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Anatomy Of A Heart Attack

That squiggly line across the top of this page is the electro-cardiogram trace of a healthy human heart. The one on the bottom? Another EKG trace, this time not such a healthy heart.

By the time many Americans reach their late 30's or mid-40's they are overweight, lead physically inactive lives and smoke heavily. They also tend to worry a lot, about their job status, their work, their families. Many worry about their health. Few do anything about it.

That's a shoe that fits a lot of people who work at Redstone Arsenal. It also is a list of risk factors, compiled by the American Heart Association, that could point to a heart attack coming.

Know anyone who had a heart attack in the last 12 months?

If you work at Redstone, chances are you can probably name at least five or six, maybe more.

You may also suspect—and you're probably right—that the incidence of heart attacks among your co-workers is increasing. No one knows for sure because there are no available statistics on the number of heart attacks annually among military and civilian personnel working in the various Army commands here.

What information is available, however, is far from reassuring:

Every second death in Alabama is caused by diseases of the heart and blood vessels. In the eight Tennessee Valley counties of North Alabama where the great majority of Army employees live, 2,053 men and women died of heart and blood vessel diseases in 1971. Last year, 422 died in Madison County alone.

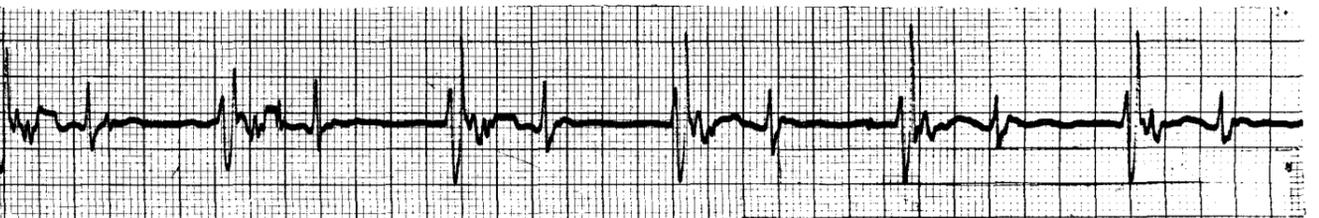
Some of those people died needlessly.

They either ignored well know warning signals or refused to change a life style that had them headed down the road to serious trouble.

In this week's issue you'll find a lot of information about hearts and heart attacks; what it's like to have one; how those who do and survive return to work; how your heart works; things that cause heart attacks and how to spot one.

Naturally you don't need to know any of these things. Heart attacks, just like auto accidents, happen to the other guy.

Maybe, but Dr. Otis M. Gay, Madison County Health Director, says that a man on his way to a heart attack seldom knows it.



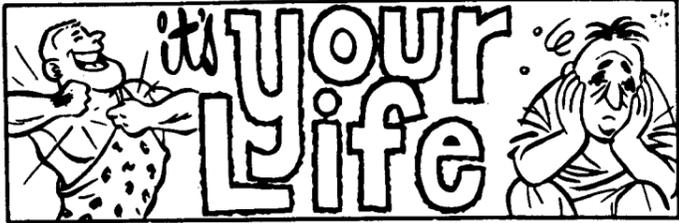
The Redstone Rocket

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People who drink more than five cups of coffee a day have about twice as great a risk of having an acute myocardial infarction as people who drink no coffee at all.

This finding of an association between coffee consumption and heart attacks emerges from the Boston Collaborative Drug Surveillance Program (BCDSP). The program receives support through a contract from the National Institute of General Medical Sciences.

Hershel Jick, M.D. and Dennis Slone, M.D., co-directors of the BCDSP at Boston University Medical Center, collected data on the daily hot beverage intake before hospital admission of 276 patients with acute myocardial infarction. They compared this group to 1,104 matched control patients with other diseases. The investigators asked the patients if they drank zero, one to five, or more than five cups of coffee daily and similarly questioned them about tea consumption.

When they controlled the groups for age, sex, and hospital (patients were studied in eight different hospitals in the United States, Canada, Israel, and New Zealand), the investigators found no significant differences in tea consumption between the two groups. In fact, while heart attack patients consumed more coffee than their controls, the trend for tea consumption was in the opposite direction. Tea consumption was greater in non-U.S. hospitals, but separate examination of the data from American and from non-American hospitals provided no evidence of any con-

sistent association between tea drinking and heart attack.

Association between coffee ingestions and acute myocardial infarction was present in males and females, in young (up to 59 years old) and old (60 years or older), and in American hospitals and non-American hospitals. The association held in those patients with and those without diabetes or hypertension.

Although Drs. Jick and Slone found a strong correlation between coffee drinking and cigarette smoking, this finding could not explain the association between coffee drinking and heart attack. Only a small excess of smokers were in the group that had heart attacks.

Drs. Jick and Slone offer several possible explanations for their findings.

According to them, "A first possibility is that patients who drink coffee heavily and patients who develop myocardial infarction have similar personalities and thus coffee drinking would only be indirectly related to myocardial infarctions." Although they have no information for or against this theory, the investigators believe it remains a possible explanation.

A second possibility is that "there is a substance or substances in coffee other than caffeine that makes individuals who drink coffee heavily more susceptible to developing myocardial infarction." The investigators rule out caffeine and sugar as explanations, since tea drinkers consume similar quantities of both substances but no substantial relationships were found between heart attacks and tea.

Job Openings

(Editor's note: Published here are Civil Service job openings away from Huntsville. The announcements are received in various formats and all do not give the same information regarding job openings. The Rocket is extracting information from these openings in certain categories. These announcements are posted on the bulletin board in the Civilian Personnel Division, Building T-3159, for interested persons to obtain further information. No phone calls please.)

CALIFORNIA

Department of the Navy merit promotion program lists the following vacancies at Pomona, Calif.

● Announcement no. 21-73 dated July 3, 1973, supervisory general engineer GS-801-15 (closing date August 2, 1973).

● Announcement no. 19-73 dated June 28, 1973, engineering technician GS-802-9, two vacancies (open until filled).

● Announcement no. 18-73 dated June 28, 1973, supervisory general engineer GS-801-14 (open until filled).

For three positions above submit SF 171 to Naval Plant Representative Office (Code ADP), P. O. Box 2505, Pomona, Calif. 91766.

Department of the Navy lists two vacancies at San Bruno, Calif. They are vacancy announcement dated June 27, 1973, general engineer GS-801-11 (closing date July 27, 1973); and vacancy announcement dated June 27, 1972, structural engineer GS-810-11 (closing date July 27, 1973). For either position submit application to Civilian Personnel Office, Code 017, Building 102, Western Division, Naval Facilities Engineering Command, P. O. Box 727, San Bruno, Calif. 94066.

Department of the Treasury (Bureau of Customs) merit promotion vacancy announcement no. SW-5-73 dated July 2, 1973, equal employment opportunity officer GS-160-11/12 (closing date July 23, 1973). Submit Customs Form 67 to your immediate supervisor to request completion of the new supervisory appraisal form, including the appraisal of potential for promotion purposes. The address is: Memorandum to the Director, Personnel Office, 450 Golden Gate Ave., Box 36117, San Francisco, Calif. 94102.

FLORIDA

Department of the Navy merit promotion program lists the following vacancies at Jacksonville, Fla. Reply to them by submitting SF 171 to Civilian Personnel Department, Box 22, NAS, Jacksonville, Fla. 32212.

● Announcement no. 31-73 dated July 3, 1973, supervisory closed microphone reporter GS-319-7 (closing date August 2, 1973).

● Announcement no. 32-73 dated July 3, 1973, claims clerk GS-998-5 (closing date August 7, 1973).

● Announcement no. 33-73 dated July 5, 1973, social worker GS-185-10 (closing date August 6, 1973).

● Announcement no. 34-73 dated July 10, 1973, supervisory medical technician (blood banking) GS-645-08 (closing date July 31, 1973).

MISSISSIPPI

Department of the Navy merit promotion program vacancy announcement no. 73-61 dated July 9, 1973, budget analyst GS-560-9 (closing date July 30, 1973). Submit SF 171 to Supervisor of Shipbuilding Conversion and Repair, U. S. Navy (Code 120), Pascagoula, Miss. 39567.

VIRGINIA

Defense Communications Agency job announcement no. 710 dated July 29, 1973, program analyst GS-345-12/13/14 (closing date July 28, 1973); also, announcement no. 712 dated July 1, 1973, secretary (stenography) GS-318-6 (closing date Dec. 31, 1973). Both positions submit SF-171 to Defense Communications Agency, ATTN: Code 721, 8th and So. Court House Road, Arlington, Va. 22204.

Defense Communications Agency job opportunity announcement no. 715 dated July 6, 1973, supervisory computer specialist GS-334-15 at Arlington, Va. (closing date August 5, 1973). Submit SF 171 to Defense Communications Agency, ATTN: Code 721, 8th & So. Court House Rd., Arlington, Va. 22204.

Army wide vacancy announcement no. 421-73 dated July 9, 1973, equal opportunity officer (employment) GS-160-14 at Ft. Monroe, Va. (closing date July 31, 1973). Submit SF 171 to Civilian Personnel Officer, ATTN: Recruitment and Placement Branch, Headquarters Ft. Monroe, Ft. Monroe, Va. 23651.

WASHINGTON, D. C.

Army wide vacancy announcement 413-73 dated July 5, 1973, staff assistant (security, clerical, and stenographic) GS-301-15 (closing date July 26, 1973). Submit SF 171 and an executed OSA Form "Supervisory Appraisal of Work Performance - General Schedule Type Positions" to Office of Personnel Manager, Recruitment and Placement Branch, Office, Secretary of the Army, Room 3D-727, The Pentagon, Washington, D. C. 20310, ATTN: Mrs. Betty Williams.

Writing Contest Off and Running

(ANF) — The annual "Freedoms Foundation" writing contest is under way, open to all active-duty servicemen, plus guardsmen, reservists and ROTC cadets.

Top cash prize is \$1,000, with other awards of \$100 and \$50.

This year's subject is "Human Goals: Values for Living." And entries can be in the form of either an essay or poetry, from 100 to 500 words in length.

The address to send entries is "Freedoms Foundation, Valley Forge, PA., 19481." The writer should include his name, rank, serial number and branch of service, along with both his military and home addresses. The deadline is November 1.

Military Briefs

New Arrivals

MICOM

CSM Arthur R. Senkewich
SP4 Eddie W. Wardlaw
SP4 Kenneth C. Sheffler
SP5 Vernon W. Herron
SGT Robert L. Fay
SP4 James T. Mayhue
SP4 Ronnie Lewis
SP4 Robert M. Adams
PFC Jeffrey F. Duncan
PFC James F. Sloan
SP4 Joe L. Parks
PV2 Mark V. Blaskovits
SSG Donald R. Beck
SP4 Eugene J. D'Arco
PFC Michael J. Thomas
SP4 Glen D. Moore
SGT Victor L. Brys
SSG William E. Turner
SP4 Leiston M. Bowen
SSG Paul A. Carey
PFC William L. Anderson
SP6 Raymond C. Zuleger
SP4 Kenneth R. Stewart
MSG Soton L. Cole
SP6 Charles R. Zoch
SP6 Marion R. Cabbie
SP4 Roger M. Gestler

MEDDAC

SP4 Guy Wade
PV2 Rickey F. Dowell
PV2 Danny W. Herron
SSG David Ole
SP4 David M. Thornell
PV2 Delridge L. Hayes

Reenlistments

MICOM

SP4 William B. Clark
SFC Neil B. Donaldson
SP6 Ronald W. Yeager
SP5 Jerry W. Elledge
SFC Gerald A. Johnstone
SSG Charles B. Byrn
SSG Ronald L. Myers

Promotions

MICOM

To SFC: Boyd F. Shipley
To SSG: Sidney C. Yarbrough
Edward L. Wallace
To SP6: John W. Chandler
William H. Morrison
Elwin J. Relnecke
Jeffrey L. Speer
To SP5: James B. Blackwood
Joseph D. Bruner
Thomas Kaczorowski

Army Commendation

Medal

MICOM

CPT George W. Butler
SP4 James C. Burkhardt Jr.
CW2 Oswald L. Hughes
1SG Warnie W. Pile
1LT Julian L. Cothran
MAJ Fred Q. Miller
1LT Jerry W. Tipps
SP5 Wayne R. Ugolik
CSM Charles A. Havner
2LT Wilfred A. Nottingham
CW2 Duane A. Avard
SFC John L. Kendall
1LT Frank J. Opp
SFC Junior L. Smith
SGM Fred James

MEDDAC

PFC Alex R. Hernandez
CPT Marion J. Edge
CPT Richard L. Matthews
SFC Ollie R. McKethan

Retirements

Here's the list for July:

MICOM

LTC Daniel S. Fuglt
SGM Fred James
MSG Josephus L. Van Roey
SFC Ronald A. Bruno Jr.
SFC Bill Ellis
SFC Phoenix D. Lamb
SFC James C. McDermott
SFC Thomas M. Rosborough
SFC Willie L. Kelley

MMCS

COL Stanley F. Stahelski
LTC Alfred N. Downs
LTC Jack M. Gaspar
CW2 John D. Burris
CSM Clyde W. Riker
SGM Herbert B. Kain
SGM Francis E. Tarpley
MSG Joseph O. Beatty
MSG James M. Boatman
MSG Kenneth C. Miller
MSG James O. Powell
SFC Isaac W. Hall
SFC Roger L. Rommens
SFC John H. Sands Jr.
SFC Charles C. Scott
SSG John H. Cornelson
SSG Carey F. Donaldson

OTHERS

SFC James Burks Jr.
COL Robert R. Wessels
LTC Thomas Bransford
CW4 George G. Brooks

Dial 112 For Redstone News

ATTENTION ALL E4s thru E9s

Did you know that the Non-Commissioned Officers Association (NCOA) has a Career Option Plan (C.O.P.) which is underwritten by American Fidelity Life Insurance Company (this company was in the top 1% of the nation in net yield on assets in 1972 with 7.07%)?

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- b. No money needed to start the plan.

2. NO CLAUSES:

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3. ASSISTS IN REPLACEMENT OF SGLI UPON LEAVING THE SERVICE.

- a. Option No. 5 (which you must elect within 120 days after leaving the service) gives you the right to use a portion of your dividends to buy additional life insurance.

4. SAVINGS.

- a. Not only are you paid interest on your dividends, but also on any monies left to accumulate.
- b. We are currently paying 7%; guarantee you 5% for 10 years, and 3% thereafter.

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What You Wanted To Know But Never Asked

Too many people have cardiac arrests — heart attacks in everyday lingo — without telling how it was except to their immediate families or close friends.

