

**the
ROCKET**

VOL. XXI; NO. 45
MARCH 28, 1972

Sharing Redstone Arsenal with the Tennessee River in record flood last week was, as one man put it, like sharing a phone booth with a thousand pound gorilla. It required a certain amount of accommodation.

The majority of Redstone's military and civilian work force will never forget the Great Flood of '73. It caused them some inconvenience but no real concern. All vital missions continued. No one was hurt.

Yet forty percent of the Arsenal was underwater at one time. More than 1,000

military and civilian personnel were displaced from their normal work areas for two days. Hundreds of others worked around the clock to save vital equipment and keep the post operating. As the water receded this week, engineers had already added up more than a half million dollars damage to Arsenal roads and utilities.

Men worked in the water treatment plant as the rampaging river swept by all around them. Some of them tell about it in this issue.

There's plenty of flood-related material

See Editor's Note On Page 2

elsewhere in today's Rocket . . . photos . . . first person stories about what it was like to drive an amphibious vehicle through angry water . . . ride a bus to work across a missile range turned into a lake . . . or hustle around in the dark on calls with emergency crews.

Redstone and its people learned last week that you don't win a fight with a flood but you can't afford to lose one.

Here are some of the stories of the men and women who made sure we didn't lose.

The Redstone Rocket

The Redstone Rocket is published weekly, on Wednesday. The publisher will receive editorial content for publication in the Rocket through the Information Office, Army Missile Command, Redstone Arsenal, Ala., 35809, Bldg. 5250, Room A-134. Extension 876-1400 or 876-1500.

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Answers

(Editor's Note: The MICOM Information Office conducts a question and answer program for job-related questions of general interest. Such questions may be telephoned to 876-4161 or 876-4400, or mailed to AMSMI-G. Some questions are selected for publication in the Rocket. Names are withheld. It is not intended that this program take the place of the usual supervisor-employee relationship which is the proper channel for specific job-related questions.)

QUESTION: What will be the Missile Command's policy with regard to minority group retention rights in a Reduction-in-Force situation? Will they be treated the same as other employees or will they be given preferential treatment?

ANSWER: Retention rights for all employees will be determined in accordance with procedures outlined in FPM Chapter 351 and other pertinent RIF regulations, policies and guidance issued by higher headquarters. The RIF will be accomplished by determining an employee's retention standing in his competitive level; tenure group, subgroup, length of service, and performance rating. All employees will be given equal treatment in a RIF situation.

QUESTION: What is the official word on that reduction of 360 spaces that we are supposed to take in MICOM by June 30? Are we going to have a RIF or what?

ANSWER: Three weeks ago AMC issued new budget and manpower guidance to the U. S. Army Missile Command changing MICOM's authorized civilian manning level as of June 30, 1973, from 7,736 to 7,376, a reduction of 360 civilian jobs.

MICOM recommended a plan to reach the new manning level by attrition rather than by involuntarily separating permanent civilian employees through a reduction in force.

The recommendation has been approved by AMC. MICOM will use attrition to reach its new manning level.

The reorganization of MICOM announced in January and scheduled for completion by June 30 will proceed as planned. Reduction in force procedures will be used to protect the rights of individuals while placing civilian employees in positions in the new organization.

QUESTION: Is MICOM going to merge with SAFLOG?

ANSWER: No.

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Local Elects Officers, Ratifies Constitution

Local 1858, American Federation of Government Employees, has set two general membership meetings next month to ratify a new constitution and elect officers, according to Raymond B. Swain, president.

Election of new officers is required as a result of the recent decision by the membership to divide the local. All members employed by the National Aeronautics and Space Administration have now formed a new local. Local 1858, the parent organization, is now composed of Department of Defense employees in the Huntsville area.

Both of the upcoming general membership meetings will be held in the Rocket Auditorium, Bldg 7120, beginning at 7 p.m.

Business scheduled for the first meeting, April 2, includes nomination of candidates for all elected offices of Local 1858 for two year terms; nomination and election of an Election Committee; nomination and election of delegates to represent the local at the Fifth District Convention in Cocoa Beach May 7-11, and ratification of the Constitution and By-Laws with amendments as read at the March 12 general meeting.

The second meeting, scheduled for April 23, will be for election of officers. Voting will be by secret ballot. Specific information regarding the election of officers will be provided all members of Local 1858 by mail.

Professionals Have Their Say

Civilian employees in professional occupations at the U.S. Army Missile Command Thursday voted against union representation in an election administered by the U. S. Department of Labor.

There were 1,177 MICOM employees eligible to vote and 566 cast valid ballots deciding two questions.

The first, asking if they wished to be added to the currently represented non-professional unit at MICOM, resulted in a count of 91 yes and 475 no.

The second, asking if they wished to be represented by Local 1858, American Federation of Government Employees, as a separate professional unit, resulted in a count of 257 yes and 309 no.

Local 1858, which represents MICOM non-professional employees, petitioned the Department of Labor last fall requesting the vote after at least 30 percent of the MICOM employees in professional occupations asked for the election.

Called Hazardous

The Ithaca Gun Company has identified the Model No. 66 Ithaca shotgun as a potentially hazardous item.

Persons having purchased this item at any Army and Air Force Exchange Outlet may return it to the local Exchange for full credit.

Editor's Note

The page one aerial photo in this week's issue was provided by the Environmental Applications Office of the Marshall Space Flight Center. Taken with false color infra red film, then printed in black and white, the picture was shot from an altitude of 12,000 feet March 19 when the Tennessee River was within one tenth of an inch of its eventual flood crest.

The large white area beneath the word "Flood" in the center of the photo is Redstone's Range No. 1 - under water. At the upper right corner is the flooded portion of Patton Rd. Running across the center at the bottom is Buxton Rd - in and out of water.

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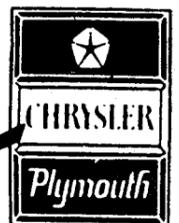
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Rising River Was Touch And Go For Awhile

Everyone Had A Job To Do

When the Propulsion Directorate, in building 7120, was cut off from the rest of the Arsenal by flood waters, the people who work there were told to report to buildings elsewhere on the Arsenal. The temporary relocation did not interrupt their work.

Because the Directorate had a laser facility in 5452, most of their technical people working in the laser field, moved over there to carry on their normal activity. Others were sent to building 5400, where they arranged meetings and discussions. Some already planned for future dates, were rescheduled and held last week.

Some employees worked in the library, while others met with representatives from other directorates — again meetings which would have been conducted later.

"Everyone had something to do," said Mary Bryson, a program analyst, "They did not just sit around and twiddle their thumbs.

"We even had a training course in the conference room in 5400 for non-technical people," she continued.

"We were most impressed with how the other directorates were so helpful and willing to do us service. They rearranged their schedules so we could have the meetings early while all our people were down in their area. All of us in the Directorate are indebted to them," she said.

In addition to the main building and the laser facility, the Directorate has a number of small buildings in the flooded area. Seven people from the lab went in and out of that area March 19 in amphibious vehicles to check for damage and relocate equipment which might have been water damaged.

"The experience was unusual and kind of fun," said Mrs. Bryson. "When the truck brought us in Tuesday, we saw fish swimming all over, rabbits up in trees, and snakes everywhere. But once we were back in the building Wednesday, everything was back to normal."

Emergency Center

Long, Irregular Hours

It isn't quite business as usual for the Facilities Engineer staff, but at least they had some breathing spell between emergency calls by the end of last week as the great Tennessee River flood of 1973 ended.

Colonel Leo J. Miller, the Facilities Engineer, John Cotney, the deputy, Oscar Russell, the assistant Facilities Engineer and about 150 others from that organization worked irregular and often long hours until the flood receded.

An Emergency Operating Center ran around the clock. Leon Towery and Arthur Barnette worked from 8 a.m. until 8 p.m., and A. Z. Whitaker and Thurman Pruitt were there from 8 p.m. until 8 a.m. starting with the night shift on March 16, and continuing until 8 a.m. March 21.

All Facilities Engineer personnel

Faster I Go Behinder I Get

Just before the water got too high, Leon Towery was down by Shields Road when he saw a ground hog walking along the railroad track on one rail, headed west.

"When he tired to walk fast, his rear feet slipped off the rail and he'd dunk his tail," Towery said. "He kept looking back, but kept going as he got into higher and higher water.

Last seen he was still heading west. Guess he didn't have sense enough to turn around and go back where there was dry land."

interviewed stressed that their most critical problem was the threat rising water posed to water treatment plant number one. If the water had risen high enough to cover the pumps, the plant would have been out of business for several days.

"The TVA people who kept us advised of what the river was going to do scared the heck out of us at first," Whitaker said. "There was a mix up and they were giving us river level predictions for the Whitesburg Bridge. There's about five feet difference between the bridge and the water treatment

plant. The levels they were projecting for the bridge would have wiped out the water plant.

"Once we got that straightened out, they were predicting the water level within two tenths of a foot 12 hours in advance. They really knew what they were doing."

Barnette, acting chief of the Utilities Division, recalled no problem finding people at home when they were called over the weekend. "They stayed close to home because of flood conditions," he said.

"Some were called and told to stand by in case they were needed, many others had to come out here. I expect some of them worked much longer at a time than normal shifts."

Towery said that the cooperation between arsenal organizations was "fantastic." "We'd call someone in another element and they responded without question. We had to have material from Station Supply and Stock Control. We needed men from Equipment Management to start trains. They came out right away. People were just wonderful. There's no other way to put it."

