firefighters provided a Crash Fire and Rescue class for the Green River Firefighters Association Spring Fire School in Owensboro, Ky. The course covered fire department response to airport incidents. KyANG firefighter instructors were: SMSgt. Donald P. O'Toole, MSgt. Dale L. Carraway, SSgt. Anthony J. Schmidt and SrA Lenny W. Wheeler.

Help Wanted

AF 90-12/ AGR 90-63	Sheet Metal Mechanic FMN Closed Announcement	Closes 11 Jun 90
Mil Vac 90-30	Commandant, AMS - LtCol AFSC 7516-Located at McGhee Tyson ANGB	Closes 15 Jun 90
Mil Vac 90-31	Command Communications-Computer System Program Manager - MSgt AFSC 49670-Located at NGB	Closes 22 Jun 90
Mil Vac 90-32	ANG Advisor to EIC/CC - LtCol AFSC 4996-Located at Tinker AFB, Ok	Closes 22 Jun 90
Mil Vac 90-34	Drug Interdiction Officer - Maj AFSC 1916-Located at NGB	Closes 6 Jul 90
Mil Vac 90-35	RF-4 Fighter Weapon Officer - LtCol AFSC 1115R/2255R-Located at ANG/AFRES Test Center Tucson, Ariz	Closes 13 Jul 90
Mil Vac 90-36	Operations & Tng Staff Officer - Maj AFSC 14954/22954-Located at NGB	Closes 13 Jul 90
Mil Vac 90-37	Training System Tech - MSgt AFSC 75171-Located at NGB	Closes 13 Jul 90
Mil Vac 90-38	ANG Senior Education Tech - TSgt AFSC 75170-Located at NGB	Closes 13 Jul 90