

# YANGUARD

VIRGINIA AIR NATIONAL GUARD

VOLUME XXIV NO 6

Byrd IAP, Sandston, Virginia 23150

JUNE 1980

## Air Guardsmen Open Armed Forces Day

The Virginia Air National Guard was well represented at opening day ceremonies of Armed Forces Week held 14 May on the grounds of the state capital.

Among those participating were TSG Michael A. Duke, MSG Herbert C. Childress, MSG John L. Johnson and TSG Edward R. Smith, who posted the colors. Maj Xel Sant'Anna, Chaplain, offered the invocation followed by



BG William E. Haynes' reading of the proclamation.

After an address by Governor John N. Dalton, the program was climaxed by a thunderous ovation from the lunch time crowd for the F105 fly by. The flight of 4 presented a patriotic salute to those men and women who serve in the Armed Forces.

Colonel Claude F. Heath, Chief of Staff and Project Officer for the ceremony, conveyed his appreciation to the members of the 192TFG for their outstanding contributions.

### Mobility Exercise

#### Scheduled Saturday UTA

The 192TFG will conduct a Mobility Exercise on Saturday, 14 Jun 80, commencing with a concept briefing in the Air Passenger Terminal, Bldg 2749, at 0815 hours.

All mobility sections and unit processing centers are to be represented at the briefing and are to be in place not later than 0810.

## Two Veteran Air Guard Officers To Retire In June



LTC Edward J. Face

25 June 1980, marks the retirement from the VaANG of LTC Edward J. Face after a total of 28 years commissioned service and over 33 years total military service.

Most recently LTC Face has been assigned to State Headquarters where he served as Mobility Evaluation Team Chief. However, his military career started in 1944 when he enlisted in the U.S. Navy and served aboard a ship in the Pacific Theater. He left the Navy near the end of 1948 and returned home to South Carolina. He entered the University of South Carolina and joined the South Carolina National Guard in 1949. While in college, he entered the ROTC program and was commissioned as a Second Lieutenant in the Air Force Reserve in 1952.

After graduating with a degree in business administration he served in the Air Force Reserve until he became a member of the VaANG in 1963. He worked in several sections in Combat Support, including Data Automation, Budget, and finally as Comptroller before being assigned to State Headquarters where he was named Comptroller. He then served as the Disaster Preparedness Advisor before moving to his most recent assignment.

He currently is a Vice-President in the commercial banking division of the Bank of Virginia where he has been employed for the past 20 years. He completed the graduate



LTC Earl M. Fisher

school of banking of the University of Wisconsin 1969 and has also been a lecturer for the American Management Association. In 1972 he received the Distinguished Salesman Award from the Sales and Marketing Executives of Richmond.

He has served as President of the Richmond Optimist Club as well as serving as President of several other civic associations. LTC Face is a 32nd Degree Mason and a Shriner. His accomplishments and service have also been widely recognized as he appears in Who's Who in Virginia and also in Who's Who in the South and Southeast.

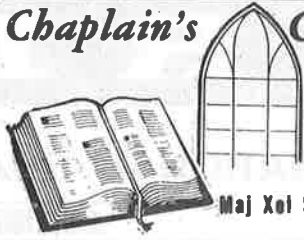
LTC Face reflected on his years in the Guard and said he felt there was greater opportunity today than ever before, but that the individual must take advantage of those opportunities. His further explanation was that everyone must be better than ever before to keep pace. "The sooner you realize and become a part, the sooner you'll be recognized and promoted," he continued.

He said that a young Guardsman can get discouraged at times because of the sacrifices that must be made. However, if a Guardsman will "stick with it for 20 years, the rewards of fulfillment, and giving a part of 'self' for our country will be worth it."

There is no doubt that the quick smile, positive attitude and tangible contributions of LTC Face will

cont'd on page 6

**Chaplain's Corner**



Maj Xol Sant'Anna

Our understanding of lifestyle has been seriously affected by the influence of ads and commercials which present us with the "best" choices through false reasoning or partial presentation of facts. For many people lifestyle is full of gimmicks and peripheral issues. But Christian lifestyle refuses to be a gimmick and will never settle for peripheral pieces of life.

"You shall love the Lord your God with all your heart, with all your mind, and with all your soul, and you shall love your neighbor as yourself." This saying of Jesus summarizes the law of the Old Testament and gives us all we need to live our lives to their fullest.

Christian lifestyle begins with God. It begins with serious belief in Him. It is our privilege to love and serve God with fear, honor and respect. To love God with all that we are is the starting point. Christians accept the love of God and love Him. It is within this relationship that everything else is possible.

From God we come to ourselves. Self-esteem is the second important element of Christian living. It is not a sense of superiority or arrogance. It is self-acceptance and respect for all good qualities that one has. It is also a powerful drive to bring forth the best in us. Self-esteem is critical to proper respect of others. Self-acceptance is basic for the acceptance of others.

