

192D TACTICAL FIGHTER GROUP

VANGUARD

VIRGINIA AIR NATIONAL GUARD



27th Year, No. 6

Byrd IAP, Sandston, Virginia

June 1983



Engineers aid Army Guard

TSG Russell Thompson was one of fifteen Civil Engineers who assisted our Army prototypes recently in renovating some old buildings at

Fort A.P. Hill. Our C.E. unit is expected to return later in support of additional projects. See Story on Page 5.

Hicks chosen to receive Jim Gunter award

By SSG ED KELLEHER

When Steve Hicks, an engineering graduate from North Carolina State University, took a job in Newport News 10 years ago, he also took a look at the Virginia Air National Guard.

"Once I saw the F-105's," Hicks said, "it didn't take me long to know what I wanted to be."

Then an enlisted telecommunications specialist with the North Carolina ANG, Hicks wanted to become a fighter pilot.

Just how good a pilot CPT Hicks turned out to be will be formally acknowledged June 11 when the Virginia Chapter of the Air Force Association awards him the second annual Jim Gunter Award as Junior Officer of the Year for the Virginia Air National Guard.

This award is named after LTC James P. Gunter, Jr., who died March 10, 1981, when his F-105D Thunderchief exploded as he was engaged in

a close air support mission for the Army at Fort Bragg, North Carolina. Colonel Gunter had been a 192nd Tactical Fighter Group pilot for more than 13 years.

Hicks, 33-year-old safety officer for the 149th Tactical Fighter Squadron, was cited by the Air Force Association for several safety-related articles he has written for the quarterly Virginia Aviation; for the quality of his safety briefings; and for his consistently high rankings in the Air Guard's annual "Top Gun" competition (No. 3 this year).

Hicks enlisted in the Virginia Air National Guard in 1973 after spending 3 1/2 years in the Carolina Guard. But he had his mind set on flying.

"I always wanted to get into flight training," he said. "Flying for me was a childhood dream".

A year after he enlisted in the 192nd TFG, Hicks jumped at the chance to go for his wings.

He was working as an engineer in the atomic power division of Newport News Shipyard and Dry Dock, Inc. in 1974 when a VaANG recruiter called and asked him how much notice he would need if a pilot training slot opened.

"How long does it take to drive from Newport News to Richmond?" Hicks replied. "That's how much notice I'll need." He took a two-year leave of absence from his shipyard job.

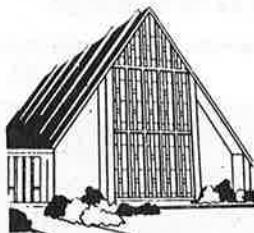
At 25, Hicks said he was the "old man" in his pilot flight. He returned to the 192nd to fly the battle-seasoned F-105 Thunderchief.

"I think the biggest thrill of all my Air Force career was being able to fly the F-105, which was veteran airplane with a long battle record, as a second lieutenant," Hicks said.

He subsequently amassed about 1,000 hours in that aircraft before the Air Guard converted to the A-7D.

Sunday Services

Sunday 0830 - General Protestant
 0915 - Mormon
 1300 - Catholic Mass



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"-387, "C"-66, or 737-0635 (Home) and 737-1527 (Church).



The Guard belongs.

Commission applications being accepted

By 1LT RALPH BARKER

ATTENTION ALL ENLISTED VIRGINIA AIR NATIONAL GUARDSMEN! The CBPO is currently accepting applications from individuals who are interested in obtaining a commission in the unit. The 192d TFG Commander's policy for filling vacant non-rated/non-professional positions within the unit, is that a pool of applicants be established at the beginning of each fiscal year. (1 October). The pool will consist of 6 individuals. These 6 individuals will be selected from all of the applications received and who meet the necessary qualification requirements. Individuals who are placed in the pool are reminded that should they not be selected for a vacant position during the year, they must reapply the following year. They are not automatically retained in the pool at the beginning of the new fiscal year. Some of the basic requirements for a commission are as follows:

1. **AGE:** An applicant must be less than 35 years old at the time of commissioning as an ANGUS officer. No waiver will be considered.

