

192D TACTICAL FIGHTER GROUP

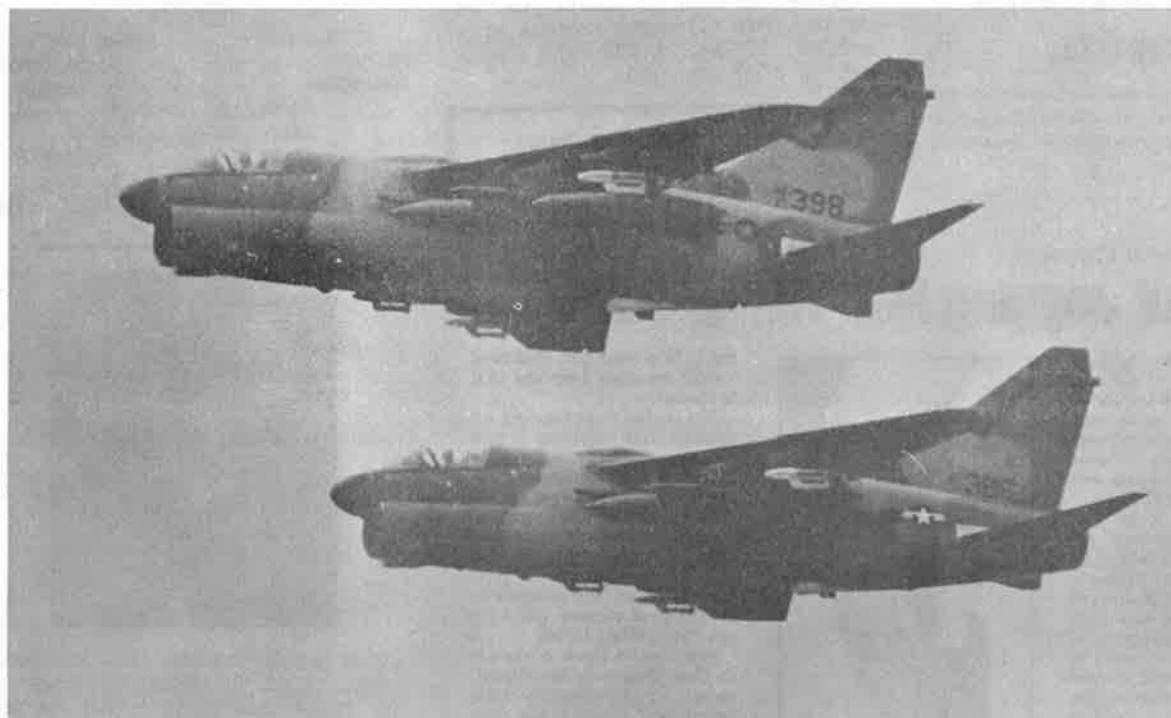
VANGUARD

VIRGINIA AIR NATIONAL GUARD

BYRD IAP, SANDSTON, VIRGINIA 23150

JULY 1981

GROUP WELCOMES A-7D



The Unit's first qualified A7 pilot, 2Lt Gary Drummond shown in #386, is accompanied by Arizona Air National Guard's Major James Fiorelli in making a low approach prior to touchdown at Byrd Field. The two ferried the 192d's first A7's in from Tucson.

Eastern Shore Native Is Newest A-7 Driver

The Virginia Air National Guard's first A-7D Corsair was flown to its new home, Byrd International Airport, by Second Lieutenant Gary Drummond.

Gary was born in Nassawadox, Virginia on 17 January 1952. He attended Northampton High School in Eastville, Virginia and the Shenandoah Conservatory of Music in Winchester, Virginia where he was awarded a Bachelor of Music Education degree.

On 18 July 1972, Gary joined the West Virginia Air National Guard and moved to the Virginia Air National Guard on 4 May 1977. He attended the Academy of Military Science in Knoxville, Tennessee from 3 June through 12 July 1979 which resulted in his commission as a Second Lieutenant in the United States Air Force to serve in the VaANG.