Self-love is the measure of the third characteristic of Christian living. We must love others, and the measure of this love is "as we love ourselves". When this principal is used their problems vanish away and life attains that high quality which it is intended to have.

Christian lifestyle is love, and acceptance: of God, of ourselves, and of our fellow human being.

**CHAPEL ACTIVITIES  
UTA SUNDAY**

Sunday 0815 - General Protestant  
1300 - Mormon  
1400 - Catholic Mass

**The Grievance List**

(An AFNS feature)

It was hot. Too many people were crowded into the room. What breeze there was carried the stench of rotting garbage from the streets.

Tempers rose with the temperature. Discussion over selection of a single word could erupt into an argument.

As the noon hour approached each day, the men adjourned to nearby taverns, carrying their grudges with them. Mugs thumped on tabletops to emphasize points of view.

They continued through the hotter afternoons, some of them working late into the nights, others seeking relief from the heat.

But each day they came back, arguing and fighting. Their purpose was clear, but the method was not.

They were tired of the way they were treated, tired of the oppression and illegal acts against them. They met in defiance of the government to



compose a list of grievances.

Though fighting had already broken out, some men in the overheated room still hoped the complaints could be taken care of, and further fighting stopped.

But it was already too late to turn back. Blood had been shed, battles had been fought, and the people would not be stopped. They wanted freedom from tyranny.

From that crowded room came a resolution which summed up the people's feelings:

"When in the course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another...."

The list of complaints became a resolution, then a declaration. The authors absolved all allegiance to their oppressor and announced themselves a free country.

The United States of America was born.

**INDEPENDENCE  
DAY**

**Safety**



CPT Don Everett

With the oncoming of another hot and muggy summer, it will be wise to know how to cope with the heat. An important tip is to drink a lot of water, even before feeling thirsty.

According to a recent study, thirst is a poor index of when to get a drink. By the time we feel thirsty, we are already a quart low! Reactions to heat are often precipitated by a lack of water in the body.

A lot of football coaches used to preach "water discipline", i.e., doing without water will make one stronger. Actually, going without water makes one weaker.

For anyone on a normal diet, taking salt pills to replenish the body's supply has been found to be a detriment. Salt slows the body's adjustment to heat and can cause gastric disorders. People on normal diets already get enough salt in their food.

In closing, good cold water is still the best and cheapest means of refreshment.



The VANGUARD is an official monthly newspaper published by and for the personnel of the 192d Tactical Fighter Group, Virginia Air National Guard, Byrd IAP, Sandston, Virginia.

The opinions expressed herein do not necessarily represent those of the Adjutant General of Virginia or the Virginia Air National Guard.

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# OPSEC Update

## Questions

In case you were unable to attend the May 11 GMT, or in the event you did attend, but have forgotten the notice which was given concerning the OPSEC program, this reminder is for your benefit.

Listed below are twenty (20) questions covering various areas of security. Next month's Vanguard (July) will have another twenty (20) questions. KEEP BOTH ISSUES (forty (40) questions), and STUDY THEM.

A (25) question quiz will be taken from these (40) questions. The quiz will be administered by your OPSEC representative, to all unit members during the July UTA. Anyone receiving a score below 80 (20 out of 25) will be scheduled to take another test. If you have any questions concerning this program, contact your OPSEC representative or your commander.

This testing is one step to help insure that this unit develops and maintains a sound OPSEC posture.

## Answers On Page 5

- 1 - EEFI are those elements:
  - a-About any enemy essential to our operations.
  - b-About our own operation that must be protected.
  - c-Concerning electronic fighter intercepts.
- 2 - During exercises or contingency operations, the current alert status should be prominently displayed in public areas of the base so all personnel know what is going on.
  - a-Yes
  - b-No
- 3 - Telephone is very \_\_\_\_\_ mode of communication.
  - a-Secure
  - b-Insecure
- 4 - The fact that your telephone conversation can be monitored is one \_\_\_\_\_ of using the telephone.
  - a-Advantage
  - b-Disadvantage
- 5 - If you discuss classified information on the telephone, you \_\_\_\_\_ be protecting that information.
  - a-Would
  - b-Would Not
- 6 - Some bits and pieces of official information are unclassified when revealed alone. However, when we put the pieces together, they could reveal details about a classified plan. Each piece of information should be treated as:
  - a-Classified
  - b-Unclassified
  - c-Of possible intelligence value

7 - AFR 55-30 outlines the OPSEC program. Which of the following best summarizes the definition of OPSEC?

- a-Keeping knowledge of Air Force Operations out of the hands of the enemy.
- b-Safeguarding of classified material.
- c-Proper use of authentication systems.
- d-Proper protection of unclassified, sensitive information.

8 - What units are responsible for the preparation of EEFI?

- a-Hq TAC
- b-Numbered Air Force
- c-Squadrons
- d-All of the above

9 - Which of the following statements concerning OPSEC are true?

