

Up, Up and Away—Down!



70th Div. Photo
BELIEVE IT OR not, men, these painful and prosaic didoes originated in North Africa where infantrymen found they had good legs, generally, but mediocre arms and shoulders—flexors and extensors, the medics call 'em. In the above melancholy pictures, we see the lads of the 276th Inf. manfully pulling themselves up and down. Silly, you say; important, says the Army.

Experience of African Battlefields Applied in Calisthenics Program

Battle experience shapes battle training in the 276th Inf., right down to the daily dozen on the exercising field.

Physical fitness tests now being conducted by the Bloody Axers do more than decide push-up supremacy. They show a soldier's weaknesses, indicate where more muscular development is needed.

Behind the program is an Army study made on North African battlefields, which revealed GIs to be good men on long marches, not so good at getting from cover to cover in a hurry when the heat was on. The reason, the Army concluded, was that development of diaphragm and arm muscles (the ones that pull you up and let you down) had been neglected.

These conclusions have deter-

mined the 276th physical training program. Tests now underway, platoon by platoon, are checking progress.

Tied for high score in the tests so far are Pvt. Frank Marcinek of Cannon Co. and T/Sgt. David K. Lunsford of the Med. Det., each with a total of 442 points. Pvt. Richard Cole of Regtl. Hq. Co. Comes next with 435 points.

S/Sgt. Kenneth Stanley of Co. L ranks high in the squat jump event with 75 jumps on record.

Although T/Sgt. Lunsford chalked up 105 sit-ups, Pvt. Homer Goddard of Cannon Co. appears to be all-around strong man in the pull-up, push-up and sit-up department. He scored 100 sit-ups, did 51 push-ups and pulled his chin over the bar 14 times.

Japanese Ambush
Men of 70th HQ CP
Learn Judo Tactics

The Jap, hidden in the jungle at the edge of the clearing, saw that none of the sentries guarding the division CP were looking his way. A high staff officer was walking across the open; the Jap gathered himself, then, knife in hand, lunged.

One man in the CP defense platoon saw him. There wasn't time to get a shot. The Jap's knife flashed at the Yank's abdomen.

Then something happened not on the son of Bessie's schedule: there was a swift twist, a cry of pain; the knife fell on the ground, and the Jap followed it....

That could be the story, should any bush-crawling enemy sneak up on the Trailblazer Division CP in a combat sector.

Hand-to-hand combat, death-blows, knife-and-bayonet disarming tactics and judo are being taught the division headquarters defense platoon members—the "General's bodyguard"—in an intensive two-week course directed by Tec4 F. E. Ambrose.

When the course is finished, says Ambrose, every man will be qualified to teach other soldiers these tricks.

Tec4 Ambrose is well qualified to teach the course. A former Pacific Northwest featherweight boxing champion and coach at Willamette University, Ambrose is a 4-year veteran. He has already conducted 3 regimental schools in judo and hand-to-hand fighting.

Orientation Talk
Inaugurates 274th
Lecture Series

First in a series of orientation lectures was presented in the 274th last week when Lt. M. H. Chenoweth spoke to Co. L in the regimental recreation hall.

Outlining the need and purpose for the newly expanded program, Lt. Chenoweth, who is the regimental orientation officer, gave the EM an enlightening picture of his department.

It is anticipated that the training schedule in the 274th will include specific days for lectures, dramatizations and visual aids as outlined by the Morale Services Division.

On Saturday morning, prior to the showing of the film "Britain, Our Ally," the orientation officer addressed one of the battalions, giving a brief outline of the picture and adding comments on the necessity for understanding of our Allies.

Intelligence Operations During AGF Tests



1st Div. Photo
LT. ALVIN H. GOSSELIN, S-2 of the 316th Eng., plots the position of the enemy on an operational map as part of the extensive series of intelligence tests conducted throughout the 91st Division. The examinations include everything from basic patrolling to advance night reconnaissance. (Inset) Code messages crowd the airways as Tec1 Ben Melhorne, of the engineers, unravels the mysteries of an intelligence report coming in from a patrol.

Office of War Information

A little girl, obviously a new employee, wandered helplessly into the Sentry office the other day with a real poser.