One MICOM employee wanted his co-workers to hear of his experiences while hospitalized and made a tape recording in his Huntsville Hospital room and sent it to his office.

Don England, Chief of the Force Development Division in the Directorate for Personnel, Training and Force Development, recorded events on two different days, based on what he had observed and what he had learned from hospital attendants who were present during his treatment for a heart attack.

The tape, addressed to the people in his division, contained the following highlights:

"We were having a dinner party on Friday night (June 29), and about the time the guests were starting to leave—around 10 p.m.—I had a sudden pain in my chest and breathing was difficult. We walked outside with our guests, but when I got ready to

go back in, my wife had to help me into the house.

"We had had chicken for dinner and I thought perhaps I had swallowed a piece of gristle or skin that was stuck in my throat and clogging my breathing apparatus. I laid down on the bed and thought I might take a nap and feel better. I felt worse. June (Mrs. England) kept urging me to go to the hospital.

"It would normally take 10 or 15 minutes to get to the hospital from our house. I think June made it in less than five minutes with a couple of stops for me to stick my head out the window to see if I could clear up my breathing.

"When we arrived at the hospital, policemen rushed out and told her to leave the keys with them and they would take care of the car. Two helped me into the emergency room. How they could tell in all the darkness that I was so ill, I'll never understand.

"Doctors lost no time in giving me oxygen and other treatment. Throughout the night they repeatedly gave me electrical

shocks to keep the ticker ticking.

"This has been quite an experience. I think they had figured several times that they couldn't bring back that old 45-year old body that was dying on the limb.

"There was a weird experience too. I've gone through something that convinces me there is such a thing as separation of body and soul. It was interesting, enlightening and frightening.

"After the Friday night ordeal, Saturday was a little more routine. The staff at Huntsville Hospital is out of this world. They have dedicated personnel giving devoted attention to patients in intensive care. It's remarkable to see and feel this heartfelt attention and real dedication to help the patient."

This concluded the gist of the recording made on the first part of the tape. England explained that it took all the energy they would let him expend that day.

On the last portion of the tape, England talked about apparent causes for his heart attack.

"I got on the scales today and found I weighed about 10 pounds less than when I came in. The doctor says the two things that put me in the hospital are overweight and cigarettes.

"All the ash trays are going out of our office and I don't want anyone to smoke in there because

When You Return To Work

What happens if you have a heart attack and your doctor says you're well enough to return to work?

The determination about each person's physical condition is made by his doctor, all civilian employees should be sent through the Civilian Employees Health Clinic before returning to work.

Generally, persons engaged in strenuous physical duties such as firefighting would be carefully checked before going back to full-time duty.

Doctors at the Clinic will also advise supervisors regarding disabilities of persons in their organizations.

Military personnel may be approved for limited duty depending on a medical board's determination of the degree or type of physical disability.

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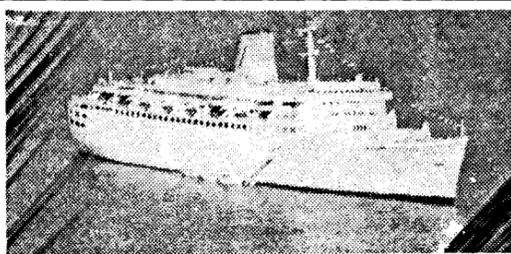
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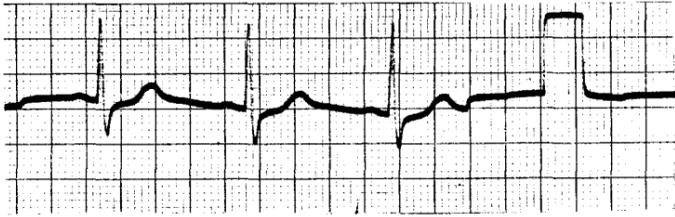
- **FOUR "LARGE" BEDROOMS**
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World's Best Pump

The human heart is the best pump in the world. It weighs only about 12 ounces and is not much bigger than a man's fist, yet it forces blood through a tortuous conduit 60,000 miles long, at a daily rate of 430,000 gallons.

It rests at intervals of a fraction of a second between each of its 100,000 beats per day.

The heart is a four-chambered pump, sometimes likened to a four room house. It is divided in half, is actually two pumps in one. One half puts oxygen into the blood by passing it into the lungs and back again; the other half sends blood to the rest of the body.

A network of blood vessels surrounds the heart where it hangs by ligaments in the center of the chest.

The heart with the blood vessels forms the circulatory system. Vessels carrying blood from the heart are arteries, those carrying it to the heart are veins.

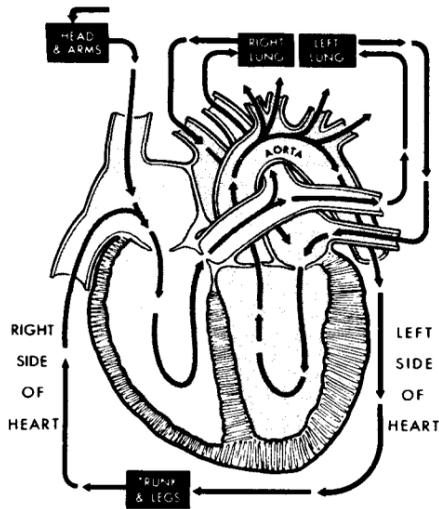
Circulation begins when freshly oxygenated blood leaves the left side of the heart via the aorta, the body's largest artery. It is about the size of a small garden hose. The aorta branches to the heart itself to nourish heart muscle, the strongest and most efficient in the body; also to the head and the arms, then turns behind the heart and branches to internal organs and finally divides to take blood to the legs and feet.

Smaller arteries that divide from branches of the aorta serve organs, bones and muscles. From the smallest arteries blood flows into microscopic, thin-walled capillaries which form a network throughout the tissues. The thin walls permit exchange of materials between the blood and body cells.

Capillaries unite to form small veins which start the blood, most of its oxygen by now replaced with carbon dioxide, on a return trip to the heart. Along the way small veins enlarge by uniting and finally the blood completes its systemic course by entering the right side of the heart through two big veins, the superior and inferior vena cava.

Pulmonary circulation, or reoxygenation of the blood, takes place before systemic circulation begins again.

Blood leaves the right side of the heart via a pulmonary artery which divides to go to each lung where the blood exchanges carbon dioxide for oxygen through the walls of capillaries. It then flows to the left side of the heart in pulmonary veins and is ready for another trip through the body via the aorta.



The workhorse looks like a dark red pear. It is hollow, extremely muscular, about three and one half inches wide, five inches long, two and one half inches thick and is situated in the chest cavity slightly left of center with its base resting on the diaphragm.

The heart is halved by an interior wall, each half having a small upper chamber (auricle) and large lower chamber (ventricle). On each side blood enters the auricle and passes downward to the ventricle through a one-way valve. It passes from the ventricle through another one-way valve into the pulmonary artery on the left, the aorta on the right. The four-chambered arrangement lets blood pass through the heart without mixing with blood from the body.

The heart pumps by alternately contracting and relaxing. Contraction begins in the auricles and moves downward into the ventricles. Then there's a split-second rest.

The ventricles pump the blood out of the heart and thus have thick, powerful walls. The auricles are thin-walled since they have only to force blood into the ventricles.

The left ventricle's walls are the thickest and most powerful. This is because it pumps blood through the body, discharging about three ounces per beat. The right ventricle pumps blood through the lungs.

When blood enters the aorta in spurts from the left ventricle, the aorta's thick, elastic walls bulge with each spurt and contract behind it. This motion helps the heart in its labors by sending the blood forward in waves.

The wavelike flow continues throughout the arteries — it accounts for the beat of the pulse — and ebbs by the time the blood reaches the tiny capillaries. As capillaries empty into veins, thin walled and larger than arteries, the flow speeds up again, forced to move faster by any movement which squeezes the veins. One-way valves at intervals in the veins keep blood from backflowing.

The heart is activated by a small node in one of its upper chambers. The node is actually an electronic impulse center and normally regulates the heart to a rate of 60 to 80 beats per minute. It receives controlling stimuli from the brain and triggers an electrical impulse which travels through the heart's own nervous system. As the impulse charges through, the heart muscle contracts, thereby compressing the blood-filled chambers to force blood out through the heart valves.

It's A Life Changer

Those who have experienced a heart attack and survived find it is an experience that changes their lives.

William A. Venable, Supply Clerk and Property Book Officer for Building 5250, had his heart attack on October 12, 1971 while sitting at his desk. He had severe pains across the chest and vomited several times before he really became alarmed. Venable was able to go to his doctor's office for an examination. The verdict: heart attack.

He spent the next 10 days in the hospital doing nothing. An active person, he recalls doing nothing was frustrating, however, it helped a little when the doctor allowed him to go home to do it.

Three weeks after his departure from the hospital, Venable's doctor instructed him to start walking a mile a day. He followed this schedule for three months and then his doctor increased it to three miles a day.

By this time the inactivity was getting to Venable. He started talking to his doctor about going back to work. He went to the Redstone Civilian Employee's Health Clinic for an examination and told them his doctor said he could come back to work.

In less than three months after his heart attack, Venable was back on the job again...only this time he knew he would have to be careful and restrict his activities. The doctor warned him to beware of strenuous work, heavy lifting, climbing steps, and other activities that create fatigue and stress.

"You better believe I'm more careful with myself than I used to be," Venable said. "Before my



VENABLE

heart attack, I used to smoke two packs of cigarettes a day. I quit smoking and I haven't even wanted a cigarette since.

"When I quit smoking my weight jumped from 139 lbs. to 172, and my doctor wants me to get down to 155. He didn't put me on a diet, but I have to watch my intake of sweets and starches and I'm down to 162 lbs. now."

Venable believes that his work schedule and his smoking helped bring on his heart attack.

"I was working hard trying to keep up with the property accounts and when they failed to assign someone to the supply clerk typist slot in my office, I tried to do both

jobs...and it was too much," he said.

Now Venable has learned self-control...when he starts feeling tired, he stops and rests. He doesn't get up tight when deadlines and pressures build up...he has learned to take every day as it comes, one day at a time. In fact Venable says he feels better now (he's 63) than he felt when he was 35 years old.

Of course some things have changed...a month or so ago, Venable felt some pains in his chest. Recognizing the symptoms, he took three of the nitro glycerine capsules he carries in his pocket and took it easy the rest of the day. This is the only time he has even suspected an attack since the initial one in 1971.

For those people who may be worried about heart attacks, Venable has this advice: "If you smoke or drink, quit; if your job tires you physically, take it easy and get plenty of rest; if your job creates mental strain and stress, relax until you feel better; remember, don't overdo anything."

Before his heart attack, Venable's exercise was limited to his daily job and his extra house painting activities on the weekend. Now he walks five miles a day every day, rain or shine. Every morning before work, he and his dog Chip, make a circuit of the Maple Hill Cemetery...they make the same trip every evening after work.

"Once you've had a heart attack, you learn to discipline yourself and do what is best for you...It's just something you have to do," he concluded.

The Second Time Around

"Life is much sweeter the second time around," says Murrel A. Metcalfe, construction representative for the Mobile District Corps of Engineers. And he's very grateful for that second chance and a new outlook on life. "Now's the time to stop and think because your attitude can kill you."

Metcalfe, like most people, thought he was healthy as a horse. Heart attacks were for other people. He'd never have one. Then one day he did. And things began to change.

"It takes a shock like that to make you look at your habits. I was about 50 pounds overweight and didn't get enough exercise. But I could do a hard day's work without much effort. Sure I got a little tired, but doesn't everyone?"

"And so I didn't change my lifestyle. You know, I probably wouldn't have either if I hadn't had the attack. But one thing is for sure. Once you know your limitations you have a much better chance for living."

"I know that I have to be careful about certain things to live and now I feel that I'll live longer than I would have without the attack."

"One thing that people need to keep in mind is that anyone can have a heart attack. The time to take preventive measures is right now."

To find out how concerned other men working at Redstone really are, interviews were conducted with members of various age groups. And if men are really immortal, Redstone has its share — or so they'd like to think.

At least this was the prevailing reaction from those interviewed.

"I think I'll live forever or die trying." This comment from a 26-year old man summed up the primary feeling of men in the 25-30 age group.

"I don't sit around and worry about my health," said one 30-year old man. "because I think that's an

unhealthy attitude. That would probably make me really sick. I do smoke a lot but even that doesn't weigh heavily on my mind. You have to live for right now."

If there does come a time in a man's life when the realization of his mortality becomes apparent, these men haven't reached it yet.

"I guess I live my life as if I'll be here forever. Just because I have a life insurance policy and a will made out doesn't mean that I live with the thought of death." At age 38, this man says he has never given any serious thought to his health or how to protect it.

"Maybe we wait too long before we stop and think. If you are healthy, you don't feel the need for concern. It's just when something happens that you begin to worry."

This 59-year old man has noticed a change in his outlook at this stage

in his life. "Suddenly, I've become concerned with my health. Little things like aches and pains have taken on more significance."

"Yes, I worry about my health sometimes. Especially when I read in the newspaper that someone my own age has died of a heart attack or some other disease. You know, 45 isn't very old. It makes you stop and think about those extra pounds you've put on and the cigarette in your hand."

Most of the men interviewed have some type of exercise routine. But they don't engage in sports with a conscious thought of protecting their health.

"I play a lot of baseball and softball, but I do it because I like too and I don't really feel that I'll ever have a heart attack."

Well, maybe you won't. And then maybe.....

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There's No Time To Hesitate

Pain . . . Right smack in the center of the chest.

According to the American Heart Association that's usually the most prominent symptom of heart attack.

The pain may be accompanied by loss of normal color, weakness, nausea, sweating, shortness of breath, often a feeling of impending disaster. The pain may radiate to the arm, neck or jaw.

Just how much pain a person experiencing a heart attack will feel varies according to the person's ability to recognize or feel pain. In some cases the pain is mild and may feel like nothing more than a tightness or pressure in the chest. Many people describe the discomfort of heart attack as "indigestion". Others describe the pain as unbearably intense.

Unfortunately too many people do not react to these symptoms promptly. By failing to call a doctor when the unusual symptoms exist, they put their lives in danger or may cause unnecessary damage to their hearts.

Depend on it, someone having a heart attack needs help quick.

If you suspect that a member of your family, a co-worker, anyone else in your presence or you, yourself, are having a heart attack, call a doctor immediately.

Do not hesitate to take prompt action even if the patient is reluctant to have you make the call. The coronary patient often resists. He may refuse to admit to himself that he is very ill or having a heart attack.