Lt Drummond subsequently attended USAF Undergraduate Pilot Training at Reese Air Force Base in Lubbock,

Continued on Page 3, Col. 1

New Look - Same Mission

By MAJ FRANK McNALLY

The Virginia Air National Guard's 192d Tactical Fighter Group received the first two of the unit's A7D fighter-attack aircraft Wednesday, 24 June 1981, in ceremonies conducted on the flight line. State Secretary of Transportation, George M. Walters and MG William J. McCaddin, Adjutant General of Virginia, were on hand to greet the new weapon system along with some 500 well-wishers. The conversion from the F-105 "Thunderschiefs" to the A7D was announced earlier by the United States Air Force as part of the Department of Defense's actions to upgrade the nation's reserve and national guard forces.

The 192TFG is scheduled to receive 18 of the A7D aircraft. The A7D is manufactured by the Vought Corporation and was originally designed for the U.S. Navy and was later bought by the Air Force. The A7D features high-speed, low-altitude maneuverability under various weapons loads, and is capable of carry-

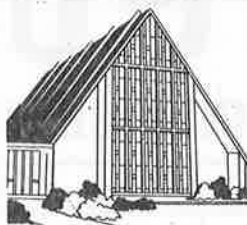
ing a wide range of conventional ordnance weighing more than 15,000 pounds of six underwing pylons and two fuselage weapon stations. Weapons used by the A7D include air-to-air and air-to-surface missiles, general-purpose bombs, rockets and gun pods. A 20mm M-61A1 Vulcan cannon, capable of firing at rates of 4,000 to 6,000 rounds per minute, is mounted in the port side of the fuselage.

The 192TFG has been flying the F-105 for the past ten years. The conversion to the A7D will result in a loss of 160 military and 30 federal technician positions. According to the commander of the 192TFG, Colonel Alvah S. Mattox, Jr., the unit will be able to absorb the position losses through attrition. The unit will continue to fly the F-105 through 1981. The first group of the unit's pilots to transition to the A7D is currently undergoing training at Tucson IAP, Tucson, Arizona.

Continued on Page 3, Col. 2

UTA SUNDAY CHAPEL ACTIVITIES

Sunday 0830 - General Protestant
1300 - Mormon
1400 - Catholic Mass



Keep building your retirement benefits.

Every year with the Air National Guard brings you closer to a secure retirement. This includes a fine pension plan, excellent dental and medical benefits, low-cost life insurance, and much more.

Your Chaplain is available to you and your family 24 hours a day. Do not hesitate to call him if you think he can help or assist you in any way. His telephone numbers are: "A"-389, "C"-66, or 737-0635 (Home) and 737-1527 (Church).

Club Council Meeting, Saturday, 11:00 A.M., Room 1, O&T Building.

Fitness Experts Caution

Healthful Jogging Not 'Huffs, Puffs'

When a lot of us think of jogging, we think of exhaustion. We picture charley horses and blisters. We envision hour upon hour of glazed-eyed, red-faced clump-clump-clumping along, neck veins bulging, desperately gasping for AIR.

It doesn't have to be that way. In fact, it shouldn't. According to the President's Council on Physical Fitness & Sports and the National Jogging Association, in a well-planned 12-week program of beginning jogging, all you'll do your first day is walk around for 15 minutes. Throughout the program, you'll never have to breathe so hard that you can't carry on a normal conversation.

Step one in starting to jog is to see a doctor for a checkup. If you have any medical problems, your doctor will help you tailor your conditioning program around them. A doctor who runs may be able to provide more experienced advice.

Next you'll need some jogging shoes (ordinary sneakers or tennis shoes won't do). Look for a thick, layered sole running the full length of the shoe, with a soft inner layer for cushioning and a tough outer



one to absorb shock. There should also be an elevated heel, to reduce strain to your Achilles tendon.