- a-OPSEC is concerned with the protection of both classified and unclassified information.
- b-Communication Security and The Information Security Program are specifically aimed at the protection of classified information.
- c-EEFI can be afforded protection by proper use of EFTO procedures.
- d-All of the above statements are true.

10 - Which of the following is NOT an advantage of using the administrative telephone?

- a-Speed
- b-Convenience
- c-Security
- d-Accessibility

11 - Communications Security is the responsibility of:

- a-Communications personnel
- b-AF Civilians
- c-AF Military
- d-Everyone in the Dept of the AF

12 - The unauthorized disclosure of defense information that could cause serious damage of the national security is:

- a-Unclassified information
- b-Confidential information
- c-Secret information
- d-Top Secret information

13 - You see a SECRET document on an empty table in the BX cafeteria. You should:

- a-Ignore it and proceed about your business.
- b-Turn the document over to the cafeteria manager.
- c-Safeguard the document and report the circumstances to your immediate supervisor.
- d-Safeguard the document and try to find the person who wrote it.

14 - The level of COMSEC awareness and effectiveness within an organization depends mainly on the amount of emphasis placed on COMSEC by the:

- a-Commander
- b-Communications Officer
- c-Base CSEP Manager
- d-COMSEC Custodian

15 - Telephone calls made via military/commercial long distance telephone systems (AUTOVON, WATS, etc.) are considered:

- a-Secure calls because the systems are militarily controlled.
- b-Unsecured calls, but classified information may be discussed.
- c-Essential to the TAC mission and confidential information may be discussed.
- d-Vulnerable to interception and exploitation at all times.

16 - Which of the following actions should you take if the telephone is picked up while classified information is being discussed in your office:

- a-Stop all classified discussions in the area.
- b-Continue the classified discussions in the area.
- c-Paraphrase the classified portions of the discussions.
- d-Use a operations code to encrypt your discussion.

17 - Which one of the following is NOT a prerequisite for granting an individual access to classified information?

- a-Proper identification
- b>Sufficiently high position or grade level.
- c-Proper security clearance
- d-A need-to-know

18 - Which of the following facts about TAC should be protected?

- a-The name of the TAC commander and the date he was assigned to TAC.
- b-The number, location, composition, and capabilities of fighter wings.
- c-The total number of active duty fighter wings in the command.
- d-The total number of ANG fighter wings in the command.

19 - Which of the following should you practice when writing personal letters?

- a-Request approval from the unit Security Office prior to discussing classified information in letters.
- b-Paraphrase the classified information and include the information in the letter.
- c-Include classified information in letters without approval.
- d-Never include classified information in personal letters.

20 - A VIP, with a need-to-know, calls long distance and asks you to read some facts and figures over the administrative telephone to him about a classified project. Which of the following actions should you take?

- a-Advise the caller you will send the information by classified message.
- b-Advise the caller you will have your OIC provide the information over the telephone
- c-Advise the caller you will have the OPR provide the information over the telephone.

## ENLISTMENTS



The following personnel were enlisted into the Virginia Air National Guard during the month of May. Those identified with (1) are prior service and those with (2) are non-prior service.

### 192D CAMRON

- SSG HEINS, ROBERT E. (1)
- SRA MODLIN, JANE S. (1)
- SRA WILSON, STEVEN A. (1)
- ALC WOLFER, JAMES B. (1)

### 192D COMBAT SUPPORT SQUADRON

- AB HORNBERGER, PERRY W. (2)
- AB HUDSON, SANDRA B. (2)

## PROMOTIONS

Our congratulations go to the following personnel who were promoted to the grades indicated during the month of May.

### 192D TACTICAL FIGHTER GROUP

- MSG MEEK, GENE A.
- ALC HODGE, PATRICIA W.

### 192D CAMRON

- TSG ROUNTREE, ALVIN T.
- SSG RIBLETT, JAY D.

### 192D COMBAT SUPPORT SQUADRON

- SSG CHILDREY, MICHAEL J.

### 192D TACTICAL CLINIC

- MAJ BRUMFIELD, JOAN W.

### 192D CIVIL ENGINEERING FLIGHT

- SSG STEENBURGH, NEIL V.
- SSG WOMACK, WILLIAM H. JR

MSGt Bernard R. Barker was commissioned 2Lt, Headquarters, VaANG.

**FLAG DAY**  
**JUN 14th**

## Uniform Changes Announced

INFORMATION UPDATE  
AFR 35-10

The following information regarding uniform policy and changes is furnished:

### \*\*METAL COLLAR CHEVRONS ON THE LIGHTWEIGHT BLUE JACKET.

The mandatory date (1 Jul 80) for wear of metal collar chevrons versus cloth sleeve chevrons on the lightweight blue jacket will be deleted. At the individual's option, either metal collar chevrons or cloth sleeve chevrons will continue to be worn.