Forty-five of the Facilities Engineer employees called out for flood work were from Towery's outfit, Roads and Grounds.

"We drew 4000 sandbags from supply, and my people assisted by 10 soldiers, filled 3500 of them — that's one cubic foot of sand per bag. We actually used between 1500 and 1800 of them, but we had to be prepared if the river went higher," Towery said.

"We couldn't get people back and forth to the water treatment plant in a little boat, nor haul the sandbags. The R&D people saved us by furnishing amphibious vehicles and drivers."

The sandbags were used at water treatment plants one and two. Plant one was kept open, a tiny island just above rushing flood waters. Plant two was sandbagged and sealed shut.

Barnette said that electricians went out over the weekend to low areas that were flooding to disconnect utilities. "If water got into electrical panels, it would blow them off the wall," he said. "Some electricians stood by to make other disconnections if it became necessary.

While trucks could still get in and out at the water and sewage treatment plants, extra chlorine tanks were hauled away. "If a tank got loose in the river and floated away, a valve could be knocked off and spill chlorine in the river," Barnette said.

All of the men at the Emergency Operating Center took turns going out to measure the water on roads, and they got the river level reading every half hour. "We are keeping good records of everything so next time we'll know what really happened," Whitaker said. "This was the highest the river has ever been since TVA was built. Now, when I was a kid, here, I think the water got higher than that, but we didn't have any control of it then."

Carpenters, welders and metal workers came out over the weekend to seal openings in buildings to keep the flood water out.

James Weldon came out over the weekend and called all the farmers who had livestock on the arsenal to tell them what areas were flooding so they could look after their cattle. One lessee has lost some cattle, but can't tell how many until he can get into all of his pasture land.

John Norton and Gerald Rinker were out to spot all of the arsenal buildings endangered by the flood,

(See LONG on page 14)

Rabbit In Tree, Fish On Roads, Snakes All Over

A rabbit in a tree, fish on the roads and snakes all over are among the memories that linger as flood waters receded this week.

Initial indications are that the majority of the wild creatures that call Redstone home made it through the flood in good shape.

The flood waters did the most harm to rabbits and skunks, while squirrels and the variety of song and game birds appeared to have escaped.

The only fatality reported among the Arsenal's deer herd was a young doe struck by a car. Great numbers of deer were seen, an unusual sight in daylight, as the rising water forced them to take shelter on high ground. MPs and emergency crews working in the flooded southern portion of the Arsenal reported seeing groups of as many as two dozen deer frequently.

Redstone's game wardens had a busy time picking up small animals drowned by the flood — and a few normally aquatic animals such as mink and beaver

that fell victim to autos as they crossed roads.

Flood waters forced snakes out of their normal habitat in the wooded bottoms and on to higher ground. Almost everyone who moved about the southern half of the Arsenal during the flood reported seeing snakes on the roads — snakes of all sizes and varieties.

A small flock of wild turkeys, turned loose just a few days before the flood vanished, presumably to drier ground.

The few waterfowl — ducks and geese — lingering behind the majority which had already headed north on their annual Spring migration — had no problem at all with the extra rainfall.

Thousands of fish, washed into normally dry areas by flood waters, have been trapped as the river level falls.

And those who saw him Monday afternoon, are still wondering what became of that rabbit just above the rising water in a small tree beside Dodd Rd., a tree he shared with six quail.

THE REDSTONE ROCKET — MARCH 28, 1973 PAGE 3



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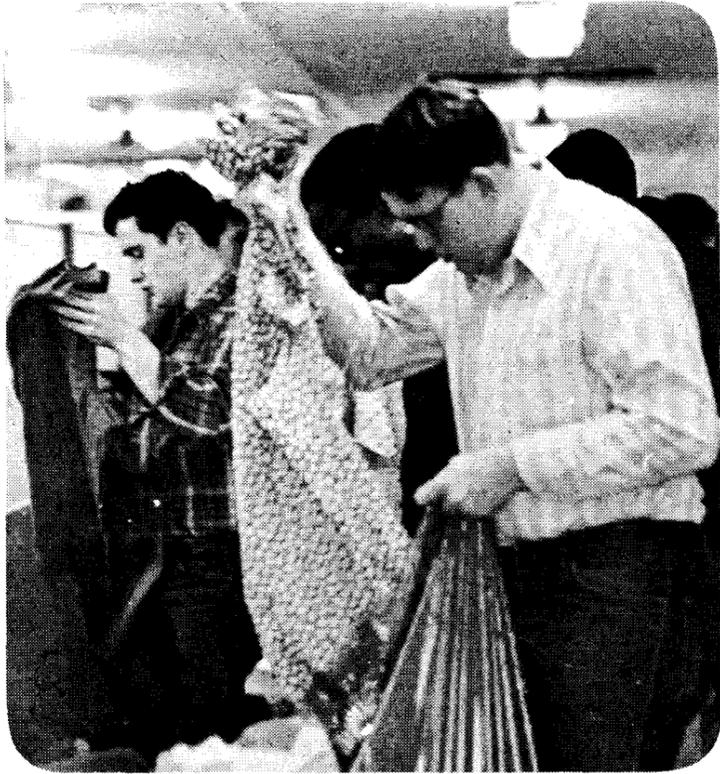
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DAWN MISSION—Volunteer workers sort clothing according to size shortly after dawn at the Redstone Rap Center. The soldiers volunteered to spend the weekend helping flood-stricken families of Huntsville and rural Madison County.

Birmingham To Be Visited

The Service Club has scheduled a trip for Arsenal personnel, their families and friends to Birmingham, on Saturday.

On the tour agenda are the Botanical Gardens, Art Museum, Vulcan and the famed Jimmy Morgan Zoo.

Also on tap is a tour of Birmingham's downtown area.

Interested personnel must sign up at the Service Club by Friday. The tour bus leaves promptly at 9:00 A.M. and returns at approximately 6:30 A.M. A picnic lunch will be served to all who sign up for the trip.

For further information contact any Service Club staff member at 876-4531.

RAP Session

Five days after the Tennessee River crested at Whitesburg Bridge south of Huntsville, the water dropped below the south bank. On a gloomy Friday, men, women and children who lived along River Road east of Highway 231 dismally returned to what was left of their homes and lives in the soggy bottom land.

Saturday morning, Redstone soldiers were there to help them. Thirty volunteers, organized through the Racial Awareness Program (RAP) at Redstone, rode 2 1/2-ton Army trucks into the area with clothing, non-perishable food items, shovels, brooms, mops and muscle.

The trucks stopped at each of about ten homes. Two or three soldiers, some in fatigues and others in work clothes, climbed down from the trucks and went to work cleaning up silt and debris.

Earlier Saturday, the soldiers had gone to Binford Court in Huntsville, where rising water from Pinhook Creek had flooded families out of the low-lying area.

Co-ordinating with Mrs. Adella Dale, a caseworker for Project Hope, the men left clothing and cleanup supplies for the area residents.

The first loads of food and clothing were collected Friday from the Redstone housing area. The volunteers sorted the food and clothing so each family would receive a balanced variety of foods and so garments could be selected according to sex and size. Some families pledged additional supplies for Saturday.

While the main body of volunteers worked at the river Saturday, a few collected other goods at the Arsenal. Sunday, the ranks of the volunteers grew to about 40. Once again, they loaded and boarded trucks to return to River Road. They continued helping families get re-established, and reached others they hadn't been able to aid the first day.

Some soldiers swept silt from homes and hauled furniture outside to dry. Others worked in dooryards, shoveling debris to the roadside for the now-empty trucks to pick up.

The relief was organized by Lieutenant Lawrence Hegley, an administrator at Redstone Hospital. Hegley is also the moderator at Tuesday night sessions at the Redstone Rap Center.

The program at Redstone deals with improving communications between ethnic groups, as well as internal vertical communications of the Army. The Rap Center addresses similar areas as well as dealing with alcohol and drug abuse. Both programs seek to find ways for Redstone's soldiers to get more involved in community service projects.



MOVE OUT—Within minutes after clothing was delivered to the relief center at Binford Court, the main body of volunteers was ready to move on to another area. Some remained behind to help in the cleanup.

Alaska, Louisiana Vote This Month

Though 1973 is considered an "off-election year," some states are holding elections. This month, Alaska and Louisiana are electing local officials.

Wisconsin has an election scheduled for April. Five states went to the polls in November: Kentucky, New Jersey, New York,

Ohio and Virginia.

Soldiers from those states can get voting information and registration forms from company commanders. If commanding officers need further information, it's available from Captain Raleigh A. L. Jernigan, voting officer for the School Brigade at MMCS.

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But Never Like This"

White caps breaking across Dodd Road are only memories to most Redstonians now in the wake of the Tennessee Valley's worst flood.

But the memory lingers on for men who work at Test Area 1. The range was still under water Monday.

"What's happened is that water has backed up on the range," said Charlie Northrop, Acting Director of the Test and Evaluation Directorate. "We have three big sluice gates along Dodd Road and we're pumping out water. But it's a slow process."

Northrop said the main launch pad was clear of water Monday but that nearly a foot still covered center line road. At its peak, approximately three feet of water stood over the launch pad and as much as 10 feet covered some portions of the range.

At one time Monday T&E was told by Facilities Engineer that approximately two and a half million gallons of water were being pumped out through the dike every hour.