It may take you some time to develop a good stride. Jogging is different from, say, running to first base. Don't bounce on

the balls of your feet. Roll your weight smoothly from the heel to the toe.

Try to do your jogging on smooth, flat surfaces. If you run on pavement, asphalt is better for you than cement, because it's more resilient.

You should vary both the distance you go and the route you take. Mixing short runs in with the longer ones allows your body to adjust and recuperate. A change of scenery will keep you from getting bored.

Four to five times a week is the best frequency for jogging. Never run immediately after eating, and always allow yourself time to warm up first with some stretching exercises and cool down afterward with a walk. Within these guidelines, any time it's convenient for you is the right time to jog.

"Train, don't strain" is the principle to keep in mind. If at any time during your workout you're breathing too hard to speak normally, you're going too fast. Slow down and enjoy it.

For your free copy of "Successful Jogging," send a postcard to Consumer Information Center, Dept. 575J, Pueblo, CO. 81009.

Memorial Fund

Persons interested in contributing to the James Gunter Memorial Fund may send their donations to:

****Association of Graduates of the USAF Academy**
USAF, Colorado 80840

Please make checks payable to the "James Gunter Memorial Fund".

Donations Sought

Donations for the Committee to Stop Children's Murder, Atlanta, Ga. will be accepted during the June and July UTA's--collection boxes are available in the Dining Hall, Personnel Office and Recruiting Office.

For further information see SSG Andrew Irving in the dining hall.

UTA Menu

LUNCH
11 JULY 1981

MEAT LOAF	GRAVY
FRENCH BAKED POTATOES	BUTTERED GREEN BEANS
****SALAD BAR****	
ASSORTED DRESSINGS	
BREAD	BUTTER
COFFEE	CHILLED PEARS
	MILK

	COLD DRINK

LUNCH
12 JULY 1981

OVEN ROAST	BROWN GRAVY
WHIPPED POTATOES	BUTTERED BROCCOLI
****SALAD BAR****	
ASSORTED DRESSINGS	
HOT BISCUITS	BUTTER
YELLOW CAKE/CHOC.	ICING
ICED TEA	COFFEE
	COLD DRINK



LtGen Arnold Braswell has succeeded LtGen James D. Hughes as commander in chief of Pacific Air Forces. General Hughes will retire July 1 after more than 38 years of service. General Braswell is the former commander of 9th Air Force, Shaw AFB, S.C. (U.S. Air Force photograph)

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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A-7's Arrive

Continued From First Page

During the ten years that the 192TFG flew the F-105 the unit participated in a number of exercises and deployments. In 1976 the unit deployed 18 F-105's to Royal Air Force Base Lakenheath in the United Kingdom. One hundred fifty of the unit's members flew across the Atlantic in Air Force C-141 "Starlifters" to support the fighters in the two week exercise dubbed "Coronet Fife" by the Air Force. According to Group Commander Colonel Alvah S. Mattox, Jr., "The Lakenheath deployment was the real test of the total force policy. We flew overseas to a new airfield, had eleven air refuelings during the flight, accomplished the number of sorties we wanted and returned to Byrd IAP without a serious mishap. This proved not only to our own members, but to the Air Force that this unit is fulfilling its role as a member of the nations reserve forces and that we are ready when needed.

In addition to the deployment to the United Kingdom, The 192d has participated in six Solid Shield exercises flown both from Byrd IAP and the Savannah Air Guard Training Site, and deployed four times to Nellis AFB in Nevada where the unit participated in operation Red Flag a tactical air command exercise which simulates actual combat.

According to one veteran air guard pilot, "We hate to see the Thud go, it's still a great aircraft but just too expensive to maintain. I flew over 100 missions in it over North Viet Nam and wouldn't have traded it for any other aircraft. But these planes don't last forever and the A7 has a great bomb delivery system and all the sophisticated navigation gear you would want. It will do one heck of a job. But the Thud, that is some airplane."



