

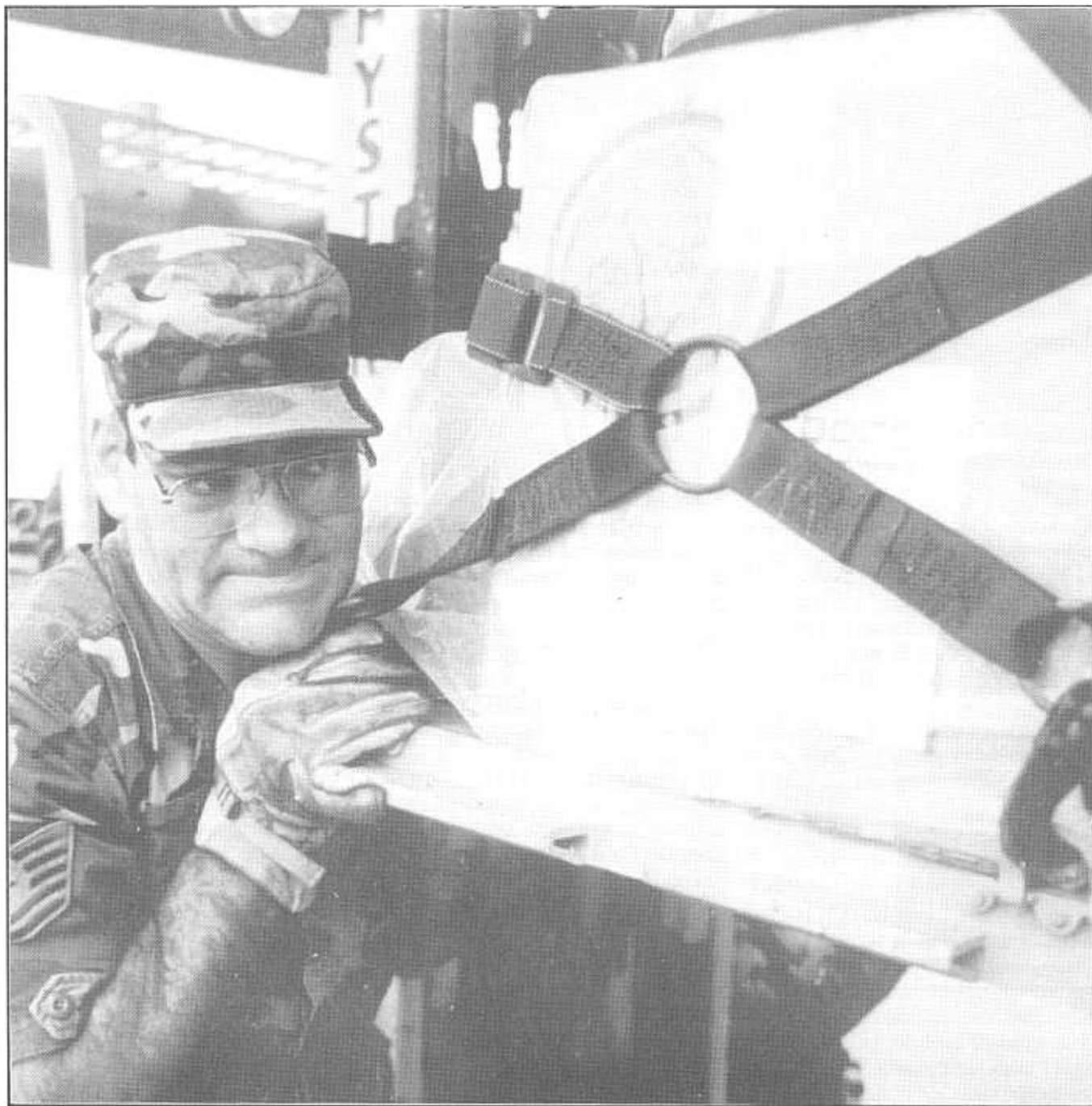


THE CARGO COURIER

Standiford Field, Louisville, Kentucky

123d TAW Kentucky Air National Guard

Vol. 5, No. 10, Nov. 4, 1989



Inside:

Airlift aids
Hurricane Hugo victims

Dare to Care
drive begins

Services Flight
featured



KyNG Photo by 1stLt. Phil Miller

Pure muscle power

TSgt. Thomas G. Downs Jr., 123d Mobile Aerial Port Squadron, grimaces as he helps load a pallet of food to be taken to Hurricane Hugo victims. See Page 3 for further photos and story.