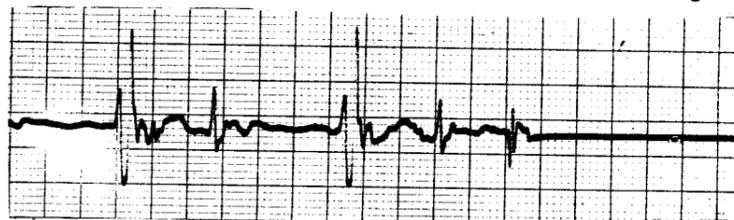
Cemeteries have many permanent residents who got there by not wanting to make a fuss or create a stir or bother someone when they were having a heart attack.

The decision to obtain help should not be left to the individual who is ill.

If you put a call in to a doctor in such an emergency situation, give every clue about the pain that can be given. What was the person doing when the pain first occurred? Where is the pain located? Is it spreading? Where? Is it a sharp or dull pain? How severe is it? Does it come and go or is it constant?

The doctor will probably suggest bringing the patient directly to the hospital emergency room. If you can't get a doctor get the patient to the nearest hospital emergency room. While transporting him, reassure him. Have him avoid physical exertion and keep him as comfortable as possible.

If heart attack strikes while at work, call this number for emergency assistance: 876-6110.



Disease of Prosperity

The American Heart Association studies of heart attack victims suggest that heart disease may be a disease of prosperity.

There are over 600,000 deaths from heart attack each year in this country — many thousands of them among people in the prime of life.

In their search for a way to prevent heart attacks, scientists have studied the living habits and medical records of thousands of persons in early middle age. The studies showed that those who had heart attacks had high levels of cholesterol or other fatty substances in their blood, or were over weight, or had high blood pressure, did not exercise sensibly, smoked, had diabetes or a family history of heart attack in middle age.

These people did not have all the conditions but all had one or more of them. The Association refers to these habits or conditions as risk factors that increase the chance of a heart attack. A combination of two or more of them multiplies the risk.

Evidence suggest that the living habits of millions of Americans are endangering their hearts at a comparatively early age.

Habits begin in childhood with living patterns learned from parents — overeating, not enough exercise, smoking. When they reach their thirties and forties, many Americans are overweight, lead physically inactive lives and smoke heavily. High blood pressure and diabetes are also often present in middle age.

An individual can harbor several of the risk factors and still feel well. Detection of the risks points to precautions everyone can take.

Regular checkups by a doctor will enable an individual to discover early whether or not his health is normal. With the advice of a doctor, most people can regulate the habits and physical conditions that might endanger their hearts.

Less is known about the prevention of stroke than of heart attack, but conditions causing both are often similar, and much of what is said about heart attack applies to the common kinds of stroke.

To work properly, the heart must have a continuous supply of blood through its own network of blood vessels, the coronary arteries. Atherosclerosis in these arteries (coronary artery disease) can cause an interruption in this blood supply and bring on a heart attack.

The most common form of arteriosclerosis — or hardening of the arteries — is caused by cholesterol and other fatty substances lodging against the wall of the artery and impeding free flow of blood. The impediment grows over the years, narrowing and roughening the channel through which the blood flows which can grow large enough to plug the artery, depriving that part of the body of blood. If this happens in a coronary artery, it brings on a heart attack (coronary thrombosis). The resulting damage is called myocardial infarction.

If the clogging occurs in a vessel leading to the brain, the blood supply to part of the brain is cut off, and a stroke may occur (cerebral thrombosis). The nerve cells in that part of the brain are affected and the part of the body controlled by that part of the brain cannot function. The result may be paralysis, loss of memory, difficulty in speaking and impaired vision.

In the U. S., as well as in other countries with a high standard of living, some of the most widely used foods are meat and dairy products, high in saturated fat. Eggs and organ meats are high in cholesterol. A diet rich in these types of food tends to raise the level of the cholesterol in the blood.

Using vegetable oil in cooking, and low fat meats such as chicken and fish, all of which contain polyunsaturated fats, tend to lower the blood cholesterol.

Diet changes should never be drastic or the individual harms himself by cutting out essential foods.

When people tend to eat as much in middle age as in their teens, they tend also to gain weight. Overweight men run a risk of a fatal heart attack three times greater than do men of normal weight.

Hypertension (high blood pressure) can bring on a heart attack. The underlying cause may be some other disease that can be treated by medication and diet, elimination of cigarette smoking and modification of stressful living habits. Those techniques have helped reduce hypertensive heart disease among middle-aged American women 64 percent.

Some scientific studies show that men who lead sedentary lives run a higher risk of heart attack than those who get regular exercise.

Exercise tones the muscles, stimulates the circulation, and helps avoid overweight. It is not recommended that it be overdone. Strenuous and unaccustomed activity occasionally brings on a heart attack in an apparently healthy person.

Insulin, a substance produced by the body, is used to turn sugar and starch into energy. In diabetes, the body does not produce enough insulin for this purpose, or does not make proper use of its insulin. As a result, excess sugar builds up in the blood. This is associated with a rise in cholesterol and other fats in the blood and with the development of atherosclerosis.

Through regular medical check ups, diabetes can be detected early and brought under control so that most diabetic patients can lead normal, active lives.

There is no ironclad proof that following the Heart Associations guidelines will prevent heart attacks, but most scientific evidence today points that way.

Children stand to benefit most of all by learning early in life to avoid eating and living patterns that may lead to premature heart disease in adulthood.

Through Medical Research

Longer, More Enjoyable Life

An automobile can run thousands of miles with a faulty valve, but sooner or later the valve has to be fixed to keep the car operating.

Benjamin D. Heiman, a logistics officer in the Directorate for Materiel Management, lived many years with a defective heart valve, however, like the automobile, the valve had to be repaired to keep him operating.

Though the comparison of an automobile and a person may be a little far out, it does show how much progress has been made by medical science in the area of open heart surgery during the last 20 years.

When Heiman was released from military service in 1952, doctors discovered he had a heart murmur. They told him to cut down on his activities and to take it easy.

In 1958, after a routine physical examination, doctors told Heiman he could resume normal activities, but suggested he take annual physicals for his own protection.

For 14 years things went well, but in 1972 the family doctor noticed that Heiman's heart was enlarging. He was sent to the University of Alabama Medical



HEIMAN

Center in Birmingham, one of the five heart research centers in the U.S. for extensive tests.

As a result of the test, surgeons decided that the aortic and mitral valves of Heiman's heart could be

replaced with newly developed mechanical valves.

On January 10, 1973, Heiman underwent open heart surgery and had two new valves installed. The open heart surgery was successful and by the middle of March, he was walking a mile every evening. Soon he was mowing the yard, doing odd jobs around the house and working with a community volunteer group.

Though the surgery was a success and Heiman resumed normal activities, he had some trouble adapting to his new heart valves. At times he could hear his heart valves clicking as they pumped the blood through his body...and it bugged him. Some nights he lay in bed hearing his valves click and found it hard to go to sleep.

Gradually he accepted the clicking as proof his heart valves were operating properly and now he says he rarely notices the noise at all.

At first Heiman was reluctant to talk to anyone about his heart surgery. Some of his volunteer group co-workers assured him that other people with heart problems would like to hear of his experiences...it could give them hope.

Now he discusses his past heart troubles and his open heart surgery with the quiet assurance of a man with a new lease on life.

Two years prior to his surgery, Heiman was walking 15 miles a week at a rate of 4 miles per hour under his doctor's direction.

Twenty years ago when his heart defect was first detected, heart research had not developed the techniques that have now helped Heiman.

As more progress is made, there is increasing hope for people suffering from heart defects.

Heiman said, "I was very impressed with the extensive tests given me at the Research Center in Birmingham. They are one of the most progressive heart centers in the nation and it is reassuring to know they are continually researching and solving heart problems."



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GOES INTO COMPUTER — Deloise Ragland indexes a contractor brochure to go into the MICOM IR&D computer program.

Raise Peacetime Disability Benefits

Higher benefits are in the offing for 191,400 veterans who incurred service connected disabilities during peacetime military service.

Administrator of Veterans Affairs Donald E. Johnson said August checks will reflect the increases brought about by legislation that equalized compensation rates for peacetime and wartime disabilities.

Before the law was enacted, peacetime veterans were paid 80 percent of rates allowed wartime veterans.

As of May, 2.2 million veterans, including the 191,400 peacetime veterans, were on VA compensation rolls.

Compensation is paid on a sliding scale ranging from \$28 monthly for disabilities rated 10 percent, to \$495 for total disability. Some veterans with certain severe disabilities receive additional payments which run as high as \$1,232 monthly, plus allowances for dependents of veterans rated 50 percent or more disabled.

Research Network Assures Latest Data Within Minutes

At the push of a button, the Army Missile Command now has access to a computer program that keeps tabs on \$650 million being spent annually on Independent Research and Development (IR&D).

"At the moment, the IR&D program encompasses more than 150 contractors from coast to coast," said Dr. Julian Kobler, Director of the Redstone Scientific Information Center which operates the data bank for the Department of Defense. "We know what is being done—and who is doing it."

"We're the only source available anywhere having such information."

"The contractor actually decides what he'll work on—that's his prerogative—but the money he gets from government must be spent in basic or applied research, concept formulation studies, or product development," Kobler said.

"And programs funded under IR&D must have potential military application."

Virginia Woodruff, MICOM's contact for the program, said any contractor who gets \$2 million or more annually in government contracts is eligible for IR&D money in the form of "overhead allowance."

"That enables the contractor to be competitive and maintain a research and development capability."

Woodruff described the program as one which "... extends the state-of-the-art and provides a broad technical base from which new technology and weapon systems may evolve—".

"It's unique, there's no other DOD program like it. It's an advanced technology—we're looking way down the road. And it's cost effective. For the approximately \$100,000 that it costs us to operate each year we have access to nearly \$650 million in research and development efforts."

"We keep abreast of technology advances but we also can reduce unwarranted duplication of effort between industry and government," Woodruff said.

A few of the technology areas under the IR&D program include terminal homing, propulsion, sensors, structures and mechanics, guidance and control, lasers and ground support equipment.

A contractor who gets IR&D funds must submit a brochure on proposed programs and, upon request, host an on-site review. The Missile Command, meanwhile,

evaluates the contractor programs, incorporates the information into the data bank, and makes it available to those who have a need to know.

Woodruff explained how it's done.

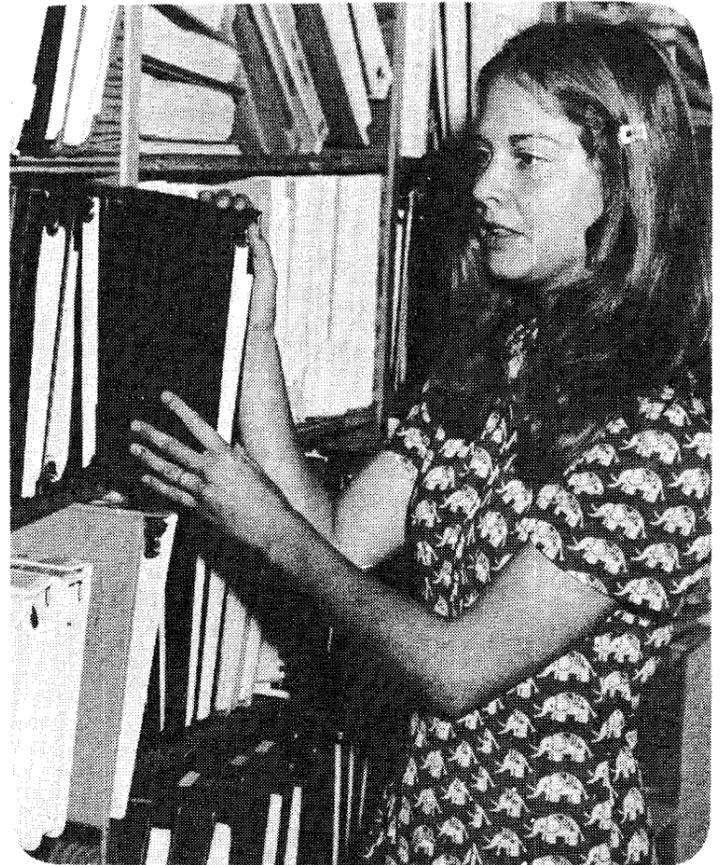
"A MICOM engineer in Advanced Sensors, for example, might want to know what's new in laser sealing. We can send him a printout each month showing who is doing work in that particular area, how much funding they're getting, progress they're making. We have key words describing the technology, words such as lasers, electronic packaging, hermetic seals and metallic seals."

"If the user wants additional info, he can ask questions or come in for custom-made searches of the whole data bank—or any part of it," Woodruff said.

To protect proprietary information, all printouts are marked "For official use only," not releasable to nongovernment personnel," Woodruff explained.

MICOM maintains a data base of projects for current as well as previous years, Woodruff said, so that retrospective searching can be accomplished.

"Through this program, we are responsive to management as well as the man on the bench," Woodruff said.



IT'S ALL HERE — Lori Brown pulls a brochure from RSIC files to answer a research question. If a customer wants more data than is available on the computer printout, it's in the file.

Unused Leave Pays Off At ETS

(ANF) — If you're getting near ETS, don't forget you'll be able to collect a day's pay for every day of unused leave — for as much as 60 days.

Enlisted men with no dependents also get a reduced subsistence allowance, in addition to their basic pay. And an E-5 or above with dependents can collect an

amount equal to his basic pay, plus a reduced subsistence and quarters allowance.

Officers receive their basic pay, plus normal subsistence and quarters allowances for each day of unused leave.

So if you've got some days of leave coming, remember they'll be worth money to you, when you're released from active duty.

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HUNTSVILLE

AVIATION

"They Thought I was Kidding"

"A bunch of us guys were sitting around over a tall beer, when I opened my mouth telling how I could cut the world's record by 4 or 5 minutes," said John V. Swearingen.

"They never let me forget it, so I took the challenge and won it." Swearingen, then age 56, carved more than four minutes off the world's record of climb-

ing 400 feet of rope. The event was the Prusic Contest at the National Speleological Society Convention held in June at the University of Indiana, Bloomington. His world record for the vertical climb for above 50 years of age is 11 minutes 53.7 seconds.

When Swearingen decided it was time to back up his bravado, he went all the way. His first act was to engage William Cuddington as coach. Cuddington had once held the world's record for the 400 foot vertical climb on which he used the Jumar Cam and Gear Box system he developed.

In September of 1972 Swearingen began his training. He estimates he ran almost 700 miles before the June meets. By Spring he was able to climb the 400 feet of rope in 12 minutes and 58 seconds at time trials in Falls Creek Falls, Tennessee.