She was looking, she said, for "1st Lt. Summary Court."

After a brief conference of the staff of this here newspaper, the young lady was sent to the judge advocate's office.

Hard Work Brings
General's Praise
For Tec5 Gownley

Tec5 Francis T. Gownley, Serv. Co., 362nd Inf., was personally commended by Major General William G. Livesay last week for "The thorough, energetic and conscientious manner in which he performed his duties as assistant to Mr. Rhodes, civilian technician assigned to the inspection of motor vehicle tires of the 91st Division."

"The commanding general desires," the commendation continued, "that Tec5 Gownley be informed of his appreciation of the soldierly qualities displayed."

Trailblazer Officers'
Wives Help in Raising
'March of Dimes' Fund

Wives of Trailblazer Division officers raised money for the infantile paralysis March of Dimes drive at two social events during the past week, under direction of Mrs. John E. Dahlquist.

At a meeting this week, Mrs. Andrew J. Balko, and wives of 370th Med. Bn. officers were hostesses at a luncheon at which substantial pledges were made by division officers' wives. Mrs. Albert Morgan was speaker of the day.

91st I & R Platoons
Get Rigid AGF Tests

To determine the proficiency of the Intelligence and Reconnaissance platoons and the S-2 sections of the 91st Division, the G-2 staff last week initiated a comprehensive series of Army Ground Force tests throughout the division.

Supplementing the examination administered last month to higher echelons of the division by 4th Army, these tests were the first of their type ever given in the division.

They covered everything from basic scouting and patrolling to advanced mounted and dismounted patrols, both at day and at night. The importance of accurate observation and brief but complete message writing was also emphasized.

Because they are likely to be close on the heels of the retreating enemy, the intelligence per-

sonnel must be able to move through "booby-trap" areas that the enemy may lay to protect their withdrawals.

One of the most interesting tests was a river crossing that was booby-trapped in every conceivable manner. A few platoons attempted to get through this network of dynamite and ended up swimming ashore, but the majority of the outfits saw the danger and avoided it.

Much intelligence work is done at night, and the men must be able to recognize sounds and tell directions so that it can be later plotted on their maps.

Other tests given were the identification of sounds such as men walking and digging and estimating the distance to the flash of a light or the sound of a carbine bolt closing.

180 Boy, Sea Scouts Spend Busy Day
During Visit of Post Last Saturday

For 180 Boy Scouts and Sea Scouts Saturday was a pretty rounded day. They visited Camp Adair and (1) were addressed by a general, himself a former Boy Scout, (2) saw Sgt. Kevin McCarthy receive the Distinguished Service Cross for his heroic action at Guadalcanal, (3) viewed Post installations, witnessed GIs traverse an infiltration course and last, but far from least (4) had the whole-some pleasure of eating noon chow at the Trailblazer and SCU mess halls.

Tribute to the precepts of scoutdom was paid when Brigadier-General Robert N. Young, assistant Trailblazer division commander, told them:

"I learned many things as a Scout which have stood me in good stead as a soldier." General Young welcomed the Scouts in a brief talk at the 270th Engr. Bn. area following the lunch, enjoyed by 120 Scouts at SCU mess halls and by 60 dining with 70th division units.

While guests of the Trailblazers, Scouts saw GIs crawl through the barbed wire of an infiltration course under live machine gun fire and also visited Ordnance, inspecting bazookas and other types of weapons.

Their culminating act was attendance at the review of the 91st Division, in which Major General John Milikin, commanding general of the III Corps, was present to decorate Sgt. McCarthy with the DSC. The award was won by the 363rd Regiment sergeant for his cool heroism at Guadalcanal, which saved the lives of 18 marines.

Visit of the scouts to the Post was an important part of their itinerary as delegates to the annual Green Bar training conference of the Cascade Area Council of Boy Scouts, which was held in Albany.

When in trouble or need, see your chaplain or go to the American Red Cross.

What's Wrong With GI Chow? Nothin'!



FIVE OF THE 180 Boy Scouts and Sea Scouts who visited Camp Adair Saturday and found among other things that Army chow is plentiful and palatable stuff at that.