THE CARGO COURIER

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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.

Commander's Column**Thanksgiving wishes**

Thanksgiving is a time to pause with our families, friends and co-workers to give thanks to God for the many gifts He has given us. This has been a year of many changes and tremendous challenges for us in the Kentucky Air National Guard, yet we have much to be thankful for.

Our new tactical airlift mission has given us many opportunities to not only fulfill an important military role for our country, but the chance to help others in a peacetime environment. We played a vital role in the local success of a national exercise testing the National Disaster Medical Services program. We also were able to lend assistance to hurricane Hugo victims in South Carolina by airlifting much needed food and supplies to the area.

When the first Thanksgiving was observed by the Pilgrims at Plymouth Colony in 1621, they too had endured a long, demanding year. Yet they had much to be grateful for. Along with giving thanks for a fine harvest, they gave thanks for the political and religious freedom they had gained in their



Brig. Gen. John L. Smith
Wing Commander

new land.

Today, we also have much to be thankful for -- not the least of which is the blessings of peace and prosperity enjoyed by our great nation. With heartfelt thanks for the tremendous effort you have put forth in the past year, I wish each of you and your families a Happy Thanksgiving.

God bless you.

Chaplain's Column**Dare To Care --
donate your food items**

By Chaplain (Capt.) Thomas Curry

Hunger is a real issue with thousands of people in the Louisville area. Dare To Care was founded to combat the growing problem of hunger. It is amazing to think that Dare To Care distributes five million pounds of food each year. One million is from the emergency food supply -- milk, bread, etc. -- the other four million is from the food bank -- non-perishables.

For the last several years the Kentucky Air National Guard has been donating around 500 pounds of non-perishable food items. I want to challenge the Guard to more than double its efforts. Our goal this year is 1,000 pounds. That may not seem like much compared to the five million pounds needed, but we can do our part along with other community groups.

November and December drill weekends are your opportunity to keep Dare To Care supplied with necessary food, so that hunger is reduced in the Louisville area.

Chaplain Curry to be arrested

As part of this year's Dare to Care food drive, Chaplain Curry will be placed "under arrest" until the unit reaches its goal of 1,000 pounds of food. He will spend the weekend visiting each duty section encouraging everyone's participation, but he will be accompanied by a security police escort. He requests each member bring in two cans of food so that he can make his bail as quickly as possible and the KyANG can reach its goal.

Humanitarian airlift

By Maj. Jeff Butcher
Public Affairs Officer

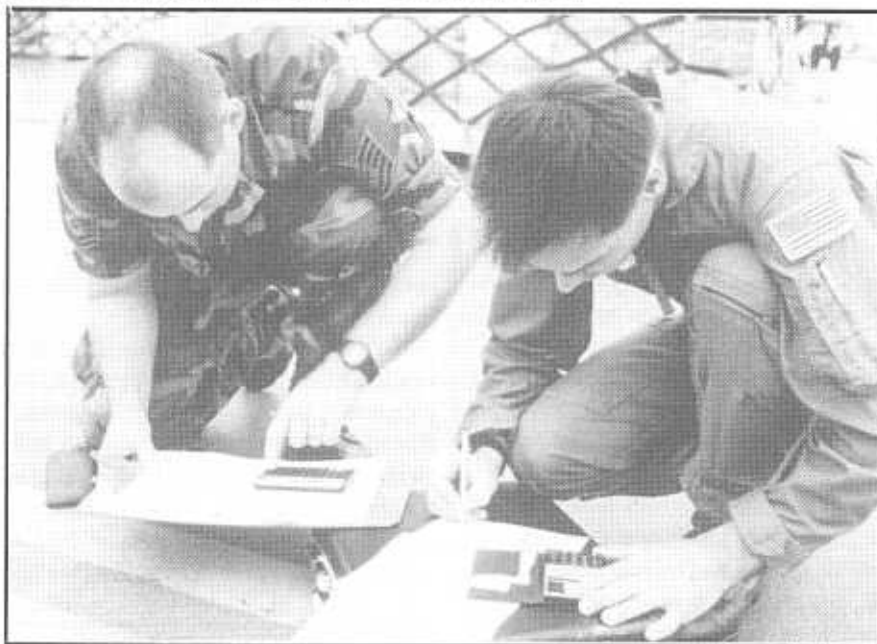
The Kentucky Air Guard made its first humanitarian airlift Oct. 1, to deliver supplies to Hurricane Hugo stricken victims. The mission was part of a larger one from the Military Airlift Command.