Frank Bunn, Chief of Flight Operations, said:

"We've had high water before but nothing like this. This was the first time we've ever had water on the main launch pad in the 21 years I've been here."

Bunn said his first inkling of trouble came at home Saturday morning with a call from Northrop. Crews at the water treatment plant were trapped by the rising water and couldn't get out.

Bunn said he immediately set up headquarters in Bldg. 7814 to take emergency calls and to maintain communications with Facilities Engineer.

Luckily, the Research, Development and Engineering Laboratory had two M-113 armored personnel carriers, a Lance Propelled Vehicle, and a Marine amphibious vehicle that were to play crucial roles in doing what had to be done.

"The Marine vehicle was used to run primarily from the fire station to the water treatment plant," Bunn said. "The remaining vehicles were employed elsewhere to move men and equipment."

"For the next two or three days, we transported people from Facilities Engineer, repair crews, electricians, guards who were changing shifts, and even a few people who were stalled in cars. I think we must have carried a thousand people from Saturday to Monday evening."

"We also carried sand bags and timbers to the water treatment plant and munitions from igloos to higher ground."

Bunn said five men handled the brunt of driving duties which usually lasted from about six in the morning until 5:30 that afternoon. The men were Alvin Reid, George Sumner, William Bass, Harold Yeager and Paul Leeper.

About the only building that remained high, if not dry, at Range 1 was the blockhouse. That's because the building sits on a five-foot-high foundation. Water came within 30 inches of reaching the inside.

Not so fortunate was Bldg. 7819, the range support building, which is located just a few feet from the blockhouse. Water inside was two feet deep. Most of the men had clothing and personal belongings stored in lockers there.

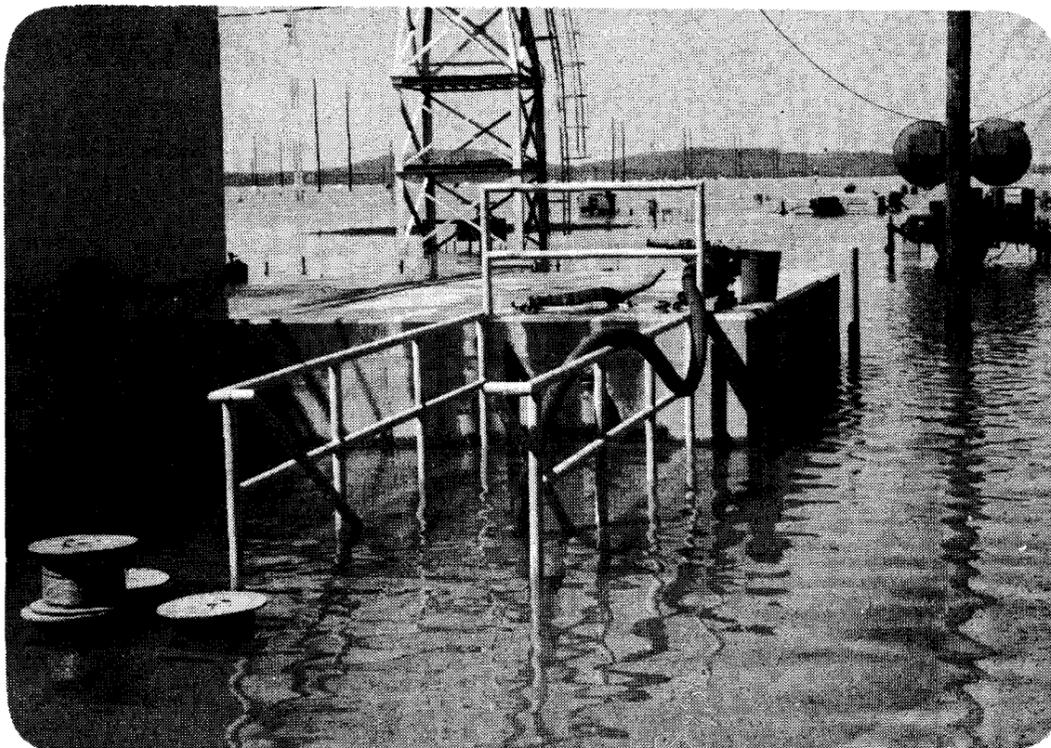
As water began to subside in the building, one of the range people found a big fish inside. Just how big was not accurately determined.

"Every time the tale is told, the fish gets bigger," Northrop laughed. "I don't see how we got it out the double doors."

Joe Smith, a test area engineer, said two snakes managed somehow to crawl into the blockhouse to escape the rising water. The unwanted guests, identified as a black snake, and a "rat" snake, were evicted.

Bunn said his people reported seeing unusually large numbers of snakes, including water moccasins, but that most were seen swimming or being washed across Dodd Road. Large numbers of carp and cat fish were also seen.

T&E made the most of a bad situation. On Wednesday, with several feet of water still cover-



PUMPING WATER?—Personnel at Range 1 already had a water pump hooked up to pump the tunnel dry under the blockhouse. . . the only problem was the water was still all around the blockhouse so there was no place to pump it.

ing the range, test engineers fired several TOW missiles from a raised platform.

"We had been wanting for sometime to conduct overwater tests with TOW," Bunn said. "Wednesday was a good time."

"It'll be some time before we're back conducting fully instrumented tests, however."

Bunn said no estimate on damages is available, at this time.

"We're not able to assess total damage until water goes down." But most of the major range equipment was moved prior to flooding, he said.

Coaches Needed

Volunteer coaches are needed for the girls softball and boys baseball teams sponsored by the Youth Sport Program according to Capt. Walter Fuller, Special Services Officer.

He also pointed out that players need to register before March 31 at Bldg. 2574 between 8 a.m. and 4 p.m.

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NOTICE TO ALL MEMBERS of the REDSTONE FEDERAL CREDIT UNION

As part of an audit of the Redstone Federal Credit Union as of February 28, 1973, the Supervisory Committee has distributed verification forms to the membership.

If you did not receive your verification form, please communicate directly with:

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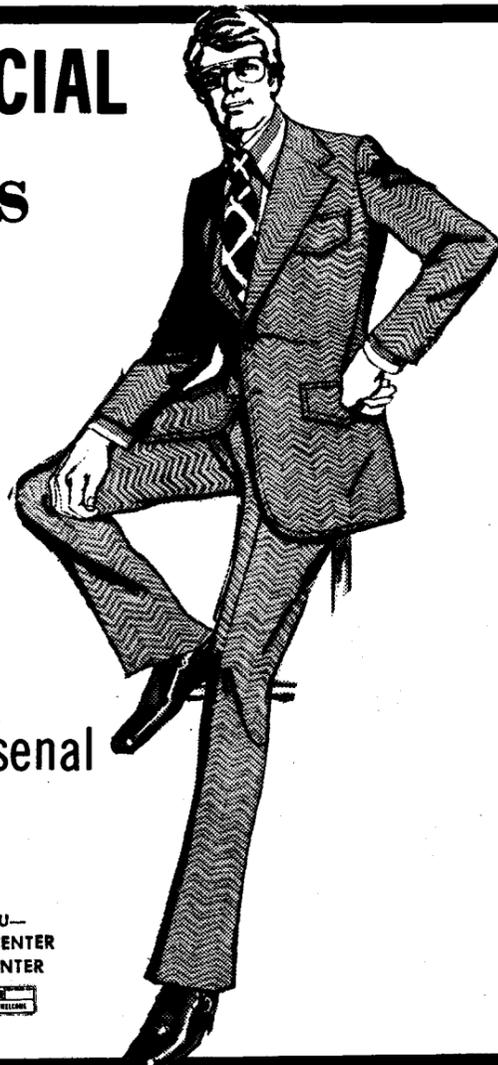
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Redstone Arsenal

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BUSINESS AS USUAL—Alvin Reid, didn't let the flood waters stop him. Though range 1 and the blockhouse and facilities were still surrounded by water, he set up a TOW missile system so it could be fired in over water tests.



NO SITTING AROUND—Anyone sitting in these chairs would have wet feet and wet seats too. The flood waters covered the furnishings and equipment on Range 1, but no one had time to sit down anyway.

Snakes Alive!

"When I was called around 2:15 Saturday afternoon, I came out with the rest of the fellows and we checked out the M-113's and installed the swim plugs. For a while we were busy hauling trucks of one of the contractors out of the water and ferrying people back and forth across Gate 3.

This is now George Sumner, Electronics Technician assigned to Range 1, described his first involvement in the flood that hit Redstone Arsenal last week.

Sumner was one of the men who drove the amphibious armored personnel carriers in areas that were under water and where trucks and other vehicles were unable to travel.

While Sumner described his work as routine, some of the other drivers took part in some unique exercises.

Harold Yeager, another Electronics Technician assigned to Range 1, told this tale: "Frank Bunn wanted us to get as many of the range cameras out of their mounts as we possibly could. The water was rising fast so we pulled up to the positions in the M-113 and lassoed the cameras and pulled them aboard. We saved five of the cameras from getting submerged and when you estimate these cameras are worth about \$3,500 apiece, we were lucky to get them out in time."

Yeager continued, "Sunday we heard a strange roaring noise coming from the range. For awhile we thought NASA was firing a rocket, but then we found the roaring was the water coming over the dyke on Dodd Road.

"When we were at Dodd Road I bet there was 100 snakes on the road. I had never seen so many snakes in my life and the people there were killing them with sticks and anything they could find.