Visitors had chance to inspect the 192d's new aircraft upon arrival at Byrd Field. Ageless F-105's provide backdrop for the unit's new weapons system.

Drummond Qualified

Continued From First Page

Texas from 16 July 1979 through 12 July 1980 where he received the rating of pilot.

After pilot training, Gary attended fighter lead in training at Holloman Air Force Base, New Mexico from 20 July through 23 September 1980. From this point he went to Tucson, Arizona from 16 November 1980 to 29 May 1981 to attend A-7D fighter training where three awards are given to the best students. Lt Drummond won all three. These awards were (1) Top Academic Achievement; (2) Top Gun (presented to the student whose bombs were closest to the center of the target and who most consistently hit the target firing the gun); and (3) the Outstanding Student Award.



Lt Gary Drummond is being congratulated after his flight from Tucson by Colonel Alvah S. Mattox, Jr., while MG William J. McCaddin and State Transportation Secretary, George M. Walters look on.



I Wanna See!

Chad Ligon, year old son of Captain Jerry Ligon appears to be the only one dissatisfied with the day's festivities. In the background, visitors take turns in looking at A7's cockpit.

PROMOTIONS



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

192D TACTICAL FIGHTER GROUP

SSG FONTENOT, FRED
SSG THELAN, DAVID C.

192D CAMRON

TSG BRANCHE, LARRY D.
TSG DULA, HIGEA D.
TSG HELMS, CLARENCE W.
TSG MOORE, WELFORD M. JR
SSG COPPEDGE, ALEXANDER
SSG DEARHART, MICHAEL R.
SSG WALLACE, CHARLES B.
SRA MASON, RANDOLPH M.

192D COMBAT SUPPORT SQUADRON

SSG MARCINIAK, PAMELA R.
SRA GARLAND, CAROLYN T.
SRA RUFFIN, GWENDOLYN E.
AIC ESTES, ROBERT E.

192D CIVIL ENGINEERING FLIGHT

TSG WHELAN, RAYMOND E.
SSG HARPER, MICHAEL A.
SRA EARHART, RICHARD C.

192D WEAPONS SYSTEM SECURITY FLIGHT

TSG DUNN, THOMAS B. III
SSG PETERSON, PAUL D.

192D COMMUNICATIONS FLIGHT

SSG BUCKINGHAM, SHELIA

ENLISTMENTS

The following personnel were enlisted into the Virginia Air National Guard during the month of June.

192D CAMRON

SSG KISSENGER, ARTHUR B. JR.
SGT SHUMATE, THOMAS R.
AIC NAMOTCAVE, ROBERT J.

192D WPNS SYS SPT FLT

TSG MILLER, NORMAN E.

**A strong unit
is up to you.**

Senior Enlisted Advisor

Air Force Image Mirrored By Military Dress And Personal Appearance

By CMSgt HERBERT BUTTNER

The following was written by James M. McCoy, Chief Master Sergeant of the Air Force and extracted from TIG Brief 12, 1981.

During my tenure as the Chief Master Sergeant of the Air Force, I have had the opportunity to travel extensively throughout the U.S. and to many foreign countries. I have observed the presence of our men and women while visiting many installations, been present during special recognition programs, and attended community and civic functions where our Air Force personnel have been in attendance. In these and many other situations I have taken a critical look at how the public views our standard of appearance, as well as our performance and discipline. I must say that in too many cases our image has been less than desired.

The everyday appearance in uniform by our Air Force personnel is critical not only toward maintaining esprit de corps and public acceptance, but also toward helping us meet our recruiting objectives. In this respect proper and proud uniform wear cannot be overemphasized.

In the recent years we all have witnessed an era of low respect for members of our military services. Now, a rising sense of appreciation for the military is growing across

America and it is an appropriate time to rejuvenate our pride in serving this great Nation and express it through proper and frequent public appearances in uniform.