2. **EDUCATION:** A bachelors degree is desired. Waivers of education will be considered. Requirements for a waiver will be explained to you in detail by a CBPO representative.

3. **TEST REQUIREMENTS:** All applicants must take the Air Force Officer Qualifying Test. If you have previously tested, your test scores cannot be more than 2 years old. If so, you must retest. Required qualifying score requirements will be explained by a CBPO representative.

Those individuals interested in becoming officers in the VaANG, must contact either MSG Brooks or SSG Brown in the CBPO, Ext.381/436. Deadline for submission of applications is 1 July 1983. Applications received after that date will not be considered.

Quiz tests awareness of drug abuse

By SGT DENISE DeLEO

Here are eight questions to test your knowledge about drugs and drug abuse. It's not important that you answer all the questions right. You might even be surprised when you check the answers, but these are the facts.

What is important is that you start thinking about the impact of drugs in your life. This quiz will increase your awareness of the drugs most often abused or misused and how drugs can affect you.

If you have any questions or want to discuss any of the answers, see me in Room 203 of the hangar.

1. The most commonly abused drug in the United States is:

- Marijuana
- Alcohol
- Cocaine
- Heroin

2. People who are dependent on heroin keep taking it mostly to:

- Experience pleasure.
- Avoid withdrawal.
- Escape reality.
- Be accepted among friends.

3. Which age group has the highest percentage of drug abusers?

- 10-17
- 18-25
- 26-35
- 36-60

4. Most drug users make their first contact with illicit drugs:

- Through "pushers".
- Through their friends.
- Accidentally.
- Through the media.

5. Which of the following poses the greatest health hazard to the most people in the US?

- Cigarettes
- Heroin
- Codeine
- Caffeine

6. Which of the following poses the highest immediate risk to users?

- Marijuana
- Nicotine
- LSD
- Inhalants

7. What best sobers a drunk person?

- A cold shower.
- Black coffee.
- Time.
- Walking.

8. How long does Marijuana stay in the body after smoking?

- 1 day
- 12 hours
- Up to a month
- 1 hour

See answers on page 7

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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Editorial....

Is It Really Worth It?

(This editorial was excerpted from an article written by CPT James T. Itamura, former defense counsel at Holloman AFB, N.W., in the base newspaper, Sunburst.)

The blatant stupidity of military members using dope amazes me.

What is it that drives reasonably-to-very intelligent people to put their own, and in many cases, their family's welfare on the line? Is that giggly feeling that lasts a couple hours worth the worry over how they're going to make their bike or car payment or rent or how they're going to feed their family the next two months because their commander took half their paycheck per month for two months away from them?

Is it because they think there's no way they're going to get caught because the only people they do it with are friends, and they would certainly never rat.

How I wish every member could see what I see daily. The pain of getting fingered by a friend; called in by OSI; herded into a soundproof room; read their rights; accused of things they thought nobody knew about but they know are absolutely true. Then being called into their commander's office, a commander whom they had heretofore gotten along well and who thought fairly highly of them, to have Article 15 charges of use and possession of marijuana served on them.

Next stop is my office. I've heard all the stories. Seen both young and mature members shake with the thought of how they're going to feed their family the next two months at \$300 less, of how they're going to make ends meet with one less stripe. I wish you could see the faces of those persons who are sergeants and above when I tell them they're going to be discharged, possibly with less than an honorable discharge. Sterling service record or not, they're gone. Sure, they're entitled to an administrative board hearing but ask me how many boards keep an NCO associated with even a single seed. None.