"I was sure surprised at the swiftness of the current across Dodd and Buxton Roads. The water was at least three feet over Dodd and a lot deeper than that on Buxton. As we rode through the area we could see big drums and dempster dumpsters floating by," he said.

William F. Bass, Engineering Technician at Range 1, had the distinction of being the first man to

take an amphibious vehicle down Patton Road during the flooding. He described it this way:

"I picked up my vehicle at building 5400 and they wanted me to go to Range 1. Everyone else was going around by Dodd and Buxton Roads so I decided to see how it was on Patton. The water was about seven feet deep when my vehicle started floating. The current was so strong that I had to head upstream to keep the vehicle on what I thought was the road, but I made it through.

"On one of my trips down Redstone Road, fish were swimming across the highway and people were out there gigging them, using sticks and rakes or anything handy. The fish were mostly carp and buffalo, but some of them were pretty big.

"I was going to use Patton Road to ferry the emergency crews, but Frank Bunn said the current was too swift, so I ended up ferrying them by way of Dodd and Buxton Roads," Bass concluded.

Paul Leeper, General Engineer with the Systems Engineering Directorate, spent his time driving the R & D amphibious tracked vehicle through the flood waters to the water treatment plant down near the dock area.

Leeper explained it this way: "We have been experimenting with this vehicle in R & D so during the flood was a good time to try it out. This vehicle carries a good heavy load, so I was ferrying emergency crews and sand bags out to the water plant.

"We had everything ready so the emergency crews could take out some of the plant machinery if it appeared the water plant was going under. Thank goodness it crested and the emergency plan wasn't needed.

"I would say the vehicle did everything that was asked of it and I was quite impressed with the performance," he said.

Bunn, Chief, Flight Operations Division, Test and Evaluation Directorate, said, "The men who drive those amphibious vehicles were vital to the overall emergency plan. They kept workers and emergency crews on the move into areas where no other type transportation could navigate."

No Place For Time Clocks

It all started March 16. Facilities Engineer employees began working around the clock flood watching and flood fighting as the Tennessee River rapidly inundated roads and a number of buildings on Redstone.

By the end of last week they were beginning to catch up on their sleep, gather their records and take a better look at what had happened. It may be weeks before everything is cleaned up, repaired and back to normal.

Among the Facilities Engineer personnel who worked during the flood are: Leonard Crabb, Thomas H. Warren, John M. Shockley, Martin L. Magnusson, James E. Thompson, Jr., Ora M. Wynn, Richard D. Saxon, Larry M. Cheatwood, Lonnie J. Hill, Bruce E. Jones, Donald R. Mabry, Alvis E. Berry and Bob L. Smith.

James L. Fretwell, John L. Conkle, Charles A. Knott, Wallace E. Holcomb, David L. Cantrell, Prince O. Weiler, Henry L. Fanning, Ernest Buchanan, Alex E. Poe, Harry Grigsby, Henry E. Travis, Billy L. Barnes, Woodrow Edmondson, S. Parton Sanders and Robert W. Davidson.

Simon P. Martin, Cecil M. Winn, Allen M. Coldwater, Junior F. Prince, Henry L. Sharp, Albert Robinson, Ernest Anderson, Terry M. Pickett, Oliver Ausley, Ernest Stewart, Robert Shubert, Charlie Martin, Edward Bailey, Joseph E. Davis and William Clark.

Ernest Clark, James Allen, George Crutcher, Harry Dickerson, Charles Fletcher, Elton Wheeler, Claude Echols, Richard J. Tipton, Willard Burgess, Henry Davidson, Robert Watkins, William H. Jackson, John Taylor, Howard Gaines, Marion Davis, Robert N. Maples, Bruce Bone and Erskin Hunter.

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Virginia Chandler, Oscar C. Russell, Mary M. Burroughs, John Norton, William L. Alexander, Thomas F. Napier, James E. Steele, Lewis G. Lindenmeyer, Odie H. Golden, William A. Watson, Jr. and Gerald Rinker.

Willard A. Bowling, Leon F. Ivy, Willie B. Owens, Thurman W. Dunson and Fred C. Elliott.

Three M Golfers Compete At Arab

All employees, past and present, and military members of the Maintenance and Materiel Management Directorates are invited to participate in the annual 3-M spring golf tournament.

It will be held April 6 at the Arab Country Club. Those interested may get details from Bo Cassity at 6-3774.

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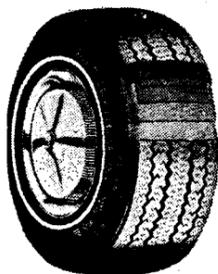
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Never Missed An Issue

The Daily Bulletin never missed an issue through the flood-hecked days at Redstone.

"We picked up the master which happened to be in the Reproduction Branch, Bldg 5688," said Major R. H. Horkman, Chief of Administrative Service Division, "And with a few changes, we were able to get copies out."

Evelyn Uptain, who usually compiles the items which go into the Daily Bulletin, added, "We began to compile the next issue by telephone calls. Also, on Tuesday, the Major rode a truck into 7101 and brought out our working papers."

"I had trouble getting to work the first day," said Uptain, "I drove all over and never did find that building (3517). We worked through the flood days in Bldg 5664."

Jean Clark, who normally works in Bldg 7440, said she caught the bus at the staging area.

"It started to take us to the 7000 area," she said, "but we finally wound up working in the 8000 area and the Commissary. There was a lot of water to ford, but we had no trouble going through on the bus."

Clark's supervisor, Hobson E. Vinson, did not get to work on

Monday. "I live in Athens," he said, "I started to the Arsenal by highway 72. We were turned around by high water of a creek at the edge of Athens."

"We then tried to go Nick Davis Road and Highway 72, but by the time we arrived the highway's low areas the run-off had beat us. After phoning, we learned that Highway 20 was still open, so we headed for Decatur. By the time we reached the Mooresville area, 20 had been closed to traffic."

"On Tuesday our mail was piling up due to large shipment of publications. Because it was crowding the available area in Bldg 5664—we had our people working there, too—we got an available bus and hauled it in on Redstone Road to Bldg 7440."

Herbert Greene, Motion Picture Branch, spent the first days of the flood on annual leave. He was serving, as did other Missile Command employees, with the Madison County Rescue Squad.

"I was on the Arsenal Sunday," he said, "when the water was rising over Dodd Road. Looking east on the test range along the equipment domes gave the impression of a string of pearls on velvet."

J. L. Butts, Management Engineering Branch, rode an Army truck into the 7000 area in order to get files and working papers for his branch.

"We took the papers to our temporary locations where employees had reported."

"Our only problem was minor. A new employee could not locate us at first. We couldn't reach her in advance, because she had an unlisted number."

Safeguard Officer Honored

Lieutenant Colonel Sigvart R. Silnes, Chief of Safeguard's RDT&E Directorate Field Office at the North Dakota Complex, has received the Meritorious Service Medal. Major General R. C. Marshall, SAFSCOM's Commanding General, made the presentation last week. Silnes was honored for his service as Commanding Officer of the U. S. Army Management Control Detachment, Korea.

Part of his award citation stated that his attention to details and leadership were significant to the accomplishment of the Eighth Army's mission in the Republic of Korea.

THE REDSTONE ROCKET—MARCH 28, 1973 PAGE 7

Today's Sermon on Health Foods

Vitamins ... natural part of food

By **Johnnie McDaniel**
WHITESBURG
NUTRITION CENTER



What Are Natural Food Supplements

Many people tend to forget that vitamins are naturally part of food. If you ate a fully nutritious diet and your body was able to assimilate all the essential vitamins, minerals, enzymes and trace elements it needed, you probably would not require supplements. But unfortunately, this is not the case. In today's tension-ridden world we rush from one task to another. We are always in a hurry. We eat on the run. We swallow frozen, canned and processed foods by the carload. The world we live in tends to make us forget that our first responsibility is to ourselves and our own well-being.

The Natural Regimen for Vital Living

How then can we try to assure ourselves of a feeling of physical well-being? Millions have found that a good beginning is to follow the four sensible rules of the Natural Regimen. They are:

1. Active daily exercise.
2. Regular physical check-ups.
3. Well-balanced meals of unprocessed foods.
4. Quality prime-grade natural food supplements for nutritional insurance.

Think about these four steps for a minutes and you'll realize that they are very easy to follow. If you paid as much attention to your own well-being as you did to your job, the purchase of new clothes, or other details that are really not as important as your own health, you would certainly be better off.

If you are presently taking or thinking about taking food supplements, you owe it to yourself and your family to know the difference between natural and synthetic vitamins. Then it is your decision as to which type of vitamin supplement is best for you. Here are the facts... Early in the 20th Century, scientists discovered vitamins as vital nutrients in food. They then found a way to extract these vitamins and make them synthetically in a laboratory.

So today, all synthetic vitamins are derived in a laboratory by chemically duplicating the exact molecular structure of the vitamin as it is found in food. All you get is the extraction...an isolated vitamin.

HERB TEAS

HERBS were the first medicine of man, and every lover of herbs must be a connoisseur. With a good stock of choice herbs in the kitchen, the wise cook can transform ordinary foods into exquisite delicacies. Herbs can be used in nearly every meal, but they should be used sparingly—just to add a hint of flavor.

HERB TEAS are available in all health food stores and gourmet shops. It is suggested the reader check with the stores to find information, about when and how to use the herb teas. Here at Whitesburg Nutrition Center we will be glad to help you with information on our many delicious HERB TEA.