All of us should be proud to wear our uniform, a basic part of the Air Force's identity. There are many uniform combinations and we must use prudent judgment in selecting the appropriate one for each occasion. In my opinion, the Combination One uniform presents the best appearance for enhancing our image to the entire public. It is worn at those special events, social and official, where the Air Force will benefit the most by displaying our proud tradition.

While specific guidelines on proper uniform wear are contained in AFR 35-10, "Dress and Personal Appearance of Air Force Personnel", pride in our uniform wear cannot be decreed. It is each individual's personal responsibility to exercise sound judgment in maintaining a high standard of dress and personal appearance.

Let's rekindle our efforts and determination by giving special attention to the basic rule of military dress and personal appearance. By doing this, we can be proud of our past accomplishments and continue to enjoy the reputation of a highly trained and professional Air Force.

Nco Academy Graduates Association Seeks Help

The NCOAGA is seeking ideas from the people of the 192TFG in preparation of the "Virginia" room at the PME Knoxville, Tenn.

Each room in the dormitory at Mcghee Tyson will be refurbished, so to speak, in almost any manner that the states wish. This project is sponsored by the NCO Academy Graduates Association. When the room is completed, it will be dedicated at a graduation ceremony.

The Graduates Association seeks ideas on articles unique to Virginia, decorating ideas, and supply of materials needed to complete the job. If anyone has any ideas and/or knows someone willing to donate materials, contact MSG Mike Duke, Ext 316, MSG Connie Hughes, Ext 341 or any member of the NCO Academy Graduates Association.

Council Offers Assistance

The Chief Master Sergeants of the Virginia Air National Guard has formed the Chiefs Council that meets every UTA to discuss the enlisted force, problems that may be developing, ways to improve the unit, and in general, bring each Chief up to speed on unit activities. Recommendations are handled through the Senior Enlisted Advisors office.

This is another avenue open to members to voice their views. If you feel that the Chiefs Council can help you, don't hesitate to contact one of the assigned Chiefs listed below.

- Robert W. Bowers	Maint
- Hilary F. Bowles II	Maint
- Herbert L. Buttner	RMS
- Robert V. Glenn	RMS
- Wallace R. Harding	CE
- Harvey L. Mahoney	Maint
- Ashby M. Myers	Maint
- Lloyd L. Orcutt	Maint
- Jack S. Sandford	State Hq

Safety Dangers Of Summer's Heat

By CPT DAVID GOSSETT

During hard work in a hot environment, a person sweats whether or not water is taken. If over a period of hours, a person does not replace sweat losses by fluid intake, a state of dehydration results. Reflexes become slow; persons do not think clearly and may even have a sense of well-being when they are near collapse. By making a person more accident prone, this could prove fatal. Heat stroke, of itself, is a medical emergency and is associated with a potentially high mortality rate.

Since prevention of all forms of heat illness is important, supervisors are urged to devote time to educating personnel in the prevention of heat illness. The following are some suggestions to combat the effects of heat.

****Educate personnel exposed, stressing the importance of:**

- Good physical condition
- Acclimatization
- Tailoring work scheduled
- Proper clothing
- Replenishing water and salt losses.

-Recognizing the early signs of heat illness and taking appropriate action to prevent the development of cases.

-Recognizing the distinctive signs and symptoms of heat illness so that the patient may receive proper first aid and attention.

****Familiarize all personnel with the proper first aid procedures to be followed in each syndrome.** Remind personnel that it is important for the casualty's history of premonitory symptoms to accompany him to the medical unit so proper treatment can be administered.

****Encourage a conditioning program, this should be carried out in a warm or hot environment.** No conditioning program carried out in air-conditioned surroundings will acclimate personnel to work in heat.