\*\*EARRINGS FOR WOMEN. In addition to wearing healing posts, women are also authorized to wear small, round pearl or silver earrings with service uniforms, provided safety regulations or practices are not violated. When worn, earrings will fit tightly against the ear and will not extend below the earlobe. Only one earring may be worn on each earlobe.

### \*\*WHITE UNDERSHIRT WITH THE SUBDUED UTILITY UNIFORM.

The white undershirt is authorized for wear with the subdued utility uniform. The olive green (OG) undershirt is not a mandatory item. In addition, members may wear U-neck or V-neck undershirts to prevent the white from showing. The OG undershirt may be worn on an optional basis.

\*\*SUBDUED UTILITY UNIFORM. All members on the Active, Reserve, and ANG forces must wear the subdued configuration on and after the effective date of conversion (1 Jul 80).

\*\*SUBDUED FIELD JACKET. Effective 1 Jul 80, the field jacket is also required to be subdued. Optional wear of brightly colored accouterments is withdrawn.

NOTE: Due to the critical shortage of the subdued TAC patch, the wear of the multicolored TAC patch with the subdued accouterments is extended to 1 Apr 81.

## NOTICE

All individuals nominated for a Unit Quarterly Award are to report to Base Operations, Room #14, at the time indicated on the notification cards. Winner will be announced Sunday.

UTA

14 JUN 15

## Recruiter Receives Bureau Recognition

It is not a very easy task to sell a youngster or a veteran on the idea of joining a reserve component, but, for 192TFG Recruiter SSG Benson B. Gardner, II, it seems to be a piece of cake.

His production totals have merited him the National Guard Bureau's Minuteman Award for nominee for the top recruiter in the state, NGB's certificate of commendation for outstanding ANG recruiter, and was nationally recognized at a recent



BG William E. Haymes presents Sgt Gardner with the NGB Award

conference for his 1st quarter efforts in FY80. In addition, the Adjutant General of Virginia, MG William J. McCaddin recognized him for his attitude of cooperation and willingness to help his Army counterpart enlist ten new applicants.

SSG Gardner, who has been with the 192TFG for two and a half years has been very instrumental in helping the unit achieve and maintain its 100% manning.

**It's your Guard.  
Talk it up.**

*Standings*

### Virginia Revolver League

Richmond Police #1	5474
Cavalier R&P #1	5414
Hanover R&P Club	5192
Cavalier R&P #2	5096
<u>Virginia Air National Guard</u>	<u>5093</u>
Richmond Police #2	5005
Military Police	4824
Chesterfield Small Arms	4421
Chesterfield Fire Dept	4287

You really belong in the Air Guard.



# ☆Scholarship Program☆☆☆☆☆

## Association Scholarship Award Objective and Intent

The Virginia National Guard Association sponsors a scholarship program to provide financial assistance to worthy students participating in a senior Army or Air Force ROTC program in a college or university leading to a reserve commission, or to a member of the National Guard in any college or university with a desire to receive a commission through some positive program. It is designed to encourage good students to increase their interest in an Officer career in the Virginia National Guard. Each scholarship will be awarded for one year of study and may be renewed for a second and third year. The Association currently offers one \$500.00 and two \$250.00 scholarships annually, but more may be set up as funds become available.

### Criteria

Each applicant must be sponsored by an active member of the Virginia National Guard Association. To receive a scholarship, the applicant must qualify under either A or B below.

A. He must be enrolled in a senior Army or Air Force ROTC program in a college or university and have successfully completed at least one year of study thereunder, and qualify under the following conditions:

1. Be a son or daughter of a current Virginia National Guardsman OR
2. Be the son or daughter of a retired or retired deceased Virginia National Guardsman (20 years service) OR
3. Be the son or daughter of a deceased Virginia National Guardsman who died while in the National Guard OR
4. Be the son or daughter of a member or former member of the Virginia National Guard Association.

B. Be a member of the National Guard and enrolled in a college or university and have successfully completed at least one year of study thereunder.

### Procedure

Application will be made to the President of the Virginia National Guard Association, through the sponsor, prior to July 1st. A transcript of all college work must be submitted with the application plus a letter of recommendation from a member of the college faculty. A request for renewal will need a new transcript only.

Maj Basil H. Evans, Jr., President  
Virginia National Guard Association

Cpt John R. Metz, Committee Chairman  
Virginia National Guard Association



**You belong to  
a proud group.  
Don't leave it.**

## Air Guard Officer To Head Virginia Association

Major Basil H. Evans, 192TFG Executive Officer, was elected President of the Virginia National Guard Association at its 20th Annual Conference held at the Sheraton Motel in Fredericksburg.

The business session, following an evening get acquainted cookout, was highlighted with the remarks of MG Billy Ellis, Vice Cndr, 9AF and MG Robert Arter, Cndr, Military District, Washington, D.C.