Now I know that some people just don't care and quite frankly, those aren't the people I'm concerned about. It's the person who is away from home for the first time. Who wants to make something of his or her time in the service. Who perhaps gets into the wrong crowd initially. He or she are the ones I grieve over. It's the young airman first class with a family who hasn't quite yet grasped the difference in standards from civilian life that the military expects of him or her or the 9 APR airman who mistakenly believes it's okay to do it downtown or at a concert in El Paso or Las Cruces or when he or she's home on leave.

How I wish I could get across to you that as far as the Air Force is concerned, it's an employer's market. They don't need you, they don't need me. You do not have a right to your job and quite frankly no matter how good you think you are, you'll be forgotten the day after you're kicked out. If you think you're the one that's going to beat the system, if you think you're pretty smart, you come in and talk to me. I know scores of smart people who will tell you exactly how smart you really are. Smart people who will ever after get sweaty palms filling out job applications in anticipation of the box that asks; military service, if so, type of discharge. Smart people who feverishly pray to God to be given one more chance. People who made their choice and now live the after taste. Come on in. Let me show you the two foot stack of manila folders in my office with cases of smart people. How smart are you?

Safety Seat belts and your life

- Q. Are safety belts effective?
- A. Approximately 14,000 to 18,000 lives could be saved annually if all passenger car occupants used safety belts at all times. The National Highway Traffic Safety administration estimates that safety belts reduce the chances of serious or fatal injury by 50 to 65%. Society would also be saved millions of dollars. (The National Safety Council estimates that each motor vehicle death costs society \$190,000 -- including the cost of insurance administration, medical expenses and lost wages.)
- Q. I don't wear my safety belt all the time, just on long trips and on expressways; isn't that enough?
- A. No! Most crashes (over 80%) occur at speeds under 40 mph. Fatalities involving non-belted occupants have been recorded at as low as 12 mph (about the speed you would be driving in a parking lot). About 70% of all accidents occur within 25 miles of home, probably because most people drive locally far more than they drive long distances. Consequently, the chances of being in an accident closer to home are greater. So buckle-up before driving to your shopping center, just as you would for a long trip.
- Q. Do I need a lap and shoulder belt?
- A. A lap belt will protect your from serious injury. But a shoulder belt provides important additional protection. During a crash, a shoulder belt keeps your head and chest from striking the steering wheel, dashboard and windshield.
- Q. Wouldn't a fastened safety belt delay an attempt to escape from a burning or submerged car?
- A. Less than one-half of 1% of all injury-producing collisions involve some fire or submersion! In such situations, your first concern is to stay conscious, so that you can escape. A fastened safety belt will greatly minimize or eliminate potential injuries so that you are capable of escaping.



Officers should broaden perspectives through PME

By MSG MIKE GATES

PME is a vital ingredient in preparing an officer for today's increasingly demanding roles and responsibilities in the Air National Guard. If ANG officers wish to achieve their maximum potential, they must avail themselves of the opportunity to broaden their background and professional knowledge to meet the challenges of key command and staff assignments. Senior and Intermediate course applications suspense is 29 July 1983.

Start and ending months for the courses are as follows:

- NATIONAL WAR COLLEGE
Aug 84 - May 85
- INDUSTRIAL COLLEGE OF THE ARMED FORCES
Aug 84 - May 85
- AIR WAR COLLEGE
2 Aug 84 - 22 May 85
- ARMY WAR COLLEGE
Aug 84 - May 85
- AIR COMMAND AND STAFF COLLEGE
22 Aug 84 - 8 Jun 85
- ARMED FORCES STAFF COLLEGE
Aug 84 - Jan 85
Feb 85 - Jun 85
- SQUADRON OFFICER SCHOOL
84A 18 Oct 83 - 17 Dec 83
84B 04 Jan 84 - 02 Mar 84
84C 14 Mar 84 - 10 May 84
84D 22 May 84 - 20 Jul 84
84E 08 Aug 84 - 05 Oct 84

Units should use AFR 53-8 dated 16 Dec 80, USAF Officer Professional Military Education System, as guidance for submitting applications. This regulation explains the PME objectives and describes the basic elements of the system. Chapter 9 pertains specifically to the Air National Guard. The eligibility criteria is established in table 9-1.