OPSEC Update

By LTC GEORGE DAVIS

OPSEC is an overall security program designed to enhance mission effectiveness. OPSEC is intended to reduce the capability of an enemy to gather useful intelligence data about our operations and activities. From your previous exposure to security procedures, you already know that classified information must be safeguarded by physical means, by limiting dissemination, and by not discussing classified information in unsecure areas or using unsecure communications.

This **OPSEC UPDATE** will address classified vs unclassified, or what is the difference between news and intelligence? In an open society such as ours, we are inundated with vast amounts of information, some is factual, some is not. It is up to the individual to try and separate fact from fiction, in order to form a sound opinion on any given subject. In your attempt to become a better informed citizen, you may also wish to start a new and interesting hobby: collecting erroneous articles from the various sources of news media. At the end of a year, you will be surprised at the large number of articles in your collection.

When discussing the difference between classified and unclassified information, probably two of the questions most frequently asked are: "Why is that classified, when I read the same information in Aviation Week?", and "How can this be current intelligence when I heard it on TV last night?" Despite the fact that news media may have access to many open sources or situations, there is a significant difference between intelligence and news. You must keep in mind that intelligence is comprised of all

types of information, including unclassified. The key factor to remember is that news information is usually not subjected to the same analysis and scrutiny as is finished intelligence. News is not really news unless it is quickly printed or telecast. In many instances

of news reporting, accuracy seems to be secondary to speed. An excellent example of speed vs accuracy was when the news media reported that White House press aide James Brady had been killed during the assassination attempt on President Reagan, on 30 March 1981. The demand for speed and the almost total lack of accountability results in different newscasters presenting different information on the same subject.

Although speed and accuracy are often times critical in disseminating intelligence, analysts cannot afford to present differing data. To be useful, the information must be refined, the discrepancies resolved, and one set of data published. The intelligence community is not in the business of trying to sell newspapers and advertising space. One of the primary functions of intelligence is to provide its users with the most accurate and timely information available.

The intelligence community, like any other human endeavor, does not always accomplish its objectives; however, it is much more reliable than the news media. Therefore, when relying on the news media to be informed, it is always best to cross reference several sources of information to have a more accurate understanding as to what is actually happening. By following this procedure, you will be fulfilling one of your responsibilities of good citizenship: that of being a well-informed citizen.

Volunteers Still Needed To Retrain

By LTC DELBERT HALL

The retraining opportunity announced last month still exists, but will not last long. Interested individuals should apply immediately to SMS Norman or MSG Gates, Room 4, O&T Building.

To provide this retraining opportunity, recruiting was suspended. After the Sunday UTA, 12 July 1981, however, recruiters will resume filling vacancies with new recruits.

Those who are still overages

after 12 Jul 81, or who will become overages to A-7D manpower requirements on 1 Oct 81, should be aware of these prospects: (1) that, when the time comes, they may be denied reenlistment for extension of enlistment (those non-technician overages with 20 good years for retirement will definitely be denied); (2) that they may be retrained involuntarily; (3) that voluntary retraining will be very limited; (4) that selective retention as an overage will be very limited.

June ÷ AFA Awards Dinner + Dining In + Receipt Of New Aircraft + Parade Ceremony = Busy Month



AFA Representative honors the 192TFG



Accepting award from AFA State President Buzz Henderson and MG William J. McCaddin, BG William E. Haymes and Col Alvah S. Mattox, Jr.



Secretary Walters addresses visitors at the arrival ceremony.



Officers enjoy the tradition and camaraderie at the Group Dining-In.



Appropriate and traditional toasts were made throughout the evening.



Col Heath, Chief of Staff and Col Mattox, Gp Commander review the Unit.



Visitors inspect the first two A7D's setting amongst the "Thuds".



Secretary of Transportation George M. Walters and MG William J. McCaddin, The Adjutant General officially designate the A7's as "VIRGINIA" aircraft.



Personnel receiving awards are presented to the reviewing officials.