Major Evans has been actively involved in the VaNGA since commissioned in 1968, serving as Executive Council representative for 8 years and then as secretary, 2nd VP, 1st VP and on several committees. His



election to president marks only the 4th time an Air Guard member has held this office.

Also selected to represent the Virginia Air National Guard on the Executive Council were LTC Raymond L. Germain, Maj Wilbur E. Rose and Cpt Lawrence M. Fuccella.

A formal reception and banquet followed the business session with announcement that next year's conference is scheduled for Lake Wright in tidewater.

### Answers To OPSEC Quiz

- |      |       |       |
|------|-------|-------|
| 1. b | 8. d  | 15. d |
| 2. b | 9. d  | 16. a |
| 3. b | 10. c | 17. b |
| 4. b | 11. d | 18. b |
| 5. b | 12. c | 19. d |
| 6. c | 13. c | 20. a |
| 7. a | 14. a |       |

**Security Police Urge  
Proper Vehicle Registration**

Is your privately owned vehicle (POV) properly registered? If not, insure you go to Pass & Registration, hangar #3649, and do so during the June 1980 UTA.

Effective with the July 1980 UTA, all ANG personnel that do not have their POV properly registered will be denied entry to the ANG portion of Byrd IAP.

Visitor passes and vehicle decals are no longer issued at the gate to personnel assigned to the Air National Guard. Sufficient personnel will be assigned to Pass & Registration to handle the additional registration of POV's.



cont'd from page 1

be missed, but he is leaving a rich legacy for all of us who remain.

LTC Earl M. Fisher, 43, steps into retirement after 21 years total military service. His assignment for the 11 years spent with the Virginia Air National Guard has been that of Group Operations Officer.

Although he did not fly the fighter interceptors here, his experience has been with the P34, T37, T33, C119, and T29 aircraft. His early career took him to Pease AFB, NH, where he piloted the KC97 Refueller up through 1965.

As Operations Officer with the 192TFG LTC Fisher displayed the expertise that carried over to his civilian occupation, manager of project control with the Brown and Williamson Tobacco Co. As native mountaineer, he earned his degree in Industrial Engineering from the University of West Virginia before entering the Air Force.

LTC Fisher, his wife and three children make their home in Crestwood, KY.

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The Presidency/Hugh Sidey

**The Essence of Courage**

On the afternoon of April 24, the sun poured down on an Egyptian airfield where six C-130 transports squatted. The men who would fly the planes to Iran and those who would storm the U.S. embassy compound milled around the craft. The rescue force commander stood in the open beside the elaborate communications gear that linked the tense unit with the White House, the Pentagon and a collection of technical groups spread halfway around the world.

The officer, a veteran of much combat, looked out over the field and felt something entirely different from anything he had felt before when he had fought with armies beside him and behind him. These troops were going alone into a world of 35 million suspicious and hostile people. No other nation had ever tried a military operation so distant and complex. The idea of failure was acknowledged but locked away. It had to be. The belief that success can be achieved in such an exploit may be 60% of the effort. It is a beautiful scene, thought the officer as he swept his eyes far down the horizon, taking in each airplane. He mused as a warrior, sensing not the horrors of battle that might be coming but the pride and honor the men felt to be there, the singular essence of courage that only those who do such things can fully understand.

The time ticked away in long seconds toward that moment when the signal would come that the mission was on. The commander received his orders. The soldiers and airmen were watching his face. He turned and jammed his fist into the air with his thumb up. Shouts shattered the stillness. It was a brief burst. There were no bands and no U.S. flags. The next stir was the big turbo props coming to life—then the transports lifting off into tragedy.

History will sort out the reasons why the mission failed. The experts in hindsight are thunderous now. There will be theories and reasons stated with the certitude that critics can always put on paper. But the mission might have succeeded. It might have succeeded because the extraordinary men who put it together thought it could. They calculated thousands of human and mechanical contingencies and provided for them in their preparations. But always in these things providence demands a part, and no human can reckon with that hand. Washington, Jackson, Custer, Doolittle risked and won—and sometimes lost. God knows why, and we are not going to know finally this time.

It is so easy not to attempt such missions. That is the worry now among men who must provide for the security of the U.S. Terrorism is based on the willingness of those who terrorize to take high risks. To confront it demands risks. And no crisis will ever be quite the same as the one before.