Food, clothing, and medical supplies began pouring into Lexington two days after the monster hurricane, with winds over 130 miles per hour, hit Charleston, S.C. The community outpouring came about when Lexington radio station WCOX-FM made an announcement it would be taking a load of goods to Charleston.

"We (WCOZ) got involved due to our sister station in Charleston (WYBB) being knocked off the air," said David Carter, general manager. "We never dreamed how generous the people in the Bluegrass would be. We found out, though, as we started getting calls from throughout the state. We received so much that we needed more carriers."

Lynn Martin, president of the two stations, contacted the Federal Emergency Management Agency in Charleston to alert them of the gifts. FEMA then contacted the governor of South Carolina, who in turn went to the Kentucky governor's office. The governor responded through the Air Guard.

On Friday morning, Sept. 29, a load crew from the 123d Mobile Aerial Port Squadron arrived at Murphy Surf Air



TSgt. Michael W. Nagel, 123d MAPS, left, and Sgt. David B. Riedley, 165th TAS loadmaster, calculate the cargo's weight to ensure proper loading of the aircraft.

Transport on Bluegrass Airfield. Over 17,500 pounds of material was delivered to them. They first checked each container for flammable items before starting the palletizing process. When they were done, five pallets had to be constructed.

Thus the 123d's first humanitarian airlift was ready for deployment. Sunday, a C-130B landed. Brig. Gen. Michael W. Davidson, the adjutant general of Kentucky, was on hand in the misty weather to observe the historic

transformation from photo reconnaissance to air cargo.

After a one and a half hour flight the Hercules aircraft touched down at the battered Charleston AFB field. Local citizens, representatives from the mayor's office and FEMA met the crew. Big thank you's and appreciation were the common expression given to Lt. Col. Clifton W. Leslie Jr., and his crewmembers.

The Charleston base alone sustained over \$31.6 million in damages. The front of the MAC passenger terminal was completely smashed in and was closed. The Strategic Air Command sent in 26 civil engineer volunteers from SAC bases throughout the nation to help in the clean up.

During the first two weeks of the recovery, MAC headquarters reported over 197 relief missions flown to various locations where Hurricane Hugo passed through. This airlift effort included 4,100 tons of emergency relief supplies and 3,100 passengers. Nearly every MAC wing participated in some manner including the 123d TAW of the Kentucky Air Guard.



KyNG Photos by 1st Lt. Phil Miller

A news cameraman videotapes loading of the donated goods.

DRUGS

Discharge awaits those who test positive

By TSgt. Jeff Sansbury
Public Affairs Office

Drug and alcohol abuse is a dead-serious issue for Kentucky Air National Guard members, as recent discharge summaries hint "business is business" between Uncle Sam and those who use drugs.

That's the conclusion of the August meeting of the Drug and Alcohol Control Committee here, which revealed the number of military separations for violating the new DoD directive. Since the program's inception, seven members have been discharged after testing positive for drug abuse.

The committee, known as DAACC, is an appointed team of medical, legal, social actions and command-level leaders that is tasked with enforcing the DoD's drug abuse policy and ensuring its compliance.

In black and white, a recent report reveals that of 168 KyANG members tested since December 1988, three have tested positive and were subsequently discharged. All three were enlisted members, the report confirmed.