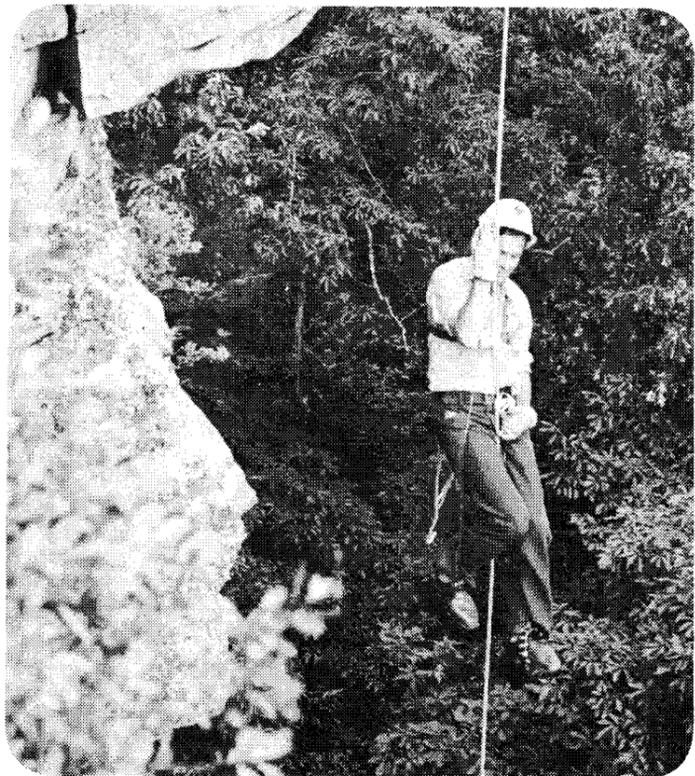
"Staying in shape is continuous," said Swearingen. "One month lay-off can eliminate all the fitness you have built up over months."

He stays in shape through his Caving activities with the Speleological Society.

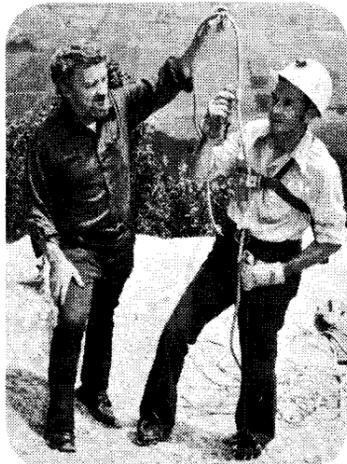
"It's an excellent way to practice physical fitness with an objective," he said. "I keep in shape by hiking above ground, as well as through the strenuous exercise called for in exploring some caves."

His interest in physical activity and cave exploration dates back to age 12 when he and friends would swim into sea caves.

"We would catch the wave low, and swim like mad. As the wave rose, you braced against the roof. We had a great time, but I wouldn't do it now, even though I may be in good physical condition."



SUSPENSION — John V. Swearingen "shinnies" up a rope to demonstrate the climbing style with Jumars which won him the world championship 400 foot rope climb in June at the National Speleological Society Convention. He said that hanging over the Big Cove area on the East side of Green Mountain, is much more difficult than in the darkness of a cave pit because of the visual depth in daylight.



CHAMPIONSHIP CLIMB — John V. Swearingen demonstrates the Jumar Cams and Gear Box. Swearingen and Bill French, are employees of RD&E Laboratory.

Dorsey Takes Over Equal Employment Officer Role

Fred M. Dorsey has been named as Equal Employment Opportunity Officer Huntsville Division, US Army Corps of Engineers succeeding Stephen Rohr who recently transferred to the Marshall Space Flight Center.

A native of Rockmart, Georgia he is a 1961 graduate of the Agricultural and Technical College of North Carolina, where he earned his BS degree in Electrical Engineering.

Dorsey entered government service with the Mobile District of the Corps in 1962 and remained there, except for three years active duty with the US Army, until his transfer to the Huntsville Division in May 1971.

Since 1971 he has served as staff Electrical Engineer in the Engineering Division. He will continue with these duties as well as being the Division EEOO.

Colonel Lochlin W. Caffey, Division Engineer, in announcing Fred's new appointment charged him as directly responsible to the Division Engineer to actively provide staff leadership of the Huntsville Division's EEO Program.

Other members of the EEO staff include Laura A. Lehman, Federal Women's Coordinator and EEO Counselor; Thelma H. Sharpe, EEO Counselor; and George G. Stewart, EEO Counselor.

Bonus Continued, Another Halted

(ANF) — The new \$2,500 bonus for four-year combat-arms enlistments is being continued. Originally, the bonus was to be in effect only in May and June, but has been extended.

There is one enlistment option, however, that has been discontinued: the "Army cash and Training" option, which offered a \$2,500 bonus for a four-year enlistment in combat-technical skills, such as Pershing missile crewman or radio-teletype operator.



NEGOTIATION ENDS — The first separately negotiated agreement between MEDDAC and AFGE, Local 1858, was signed recently. Previously MEDDAC had come under the MICOM agreement. Pictured left to right are George Burchfield, president of Local 1858; Mrs. J.N. Handy, negotiator for the union; Mrs. E.W. Holden, vice-president of the union for MEDDAC; and Col. James M. Feltis, Jr., commanding officer of Meddac.

Troops Fire Dragon

Five Fort Benning, Ga., soldiers coordinated test range requirements for the group. Also participating in the training were the Dragon project office; Army Electronics Command; Night Vision Laboratory; Philips Broadcast Equipment Corp., night sight contractor; and McDonnell Douglas Astronautics Co., Dragon prime contractor.

Now qualified as night-sight instructors with the Army's new shoulder-fired tank killer, they'll train other soldiers how to locate, track and destroy battlefield targets, even after dark.

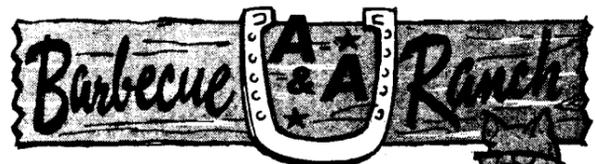
Soldiers who fired were Staff Sergeants Marion Davidson and Willie Young; PFC Charles Fincher, Jr.; Specialist 5 Edward Conner and PFC William Whitfield.

Major Larry Walton, also of Fort Benning, was night sight test officer. SFC Billy McKeith, MICOM gunner and adviser to Colonel John Shea, Dragon Project Manager,

coordinated test range requirements for the group.

Also participating in the training were the Dragon project office; Army Electronics Command; Night Vision Laboratory; Philips Broadcast Equipment Corp., night sight contractor; and McDonnell Douglas Astronautics Co., Dragon prime contractor.

Weighing approximately 30 pounds, Dragon is completely man portable, yet powerful enough to destroy enemy tanks or other battlefield targets.



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“Jack Boles belongs.”

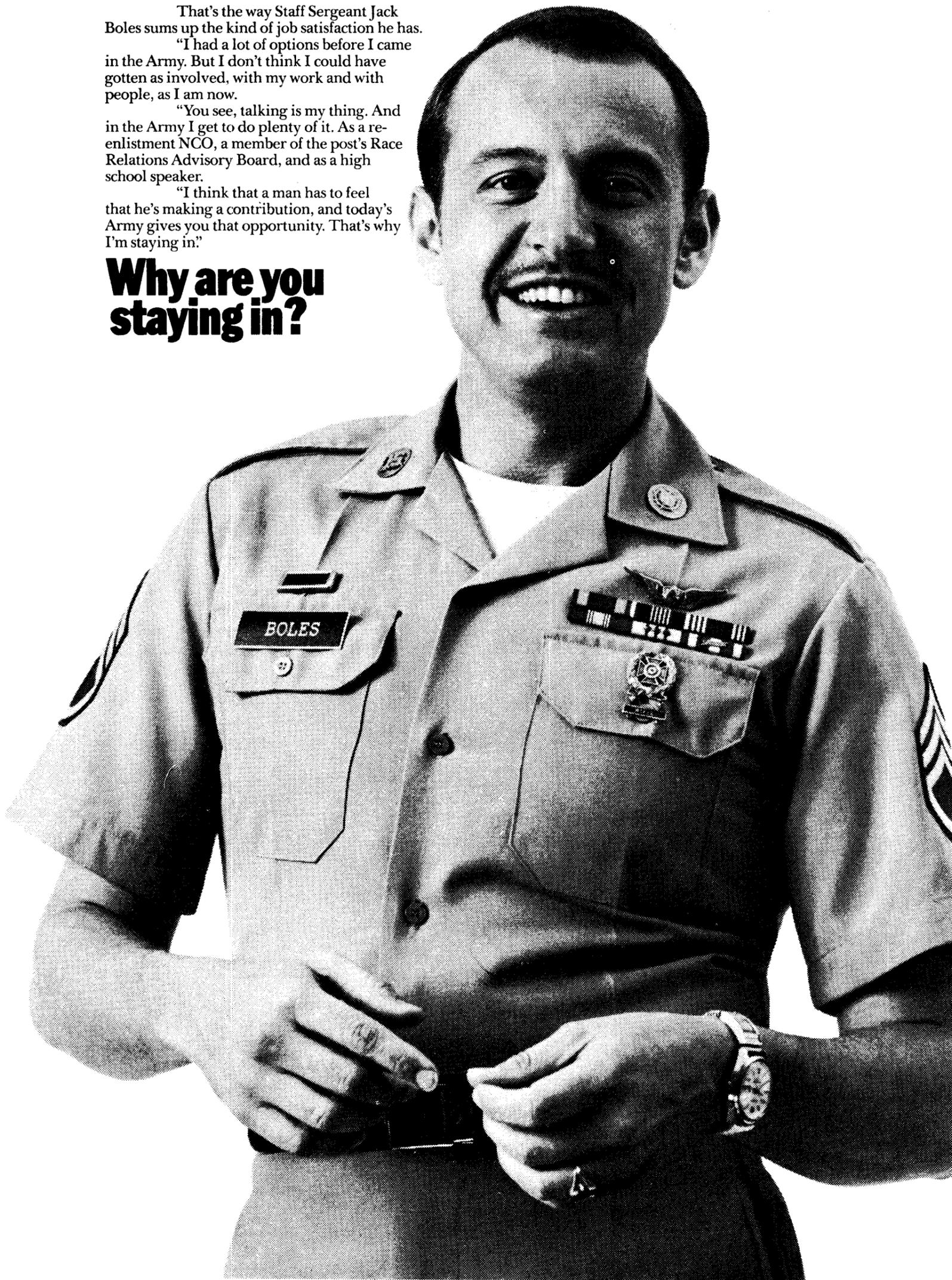
That's the way Staff Sergeant Jack Boles sums up the kind of job satisfaction he has.

“I had a lot of options before I came in the Army. But I don't think I could have gotten as involved, with my work and with people, as I am now.

“You see, talking is my thing. And in the Army I get to do plenty of it. As a re-enlistment NCO, a member of the post's Race Relations Advisory Board, and as a high school speaker.

“I think that a man has to feel that he's making a contribution, and today's Army gives you that opportunity. That's why I'm staying in.”

Why are you staying in?



George Wells plunked his brief case on the floor next to the seat he had selected in the airport waiting room. He looked at his watch. Three hours to plane time.

Never one to just waste time, the waits rankled him as he traveled about the country for the Army Audit Agency. His homework done, tired of reading, he began people watching. He wondered about their lives — why were they at this point, where were they going — such as the young man in uniform whose family seemed particularly concerned as if he may be leaving the warmth of home for the cold unknown of places like Vietnam.

He pulled a sheet of paper from his briefcase and began to compose a verse from his thoughts. The professional accountant with no musical inclination had begun his hobby which would lead him and his family into many enjoyable hours and project one of his ditties into the movies as lyrics to a song.

As the poems piled up his wife Barbara and sons Kenny and Paul urged him to do something with them beyond the collection of dust.

"I knew Billy Stone, local musician and barber, so we worked together on some of the words I had written," Wells said.

Together they did "Turn the Record Over" which was the song appearing in the movie "From Nashville with Music."

"We also wrote a gospel song "Jesus Loves Me Feeling" which is on a record by the Kingsmen Quartet," he said.

From his watching the goodbye incident at the airport he composed "Letter to Hanoi" which, he said, "did well on the West Coast and was written up in "Cash Box."

"My family was helpful throughout all this," he said, "Though they are not musicians either, they enjoy music. Their assistance came through encouragement and actual assistance in wording.

"My interest is in gospel music, mainly. We attend sings and have recently attended the International Gospel Festival.

"Kenny now 13, turned out to be a promoter, mixing with the singing groups and helping them sell records. Of course, he and Paul have assisted all along with the mail-outs and letter writing."

For a time the family hobby was almost a family business. They established the Tidewater Publishing Company in order to get Wells' lyrics on records which carried their own "Fireside" label.

"I have felt I should devote my writing to religious type music," said Wells. I have found that many people listen to it and benefit from the ideas expressed in it. I once thought all had been said which could be said, but that isn't true."

The only secular song Wells is working with presently is "Greenie (The Christmas Tree)", a song he wrote three years ago.

A recording of it, made by the Regents, a local singing group, will be coming out in the Fall.

Wells is presently working with Billy Brooks on a gospel song "Come On Up To The Mountain". The two met when Wells was assigned to audit the Facilities Engineer office where Brooks



MUSIC MAKERS — George Wells, right, teams up with Billy Brooks to write a gospel song "Come On Up To The Mountain." The words are mainly Wells' and the melody is developed by Brooks who says, "I've played guitar since age 12 when I entertained on the front porch — the neighbors were a mile away. Both Missile Command Employees, individually they have had music and words on record, but this will be the first written as a team.

works. "We hope," said Wells, "that someone will use the song and that listeners will enjoy the music and benefit from the thoughts expressed."

At Least Cut Down!

By COL. DAVID E. LANGDON, USAF, MC
Chief, Gastroenterology Service
Wilford Hall USAF Medical Center
Lackland Air Force Base

What are the risks of smoking? What do you do if you can't stop?

The risks are a five to 40 times increase in squamous cell (the most common type) cancers of respiratory tract, including lip, tongue, throat, vocal cords and lungs and of the esophagus. I have yet to see a squamous type of cancer of the esophagus in a non-smoker in this country.

(Russian boiling tea drinkers along the Volga and the Japanese have high incidents without smoking.)

The second major risk is emphysema and bronchitis which wipes out your wind somewhere between ages 45 and 65.

The third risk is increased complications from infectious respiratory tract diseases.

A fourth area is increased cardiovascular deaths, particularly sudden death, presumably due to sudden abnormal heart rhythms. Not only nicotine, but carbon monoxide plays a role.

Some 600,000 die yearly from heart attacks and about one-half of these before reaching the hospital. Survival in heart attacks is clearly several-fold better in the non-smoker.