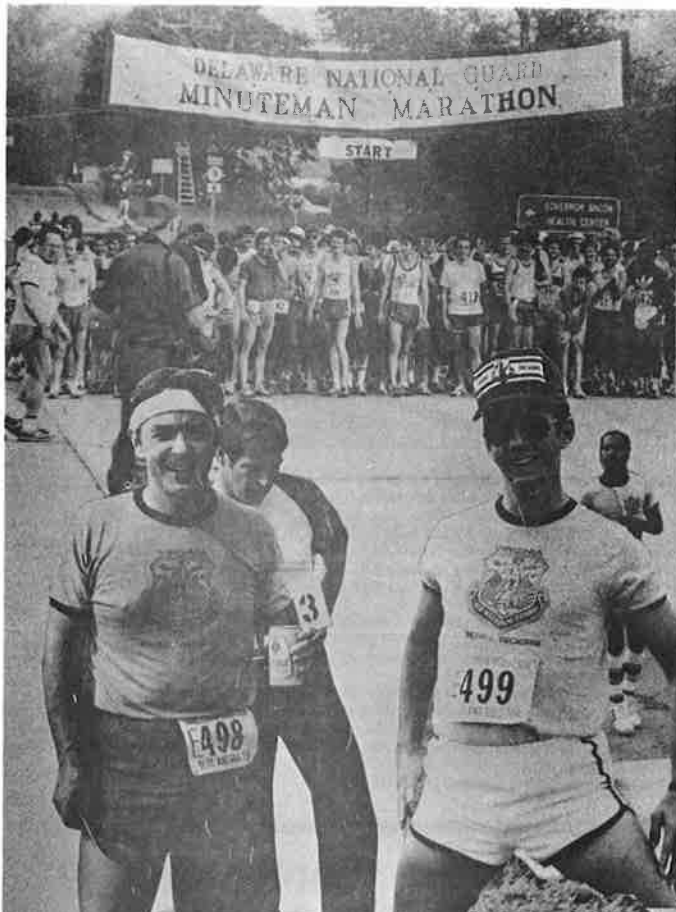
The mission's planners tried to allow not only for all the technical strains, but also for the human factors. Phone calls and letters from the members of the mission were monitored. They were allowed to go home for Christmas to keep their families unsuspecting. Men were judged for their compatibility with the machines they would use. Ten or so were squeezed out of the task force when their resolve softened. The planners studied the mentality of the Soviets and were able to fool them, even though elements of the rescue force were maneuvering right beside them. The entire task force discussed the regional politics, the American cause, the likely response of the Iranians and the world. They knew they were the vanguard in a new era of unrest. There was the conviction among those men that the nation had to try, that if the U.S. ever stopped doing such things, the future would be even more dangerous.

Too gung-ho? ask the critics. Spirit is the fundamental strength in those who fight. Otherwise, forget it. When they came in on that morning there was no bitching, no real despair. When they spilled out of the C-130s they were ordered to line up like soldiers and give their name, rank and serial number. The men quietly obeyed their orders, eyes showing profound disappointment. But, the commander noticed, no chins were down. That, he thought, is a beautiful sight in the world of those who go to fight.

A benefit Go Kart Race will be held Sunday, 29 June, at Green's Raceway in Disputanta, Va. All proceeds are going to the Crippled Children's Hospital. Call MSG Walter Davis for details, Ext 96.