Of the three who tested positive, three were identified as marijuana users and one as a cocaine user (one person tested positive for both). Only one member was a full-time ANG technician while the others were traditional "drill status" Guardsmen, the report said.

Most waived the discharge board; of those who elected to have their case heard before an administrative panel, all were discharged. Some were senior NCOs. One case is pending an administrative discharge board.

"The system has been tested. Let's get on with it," said Lt. Col. George Hill, chief of Social Actions here. "No one has slipped through the net. The policy has taken a toll on all ranks, all levels."

"It's a fair policy, and it's an objec-

tive policy," the colonel added. "It works."

For members who fail to respond to their random selection notice, a validation system at the unit level has resolved the problem of "no-shows." At one point this year the number of no-shows reached a level of concern to the 123d Tactical Hospital, according to the committee's "Report of Drug Abuse Separations."

"Personnel present for duty and randomly selected to participate in the program will do so," said Col. Joseph L. Kottak, the committee's chairman and vice wing commander. "No exceptions, no excuses."

TSgt. William Rice, NCOIC of Social Actions, said several Guard members

have proposed the creation of an Alcoholics Anonymous chapter that would meet here each drill weekend. The idea was favored "on the surface" and will be considered this Fall, he said.

In addition, the Air Force Surgeon General has issued a policy which says the use of anabolic and androgenic steroids is prohibited by military personnel. The use of steroids has been recently added to the definition of separation, outlined in regulations relating drug abuse, AFR 39-10 and AFR 36-2.

"A military member who uses drugs, is a losing poker hand. You will get caught at some point in time," said Maj. Gary Napier, the 123d legal officer. "When that happens, your military career is over."

Military, civilians compared on legal, illegal drug use

By Evelyn D. Harris
American Forces Information Services

Military people are less likely to use illegal drugs, but are more likely to drink and smoke than their civilian counterparts, according to a study.

Sponsored by the Office of the Assistant Secretary of Defense (Health Affairs), the study compared military data from the 1985 Worldwide Survey of Alcohol and Non-Medical Drug Use Among Military Personnel with data from the 1985 National Household Survey on Drug Abuse. The 1985 figures are the most recent complete civilian data available.

After the researchers standardized civilian rates to reflect the military's distributions of age, sex, race and education, here is how the groups compared:

☐ Military people are more likely than civilians to drink and drink heavily, and the differences are especially pronounced for younger persons, particularly males. For example, 14.1 percent of civilian males age 18 to 25 reported heavy drinking, compared with 32.1 percent of their military counter-

parts. Heavy drinkers were defined as those who consumed five or more drinks per drinking occasion at least once a week.

☐ Military people are more likely than civilians to have negative experiences associated with alcohol use and a greater number of such experiences, but younger female and older male military people are more similar than civilians. For example, 56.4 percent of military people had a negative experience with alcohol during the past year, compared with 40.7 percent of civilians; military people average 1.89 negative experiences, compared with 1.29 for civilians. The study's examples of negative experiences included "getting in a heated argument while drinking" and "missing work or school due to a hang-over."

☐ Drug use is significantly lower among military personnel than among civilians. While 24.1 percent of civilians age 18 to 55 had used an illegal drug or abused drugs such as tranquilizers during the month prior to the survey, only 8.4 percent of the military had done so. DoD health officials estimate that the gap between the two groups would be even wider using 1988 data.

☐ Military people are significantly

Continued on next page

less likely than civilians to have negative experiences associated with drug use and have fewer such experiences. Drug use negative experiences ranged from lowered productivity to trouble with the police. Overall, 26.7 percent of civilians had negative experiences over the past year, compared with 3.1 percent of the military.

□ Military personnel are significantly more likely than civilians to smoke cigarettes and to be heavy smokers. Overall, 44 percent of military people smoke, compared with 39.4 percent of civilians; 30.1 percent of military people are heavy smokers, compared with 22.2 percent of civilians. Heavy smokers are defined as those who smoke one or more packs per day.

□ Military men are more likely than civilians to use smokeless tobacco, but few military or civilian women use smokeless tobacco.