A recent study showed that smokers with known heart artery disease driving on expressways had more EKG changes recorded while driving than non-smokers.

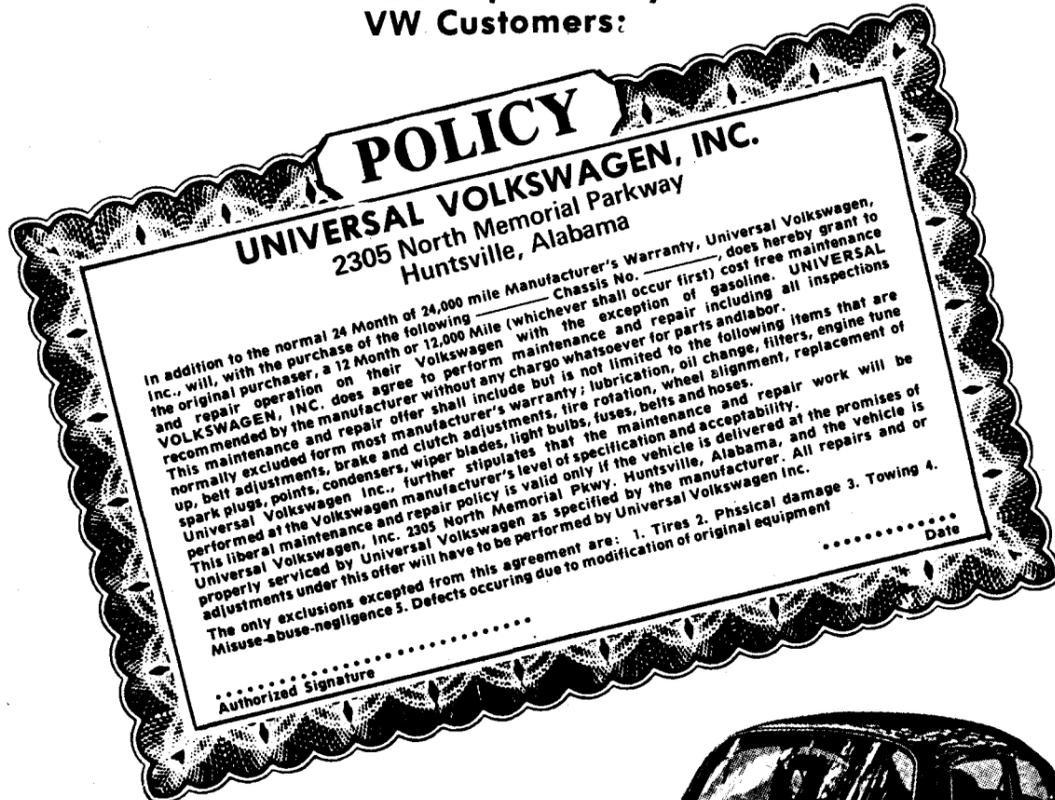
Smokers who developed gradual occlusion from hardening of their blood vessels to their legs have higher amputations and skin ulceration rates than non-smokers with similar problems. Buerger's disease seems to be particularly affected by smoking.

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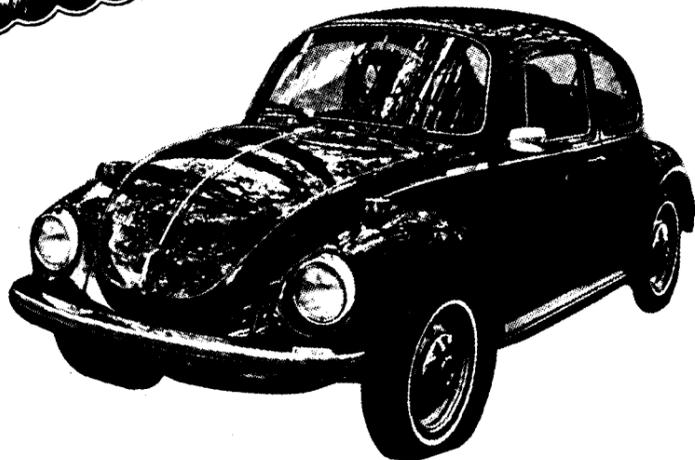


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Open Door To Success

(ANF) — High School equivalency exams have opened the doors to higher education for many veterans. A recent study shows that vets without high school diplomas—who pass the equivalency exams—have little or no difficulty adjusting to college. And their grades average about the same as other students'.

Local VA offices have information on how to go about taking a high school equivalency exam. The tests are offered by the VA under an agreement with the American Council on Education.

MISSILE & MUNITIONS CENTER & SCHOOL
NAMES IN THE NEWS
 By SP4 Larry Marsh

SOM

First Battalion's Soldier of the Month for July is Specialist Four James D. Marett, Jr. Assigned to Company B, Marett is a nuclear weapons electronics instructor. He is a 1969 graduate of Carroll High School in Ozark, Ala., and attended Clemson University for three years. He has twice been named honor graduate of classes at MMCS—first in his nuclear weapons course and then in Methods of Instruction.

Promotions

Master Sergeant Everett E. Brooks was promoted to his present rank last week. Assigned to Company C, Brooks is the NCOIC of S1, School Brigade. His previous assignment was as advisor



MARETT BROOKS

to the Alaska National Guard in Anchorage. He is a 1958 graduate of Addison High School in Roanoke, Va.

Reenlistment

Specialist Four Edward N. Perry reenlisted last week for four years. He is a maintenance data specialist assigned to Company A. He is a native of Royal Oak, Mich., where he graduated from high school in 1971. He entered the Army in June, 1971.

Retirement

Master Sergeant Kenneth C. Miller, chief instructor of the



MILLER HURST

HIPAR Branch of the Nike Division, will retire at the end of this month. He is assigned to Company B. Miller is a 1939 graduate of NCHS in Casper, Wyoming, and has been on Project Transition for several months. He will make his home in Albany or Corvallis, Ore.

Honor Graduate

1LT Michael S. Gilmer had the distinction of being named honor graduate of the first graduating class of the EOD Phase I (55D) Tech Escort class. Phase II is conducted at Indianhead, MD. A

resident of San Diego, Calif., he holds a B.S. degree from the University of California at Davis, earned in 1963.

New Arrivals

SFC Edgar A. Young, Jr., comes to MMCS for the fourth time. Assigned to Company C, Yong is an instructor in the Hawk missile launcher branch. He is a 1958 graduate of Monongahela (Pa.) High School and entered the Army in 1959.

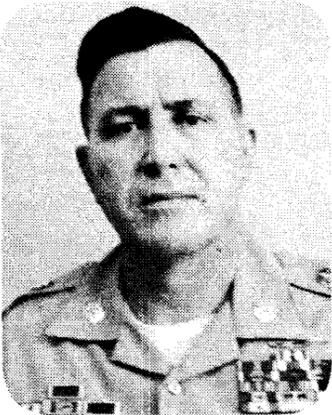
Arriving from Germany, SSG Robert B. Dunlap moves in as duty sergeant at the 1st ETC. A native of Jim Thorpe, Pa., Dunlap entered the Army in 1955.

Moving in as technical NCO of the Force Development Division is Master Sergeant Joyce E. Hurst, a native of Coal Hill, Ark., and a 1951 graduate of the high school there.

Named Brigade CSM

A 20-year Huntsville resident, recently assigned to the Missile and Munitions Center and School, has been named Sergeant Major of the School Brigade.

Command Sergeant Major Joe L. Pitt, 44, grew up in the area



PITT

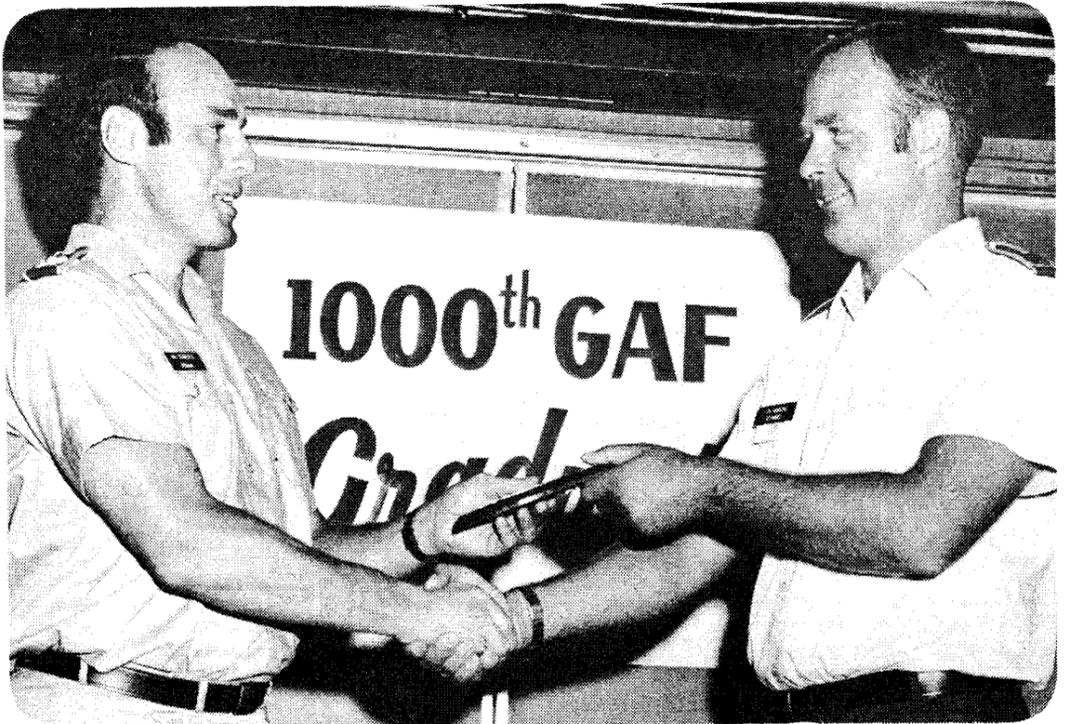
around Trinity, Ala. Pitt entered the Army in 1945, and is a combat veteran of Korea and Vietnam.

He and his wife, Frances, make their home in northwest Huntsville.

Among Pitt's decorations are two awards of the Combat Infantryman's Badge, two Silver Stars, the Bronze Star for Valor, Meritorious Service Medal and French Croix de Guerre with bronze star.

Also, the Army Commendation Medal (four awards), Air Medal (three awards), Purple Heart (two awards), and service medals.

Pitt replaces Command Sergeant Major Billy Rose, who retired from military service in May.



MILESTONE GRADUATE—Major Georg Schreiber (left) presents plaque to Sergeant Major Hermann Hinrichs at his recent graduation from a Nike course at MMCS.

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Electric System Needs Overhaul

It's a Saturday afternoon in July and residents of Family Housing are closing blinds, drawing drapes and turning air conditioner controls.

As the day wears on and hot gets hotter, Dad's eyes tell him the TV picture is shrinking and he decides to forego that other beer before supper. Mom complains that the roast won't get done and Junior notices the desk lamp dimming as studies.

Meanwhile the folks next door are witnessing a similar set of circumstances.

What's cooking? Most likely tempers, among other things. It's brownout time at Family Housing again.

Things should be different next year. The housing area's electrical distribution system is slated for overhaul.

Today's demands are just too much for the aging system, according to Facilities Engineer's Barnette. It was adequate when air conditioners, washers, dryers, freezers, etc. were few.

The housing area's distribution system, as originally set up, provided one 37.5 kilovolt ampere transformer (one KVA is roughly one horsepower) to take care of 16 houses. "We've replaced them with 75 KVA units which are still inadequate," Barnette said. "We put in bigger transformer while we should have been splitting up the load".

The new system will have a 37.5 KVA transformer for every four houses. Its installation is in conjunction with installing 719 central air conditioning units.

"We're hoping to make it through the summer," Barnett said, adding that wholesale changes can't be made because contractors have bid according to specifications already drawn.

The new system calls for another substation, bringing the number serving the housing area to two. Substations break down a high voltage for domestic use.

There will be no nuisance outages like have plunged the entire housing area into darkness on occasion in peak load periods.

Of the present situation, Barnette noted, "It's a vicious cycle. If the power is already low and voltage drops, electric motors automatically draw more current to try to keep up horsepower. This keeps on until a fuse blows.

Facilities Engineer has studied the possibility of asking Family Housing residents to not operate some appliances during peak load periods. In the meantime, the Utilities Division is trying to head off this possibility by reworking circuits and taking other stop-gap measures.

Race Relations Field Widens

(ANF) — Two new M-O-S's have been established in the race relations—equal opportunity field. For officers, the designation is 23-50, and for enlisted men and women, it's OO-U. Formal training is required for the M-O-S's, and the Continental Army Command is now developing a special course for them.

In the meantime, however, all training is provided by the Defense Race Relations Institute at Patrick Air Force Base, Florida.

All Family Units Soon Will Have Central Air

The Mobile District, Corps of Engineers, has issued an invitation for bids to install central air conditioning in 719 sets of family quarters on Redstone Arsenal.

Air conditioning of 179 units will involve vacating the quarters in order to install equipment. The remaining 540 units will be occupied while work is accomplished.

The construction period will cover 16 months. When completed, all sets of family housing on Redstone will be centrally air conditioned.

Some houses and apartments on Redstone were constructed before central air conditioning was available, others when it was not considered standard equipment for new Army housing.

Units to be vacated include those near the Army hospital and some of those in the Redstone Arsenal Support Activity headquarters area which were built at the beginning of World War II; a portion of Capehart housing occupied by officers; and Wherry non-commissioned officer units built in the early '50s.

A schedule has been prepared for air conditioning work to be done in vacated quarters in increments of 12 units at one time. Twelve units will be vacant when the contractor is ready to begin work by not assigning these quarters to anyone as they are normally vacated.

When the first units are completed, 12 families will be moved into them so the housing they vacate will be ready for the contractor.