The grade requirements listed in AFR 53-8 for Air Command and Staff College, and the Armed Forces Staff College reads major and major selectee. This should be changed to read captains and majors.

Personnel who have completed a correspondence course for the school which they are now applying are still eligible for in-residence attendance.

Special attention to the provisions of paragraph 9-3(c) which per-

mits officers who are qualified to apply, even if they do not have the required security clearance, should be strictly adhered to. Nominees who will be attending Air War College must also have a Sensitive Compartmented Information (SCI) access certified. Those officers who do not have Special Background Investigations (SBI) or who have outdated ones, must initiate an SBI IAW AFR 205-32. Nominees require an SBI current within 5 years. Senior officers who apply for the Senior schools and have an outdated SBI should update it in order to save time. If selected for the Air War College, the SCI investigation requires 6-9 months to be completed. Clearances must be final before class entry.

Each state is asked to nominate at least one highly qualified individual for the FY 84 PME program. Applications are considered separately for Senior and Intermediate Service Schools; however, unless a specific school is requested the applicant will be considered for all schools in the levels applied for. States are asked to prioritize their applications for the selection board.

Documents for Squadron Officers School should be forwarded NLT 90 days prior to school start date.

Documents for the Senior and Intermediate schools should be forwarded to arrive NLT 29 July 1983 for a Selection Board that is scheduled to convene in early September 1983.

Commanders must submit a letter on the potential of the applicant and other information that would be helpful to the board.

Documents to be forwarded must include a current physical, one copy of the last three OER's, a current military photograph (8 x 10) of one-quarter front view, without a hat, in front of white background, commanders recommendation and recommendation of the Adjutant General.

All interested applicants please see MSG Gates, CBPO, Ext. 436, to complete NGB Fm 65. As a reminder, all applications must be forwarded to NGB NLT 29 July 1983. Therefore, final suspense is the July UTA.

FLAG DAY JUNE 14



All personnel must have their birth certificates with the raised state seal to CBPO by 15 July 1983 for processing.

Air National Guardsmen may now use the clip-on device for embroidered ribbons.

The change was made to save the expense of having ribbons sewn on and to make transferring embroidered ribbons to another uniform easier. Embroidered ribbons may be worn with any uniform authorized for ribbon wear. Consult Air Force Regulation 35-10 for more details.

In serving as host unit for the Virginia National Guard Association conference this year, the 192nd Tactical Fighter Group underlined something we have known for a long time:

The Virginia Air National Guard not only measures up to existing standards for excellent work, it surpasses them.

The conference, held April 29-30 at the Richmond Hyatt Hotel, earned the Air Guard compliments from countless participants. Here's a salute to all who worked so hard to make the conference a shining display of the Air Guard at its best.

MEALS

SATURDAY LUNCH

- Roast Turkey with Giblet Gravy
- Cranberry Sauce
- Whipped Potatoes
- Buttered Peas
- Salad Bar with Assorted Dressings
- Bread and Butter
- Coffee
- Iced Tea
- Milk
- Chocolate Brownies

SUNDAY LUNCH

- Spaghetti with Meat Sauce
- Grated Cheese
- Buttered Green Beans
- Salad Bar with Assorted Dressings
- Hot Rolls and Butter
- Coffee
- Cold Drink
- Milk
- Butterscotch Pudding

Are you ready for a sudden deployment?

If the 192nd TFG is called on in a national or international crisis to deploy immediately to a different station would you be ready?

To find out, here's a check list of questions you need to be able to answer "yes" to:

Do I have a current, correct ID card (DD 2AF)?

Are my shots up-to-date, and does my shot record (PHS Form 731) show that?

Do I have a current official passport?

Do I have my "dog tags" and chain?

Do I have my military driver's license (SF Form 46)?

Do I have my small arms marksmanship training card (AF Form 522)?