Air Guardsman Of The Quarter**SSG Rodney C. Sclater**

DISASTER PREPAREDNESS

NCO Of The Quarter**TSG Michael R. Woody**

DISASTER PREPAREDNESS

**Maintenance
Man Of The Quarter****SSG Leonard J. Varmette Jr.**

MUNITIONS MAINTENANCE

**REG Offers Guidance
On Wearing Of Ribbons**

The following information is furnished in response to the many questions that continue to arise pertaining to the wear of state ribbons for the officer's official military photograph:

**AFR 36-93 official photographs does not preclude the wear of state ribbons for official military photographs.

NGB/MPX will not impose any objection to official military photographs received showing officers wearing state ribbons. This does not preclude any states policy prohibiting wear of state ribbons for official military photographs.

**AFR 35-10 dress and personal appearance of Air Force personnel, paragraph 6-4, states "ANG members may wear state decorations when serving in state status. They may not wear them while on federal duty".

UTA
11 JULY 12

**Notice**

DO NOT MAKE CALLS TO MILITARY PAY CONCERNING THE ARRIVAL OF YOUR DRILL CHECK UNTIL AFTER THE END OF THE MONTH.

**Wright Brothers Memorial
Trophy Nominations Asked**

The Air National Guard is eligible to participate in the Wright Brothers Memorial Trophy, which is awarded annually by the National Aeronautic Association for significant public service of enduring value to aviation in the United States. It is awarded to a living American citizen, who as a civilian, has rendered some personal and direct service as an officer of employee of the Government--Federal, State, or Local--with or without compensation.

Past recipients of this prestigious award include: Charles Lindbergh; Lt Gen James H. Doolittle, USAF, Retired; Dr. Theodore Von Karman; Senator Stuart Symington; Mr. John Shaffer; and Senator Barry M. Goldwater.

ANG nominations are due LTC Delbert Hall, Chief of CBPO, not later than Sunday, 12 July 1981. A preliminary board of senior officers at NGB will screen nominations and the top individuals will constitute the final nomination to the Air Force.

**ANG Commissioning
Policy Changes**

On 12 June 1981, the National Guard Bureau (NGB) announced a major change in policy for the initial appointment of officers into the Air National Guard of the United States. Those who want to read NGB's policy letter, should contact MSG Gary S. Brooks in the Consolidated Base Personnel Office (CBPO), room 23, O&T building.

The NGB will accept applications under the old policy through 15 Jul 81. Applications received at the Air National Guard Support Center, Andrews AFB, MD, on or after 16 Jul will be governed by the new policy. Salient points of the new policy are as follows:

** No appointments over age 35.

** No line officers or nurses appointed above second lieutenant. "Constructive Service" for education and experience is no longer credited toward a higher grade.

** No chaplains or lawyers appointed above first lieutenant. Constructive service, for education only, is credited to allow appointment at the higher grade.

** No physicians or dentists appointed above major. Constructive service for both education and experience is credited to allow appointment at the higher grade.

** Constructive service is no longer credited to years of service.

Be Aware Of Severe Weather Conditions

The Commonwealth of Virginia is subject to natural disasters caused by storms, hurricanes, tornadoes, high water, wind driven waters, tidal waves or other types of catastrophes. Some of the climatic disturbances lend themselves to advance warning procedures, such as a hurricane, while others may strike with little or no opportunity for advance warning, such as a tornado. June 1st began the hurricane season for the United States. The following are Weather Warning Terms used by the National Weather Service.

**** Hurricane Watch** - Hurricane may threaten within 24 hours.

**** Hurricane Warning** - Hurricane expected to strike within 24 hours.

**** Severe Weather Watch** - Atmospheric conditions indicate that severe weather is possible, but has not yet occurred (i.e., severe storm watch, severe snowstorm watch, tornado watch, thunderstorm watch, etc.)