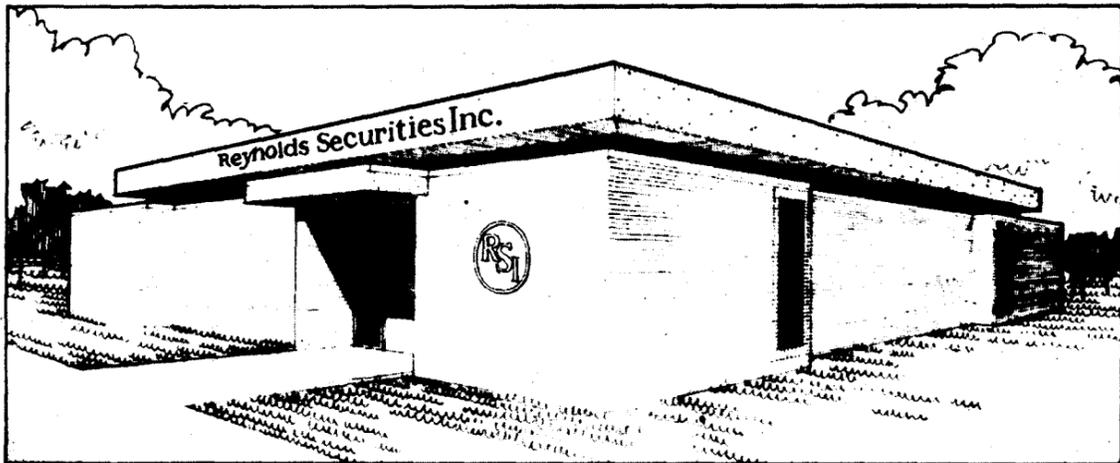
Anyone who can project a date for moving out of quarters due to

reassignment should notify the Housing Office in writing so the vacancy can be taken into consideration when work is being scheduled.

Modifications will be made in the arsenal electrical system so service will be available as the air conditioning is completed.

As work progresses, arrangements have been made to present detailed briefings in advance to occupants in the next block of housing scheduled for installation of air conditioning.

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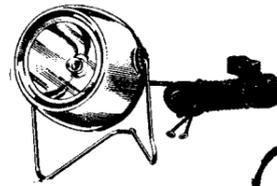
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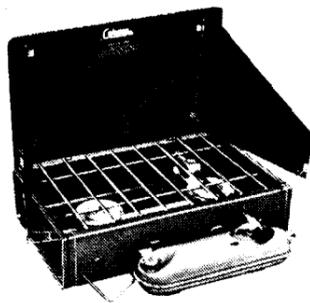
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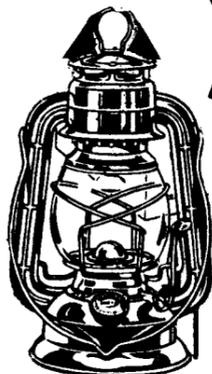
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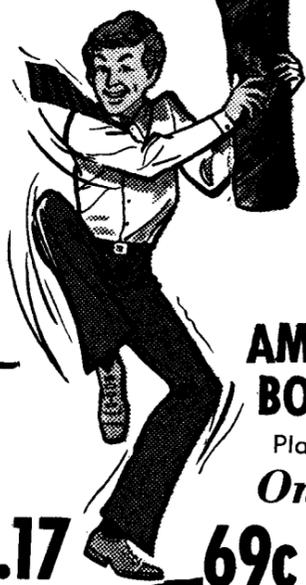
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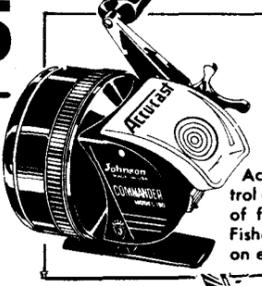
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Stars After Tri-State Classic Win

Competing in an off-post softball tournament for the first time this year, a team of Redstone All-Stars beat Drake Avenue Standard Oil of Huntsville, 6-1, Saturday night. The victory moves Redstone into second-round action of the Tri-State Classic in Scottsboro. The Arsenal will play the winner of a game between Ardmore and Addison.

Saturday night's win was not as easy as the score might indicate. Drake Avenue Standard threatened in the first inning with a base hit and two Redstone throwing errors. But one run was cut down at the plate and Mike Spry and Marvin Williams combined on a heads-up play to nail a runner at third base to get out of the jam.

The All-Stars wasted little time scoring. Marvin Williams lashed a one-out triple to right-centerfield and came home on a base hit by secondbaseman Mike Oury for a 1-0 lead.

Drake Avenue mounted another serious threat in the top of the fourth inning against Redstone's Ron Lockwood. An outfield error and two base hits loaded the bases, but Lockwood got the next batter to ground into a force out at the plate and the final batter grounded out to Oury.

Redstone finally solved the mystery of the Drake Avenue in the sixth inning. Catcher Rich Northcraft opened the frame with his second double of the night and pinch-runner Lynn Ash moved to third on a bunt single by Jerry Thomas. After Thomas stole second, Williams was given an intentional walk. Oury grounded into a double play and Drake Avenue seemed destined to avoid any damage. But Mike Spry doubled for two runs, Rick Newman tripled to right to drive in Spry, and Newman came home when Lockwood reached on an error. The final tally came when Max Lawson's single was misplayed in centerfield, allowing Lockwood to score the fifth run of the inning.

Drake Avenue ruined the shutout with a run in the seventh inning. A walk and single started the inning and a deep fly to Redstone's Gene Howey in centerfield brought home the run.

Northcraft and Spry led the Arsenal with two hits apiece. Lockwood allowed only five singles to gain the pitching victory.



CONCENTRATION — John Pierso tries for one more ringer at the horseshoe pits in front of building 4722. Employees of the Management Information Systems Directorate made the pits to offer recreation during lunchtime.

Division Winners Favored In Playoff

MICOM Stands Alone, Company A Ends Fast

The playoffs began Monday in the unit-level softball with MICOM II and Company A appearing to have the inside track to the title. But six other teams will have a lot to say about who will reign as champion. Those fans who were around for last year's playoffs will remember that Safeguard pulled a stunning upset to win the championship over Unit Training Command.

When it comes to offensive explosiveness, MICOM II is in a class by itself. With five of the league's top six hitters, MICOM II can hit for average and power. Mike Spry is undoubtedly the best thirdbaseman in both leagues with a sure glove, great arm, .510 batting average and 10 homeruns. More power comes from secondbaseman Don Watson (6 HR) and first sacker Mississippi Max Lawson (10 HR).

Since the loss of centerfielder Danny Wyrick, MICOM II has had to adjust its outfield, but still fields two of the best in Jerry Thomas (.479) and Rick Newman (.400, 7 HR). Catcher Al Ashton has the strongest throwing arm in the league. But fast-pitch softball success still revolves around pitching and MICOM II has it in Ron Lockwood, who also hit .500 with six homeruns. Lawson is also available for mound duty, but the burden will fall to Lockwood.

Company A ran off 17 straight wins after losing two of their first three games. The A's lost two key players during the season — Sam Word and Greg Groesser — but still figures to be the best bet to knock off MICOM II.

They have two veteran pitchers in Cal Done and Marvin Walker, and have an outstanding defensive infield. Their key man is shortstop Marvin Williams, who hit .489 and plays the flashiest defense in either league. Other solid performers include thirdbaseman Charlie Miller (.458), secondbaseman Charles Reese and outfielder Quentin Diggs.

The MPs relied on their hitting this season to carry them to a 15-6 record. Ernie Williams, who plays shortstop, outfielder and pitcher, is their only legitimate long ball threat, but John Thomas and catcher Harry Thomas are both outstanding hitters. MP pitching is erratic, as evidenced by three 16-15 victories during the season. The return of Lenny Smith may erase the situation, in addition to the pitching of Williams and Rod Perry.

MICOM I battled Company A all season before settling for second place with a 16-4 mark. This team looks good on paper, but has been something short of sensational on the field in recent weeks. Leading hitters include catcher Rich Northcraft (.459, 7 HR, 36 RBI) and Gene Howey, the league-leading batter with a .500 average. Walt Fuller and Jim Crowson add more offensive punch.

The pitching is in good hands with John Goltz and Sid Roberts as experienced moundsmen. MICOM I is not outstanding defensively, particularly since the loss of shortstop Ray Smith. Howey has moved from his best position — centerfield — to shortstop with a subsequent weakening of both infield and outfield.

Company C finished third in the American League and will face MICOM I in the first round. If pitcher Fred Helmer is on his game, the C's could pull some upsets. The team has played its best ball of the season in recent weeks. They have an outstanding second baseman in Mike Oury, who hit .408. Company C has moved its players around more than most teams but appears to be settling down to a set lineup now. The addition of Ron Hall in centerfield has added some much needed offense to a team that must hope

for Helmer at his best if they are to go anywhere.

The Marines finished third in the National League and is matched with the MPs in the first round. This is the most unpredictable team in the playoffs, capable of playing well or poorly at any given time. James Warren has pitched some outstanding games for the team, while James Stewart (.444) and Don Fannin (.429) have paced the offense. The Marines have an outstanding player in Frank Paoli, who has seen only limited action.

The Meddacs, fourth-place finishers in the American League with a 12-9 mark, are likewise unpredictable. Terry Harding is the man on the spot for the Meddacs as he led them to the playoffs with his control pitching. The Meddacs have a good one in secondbaseman Manny Chavez and another good stick with Glenn Makin. Chris Wanzer is a capable centerfielder.

The final spot in the playoffs belongs to the 8th ETC, who slipped in with an upset of MICOM I on the last night of the season. The 8th has three good players in shortstop Mark Bennett, Dave Bomba, and centerfielder Gerry Calmes. Pitching is very questionable.



GOOD START. Marvin Williams of Company A accepts congratulations of teammates after leading off the game with a homerun against MICOM I. Company A won the game, 5-4, and moved into first place in the National League.

Water-Jet Devices

(ANF) — Here's some special advice from the Army Institute of Dental Research: when brushing your teeth, always use a soft, nylon-bristled brush.

Another thing — pulsating water-jet devices can also be useful. They stimulate the mouth tissues and remove food particles from between the teeth.

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MICOM Ends Perfect Slate

Two games wrapped up the regular American League season last week and four teams — MICOM II, the MPs, Company C, and the Meddacs — prepared for the playoffs.

MICOM II matched the feats of the Miami Dolphins by recording an unbeaten season. The league champs overcame the final hurdle with a 7-4 win over the Meddacs. Max Lawson crashed his eleventh homerun of the season to win the homerun title, and Don Watson hit his sixth roundtripper to give MICOM II an early lead which they never relinquished. Ron Lockwood pitched a four-hitter and had three hits himself, while Lynn Ash and Jerry Thomas chipped in with two hits each. Terry Harding had two hits for the Meddacs.

The Meddacs came back Friday to make their season finale a good one with a 14-7 pasting of the MPs. The Meddacs scored in five different innings with an 11-hit attack. Newly-acquired Randy Hoerth hit a three-run homerun, while Manny Chavez and Win Goddard also drove home three runs. Winning pitcher Terry Harding scattered seven hits and had three of his own.

Eighth Edges Into Playoff

Company A clinched the National League championship last week and 8th ETC upset MICOM I to grab the fourth and final spot in this week's playoffs in the unit softball competition.

Once again, rain was a big winner during the week and only three league games were played. Company A ran off its seventeenth straight win, a 7-2 conquest of the Marines. Cal Done pitched a three-hitter Charlie Miller collected three hits to pace the winners. Marvin Williams added two hits and John Vandevener drove in two runs for the A's. James Warren had two hits and two RBIs for the Marines.

It was a formidable task facing the 8th ETC last Thursday, but they were ready for it. The 8th

LEAGUE LEADERS (final)

National League (35 or more at-bats)			
	AB	H	AVG
Howey, MICOM I	50	25	.500
Williams, Co. A	51	26	.491
Northcraft, MI	61	28	.459
Miller, Co. A	48	22	.458
Stewart, Marines	36	16	.444
Sunday, 95th Cal	58	25	.431
Fannin, Marines	35	15	.429
Fuller, MICOM I	56	23	.411
Griffin, Co. A	35	14	.400
Crowson, MICOM I	54	21	.389
Runs—Northcraft 34, Williams 31, Miller 26, Fuller 24, Howey 22, Diggs 22.			
Doubles—Northcraft 6, Sunday 5, B. Smith 4, J. Sanchez 4, Calmes 4.			
Triples—Calmes 5, Howey 4, Northcraft 4, Fuller 4.			
Homeruns—Northcraft 7, Done 3, nine tied with 2.			
RBIs—Northcraft 36, Diggs 19, Williams 16, B. Smith 15, Howey 15.			

American League			
	AB	H	AVG
Spry, MICOM II	51	26	.510
Lockwood, MI	50	25	.500
Jerry Thomas, MI	48	23	.479
John Thomas, MPs	52	23	.442
Watson, MI	46	20	.435
Lawson, MI	44	19	.432
Makin, Meddac	38	16	.421
Harding, Meddac	48	20	.417
Oury, Co. C	49	20	.408
Ash, MICOM II	47	19	.404
Runs—Newman 36, Spry 32, Jerry Thomas 31, Lockwood 26, Lawson 26.			
Doubles—Maldonado 6, Venable 5, Ash 5, Harding 5.			
Ariples—Siegenthaler 5, Ash 4, Tanaka 4, Owens 4, E. Williams 4.			
Homeruns—Lawson 11, Spry 10, Newman 7, Lockwood 6, Watson 6, Ashton 5.			
RBIs—Spry 31, Lawson 24, E. Williams 23, H. Thomas 23, Lockwood 21.			



OUT...Lyn Ash of MICOM II applies the tag to a sliding Mike Oury of Company C in a close play at second base. Right-fielder Rick Newman looks on with approval.

Mat. Management Wraps Crown

It took a week longer than anticipated but Materiel Management finally wrapped up the Civilian Welfare Fund slo-pitch softball crown last week with a 11-3 win over MISD.

Both Materiel Management and MISD will compete in the All-Redstone slo-pitch tournament next month along with Finance and Accounting and GEM, the third and fourth place finishers in CWF regular season play.

The Accountants clinched third with a Monday night decision over Safeguard while GEM had to wait until Tuesday before winning the final berth. They turned the trick with a 7-6 squeaker over Missile Systems.

MM took a 6-1 lead after four innings of their title clash and then wrapped the title with a five-run burst in the fifth. Linton Calvert turned in one of his better mound performances in limiting MISD to nine hits.

No less than seven of the new champs hit safely twice in amassing a 16-hit attack at the expense of Doug Peavey and Bruce Coker. Dave Blackwood made both of his hits good for two bases while Jay Allen, Stuart Stout, Jerry Williams, Buddy Fees, Paige Stagner and Calvert joined in the hit parade, each with a pair.

After getting credit for a forfeit win over Safeguard, the Accounts clinched third with a 15-13 win over GEM. F&A jumped off to a 15-1 lead and then had to stave off a desperate GEM comeback for the win.

Collis Terry, Roland Brown and Hal Jacobs collected a pair of

hits apiece in pacing the winning attack while Dean Reese homered and Ron Eyestone doubled twice for GEM. Marty Schmitz picked up the win and Ocke Fruchnicht took the loss.

Missile Systems hammered out a 19-13 win over Metrology to keep their playoff hopes alive on Monday only to see them die a night later in the loss to GEM.

The Missilemen led Metrology 19-3 after six innings and then sweated out a ten-run uprising before claiming the win.