Do I have my personal clothing and equipment as required by the Mobility Operating Procedure of the Base Mobility Plan?

Do I have my individual tool kit, professional tool kit, and any other professional equipment required for me to perform duty?

If I'm under medical treatment, do I have a 30-day supply of medication? Is my medical record corrected to reflect any chronic medical problem I might have?

Do I have my OJT record (AF Form 623) if required?

Do I have my meal card (DD Form 714) if applicable?

Do I have my restricted area badge (AF Form 1199) if applicable?



If I wear glasses, do I have two pair and my spectacle inserts for my gas mask ready to go?

If I need a hearing aid, do I have two of them ready to go?

Are my dependent care responsibilities taken care of, especially if I am a single parent or married to another member of the military?

Another major question is have you taken care of your family and financial affairs.

Does your spouse have a power of attorney?

Do you have a will prepared?

If you're not on SURE PAY, have you arranged for your family to have enough for living expenses while you're gone?

Do you have any necessary allotments set up?

Though it's no mandatory, do you have your latest leave and earnings statement with you?

Are there any bills that need to be paid?

If your house or apartment will be empty, have you arranged for a neighbor or friend to watch it. Have you arranged for stopping delivery of mail and newspaper?

If you can answer yes to all of the above questions, if all the military requirements are taken care of, you're in good shape. Consider yourself ready to go.

If there are a couple of "no" answers, or some "not sures" on the list, now is the best time to check them out. Not when you get the word it's time to "move out".

Prime Beef team renovates Fort A.P. Hill buildings

Fifteen members of the 192nd Civil Engineering Flight supported the Virginia Army National Guard move to Fort A.P. Hill in Bowling Green, Virginia April 11-15 and April 18-20.

Battery A, 2nd Battalion, 11th Field Artillery now has an armory at Fort A.P. Hill, thanks to the work accomplished by members of Civil Engineering.

Civil Engineering Flight personnel renovated three World War II-vintage buildings. The three main jobs were as follows:

Munitions Storage Building

Work consisted of constructing a reinforced block wall, flooring and electrical receptacle.

Classroom Building

Work consisted of providing new electrical service to the building, constructing stud walls, insulating, installing sheetrock, wall receptacles and switches, prop ceiling with "G" insulation, installing 12 light fixtures, and painting. The classroom was about 18 feet by 50 feet.

Supply Building

Work consisted of installing wall partitions with sheetrock or plywood and electrical receptacles; installing or relocating light fixtures; installing doors to individual rooms; paneling and laying floor tile in an 18-by-80-foot supply building.

Working rapidly, the engineering flight's Prime Beef team completed the work in eight days.

Employer, Guard connection

By CMS JACK MAYNARD
Senior Enlisted Advisor

The rights of an Army or Air Guardsman to participate in weekend drills or annual training are protected by federal law codified in Chapter 43 or Part III of Title 38, U.S. Code.

The law was enacted in the early 1940s to ensure that veterans would have reemployment rights when they were released from active duty. It was amended in 1974 to extend coverage to Guard and Reserve members who are employed by state and local governments. In 1976 it was further amended to provide full reemployment rights and benefits to any member of the Reserve Components who is ordered to active duty for not more than 90 days.

Below are several rights and responsibilities affecting both Guardsmen and employers as a result of the law:

Rights of Guardsmen

- *Guardsmen must be released for work to attend military training.
- *Guardsmen cannot be fired because they seek time off to go to training.
- *Guardsmen must get their vacation. Military training time cannot be charged against vacation.
- *Guardsmen can perform voluntary duty with the same rights.
- *Guardsmen have no limit on the number of time they can go to training.
- *Guardsmen must get their jobs back, or the equivalent, when they return from military duty. For extended active duty the limitation is four years.
- *Guardsmen retain their benefits such as seniority, status, vacation, rate of pay and other benefits.