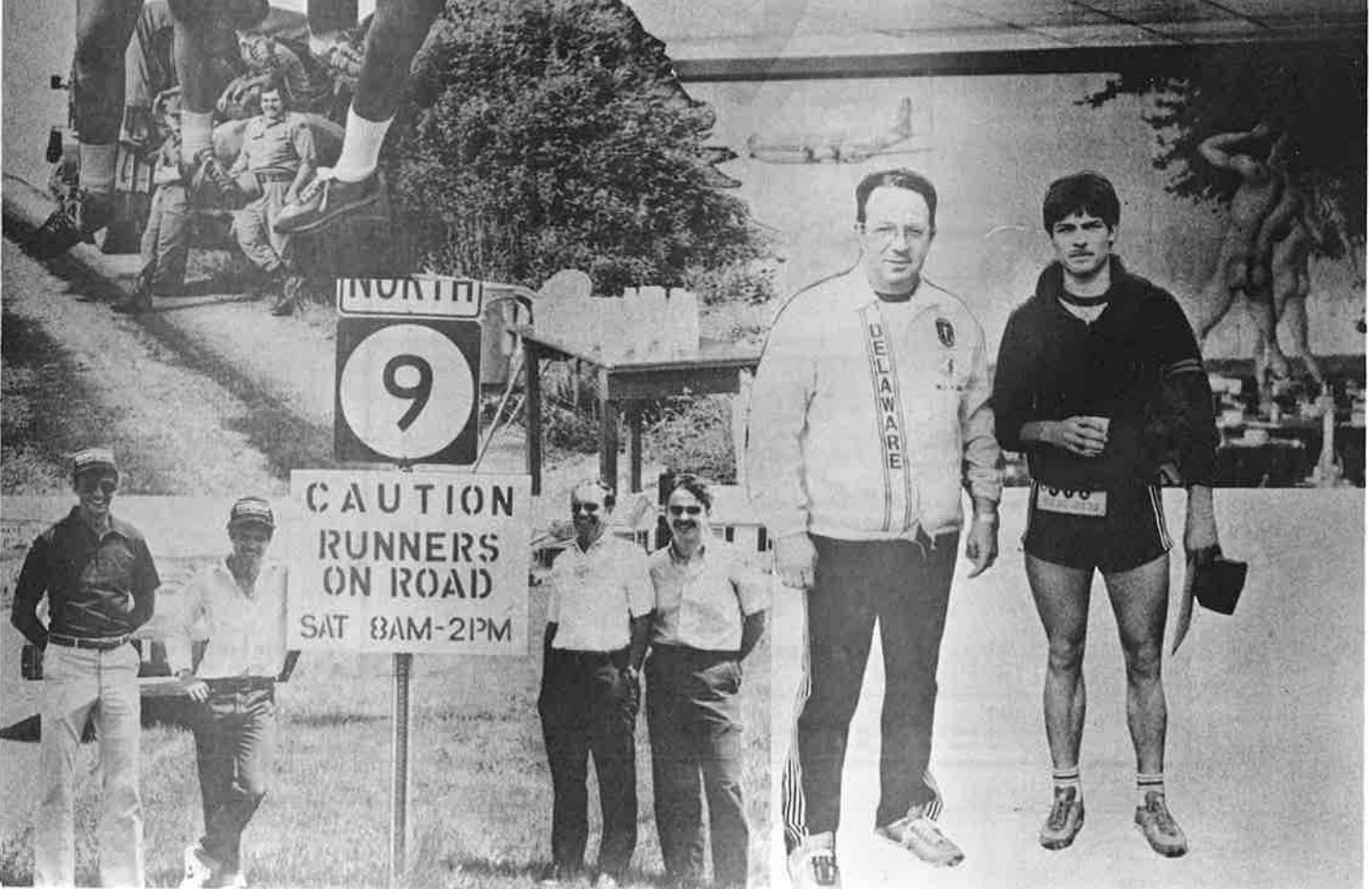
- LUNCH**  
14 JUNE 1980  
SEA FOOD PLATTER  
TARTAR SAUCE/HOT SAUCE  
MACARONI & CHEESE MUSTARD GREENS  
\*\*\*\*SALAD BAR\*\*\*\*  
ASSORTED DRESSINGS  
CORN BREAD BUTTER  
MILK ICED TEA  
CHILLED FRUIT  
\*\*\*\*\*  
**LUNCH**  
15 JUNE 1980  
B.B.Q. RIBS  
HASH BROWN POTATOES  
BUTTERED KERNEL CORN  
\*\*\*\*SALAD BAR\*\*\*\*  
ASSORTED DRESSINGS  
HOT BISCUITS BUTTER  
MILK COLD DRINK  
YELLOW CAKE/W ICING



On 17 May 1980, the Delaware National Guard held its 2nd Annual Minuteman Marathon (26.2 miles) and Blue and Gold 10 Kilometer race (6.2 miles). The Adjutant General for the state of Delaware, Lt. Col. General Francis A. Tenni, invited local civilians and National Guard members from 15 states to participate, in an effort to stimulate physical fitness in the National Guard fighting force and also to further the spirit of fitness in the local community. The Virginia Air National Guard was represented this year in the 10K race by runners: SMS Clyde Reese, MSG Gary Brooks, TSG David Gay, Sgt "Sandy" Sandford, and photographer ALC Darlene Woodward.

The race activities began with a delicious pre-race dinner and interesting seminar program held on 16 May 1980 at the Delaware Air National Guard Dining Hall. Then it was early to bed at 2300 hrs. Race day began at 0500 hrs with all runners eating little or no breakfast, a trip to the starting line for warm-up exercises, and nervously waiting for the starting gun. At 0600 hrs the waiting was over as the starting cannon sounded the beginning of the race for approximately 400 runners. The first 2/3 of the race took place on a high bridge, an mile to the top and one mile to the bottom, with the rest of the course relatively flat. Sgt "Sandy" Sandford finished 1st for the 10K with a time of 45 minutes, 2 seconds. TSG David Gay finished 2nd (47:00), MSG Gary Brooks 3rd (50:00), and SMS Clyde Reese 4th (51:00). ALC Darlene Woodward met each 10K runner at the finish line with her camera and a very welcomed cold beer. Next Captain TSG David Gay hopes next year we will send more runners and post better times.

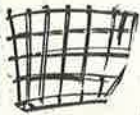
Anyone interested in joining a running club within the VANGUARD, contact TSG David Gay.



# Let's Shoot For The Muscular Dystrophy Goal

\$1,660.

\$188.37  
as of  
29 Apr 80  
(11.3%)



# Rx: Drug Notes COCAINE

**Cocaine**, street names "C," "Coke," "Heaven Dust," "Horse," "Junk," "Mexican Mud." It is the primary active ingredient of the South American coca plant, one of the family of psychotropic drugs whose primary effect is to alter mood and behavior by acting on the central nervous system. Cocaine is the most powerful stimulant known.