Military health officials have concluded from the survey that the military

policies instituted during the early 1980s to eliminate drug abuse, such as urinalysis, were effective. As the report stated, "drug use is having a decreasing impact on the health and well-being of military personnel and on work performance and military readiness."

But the figures on alcohol use do not paint such a rosy picture. In fact, the report stated that while the prevalence of alcohol use among military personnel was similar to civilians during the early 1980s, in 1985 military personnel were significantly more likely than civilians to be drinkers and heavy drinkers. This was the case despite the military's alcohol abuse prevention efforts and strict enforcement of laws and regulations on driving while intoxicated.

This finding led the researchers to look for aspects of military life that may influence substance use, including isolation, distance from home and family and the perceived acceptability of substance use in the military. They analyzed the 1985 worldwide survey data

and found that these factors substantially affected substance use. Compared with married personnel with spouse present, those with spouse absent are more likely to drink larger amounts of alcohol, use drugs and smoke cigarettes.

As for attitudes toward use, 35 percent of the military taking part in the 1985 survey felt that everyone was encouraged to drink at installations social functions.

Since 1985, DoD has developed a well-coordinated health promotion policy and a no-smoking policy. Health officials are looking forward to comparisons of 1988 military and civilian data so they can assess the effectiveness of these policies.

Air Force Lt. Col. Michael R. Peterson senior policy analyst for preventive medicine and health promotion in the Office of the Assistant Secretary of Defense for Health Affairs, said, "The survey shows that the military still has a way to go to change attitudes regarding drinking and smoking."

Feature

Services Flight

Unit provides billeting, food and mortuary service support

By Maj. Toby Harrell
Public Affairs Officer

"We bed 'em down, we feed 'em and we bury 'em." So states Maj. Maurice Wood, commander of the 123d Services Flight.

Always an important but unheralded unit in the Kentucky Air National Guard, the services flight has now gotten federal recognition as a separate flight. Together with the 123d Civil Engineering Flight, the services flight comprises the 123d Civil Engineering and Services Squadron.

Basically, the services flight has three functions: billeting, food services and mortuary affairs, says Major Wood. The

billeting function is headed by MSgt. Madeleine Travis. Her office oversees contract quarters for the commuters in the unit, and also arranges quarters for out-of-town, transient aircrews.

The food services section is directed by 1st Lt. Judy Mitro. This section's cuisine is familiar to the unit on drill weekends and during the summer camps. Major Wood also pointed out that the food services section has had many people go on active duty to augment units in Korea and all over Europe. Also, the KyANG foodservices section has been augmented by Louisville-based Naval Reserve food services personnel.

The third and final (pun intended)

function of the services flight is mortuary affairs. Major Wood has just completed detailed training in this field and was surprised at the complexity of it all. "Fortunately, we have no experience in this yet," said Major Woods, but he wants to let all members know there are some benefits and some constraints in the entitlements due a Guardsman's survivors. Of particular concern are those who travel without orders and are simply on a space-available pleasure trip.

Major Wood is proud of his unit and is glad to see it recognized as a separate, independent flight. "All of our missions are real world," Major Wood says, "because we do what our mission is."

Computer system assists in personnel transactions

Personnel Concept III, also known as PC-III, is the catalyst of a new-age computer generation in Personnel.

PC-III will provide tremendous benefits to commanders, unit orderly rooms, and individual unit members. For commanders, PC-III will provide more effective and up-to-date information with which to make informed decisions.

Unit orderly rooms will benefit through the ability to request their own computer products, the use of computerized forms for personnel actions as well as the elimination of paperwork and many manual tasks.

Individual members will benefit through being able to perform common personnel actions at their local orderly room, which means less time out of the work section.

The Air Force's test base was Moody AFB, Ga., which serviced two Air National Guard sites; Jacksonville and Dobbins, who have been in operation for a year now. The next two ANG sites to be used as prototypes will be McConnell and Forbes which are scheduled to be installed this month.