**** Severe Weather Warning** - A series of weather conditions that have developed and have been observed or reported that could cause serious property damage or loss of life. For example, in a tornado warning, a tornado or tornadoes have been sighted and may cause or continue to cause damage, etc.

Whenever these conditions exist, tune to the nearest radio or television station for further information or instructions. When instructions are given to take cover or shelter, do not question. It may save your life.

Small Claims Court Helps Resolve Consumer Complaints

Suppose the drycleaner loses your hundred dollar coat, and then tells you all he's willing to give you for it is twenty dollars—take it or leave it. Or what if your new aluminum windows start leaking a month after they're installed, and the window company won't do anything to correct the problem?

Are you just out of luck? Not if you can present your case in a small claims court.

A new booklet by the U.S. Department of Justice tells how to do it. For a free copy of *Small Claims Courts and Consumer Complaints*, write the Consumer Information Center, Dept. 640J, Pueblo, Colorado 81009.

Small claims courts are convenient, prompt, and inexpensive. You pay only a small filing charge (usually no more than ten dollars), and you eliminate lawyers' fees by presenting your case yourself.

Taking somebody to court is, of course, serious business.

Before you file your claim, write every letter and make every phone call that you think could make a difference. Just remember to keep records of the calls, and make copies of the letters. You'll be building your case. Finally, check with your local consumer affairs office. They may be able to resolve your problem without any need for formal legal action.

It's time to file a formal claim when it's clear to you that the other party won't budge. You can locate the appropriate small claims court in the phone book under the city, county, or state listings. It's best to file in the jurisdiction where the other party lives or does business.

A court clerk or counselor will explain the procedures for filing a claim. If you believe that both a company and one of its employees are responsible for your loss, file against both.

When you file, you'll be given a date to appear in court. It's a good idea to attend a session sometime before this date, purely as a spectator. Watching the proceedings will give you an idea of what to expect, and how to prepare your own case.

When your day in court arrives, you'll be more relaxed if you remember that nobody expects you to be Clarence Darrow. You don't have to dazzle the court with brilliant oratory, or spout a lot of obscure legal terms. All you really have to do is be clear and organized. Be able to back up what you say with receipts, warranties, cancelled checks, letters, records of phone calls, repair estimates, or other relevant materials. And show the judge photographs of any damaged property, or if it's feasible, bring in the articles themselves. You may be surprised how quickly the judge can reach a decision.

**A helmet!
That's
using
your
head!**

(P.S. Love
your bike!)



Thanks to differences in gravity, a 100-pound person on Earth would weigh 17 pounds on the moon and 254 pounds on Jupiter, the National Geographic Society says.

Tenth Annual Small Arms Pistol Match Held

On 7 June 1981, the National Guard pistol shooters from all parts of Virginia met at Fort Lee, for the 10th Annual Guard State Championship. This match is conducted annually to promote marksmanship by providing high level competition among guard units around the state, with particular emphasis devoted to improving individual shooting skill, team spirit, physical fitness, and leadership qualities.

The six member Air Guard Team was selected in April from 15 guardsmen that tried out for the team. They met once a week at the Byrd Airport Pistol Range and practiced many hours for this match. Team members were TSG R.L. Bassetti, TSG R.K. Cash, TSG E.W. Bergener, from Cam-

ron--TSG W.C. Edwards and K.E. Mercer, from Combat Support--TSG L.W. Hackett, from the 149th.

For the second year in a row the 192TFG came in second place.

1st - 3rd Battalion 111th Air Defense Artillery, Portsmouth, VA

2nd - 192TFG, Sandston, VA

3rd - 229th Military Police Co., Chesapeake, VA

4th - 3rd Battalion 116 Infantry, Manassas, VA

5th - Support Battalion 116 Infantry, Petersburg, VA

6th - 2nd Battalion 111th Field Artillery, Richmond, VA

7th - Hq, 329th Support Group, Virginia Beach, VA

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