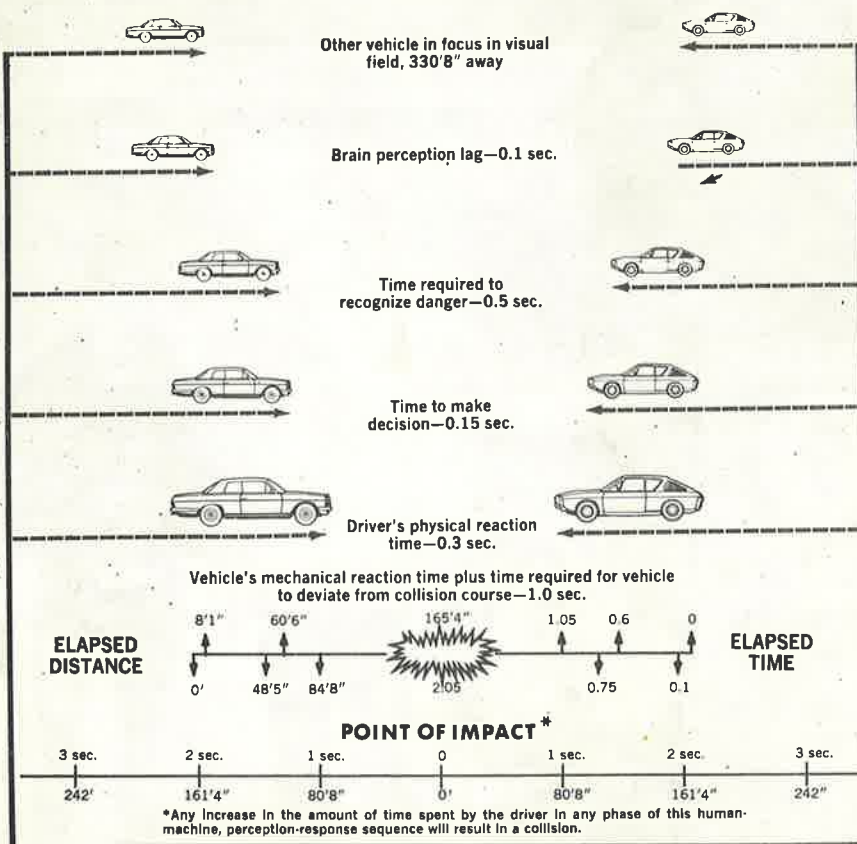
**Use Symptoms:** It acts on the central nervous system with lightning speed, causing sensations that can run from delusions of giddy well-being to outright paranoia. The main pharmacological action of cocaine is to block the generation and transmission of nerve-impulses. This blocking action, which is effective on all types of nerve fibers, is reversible; when the drug is absorbed into the blood and carried away from the site of application, the neurons return almost immediately to normal functioning.

**Other Indications:** If sniffed, the small crystals are abrasive to blood vessels in the mucous membranes lining the nose; with continued use, these vessels become constricted. Necrosis and perforation of the nasal septum may occur. Large doses of the drug which reach the heart may cause immediate death as a result of the drug's toxic action on the heart muscle. Blood pressure at first rises, then gradually falls as the central stimulation produced by cocaine is followed by depression. This depression will continue, if the dose is high enough, until respiratory failure results in death.

**Treatment:** In view of the lack of tolerance and withdrawal effects displayed by cocaine, the drug cannot, in a strict sense, be termed physically addictive. However, a pattern of "psychological dependence" upon cocaine can develop which has a number of adverse consequences for the user.

**Legal Aspects:** Cocaine is classified as a **Schedule II** drug under the **Comprehensive Drug Abuse Prevention and Control Act**. Under Federal law, simple possession of cocaine is punishable by a prison sentence of up to one year and a fine of up to \$1,000, or both; manufacture, distribution, or possession with intent to distribute is punishable by imprisonment of not more than five years and/or a fine of \$15,000, with the maximums doubled for second offenders.

**Collision course**—This chart illustrates the estimated human-machine, time-distance relationships of two autos traveling on a head-on collision course at 55 mph or at a combined closing speed of 110 mph. An elapsed time of 2.05 seconds is the bare minimum available—under perfect conditions for both men and machines—for either driver to avoid a collision, even though each is more than the distance of a football field from the other.



## Look Out! A Car Has Crossed The Median

You're just tooling along the Interstate doing the legal speed limit—55—when you suddenly realize a car has crossed the median and is on your side of the highway.

That car is also doing the legal speed.

Believe it or not, this means that the two vehicles are heading for a collision at 110 miles per hour.

Do you think it's possible to avoid the collision and save your life?

Tests conducted by safety experts have shown several interesting factors.

The other vehicle will come in clear sight about 330 feet away, a little more than the length of a football field.

At a closing speed of 110 MPH, an elapsed time of 2.05 seconds is the absolute minimum available—under perfect conditions for both drivers and machines—for either driver to avoid a collision.

The chart below shows why. If both drivers are alert, recognize the danger, and take the proper action, a collision can be avoided.