FOLLOWING is a list of HERB TEAS that we have here at Whitesburg Nutrition Center, and what they do for us—or rather their MEDICINAL PURPOSES:

ALFALFA—It is a rich source of potassium, magnesium, phosphorus and calcium, and most known vitamins. It is one of the richest known sources of organic salts. Alfalfa is used successfully to lower high blood pressure, and contains many elements to soften and relieve hardened arteries. Alfalfa is available as a tea, or as tasty sprouts.

BLUEBERRY LEAVES—Good for **DIEBETES**
CAMOMILE TEA—The yellow flowers are used to relieve stomach distress. In Europe camomile tea is used in the treatment of gallstones.

CATNIP TEA—Better known as catnip tea for the relief of colds, headaches, and inflammations. Cats just love catnip and sometimes they roll it in for hours. It seems that all cats in the jungle eat catnip to keep themselves in good health.

CHI SEEDS TEA—The 'energy' tea
CLOVERS (Ours is Red Clover Tea)—These teas are used in blood disorders, whooping cough, skin disease, ulcers, and rheumatism.

COMFREY TEA—Can easily be grown in every garden. Comfrey is mostly used externally to heal fresh wounds or cuts.

DANDELION TEA—These teas are used with good effect for the stomach, gall, liver, and spleen. Dandelion contains much more vitamin A than carrots! But it also contains vitamins B-1, C, and G. Dandelions can be used in salads.

FENNEL TEA—It is used with success for flatulent colic and indigestion. It is also an effective herb for reducing.
GINSENG TEA—this tea is a tonic and general stimulant. Ginseng is the famous Chinese herb, and is now also grown in the United States and Canada.

FENUGREEK TEA—This tea is used to clean the intestines of bacterial toxins.

HOPS TEA—Used to quiet the nerves, to help skin conditions.

JUNIPER TEA—The ripe berries to make this tea are used as a remedy against diseases of the kidneys, dropsy, gout, and sciatica.

Some of the other teas we have here at Whitesburg Nutrition Center are: Mullein Leaves, Licorice, Oatstraw Tea, Laxative Herb Teas, Irish Moss, Hyssop, Scullcap, Gentian Root, Golden Seal, Eucalyptus. —An Advertisement

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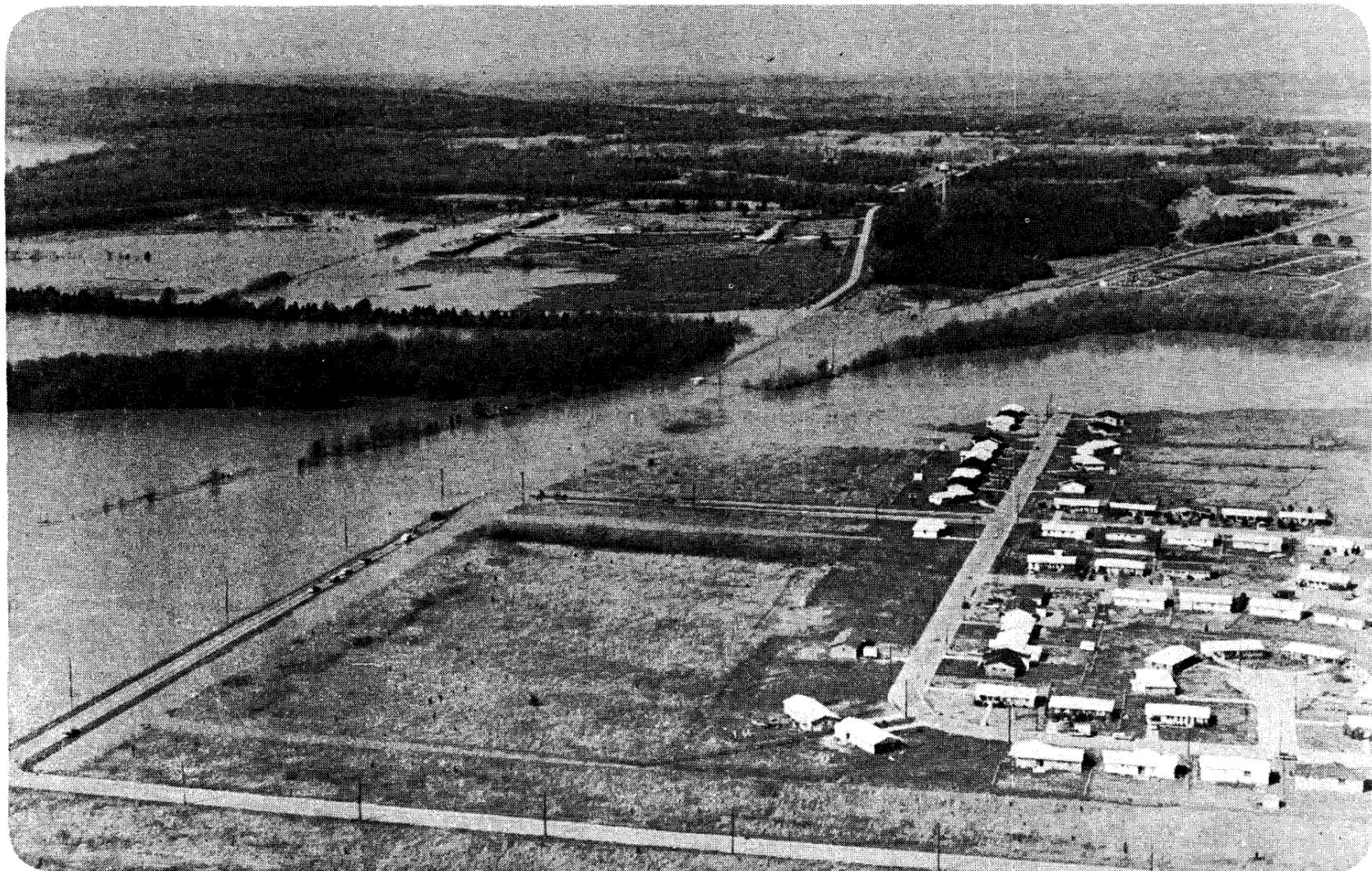
From Copter At River



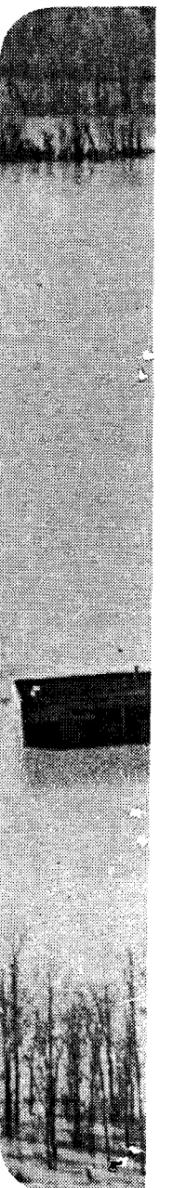
Amphibious Vehicle on Patton Rd. at Huntsville Spring Branch



McKinley Range/ Bus



Buxton Rd. at Gate 2 Looking West



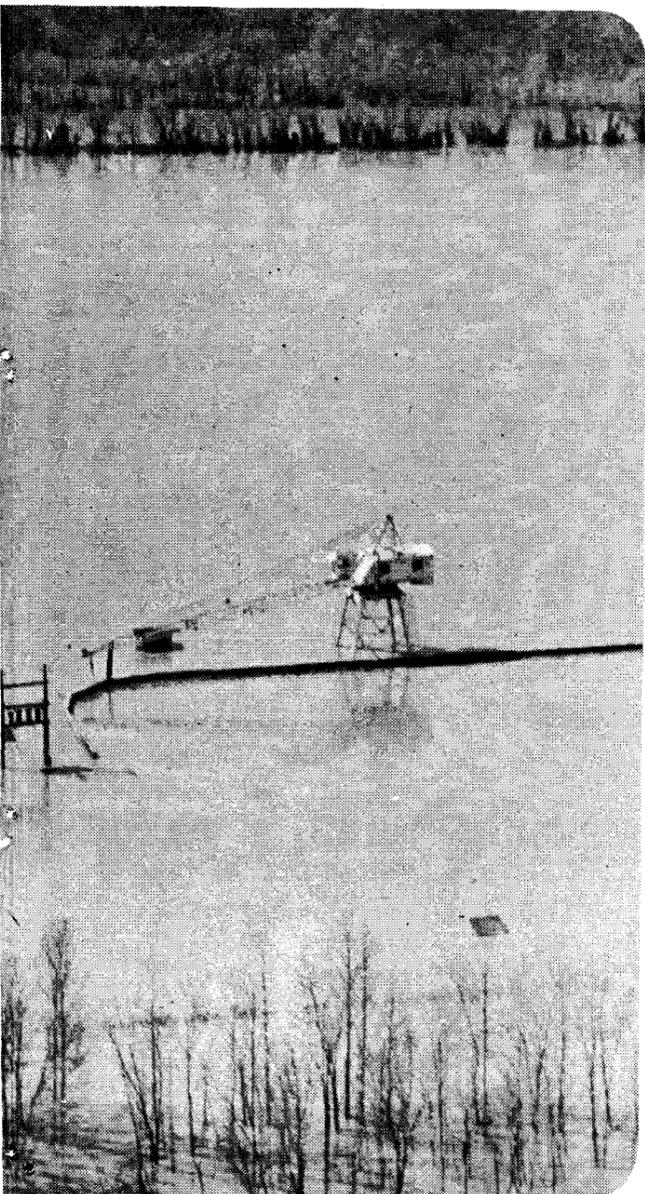
Crest On Flood Monday



10 Rd. looking East



Military Recreation Area Looking East



Arsenal Docks Looking South



Water Treatment Plant No. 1 Looking South

Choppers There, Just In Case

Value Engineers
Install Officers

Nine military families who occupy quarters on Headquarters Circle patiently rode out the Tennessee River Flood last week by staying put. They found being temporarily marooned was an exciting experience.

