

440th building P.T. course

By Sp4 Carla Blevins

Soldiers in the 440th Signal Battalion have already proved themselves combat ready in past field exercise tests, but that's not enough for the Darmstadt Soldiers, they want to be the Best.

Last year, to reach that goal, the 440th C.I.'s began planning a twenty-event, 1.2 mile obstacle course that will encircle the perimeter of the Cambrai-Fritsch Kaserne ballfield.

In order to enhance the morale and confidence of the battalion soldiers Lt. Col. Karl Sakas, Battalion Commander composed the idea to build the difficult endurance course.

Sakas, a hard-charging Airborne Ranger, said, "The course will be a leadership tool, it's a way team leaders and everyone else through the chain of command can measure their soldiers." The West Point graduate added that when the course is completed it will be for the 440th and the entire military community.

The guts and stamina course was also designed as a diversion for the Physical Training Program now being utilized and for the companies to compete with each other in timed events. Each of the four company's will work on the obstacles and use only durable and weatherproof material. The course should be completed by May 1982, Sakas said.

The soldiers will start off with

jumping jacks, then onto a quarter mile run. From there the 440th troopers will engage a series of challenges to test skill and strength. These obstacles are: Belly Busters, Verticle Wall, Horizontal Ladder, Swinger, Push-Ups, Low Crawl, Long Jump, Rope Climb, Stair Climb, Balance Beam, High Step, Sit-ups, Tires, Pull-ups, Slant Wall, Weight Lifts, and the last thing, which will also bring the soldier back to the start is the Parallel Bars.

Once completed the hard-core obstacle course should prove a great help in providing the 440th a tool for their goal, "TO BE THE BEST."



Hey!! It's income tax time again folks

Procrastination is a four dollar word for putting things off, and before you can say "Good night Miss Agnes" its gonna be tax time again.

Normally April 15th is D-Day but Brigade soldiers automatically get a 30-day extension for being stationed

overseas. Don't be a procrastinator - fill out your tax forms and send them in.

If you need help contact your unit Tax officer or call the V Corps Legal Assistance office 2311-7129 for an appointment.