Responsibilities of Guardsmen

- *Guardsmen must ask for the time off. Military duty is not an excuse to fail to show up for work.
- *Guardsmen must report back to work on the next scheduled workday after completion of duty.

Rights of Employers

- *Employers are entitled to know their employees' military training schedule as far in advance as possible.
- *Employers may ask a Guardsman for copies of orders.
- *Employers may deny pay or special work scheduling arrangements to Guardsmen.

For more information contact The National Committee for Employer Support of the Guard and Reserve.

Ask the BCA

AFSCs & uniforms

Q. I have additional AFSCs that I have not been dutied in for some time. CBPO has either downgraded them or taken them off my record. Can they do this?

A. Yes, they can! IAW AFR 35-1, CBPO/Personnel Utilization is responsible for monitoring downgrade or withdrawal of AFSCs when the following conditions apply:

(1) Downgrade. During classification interviews and audits, AFSCs will be downgraded to the 3-skill level if an airman has not performed in the AFSC for the following lengths of time: 7 and 9-skill level - 6 years; 5-skill level - 4 years.

(2) Withdrawal. Nonperformance in an AFSC for an extended period constitutes grounds for withdrawal due to loss of qualifications. Accordingly, AFSCs downgraded to the 3-skill level under (1) above will be withdrawn after 2 additional years of nonperformance.

The Air Force Uniform Board approved a flight cap for optional wear by female personnel. The flight cap is similar in design to that worn by male personnel and may be worn with any service (blue) uniform combination and functional clothing (i. e., hospital whites, food service whites, flight clothing).

Although currently available from commercial sources, the flight cap is not expected to be available through military clothing sales stores until approximately July or August 1983. Effective immediately, the women's flight cap may be worn if procured from a certified manufacturer. See AFR 35-10 for details.

Award recipients

The following individuals are to be congratulated for receiving decorations indicated, during the May 1983 UTA ceremonies:

- SMS Jack S. Sandford -
Air Force Commendation Medal
- TSG Donald G. Duke -
Air Force Achievement Medal
- 1LT Ernest G. Drummond -
Virginia Bronze Star Medal
- MSG (Ret) Charles J. Harvey -
Virginia Commendation Medal
- MSG Michael A. Duke -
Senior Recruiting Badge

Enlisted Association shoots for building; donations sought

The Enlisted Association of the National Guard for the United State (EANGUS), which the Virginia Army/-Air National Guard Enlisted Association is a part of, has established a building fund for the purpose of collecting \$400,000 to construct a headquarters for the Association in Washington, D.C. The goal of \$400,000 was set on the supposition that each member of the National Guard of the United States would donate \$1.00 for this worthy cause.

The establishment of this building will house the Headquarters of EANGUS in Washington, D.C. and enable us closer relationship with our government leaders and a place to work side by side with NGAUS to identify the needs of the guard.

EANGUS is the organization that was active in lobbying for the passage of legislation that authorized us to obtain our license plates at half the regular price and passage of legislation affecting reserve forces as depicted in the May issue of the VANGUARD.

The Virginia Air National Guard portion of the EANGUS Building Fund is \$906.00. We can attain or surpass our goal if each officer and airman contributes this \$1.00 or more towards this worthy cause.

Your donation is tax deductible and you will be given a receipt to that effect for your contribution. We appreciate your support.

OPSEC Update

By LTC GEORGE DAVIS

All unit personnel should be aware that a revised Air Force Regulation 55-30, Operations Security (OPSEC), dated 11 April 1983, has been distributed on base. This regulation assigns responsibilities and provides guidance for conducting the Air Force OPSEC program. This regulation is applicable to the Air National Guard.

Your OPSEC Representative/P.O.C. should have a copy of this new Air Force Regulation. After observing some of the OPSEC procedures over the past year, it is quite obvious that some of us need to become more aware of our OPSEC responsibilities. During peacetime exercises/deployments our weak OPSEC procedures may be a source of embarrassment. During a real world conflict, these same weak procedures will result in a loss of resources, both human and material. Remember, the way we train today is the way we will fight tomorrow.