Offered evacuation Sunday as rising waters threatened to block access roads, they elected to ride it out secure in the knowledge that most of the Tennessee Valley would have submerged before the river level reached the knoll on which their homes are built.

They didn't exactly spend their three days of river-enforced-isolation alone. There were emergency crews working throughout the South Arsenal area. Had there been real danger, they knew the Army would get them out in a hurry.

Adults and children shared the excitement.

Some of the women and youngsters explored the borders of the flood, a few of the men tried their hand at fishing—Sergeants Major Charles A. Havner, Pete

Cross and Fred James, among others.

There were parties. Just about everyone got a chunk of Sergeant Major Raymond Bateman's birthday cake, a cake that caused one moment of concern for his wife who discovered she had no vanilla in her flood stores. She borrowed some from a neighbor.

For the youngsters, there were two daily highlights, morning and afternoon when an Army helicopter landed near their homes. Major General Robert Marshall commuted by chopper to the Safeguard Systems Command headquarters building while the roads were blocked.

Mrs. Cross said she and the other wives took special comfort in the knowledge that the helicopters were available in the event there had been a genuine emergency. As it turned out, there was none. Everyone stayed healthy.

Sergeant Major Robert L. Morgan made it home riding in an amphibious tractor to spend the few days with his wife, immobilized by a broken leg she suffered earlier. Their daughter, Linda, left early Sunday morning to participate in the March of Dimes Walkathon, found that flood waters had blocked her return and spent the time waiting for the flood to recede with friends, reporting for work as usual at the Commissary.

The families were prepared to spend a week, but the waters fell rapidly after the crest was reached Monday evening and by Wednesday morning the school buses arrived to make their regular runs.

"We had a marvelous time," Mrs. Marshall said. "No strain or

pain. Sergeant Major and Mrs. James were especially outstanding. He kept us all informed on flood developments. He couldn't have been kinder. If we had been scared to death, it wouldn't have been fun, but no one was worried."

They had good reason. Redstone's Facility Engineer, Col. Leo J. Miller and his family, also live on the circle.

**Dial 112 For
Redstone News**

PAGE 10 THE REDSTONE ROCKET—MARCH 28, 1973

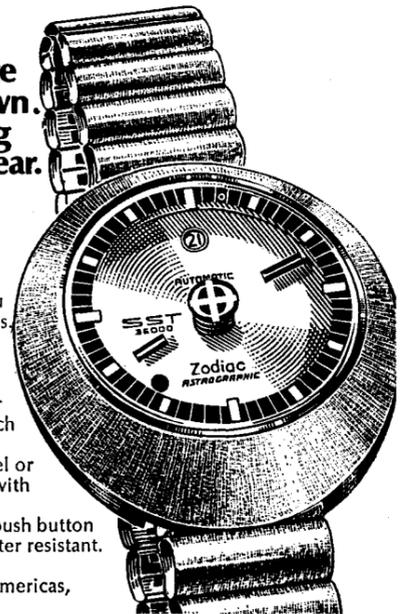
The Huntsville Chapter of the American Society of Value Engineers will install officers for the coming season when they meet at the Ramada Inn at 6:30 Thursday evening.

A discussion will be held following the installation ceremony concerning plans for the coming fiscal year. Two objectives to be discussed are means for promoting awareness, knowledge and use of value engineering discipline, and ways to increase the chapter membership.



HIGH AND DRY—SP4 Roger Winter inspects a gar caught in the fence at Redstone Gate 2. Other stranded fish in the area when the flood waters receded were catfish, shad and carp. A predator had half eaten some of them, and the warm March sun was fast drying them out. Winter is a member of the game warden staff who is helping to clean up as the water's continue to recede, leaving in their wake drowned animals and dead fish.

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Prepared For The Worst

Three wet bedraggled skunks, two groundhogs and a rabbit moved into the Redstone water treatment plant and set up house-keeping during last week's flood. Though the animals didn't know it, they couldn't have picked a better spot, because the Army was determined to save the water plant and keep it in operation.

While skunks are not noted for their sociability, these flood victims were very agreeable and

didn't once spray their odious perfume on the treatment plant operators or the emergency crews that were working in the close quarters of the small flood created island.

Of all the personnel on Redstone Arsenal, the water treatment plant operators were the ones who were in the middle of the situation and were the most isolated during the flooding.

Though the river reached the

highest crest anyone could remember, the water plant operators braved the currents and stayed on the job. Whitney S. Brewer, David L. Cantrell, John L. Conkle, James L. Fretwell, Robert C. Hornbuckle, Prince O. Weiler, Wallace Holcomb and Henry L. Fanning, faced the constant danger that if the river did rise above the water treatment plant during their shifts, they would have to climb on top of the building and be removed by helicopter.

Two of the operators, Fanning and Holcomb, gave their views of how it felt to sweat out the crest of the flood isolated from the rest of the Arsenal.

According to Holcomb: "When I came in to work on Saturday morning the river had already risen so high over Shields Road, that I came into the plant in a 12 foot john boat. About half way in the outboard motor quit so I had to paddle against the current to get on in safely."

"I have worked at the water plant since 1959 and I could tell this was going to be the worse flood I had seen. In fact I grew up about one half mile north of the water plant when I was a boy and though I saw the fields flooded before the Arsenal was ever built, it was nothing compared to this, he said.

"My biggest concern was keeping the water up to standard. Our section has always had good teamwork, so I knew there wasn't going to be a letdown. If the water did come up and knock us out, I knew they would come in

and get me in the helicopter as a last resort.

"When the animals moved into the plant to escape the rising water, I was a little worried about the skunks, but I think they sensed it was survival for them. We respected each other... they didn't bother us and we didn't bother them and it worked out OK," he concluded.

Fanning gave this account: "When I left work midnight Friday, I had to drive through water to get out and I had a feeling it was going to be a rough one. I've been here since 1947 and have seen a lot of high water, but I have never seen it this high before."

"We had floods in 1957 and again in 1968, but this time the water rose 1.8 feet higher than the highest we recorded in 57. Usually the telephones go out when we have a flood, but this time we had telephone contact the whole time.

"I was happy to see Paul Leeper get through in the amphibious vehicle. We were going to use the sand bags to protect the machinery building. In fact we were standing by to remove as much of the machinery as we could if the river continued to rise. Thank goodness it crested before we had to try that. I had a ladder all ready to get on top of the building, if the water did knock the plant out," he continued.

"If the water had risen 2.2 feet higher, it would have knocked out the plant. Then we would have had only a few days supply of potable water for the entire Arsenal. I was sure relieved

that it didn't come to that," he concluded.

Charles Knotts, Forman of the Water Treatment Plant, summed it up best when he said, "Our biggest concern was keeping the plant operating. We were prepared to do anything that was necessary to do the job."



JAPANESE LAUNDRY?—The Japanese put their laundry out on poles and whatever is available for drying. Norm Dowdy, used a pickup to dry clothes that got wet when the crews were checking flood damage in the blockhouse and other range facilities.

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Pay Checks Out On Time—As Usual

Four busloads of employees from the Finance and Accounting Division were first-hand observers of the flood waters on Redstone Arsenal last week. For two days these people rode buses from the north end of the arsenal to their work site in building 8027 along water-covered Dodd Rd.

Private traffic was halted when rising water covered roads in the southern section of Redstone. But in spite of the conditions, F&A personnel continued to function and payroll checks went out on time as usual.

Colonel Herbert Wagenheim, Chief of F&A commented, "Our people did a great job of getting the payroll checks out on time in spite of the flooding conditions. It was a process that couldn't be moved to another part of the arsenal."

Employee reactions varied on the bus trip over water-covered roads. For the

most part, the people took the situation in stride. Some even got a kick out of it. Some sample comments:

"I thought the bus ride was thrilling but I was so looking forward to riding in a helicopter."

"Yes, I would come through it again if necessary."

"It was exciting."

"The water got to the bottom step of the bus—it was so high, I couldn't see the fence tops."

"I saw the cutest little groundhog swimming by."

"I was really frightened. There were snakes in the water and in the trees. It was a small bus and some water splashed in on the floorboard. I began to wonder what I would do to get out if there was an emergency at home."

"I appreciated it, being able to come. I figured the brass knew it was safe."

"Are we going to get overseas pay?"

"It was a thrill at first, but some of the people went back on the buses when they saw how deep the water was."

"I could just see the headlines, 'F&A Stranded Indefinitely'."

"I felt marooned when the buses went back and left us there."

"Is the Army going to give us swimming lessons?"

"The government thinks bussing is the answer to everything."

"NO—I'm not swimming through all those snakes."

"It was great fun, something out of the ordinary."

"How about hazardous duty pay? I'm talking about all those snakes."

"I wouldn't have objected if we didn't have to travel so far through the water—I can't swim."

"My husband thought it was hilarious. He drives some of the buses—

he thought it was a big joke."

"It was the funniest feeling driving beside those stakes and not being able to see the road."