Leonard Hatcher's three hits and Sid Sapp's four rbi's topped the winning attack while John Bowles collected a trio of safeties for the losers. Tom Johnson took the win and Ray Wernle was pegged with the loss.

Ray Parker stymied a last in-

ning Missile System rally, one run short, as GEM nailed down the win in the season's finale.

Jim Lancaster and Dean Reese led the way as GEM took a 7-3 lead into the bottom of the seventh. But Charles Lovejoy blasted a three-run homer to make it 7-6 and only one out. That's where Parker showed up and brought an end to the Missilemen hopes.

Final Standings		
	W	L
Mat. Management	16	2
MISD	14	4
F & A	10	8
GEM	9	9
Miss Systems	8	10
Safeguard	4	14
Metrology	2	16

Home Run Leaders	
Russ Ward, MISD	12
Chas. Lovejoy, MS	8
Dean Reese, GEM	7
Hal Jacobs, F&A	6
Wayne Bryant, MM	5
Dave Dahlke, GEM	5



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Dahlke

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UNIT LEVEL SOFTBALL

FINAL STATS National League

	W	L
Company A	18	2
MICOM I	16	4
Marines	12	8
8th ETC	9	11
6th ETC	8	12
95th Cal	3	17
P & P	3	17

American League

	W	L
MICOM II	21	0
MPs	15	6
Company C	14	7
Meddac	12	9
Safeguard	7	14
9th ETC	5	16
4th ETC	4	17
1st ETC	3	18

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Arsenal Youths Take Tourney

Redstone's little leaguers proved poor hosts last week when they took first place in the Southeast Military District tournament played at the Goss Road diamond.

The Arsenal youths defeated Columbus Air Force Base, 10-4, in the opening round of the meet and defeated Ft. Rucker, 5-0, in the second round, of the double

elimination meet.

Columbus defeated Rucker in the loser's bracket final and the right to challenge Redstone for the title, only to drop a hard fought 4-1 contest.

Kenneth Pope hurled a three hitter in addition to banging out three hits for the opening win. He got offensive support from Andre Hunter and Ernest Collier, each of whom had three hits.

Chuck DeRosier did Pope one better in letting the Rucker hitters down with two safeties as Robin Harris led the attack.

Pope came back to turn back Columbus for the second time in the final. The pitcher along with Harris and Marty Goins were the hitting stars.

Another regional tournament gets underway today and continues through Friday on Field No. 1. All games begin at 6 p.m.



Southeast Military District Champs

State Meet Their Goal

A berth in the state tournament will be the goal when the MICOM girls softball team returns to Sheffield this weekend in the wrapup of the 1st District playoffs.

The CWF-sponsored girls won twice in early rounds of the playoff last weekend and were to make another appearance last night. District play ends on Saturday with the top four teams earning a bid to compete in the state meet opening the following week in Montgomery.

MICOM got off and running in the playoff with a 20-0 win over a Florence entry on Saturday and then scrambled through eight innings before besting the Rogersville All-Stars, 4-3, on Sunday.

Gladys Hill limited the Florence girls to six hits in tossing a shutout in the Saturday contest in addition to contributing a home run to the attack. Pat Bryant and Barbara Roberson also homered in the MICOM rout.

The win over Rogersville came a lot harder after falling behind 3-0 through five and a half innings. MICOM got two of them back on Barbara Roberson's double in the sixth and Donna Hudson singled in the equalizer with two out in the seventh.

Kathy Leeth opened the bottom of the eighth with a single and moved to second on an infield out. Pat Bryant delivered the winner with a line single into left.



NINE-HOLE GOLF CHAMP — Carol Provancher won the nine-hole competition held conjunction with the 54-hole Ginna Medaris Gold Tournament. In second place was Louise Hanby in the championship flight. First flight winner was Dee Gibson with Norma Worley in second place.

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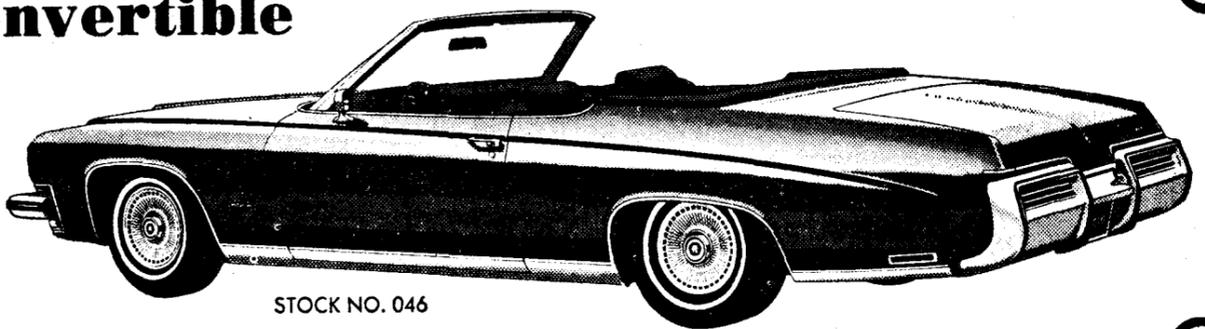
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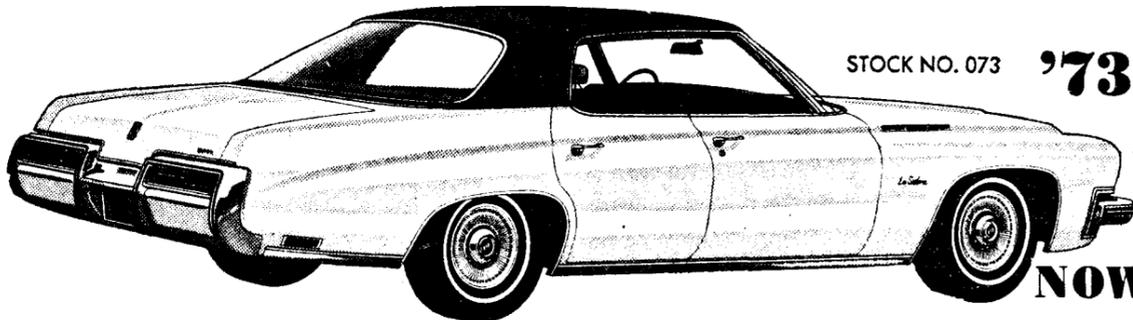
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GAFADS Marks Kilograduate

The graduation ceremonies for the NIKE launcher control repair course held on July 19 in Vincent Hall was of special significance to the German Air Force detachment at the Missile and Munitions Center and School.

From the class which consisted of eight Germans, two Koreans and one American, the 1000th German Air Force graduate was selected. Sergeant Major Hermann Hinrichs, class leader, was chosen as the 1000th graduate and received a special plaque from the Detachment commander commemorating the event.

Major Georg Schreiber, GAF Detachment commander, stated in his address to the class that "With this occasion we have achieved what may be considered a landmark, although I am sure only a beginning, of the graduation of the 1000th GAF student at MMCS since the activation of the German Air Force Air Defense School in the United States at Fort Bliss in the summer of 1966."

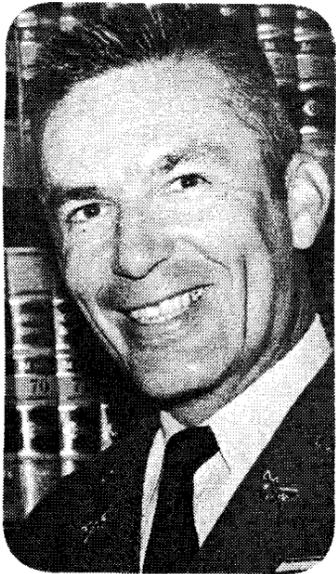
On behalf of Colonel Otto

Point Mallard

The Service Club sponsors a tour to Point Mallard on Saturday with the bus departing the club at 10 a.m.

The multi-million dollar development features the nations, most complete swimming complex, a 7,143 yard golf course and club house, family recreation center with gymnasium, handball courts and game and meeting rooms.

Admission to the Point is \$1.25. A picnic lunch will be furnished to all who register, for the tour.



MORROW HONORED — Lt. Col. Cecil R. Morrow, who just recently left the Missile Command for a year's study at George Washington University, was awarded the Legion of Merit prior to his departure. He was cited for outstanding performance of duties as MICOM's Staff Judge Advocate. Morrow has been selected by the Army to study procurement law.

New Noise Limits Set

WASHINGTON (ANF) — A new materiel design standard has been issued to reduce noise pollution in the Army.

The standard provides noise limits to equipment designers, and provides testing requirements for determining conformance of materiel to establish noise limits.

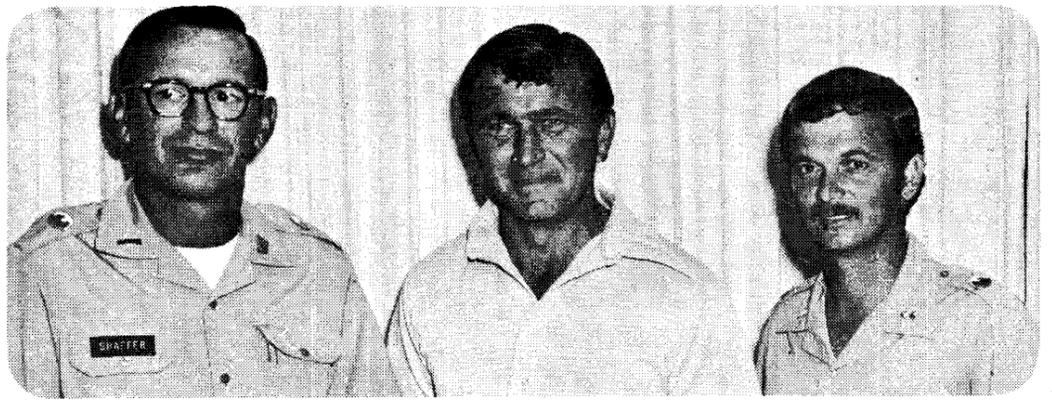
A recent Army survey estimates that from 30 to 50 per cent of all active-duty personnel develop some degree of noise-induced hearing loss during their military careers.

Army personnel are issued fitted ear plugs or ear muffs upon entering active duty.

Frank, Commandant of the GAF Air Defense School at Fort Bliss. Schreiber presented the MMCS Commandant a letter of appreciation for the excellent training the GAF students have received here.

Colonel T. McDonald, School Commandant, in addressing the graduating class spoke of the German students and civilians during their tenure at the School.

Following the graduation ceremony which was attended by several of the School dignitaries, an informal reception was held at the GAF Liaison Office to honor the occasion.



TOURNEY WINNERS. Russ Shaffer, Noel Reed, and Mike Guilbault made up three-fourths of the winning team in the Maintenance and Materiel Management best-ball handicap golf tournament held recently on the RSA course with 18 foursomes participating. Art Elkenton was the fourth man in the winning combination. Closest-to-pin winners were Ed Meehan and Troy Faulkner. Tied for second place were the teams of Ed Meehan, Floyd Griffith, Howard Frey and Charles Ryan and George Street, Robert Brooks, Charles Duncan and Howard Cooper.

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Any damage to service records in the July 12 fire at the military records center in St. Louis, will have no impact on the 13 million veterans and dependents currently receiving Veterans Administration benefits.

This assurance was given by Donald E. Johnson, Administrator of Veterans Affairs.

VA records for those now receiving benefits are maintained mostly at the agency's 57 regional offices throughout the nation, and also at VA's 169 hospitals and two insurance centers.

VA does operate its own records processing center in the St. Louis area, but this is located about 10 miles from the fire-damaged military records unit. This VA Center serves as a repository for records of older veterans and beneficiaries no longer receiving VA payments or benefits.

The VA, Johnson said, also maintains other backup files containing essential, though not complete, military service information, which would prove helpful in processing any new applications for benefits from veterans whose military records might have been destroyed in the fire.

Since 1968, the VA Data Processing Center at Austin, Texas, has kept computer master records on some 3 million Vietnam Era Veterans discharged since that date. Computerized master index records are also maintained by the VA in Washington on more than 32 million veterans living and dead.

These backup records contain information on dates and branch of service, character of discharge and other information necessary for VA to adjudicate claims for such benefits as GI Bill training, GI loans, VA pensions and VA medical and hospital care.

Veterans primarily affected would be those applying in the future for VA service-connected disability compensation whose military medical records may have been destroyed in the fire.

Even if these medical records are not duplicated elsewhere in the military system, VA would have an alternative way of developing the veteran's claim. VA would already know if the veteran had basic eligibility as far as period of service and character of discharge is concerned.

For additional information needed, VA could check the veteran for any record copies or data he might have kept, could request affidavits from military buddies who witnessed the disability, and from military doctors and hospitals treating the veteran. A current VA medical examination would establish the present extent of the disability.

Heads Logistics

Brigadier General Joseph Edward Fix II, formerly Deputy Director of Research, Development, and Engineering, has been named Army Materiel Command Director of International Logistics by General H. A. Miley, AMC Commanding General.

Prior to his assignment to AMC Headquarters in 1972, General Fix served in Germany and Washington, D.C., as Commanding Officer, Detachment 1, Joint Task Force 728 of the Defense Special Projects Group.

In his new position, General Fix will manage the Command's participation in the international logistics programs. He will serve as point of contact with the Department of the Army, Department of Defense, Military Assistance Advisory Groups (MAAG's) throughout the world, Unified Commands and foreign government representatives for all international logistics matters.

He succeeds BG W.C. Magathan, Jr., who retired from active duty in June.



TENOR BANJOIST....HAP YEAGER

Just Strummin' Along

When W.B. "Hap" Yeager starts strumming his banjo, everyone stops to listen. Hap doesn't play the popular five string banjo...he is one of the old time tenor banjoists who are a vanishing breed.

In fact Hap started playing the tenor banjo 10 years before he entered civil service and he retired from the government last month with over 37 years service....and that takes him back quite a ways. At the time of his retirement Hap was a Digital Computer Systems Administrative Specialist with the Directorate for Management Information Systems.

According to Hap, "My musical career started back during the depression in 1925. I bought a ukulele for 85 cents and started playing it. In a couple years I decided to switch and I bought my tenor banjo in 1927. My hero was Mike Pingatore, who played tenor banjo with Paul Whiteman's orchestra, and he was the greatest. During the Dixieland era almost every band had a tenor banjo that carried the melody."

During the 1926-37 era, Hap played with various dance bands in and around Nashville. At one time he played with a well-known band called the Southern Ramblers. Later he started his own band and called them Hap Yeager's Happiness Boys.