The Air Force OPSEC program is designed to enhance mission effectiveness by contributing toward the maintenance of an optimum level of overall security for all Air Force operations. Take a few minutes and study the major objectives of this program. They are also listed in the new AFR 55-30.

1. Promote the integration of OPSEC into all aspects of operations planning and execution through conscious concern and specify actions to deny and control information of value to adversaries.

2. Establish and maintain an effective capability for satisfying the intelligence threat identification and OPSEC posture assessment needs of Air Force and joint operations during peacetime, crisis, contingencies, and war.



3. Establish and maintain a capability to provide responsive and effective OPSEC planning guidance, protective measures, and OPSEC assessment support for Air Force operations from conception through post-execution.

4. Establish and maintain effective OPSEC education programs which promote an awareness of the hostile intelligence threat to Air Force operations. Emphasize the need and practiced techniques for effective OPSEC planning.

5. Incorporate OPSEC threat considerations and program applications into Air Force concepts, doctrine, plans, exercises, procedures, training, equipment testing (both ground and airborne), and day-to-day operational activities.

These OPSEC objectives are broad and cover all security aspects. All Air Force military and civilian personnel are responsible for understanding the foreign intelligence threat to Air Force operations, the OPSEC concept, and the relevance of OPSEC to their assigned duties.

Communications Security

Q. What is Cryptosecurity?

A. Cryptosecurity is one of the four elements of Communications Security. It is the protection provided by technically sound cryptosystems and their proper use. Cryptosystems can be applied by either automatic or manual means. Automatic encryption may be used with voice, teletype, data, telemetry, television, and facsimile systems. Manual encryption is most often applied to voice and Morse communications. Persons using cryptographic equipment, code books, ciphers, authentication systems, and similar materials are involved in cryptosecurity. Examples of cryptosecurity measures are:

(1) Strictly following repeating instructions and procedures when encrypting information.

(2) Never discussing specific cryptosystem processes or the contents of encrypted messages outside a secure area or over an insecure telephone.

Answers to drug abuse quiz

1. Alcohol. It's estimated that about 10 million Americans are dependent on alcohol. About two-thirds of all adults are occasional drinkers of either wine, beer or liquor. About half of all junior high school students have tried some type of alcoholic drink.

2. Avoid Withdrawal. When heroin addicts are deprived suddenly of the drug, they develop physical withdrawal symptoms. These may include shaking, sweating, nausea, runny nose and eyes, and muscle spasms. Sudden withdrawal from certain drugs can be dangerous.

3. 18-25. The findings from the 1979 National Survey on Drug Abuse showed illicit drug abuse was more prevalent among young adults (18-25).

4. Through their friends. The pressure from friends to experiment with drugs can influence many people to try drugs, especially young people. Being accepted by friends is strong pressure.

5. Cigarettes. There are over 50 million cigarette smokers in the US. It's estimated that 300,000 deaths each year are related to tobacco use. Some long-term effects of smoking are emphysema, chronic bronchitis, heart disease and cancer of the lungs, mouth and larynx. Therefore the health risks associated with tobacco are exceptionally high.

6. Inhalants. These compounds are found among common household products. Sniffing these substances can result in immediate death. Irregular heartbeat and interference with breathing can cause suffocation.

7. Time. There are no shortcuts to sober a drunk person. Once alcohol is in the bloodstream, it takes time for the body to rid itself of the alcohol. This process called metabolism, takes about two hours for each drink taken.

8. Up to a month. The major active ingredient in marijuana is Tetrahydrocannabinol (THC). Scientists have discovered THC accumulates in the fatty tissues of the cells and is eliminated slowly. It takes about four weeks for the body to rid itself of THC.

This quiz was compiled by the U.S. Department of Health and Human Services' Alcohol, Drug Abuse and Mental Health Administration.