"If the bus got stuck, I would've sat there—I wasn't going to get out in that water and those snakes."

"I could see a 2½ ton truck swaying from side to side in front of me."

"I called my wife and told her not to wait up for me."

"With 63 people in a bus, it was a frightening experience."

"I felt anxious all day about the water coming up higher."

Several of the employees commented on the amount of confusion Monday morning when they gathered to board the buses. Some did not know where they were supposed to report and apparently others had received erroneous directions.

Post Theatre This Week

Tonite

"Baron Blood" (PG)
THURSDAY-FRIDAY, March 29-30

"Rage" (PG)

FRIDAY, March 30, Late Show:
"What's the Matter with Helen?" (PG)
Showing at 11:00 p.m.

SATURDAY, March 31
"Silent Running" (G)

SUNDAY-MONDAY, April 1-2
"The Heartbreak Kid" (PG)
INCREASED ADMISSION: adults 75c, children 35c

TUESDAY, April 3
"What Became of Jack and Jill?" (PG)

Two shows nightly at 6:00 and 8:30 p.m. except as noted above. Sunday matinee at 2:00 p.m.

Future Military Role Outlined

Lieutenant General James M. Keck, Commander of the Second Air Force, will talk about future roles of the military Friday night at the Huntsville Chapter meeting of the Reserve Officers Association.

Activities of Air Force night will begin at 6:30 at the Officer's Open Mess.

Keck completed two combat tours of duty as a B-24 pilot during World War II with the Eighth Air

Force in Europe.

As commander of Second Air Force, he directs the majority of Strategic Air Command's bombers and tanker aircraft. A graduate of the U. S. Military Academy, he was in the first class to receive pilot training at the academy.

For reservations to the dinner meeting, call James Patterson at 837-5087, Mike Vaccaro at 453-3738, Pete Redding at 536-1376.

First Anniversary

Pelican's Pocket, the gift shop sponsored by the Officers Wives Club, and located in the Women's Activities Building, is celebrating its first anniversary today. A coffee is scheduled for 10 a.m. at the shop.

During the past year the Wives Club has realized \$1000 for use in welfare projects through the sale of items consigned to the shop by

active duty and retired military personnel their dependents and members of the club.

Mrs. Warren J. Warren, who has managed the shop since its opening is leaving Redstone, (and will be replaced by) Mrs. William J. Bustardis the new manager. Mrs. James D. Amato takes over as bookkeeper.

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<p style="text-align: center; font-weight: bold; background-color: black; color: white; border-radius: 50%; padding: 10px;">ALL CARS READY TO GO</p> <p>1972 OLDS CUTLASS Supreme 4 door hardtop. Power steering, power brakes, air conditioning, power windows and vinyl roof. \$3,650</p>	<p>1972 BUICK SKYLARK Two door hardtop. Power steering and brakes. Factory air and chrome plated wheels. \$3,650</p>	
<p>1971 OLDS CUTLASS Supreme 2 door hardtop. Power steering and brakes, factory air and vinyl top. \$2,950</p>	<p>1971 BUICK SKYLARK CUSTOM 2 door hardtop. Power steering and brakes. Factory air, vinyl top, bucket seats. \$2,950</p>	<p>1970 BUICK ELECTRA LIMITED Four door hardtop. Vinyl roof, cruise-control, 60/40 power seats, power steering, power brakes, factory air conditioning, AM/FM Stereo radio with factory tape player, tilt wheel. \$2,950</p>
<p>1971 FORD TORINO GT Power steering, power brakes, automatic transmission and bucket seats with console. \$2,650</p>	<p>1970 MONTE CARLO Vinyl roof, power steering and brakes, automatic transmission and bucket seats with console. 454 cu. in. engine. \$2,650</p>	<p>1971 FORD PINTO 1600cc engine. 4-speed transmission and new radial tires. \$1,650</p>
<p>1971 VEGA HATCHBACK Air conditioning and 4-speed transmission. \$1,850</p>	<p>1969 OPEL GT Automatic transmission and radio. \$1,750</p>	<p>1970 OPEL '1900' Two door with automatic transmission. Local 1 owner with just 13,000 miles. \$1,550</p>
<p>1969 BUICK SKYLARK Power steering and brakes, vinyl roof, factory air. \$1,750</p>	<p style="font-size: 2em; font-weight: bold; background-color: black; color: white; border-radius: 50%; padding: 20px;">SAVE NOW</p>	<p>1969 FORD COUNTRY SQUIRE 10 passenger wagon. Power steering and brakes. Factory air. Local 1 owner. \$2,150</p>

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"\$8,000 helped."

Sergeant Roy Smith was going for more than the bonus when he reenlisted.

"The \$8,000 helped. But part of my reason for staying in the Army is I can get the rest of my college credits for a degree. I've got 2 years in already.

"I enjoy the job I'm doing now as a drill sergeant. But I'd also like to try military intelligence. And eventually get to go to OCS.

"It's all there. It's completely up to me and my qualifications for it."

Sergeant Smith views the Army as one big opportunity for a guy who wants to get ahead.

There are job and educational opportunities. In advanced electronics. Cryptography. Foreign languages. Data processing.



Communications. Traffic analysis. And lots more.

And travel opportunities. In Europe. Korea. Hawaii. Alaska. Panama. And the time to enjoy it. To live it. In a way no tourist ever could.

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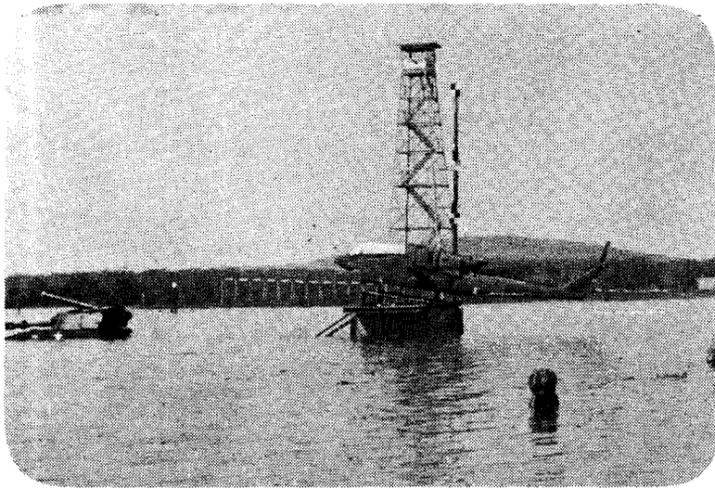
Like free housing. Free dental and medical care. Commissary and post exchange privileges. Low-cost life insurance.

It's all here. It's up to you.

Your Army Career Counselor has a whole book of job, duty station and training opportunities just waiting for you. He'll give you lots of reasons for staying in.

Sergeant Smith has good reasons for staying in.

Why are you staying in?



BIRD FINDS ROOSTING PLACE—A helicopter perches on raised platform to escape flood water at Range 1. (3-19-73)

The reading readiness test for pre-school age dependents of military personnel will be given during April. Those who wish to have their

children take the test can fill up an application in the Pediatrics Clinic at the Redstone Army Hospital during the last week of March and the first week of April. The child's name, pre-school attended if any, and phone number should appear on the application.

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2007 E. North Memorial Pkwy Phone: 852-9550	1315 6th Ave., S.E., Decatur Phone: 353-3601

LONG

(Continued from page 4)

then call the officers in charge of each building to advise them about moving equipment.

By the time the waters went down, Facilities Engineer personnel had ridden helicopters, amphibious vehicles and buses and trucks to get to work or across flooded roads. Every one had a favorite story. Here's one:

Pruitt went out in a pick-up truck to measure the water at gate 3. The truck stalled in the flood water. The current threatened to sweep the truck off the road. He radioed Whitaker of his plight. "I told Pruitt to keep grinding and see if he couldn't get that truck started," Whitaker said. "Finally he said he had it going, and I asked him if he was going to turn around and come back through or go around the horn. He told me in no uncertain

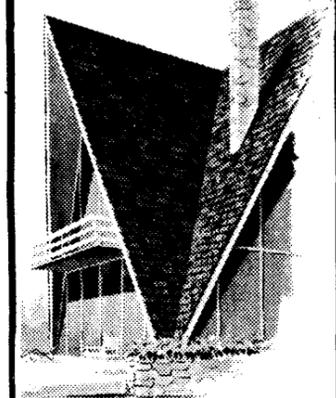
terms he wouldn't come back through that water—I'm going around the horn."

Whitaker went out in a dump truck to measure the water on Dodd Road, the truck got off the road and was stuck. About that time Colonel Miller approached from the other direction. "I took off my shoes and socks and waded through to his car so he could bring me back, I got another dump truck and went out again."

Towery said that one of the worst emergencies came just when he thought that things were setting down. "Thursday morning a big chunk of pavement gave way just outside Gate 3 in a traffic lane. It was on city property, but it's a road used heavily by the arsenal, so we had to cooperate with the city to get that fixed before people started home from work that afternoon. They really had me jumping over my hat on that one," he said.

Emergencies are nothing new to Towery or other Facilities Engineer people. This was just a different kind to them, they say.

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3. Miscellaneous

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CUSTOM 4 DOOR HARDTOP—Blue finish. Automatic, power steering, power brakes, factory air. Lovely car in like new condition.