Currently, Final Hardware Baselines for all the first year bases are being completed so that equipment can be ordered. January 1990 will mark the beginning of the world-wide conversion of Personnel Concept III and the first year of our 3-year installation schedule. The Air National Guard has an enormous task ahead of it with the installation/conversion of 38 ANG sites during the first year, which is a considerably higher number than any other MAJCOM.

Locally, the KyANG will be going under PC-III in July 1991.

Veterans appeals

WASHINGTON (AFNS) -- The newly established U.S. Court of Veterans Appeals held its first session Oct. 16.

Created as a separate judicial body, the court has the authority to hear and rule on appeals of veterans' claims decisions made by the Department of Veterans Affairs. The court was established by legislation signed last year.

"This new avenue of judicial review for America's veterans ends years of debate about resolving appeals in a court of law," said Edward J. Derwinski, secretary of Veterans Affairs.

Under the new law, veterans may challenge VA decisions in the Court of Veterans Appeals, following procedures similar to those used in several other special U.S. appeals courts. The legislation also allows VA claims appeals to be elevated to higher U.S. courts including the Supreme Court.

For more information on the U.S. Court of Veterans Appeals, write: U.S. Court of Veterans Appeals, 1625 K St., Suite 400, Washington, D.C., 20006.

Air Force 'Top Cop' visits local security police

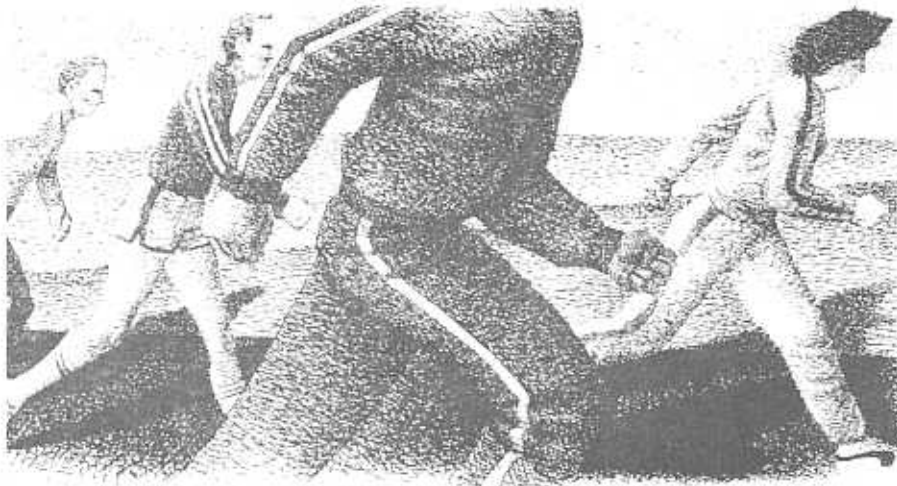


KyANG Photos by TSgt. Charles Simpson



Brig. Gen. Frank K. Martin, commander of the Air Force Office of Security Police, Kirtland AFB, New Mexico, met with members of the 123d Security Police Flight here. General Martin arrived here during the October UTA to visit Standiford Field and to participate in the International Association of Chiefs of Police convention in Louisville.

Health Update



Being physically fit keeps you mentally fit

By TSgt. Timothy D. Ramsey
Mental Health Technician

Do you feel physically and mentally fit, or are you out of shape and out of sorts?

Is your weight under control and are you feeling good, or are the scales going up and your spirits down?

These are questions that relate to mind and body. How you react to them may tell you something about your physical and emotional health. If you feel physically fit, chances are you also feel mentally fit. You feel good about yourself and the world around you. You're confident about today and look forward to tomorrow. Your physical

fitness has a direct bearing on how you look at life.

Exercise is a key factor in keeping fit -- physically and mentally. There is a positive relationship between exercise, health and fitness. Regular, sensible, vigorous physical activity, for example, is a valuable tool in preventing or controlling obesity, and heart, lung and circulatory system diseases. Inactivity, on the other hand, can actually contribute to the risk of developing these ailments.

Making sure that you have a sensible balance of physical activity suitable to your age and capability is a good way to stay mentally healthy. Appropriate exercise can help relieve emotional

stress, anger, tension, hostility, and aggression. It also helps some people sleep longer and better. It also helps people feel more alert and energetic.