Chemical Warfare

Decontamination mockup now available for training

By MSG MICHAEL WOODY

Chemical Warfare Defense Refresher training has been expanded to include instruction in the KMU-450 Personnel Decontamination Facility. The KMU-450 consists of a service module with air locks, shower decontamination facilities and a filter blower system. This facility is located between the Contamination Control Area and the Clean Shelter Area. Personnel processing into a shelter must process through these areas before entering the clean shelter area.

A mock-up of the 450 has been built next to the Disaster Preparedness classroom. Personnel attending refresher training will be processed through the mock-up in order to enhance their training.

Below are some terms you should be familiar with in order to understand the KMU-450 better.

1. Air Lock System. A series of compartments that systematically reduce/eliminate vapor contamination and prevent contamination inside the clean shelter area.

2. Contamination Control Area Attendant. A designated, specially trained individual dressed in a ground support ensemble who assists personnel processing from a contaminated environment to a clean shelter area.

3. Clean Shelter Area (CSA). That portion of a collective protection facility which is contamination-free and in which individuals can perform normal functions, i.e., work, rest, sleep, eat, etc without having to wear individual chemical warfare defense protective clothing or equipment.

4. Collective Protection Facility. A facility composed of a clean shelter area, an air lock system, and a contamination control area.



Ground Support Ensemble

5. Contact Marker. A substance, acting as a simulant or part of a simulant, which allows visual detection of its residual presence.

6. Contamination Control Area (CCA). That part of the collective protection facility in which personnel, using appropriate shelter processing procedures in a positive airflow environment, can safely doff and don contaminated chemical (CW) protective clothing and equipment.

9. Liquid Hazard Area/Vapor Hazard Area Transition Point. The crossover point between the liquid hazard area and vapor hazard area within the contamination control area.

10. Liquid Hazard Area. The part of the contamination control area where the threat of mechanical transfer of liquid agents exists in addition to a vapor hazard.

11. Shelter Modification Kit (SMK). A prefabricated or locally fabricated kit designed to convert existing structures into chemical/biological shelters.

12. Shelter Processing Procedures. Procedures and techniques which allow the safe doffing of protective equipment as individuals are processed through the contamination control area.

CAMRON high on training

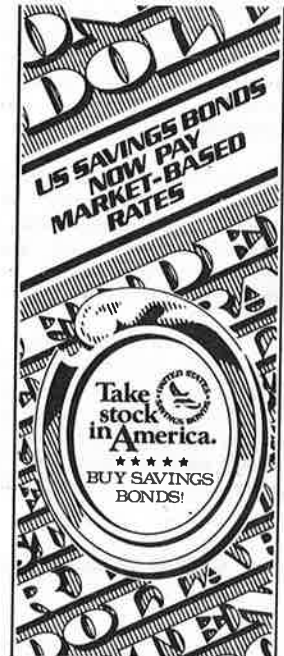
Currently, the 192nd CAMRON is 99% and 96% trained in Chemical Warfare Defense Initial and Refresher training, respectively. Through the efforts of CAM's Squadron Disaster Preparedness Representative TSG Charles R. Lewis, the maintenance squadron has aggressively pursued the required training. By filling the scheduled classes during each UTA and training the technician work force during the week, CAMS has achieved this mark. Presently all of CAMRON's technicians have completed the first of Phase II Task Orientation training and are currently updating their refresher training requirements.

It is largely because of the efforts of the CAM squadron, due to the large number of personnel assigned, that the overall unit training stands at 93% trained in CWD initial and 77% trained in CWD Refresher training.

With this training, the unit stands ready to carry out its mission even in a contaminated environment.

7. Ground Support Ensemble (GSE). Protective equipment worn by ground support personnel to protect against CW agents.

8. KMU-450/F. One version of a shelter modification kit consisting of a service module with air locks, shower decontamination facilities, and a filter blower system. The filter blower provides filtered air to maintain an overpressure and/or airflow within the clean shelter area, service module, and contamination control area.



UTA
11-12 JUNE