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One of the frustrations in early research was the erratic results found by scientists. In the beginning, before Vitamin E was isolated, everyone thought it was the same as wheat germ oil, or other vegetable oils. What the researchers didn't realize was that when the oil became rancid, it destroyed the Vitamin E content. A problem people still have today when they depend on wheat germ and its oil for E protection.

Finally, in 1939, pure Vitamin E was isolated and made available to scientists. But that didn't end the bitter arguments about its value. . . although many doctors of high repute praised the vitamin. In 1959, after extraordinary controversy, the Federal Drug Administration finally recognized E as essential in human nutrition.

Today, Vitamin E is acknowledged to have a number of important effects in the human body.

The vitamin's scientific name is tocopherol. Natural d-alpha tocopherol (as distinguished from d-l-alpha tocopherol which is synthetic) is the most active antioxidant in human nutrition.

You should also be aware that Vitamin E is sold in two forms. . . esterified and unesterified. The unesterified E as used Complex is exactly as it occurs in nature. Esterified d-alpha E is converted into the acetate or succinate form.

Take your choice of the E that suits your own individual preference. . . don't settle for less than a E formula.

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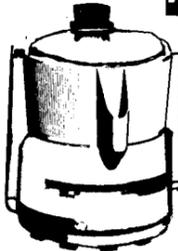
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1. ACNE, PIMPLES, ETC.: Caused by impurities which the body is trying to eliminate through the skin.	Juice combinations: Carrot juice alone Spinach 4 ounces, Carrot 10 ounces Spinach 3 oz., lettuce 5 oz., carrot 6 oz.
2. ALLERGIES: Sensitiveness to certain foods, pollens, or other substances of plants, insect bites, dust, etc., which may produce hay fever, nettle-rash, asthma, eczema, dyspepsia and headache. Juice combinations which help to keep the mucous membrane healthy and build resistance to disease are:	Cucumber 5 oz., beet 5 oz., Carrot 6 oz. Celery 8 ounces, Carrot 8 ounces.
3. ANGINA PECTORIS: Valvular or muscular heart trouble resulting from impurities in the blood stream.	Juice combinations: Spinach 6 ounces, Carrot 12 ounces Cucumber 5 oz., beet 5 oz., Carrot 6 oz. Parsley should be used often as a garnish for meat dishes and ground horseradish (not juice) should be used as a sauce.
4. ARTERIES. (Hardening of): Thickening of the artery walls, causing a partial blocking of the blood stream to one or more organs.	Juice combinations: Spinach 6 ounces, Carrot 10 ounces Beet 4 ounces, celery 4 ounces, Carrot 8 ounces Parsley 2 ounces, spinach 2 ounces, celery 4 ounces, Carrot 8 ounces Pineapple 6 ounces, garlic 2 ounces, Carrot 8 ounces
5. ARTHRITIS: Deposits in the cartilage of the joints as a result of eating concentrated carbohydrates in excess.	Juice combinations: Celery 8 ounces, Carrot 8 ounces Cucumber 5 ounces, beet 5 ounces, Carrot 6 ounces (During acute stage--1 pint to 1 quart celery juice daily) (Grapefruit juice is also helpful for those who find it doesn't aggravate their condition).
6. ASTHMA: Extreme difficulty in breathing due to mucus accumulation in bronchial tubes.	Juice combinations: Carrot 10 ounces, spinach 6 ounces Grapefruit Carrot 8 ounces, celery 8 ounces
7. BLOOD PRESSURE: High Blood pressure could be excessive tension of blood in the arteries caused by improper diet, lack of exercise and to a lesser extent by neurosis, worry, anxiety. Low blood pressure could be due to excessive use of devalitized foods in the diet, resulting in deficiency of vital elements in the blood stream. It frequently is the result of exhaustion, weakening disease, fevers and, generally, diseases of the heart.	Juice Combinations: Spinach 4 ounces, Carrot 12 ounces Cucumber 5 ounces, beet 5 ounces, Carrot 6 ounces Parsley 2 ounces, spinach 2 ounces, Celery 4 ounces, Carrot 8 ounces.
(For high blood pressure only. Run one pod of garlic through juicer first; then run enough carrots to make 8 ounces of juice. Limit--8 ounces, once per day. HAVE A WEEKLY CHECK UP WITH YOUR DOCTOR)	
8. BRIGHT'S DISEASE: Disease of the kidneys characterized by albumin in the urine, sometimes involving dropsy. Excessive uric acid.	Juice combinations: Cucumber 5 ounces, beet 5 ounces, Carrot 6 ounces. Spinach 4 ounces, Carrot 12 ounces Parsley 2 ounces, Celery 4 ounces, Carrot 8 ounces.
9. BRONCHITIS: Inflammation of the bronchial tubes due to excessive mucus in the system.	Juice combinations: Spinach 4 ounces, Carrot 12 ounces Celery 8 ounces, Carrot 8 ounces Cucumber 5 ounces, beet 5 ounces, Carrot 6 ounces
10. CANCER: A malignant form of tumor; groups or nests of epithelial cells. (half-starved from lack of proper organic nourishment,) thriving on concentrated starches and meats.	Juice combinations: Carrot (a quart a day is frequently taken with beneficial results) Carrot 8 ounces, celery 8 ounces Carrot 12 ounces, spinach 4 ounces Carrot 12 ounces, cabbage 4 ounces (IT IS IMPORTANT TO HAVE CAREFUL GUIDANCE UNDER THE SUPERVISION OF AN EXPERIENCED PHYSICIAN.)
11. CATARACTS: Opaque films over crystalline lens of the eye due to lack of proper nourishment to optic nerves and muscles.	Juice combinations: Parsley 2 ounces, celery 4 ounces, Carrot 8 ounces Cucumber 5 ounces, beet 5 ounces, Carrot 6 ounces Spinach 4 ounces, Carrot 12 ounces Parsley 2 ounces, spinach 2 ounces, carrot 12 ounces
12. CORONARY THROMBOSIS: When the coronary arteries are diseased they may become so narrow that the blood, slowing down its flow, clots or forms thrombosis. This cuts off the supply of blood to part of the heart and the result may be fatal.	Juice combinations: Garlic 2 ounces, carrot 8 ounces Parsley 2 ounces, Carrot 8 ounces Cucumber 5 ounces, beet 5 ounces, carrot 6 ounces (Ground horseradish--not juice--up to one tablespoonful, used as sauce for meat.)
13. DIABETES: Inability of the pancreas to metabolize carbohydrates could be due to excessive use of concentrated starches and sugars in the diet.	Juice combinations: Spinach 4 ounces, Carrot 10 ounces. Spinach 3 ounces, Parsley 2 ounces, Celery 4 ounces, Carrot 7 ounces Brussels sprouts 3 ounces, string bean 3 ounces, lettuce 4 ounces, carrot 6 ounces Parsley 2 ounces, endive (escarole) 2 ounces, celery 5 ounces, carrot 7 ounces
14. EYE DISEASES: Frequently due to eye strain, poor light, glare--deficiency of vitamin A and other vitamins-minerals.	Juice combinations: Spinach 4 ounces, carrot 12 ounces Celery 8 ounces, carrot 8 ounces Spinach 2 ounces, celery 6 ounces, carrot 8 ounces
15. HEADACHES: (Chronic) Nature's warning to give the body a thorough house cleaning, thus re-establishing the equilibrium of the blood and releasing its excessive pressure in the regions of the head.	Juice combinations: Spinach 6 ounces, carrot 10 ounces Spinach 3 ounces, Parsley 2 ounces, celery 4 ounces, carrot 7 ounces Cucumber 3 ounces, beet 3 ounces, carrot 10 ounces Spinach 3 ounces, lettuce 5 ounces, carrot 8 ounces

SEE YOUR DOCTOR says Johnnie McDaniel

Many of the before mentioned diseases have been brought on because we failed to worry a little about the kind of food we were putting our blood stream with. If the fear and worry and grief you've felt from watching a loved one die of one of the before mentioned diseases is only a product of it 'Being only in your mind' THEN GO SEE YOUR DOCTOR. If your disease is a reality--then get with your nutrition. Take one look at the situation we are in from listening to people who are only concerned with the disease and not the drugs prescribed for you--if you are dying with heart disease right in the prime of their lives--see the mothers who are dying from cancer when her family needs her to most--see our disease-ridden little children--see our teenagers fumbling through life--and this because it could be due to simple 'malnutrition'--and FOR GOD'S SAKE DO A LITTLE WORRYING!!! I can't say that worrying won't hurt you, but I can surely say that if you will worry every time you eat white bread and foodless foods and take drugs that have been prescribed for you--if you will worry enough that you

will stop putting toxic foods in your body--then you will be a whole lot better off, and you will live a longer and healthier life than you will live if you don't do a little worrying.
SOCRATES, THE FAMOUS GREEK PHILOSOPHER, ONCE SAID: "BAD MEN LIVE THAT THEY MAY EAT AND DRINK, WHEREAS GOOD MEN EAT AND DRINK THAT THEY MAY LIVE."
 A quote from a famous doctor says, "Yet to deny them the benefits of at least partial correction of their malnutrition would seem illogical."

In other words, it is not right to say Americans don't need vitamins when we are next to the bottom of the list on being the most 'undernourished' nation in the world. How in the world can they say, "ALTHOUGH MANY AMERICANS HAVE POOR EATING HABITS, THE INCREASING CONCERN ABOUT NUTRITION AND HEALTH IS EXAGGERATED." How in the world can one human being watch other human beings suffer and die from malnutrition and NOT BE CONCERNED!!!!!!