Exercise has been shown it can help in the prevention and treatment of mild depression. For some, exercise is an effective antidepressant because it gives them a sense of mastery and self-control.

Before you start out on a new program of vigorous physical activity, it's a good idea to get a medical evaluation, especially if you're over 40 and haven't been exercising regularly, or you have medical problems, or you haven't had a medical check-up recently.

If you are in doubt about what exercise is best suited for you, you should consult your physician to help you tailor exercise or physical activities that are right for you and appropriate for physical fitness. Keep an open and receptive mind about this. A trial of different workouts and time schedules may be necessary to help determine what's best for your needs. Build your program gradually using particular caution if you've been inactive for a long time.

Many people who continue a physical fitness program do so not because their resting heart rate decreases, or because their oxygen consumption increase, or even their work capacity goes up. They usually continue because of the psychological effects -- they just feel better about themselves.

GREAT AMERICAN AMERICAN
CANCER SOCIETY
SMOKEOUT



Nov. 16



Briefs

Driving rodeo

The 123d Resource Management Squadron's fuels section is having a Truck Driving Rodeo competition in front of the fire house today at 1 p.m.

Everyone welcome to attend and observe the drivers' skills.

Women honored

WASHINGTON (AFNS) -- Congress has designated Nov. 5 - 11 as National Women Veterans Recognition Week to recall the often overlooked achievements of women in the Armed Forces.

The joint resolution states that women represent 4.2 percent of the total veteran population in the United States and continues to grow.

"Women veterans have contributed greatly to the nation's security through honorable military service which in many cases involved great hardship and danger," the resolution states.

Discount tickets

The Kentucky Center for the Arts and the Broadway Series have two spectacular shows scheduled for November and December, "The Nutcracker" and "CATS."

There will be group rates available to KyANG members. For more information, contact TSgt. Nate Mack at Ext. 422.



KyANG Photo by TSgt. Jeff Sansbury

Fire Prevention Month

SrA Robert E. Akridge, firefighter, hands out a Fire Awareness Kit. The kits were passed out last UTA in observance of October as Fire Prevention Month.



The heat is on

Three KyANG firefighters battle a blaze during pitfire training at Patrick AFB, Fla. Twenty-six firefighters from the 123d Civil Engineering Squadron recently trained in Florida.

Promotions

To SMSgt:

Margaret P. Hood, Hq KyANG

To TSgt:

Kenneth J. Bishop, 165th TAS
Carol L. Campbell, 123d Tac Hosp
Steven L. Coulter, 123d CFT
Daniel S. Fuller, 165th TAS

To SSgt:

Richard N. Whalin, 123d RMS

To Sgt:

James C. Bishop, 123d CAM
Cynthia Hasselback, 123d CAM
Mark D. Kirk, 123d CAM
David B. Riedley, 165th TAS

To SrA:

Barry C. Adair, 123d CAM
Stephen A. Young, 123d CAM

To AIC:

Joseph P. Knight, 123d CAM
Gregory M. Simpson, 123d CES

In Memory

A retired Kentucky Air National Guard colonel and Air Force veteran of the Korean War died Oct. 26.

Donald E. Engleman, 52, was the former commander of the 165th Weather Flight here. His survivors include his wife, the former Sue Crain; a son, Scott Engleman of Cincinnati; four daughters, Amanda, Melissa and Laurie Engleman and Robin Sauer; his mother, Mary Allen Engleman; a brother, Jerry Engleman; and a sister, Margaret Tierney.

The Kentucky Air National Guard conveys our deepest sympathy to Colonel Engleman's family.

TELL SOMEONE YOU LIKE ABOUT THE AIR GUARD.

One of the best things you can do for your friends is to tell them about the Air National Guard. Especially when you consider the benefits that the Guard offers. And the satisfaction that comes from Guarding America's Skies.

For more information about the Air Guard, and what it can mean to your friends, call the base recruiting office at 364-9422

Then tell someone you like about the Air National Guard.



**We Guard
America's Skies.**