Recalling the depression and prohibition days, Hap had these comments: "Though those were hard times and money was pretty scarce, it seemed people could always scrape up 50 cents to come to a dance. The music and dancing seemed to lighten their spirits and take their minds off the cares of the day."

Much of Hap's musical career was with small dance bands, usually with a pianist, drummer, saxophonist, and tenor banjoist. With such bands as the Tennessee Nite Owls, Hap and the boys played club dates within a 100 mile radius of Nashville.

In 1933 the swing era arrived and there seemed to be no demand for tenor banjoists, so Hap switched to guitar...but he kept his tenor banjo, and played it for his own pleasure.

When he had an opportunity to join civil service in 1937, Hap quit playing professionally. He attended college at night and received his Bachelor's degree in commercial science.

For quite a while Hap's playing was limited to practicing with friends and neighbors who shared his interest in banjo and guitar. Many of his friends and fellow musicians live all over the country so when he goes on vacation, he packs his banjo and stops to practice with them when he's in the area.

A few years ago Shakey's Pizza Parlors opened up and they advertised for tenor banjoists to play in the evenings for sing-a-longs and entertainment...and Hap did a little moonlighting.

One of Hap's biggest thrills came

a few years back when the Art Mooney Band recorded "I'm Looking Over a Four Leaf Clover" and Pingatore played tenor banjo background. The song was a best seller all over the country and it highlighted the tenor banjo.

Now that he's retired, Hap plans to visit a banjo playing buddy in Virginia and they are going back in the hills to find some local banjo groups. He's going to do some traveling, banjo playing and fishing whenever he gets the chance.

Aberdeen's Gain Is Big Loss At Redstone

When Lieutenant Colonel Fredrick Niedermeyer checked into Aberdeen Proving Ground recently, he went to his new office, then over to see the Post Chaplain.

"My family is moving to Aberdeen soon from Redstone and we want to see what we can do to help at the chapel," he told the chaplain. "We thought perhaps we could work with the youth program."

The Aberdeen chaplain was amazed. "You are the answer to a prayer. Just last week I was praying for someone to appear who wanted to get into the youth activities here," he said.

To Mrs. Niedermeyer this is just another example of the Lord's plan for her family. "We'd always worked mostly with adults in the chapel, but we had decided to concentrate on our son's interests this year since our daughter will enter college this Fall. We thought one special way to help him would be by getting into chapel youth programs," she said. "This move shows that the Lord was preparing us for Aberdeen."

"The children and I have spent most of the last nine years at Redstone. We've become deeply involved in activities and felt the love, warmth and friendship here more than any other post we've known. But we're leaving Redstone in perfect peace because we feel the Lord has a plan for us and this

is part of the plan.

"We've seen the chapel grow tremendously, we've seen its influence permeate many post activities, it has even reached out into the local community."

According to Redstone Post Chaplain (Colonel) Gene Little, the Niedermeyers have shown that one family can make a difference in all chapel activities.

"Fred Niedermeyer has been our Sunday School superintendent for two years, an adult Sunday School teacher, the coordinator for Officer Christian Fellowship, a prayer breakfast leader, and active in the Protestant Men of the Chapel.

"Barbara Niedermeyer was the women's Bible study leader and worked with the Protestant Women of the Chapel. Daughter Kim was our youth choir director, a leader in summer youth activities, and active in the Youth of the Chapel group. Their son, Rick, was in the choir and the Youth group."

In recognition of all they've contributed, the Niedermeyers were presented an appreciation certificate given on behalf of the 35-member denominations and affiliated agencies of the general commission on chaplains and Armed Forces Personnel.

Niedermeyer was assigned in the Air Defense Special Items Management office while at MICOM.

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She Puts It Together

New technical manuals....changes to old manuals....that's what it's all about for Ann Newsom, an editorial assistant in the Support Section, Technical Publications, Directorate for Maintenance.

As an editorial assistant, Miss Newsom handles the writing efforts of 50 technical writers who are busy producing technical manuals for new missile systems and changes for the old ones already in existence.

Miss Newsom is one of the few people that sees a tech manual or change from the pencil written notes, through the composing machine, the layout table and paste-up to the final camera ready page.

Once she receives the original notes, Miss Newsom codes them into tapes on the magnetic tape selectric typewriter and then plays them back on the composing machine.

Then she takes the material and the illustrations, lays out the pages does the paste up and gets them ready to be photographed as final

Choice Up To The Individual

Soldiers with four years of service or less and under the grade of E-4 can now direct how their allowance for quarters may be paid.

Approximately 1,000 soldiers at Redstone have this choice to make. Until July 1 soldiers with less time and grade were automatically placed in class Q allotment.

Class Q allotment is not being dropped suddenly, but will continue to be paid under a temporary T allotment until the soldier decides how his allotment will be paid. The Military Pay Section expects to have most allotments changed by the cut-off date for August pay transactions, but depends on the soldier, to begin the process by stating how he wants his allotment and the unit commander to insure the statement is made.

The soldier may elect to do one of three things.

First, he may decide to take the usual class E allotment, which results in the same dollar amount being paid to him under the old class Q.

Secondly, he may decide to select a new dollar amount under the class E allotment.

Last, he may elect to stop allotment payments. If he does this, he must have in his records a statement indicating he has been counseled regarding his responsibilities to support his dependents. The counseling must be conducted by unit commanders.

Revised System Better Control

(ANF) — A revised Officer Personnel Management System has been approved by the Secretary of the Army and the Chief of Staff. The plan has been designed to enable the Army to better meet its future officer requirements, while providing more control over each officer's professional development.

The key word in the new system will be "specialty." There are 47 specialties, and each officer will have a primary and a secondary specialty, with a majority of his assignments falling in one or the other.

Besides dual-specialty development, the new system features centralized selection of commanders, and changes in the officer promotion system.

pages of the manuals.

According to Miss Newsom, "My workload averages about 15 pages a day. I check them over as I go along for typos and misspelled words before I put them into final form. During my two years in this job, I have handled approximately 175 changes to tech manuals for more than 10 different missile systems. It is interesting work and I really enjoy it."

Though she has been an editorial assistant for only two years, she has been in clerical and editorial work for 12 years.

For the 50 writers in her area, Ann Newsom is the gal who puts it all together.



M. F. Clanton

Malden Flernoy Clanton, 51, a supply cataloger in the Editing and Processing Section of the Army Metrology and Calibration Center, died July 18 at Medical Center Hospital in Huntsville.

He was buried Saturday in Collinsville where services were held in the Mt. Vernon Baptist church, Rev. Boyd Armstrong officiating.

Mr. Clanton transferred from Brookley Air Force Base to the Supply and Maintenance Directorate about 1960 as a cataloger, and transferred to Metrology in 1971.

He is survived by his wife, four children, two brothers and two sisters. The family requested donations be made to the American Cancer Society in lieu of flowers.

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New Schedule At Pool

The Special Services swimming pool off Vincent Drive is now operating on a revised schedule.

A recent decision limiting use of the pool to active duty military personnel only, has been altered to accommodate active duty personnel, retired personnel and families of both.

The limitation had been imposed to control overcrowding in the Special Services pool which resulted when damages from spring floods delayed opening Madkin Mountain pool for the summer season.

Capt. Walter B. Fuller, Special Services Officer, explained: "It was felt that the overcrowding could be eliminated by restricting the number of swimmers. Also, the opening of the newly-constructed NCO swimming pool offered another place to swim."

According to Army regulations, active duty military personnel are to be given priority in the use of recreational facilities and the needs of retired personnel and their dependents are to be met as facilities permit.

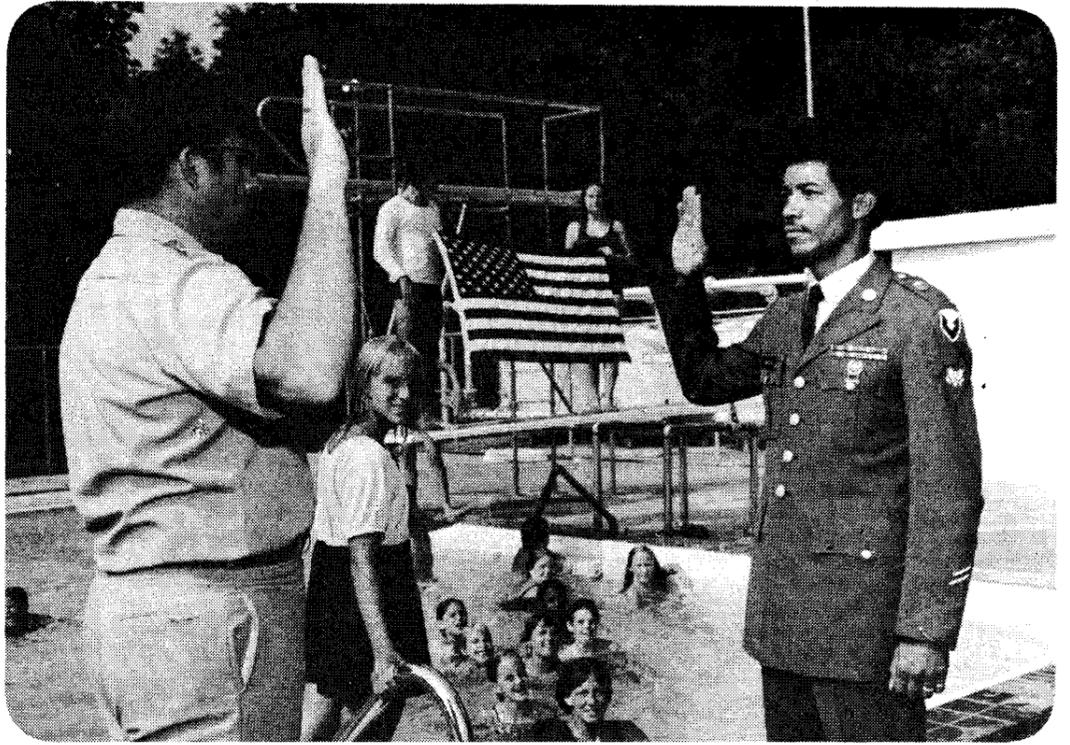
"However, because of the inconvenience resulting from the pool limitation, a new schedule was produced. We feel that this schedule will satisfy all of our needs. We would like to express our appreciation to all personnel who have cooperated with us."

Due to accelerated efforts by the Facilities Engineers, the Madkin Mountain pool has been repaired and is now open. The area also offers picnic facilities.

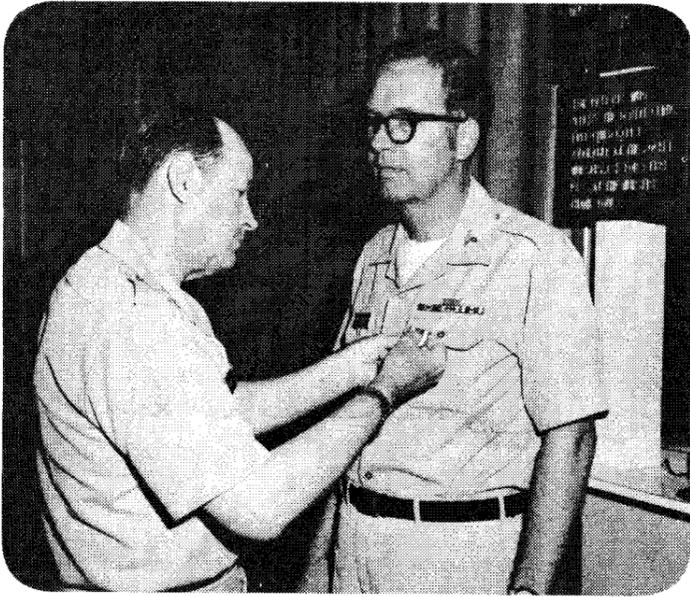
Hours of operation for the pools are as follows:

SPECIAL SERVICES SWIMMING POOL: Mon.-Fri., 11 a.m.-3 p.m. for all active duty military personnel, retired military personnel and dependents; Mon.-Fri., 3 p.m.-7 p.m. for active duty military personnel only; Sat., 11 a.m.-7 p.m. for active duty military personnel only; and Sun., 12 p.m.-7 p.m. for active duty military personnel only.

MADKIN MOUNTAIN SWIMMING POOL: The pool is open to all active duty military personnel, retired military personnel and dependents. Mon.-Fri., 3 p.m.-7 p.m.; Sat. and Sun., 12 p.m.-8 p.m.



ANOTHER TOUR. SP4 Leslie L. Grayson, of Chattanooga, Tenn. re-enlisted in the Army for three more years. He has nine years of service behind him. Appropriately enough, as NCOIC of the Special Services swimming pools, Grayson was sworn in by Captain Walter B. Fuller, Special Services Officer, at the EM swimming pool.



RECEIVES MEDAL — Colonel Dale A. Hettinger, periodontist, earned the Meritorious Service Award while serving in the Canal Zone. It was presented soon after his arrival at the Dental Clinic of Redstone Arsenal's Medical Department Activities. The colonel has had two tours in the Canal Zone and one in Vietnam where he earned the Legion of Merit. His branch of dentistry, treating loose teeth and gum problems, is a part of the preventive maintenance used in the Army's dental program. The colonel obtained his dentistry degree from the University of Louisville, his B. S. from the University of Florida, his home state.

Drive Safely



GINNA MEDARIS TROPHY — Betsy Pearce is this year's winner of the Ginna Medaris Golf Trophy with a 208 over the 54-hole route. The tournament is held annually among the Golf Group sponsored by the Officers Wives Club. Erlene Dials was runner-up.

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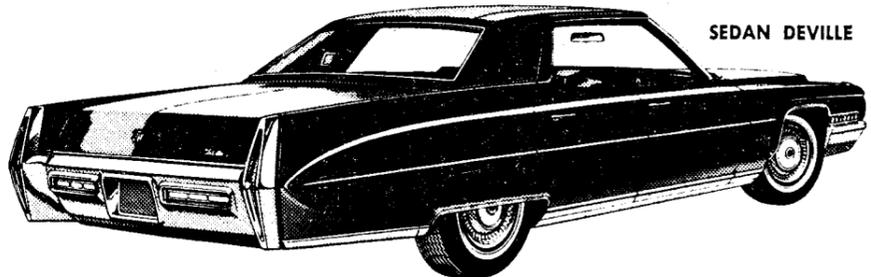
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Riding Bikes Safely

The number of persons riding bicycles for both health and pleasure is increasing daily. This indicates that bikes can be fun, but it is no fun to have an accident. So if you want to have fun on your bike, make a practice of riding safely. Observance of these basic rules is of utmost importance for a safe ride:

Obey all traffic laws

Traffic lights and signs are for bike riders too.

Stay on the right

Ride with the traffic. A good bike rider always rides at the right hand edge of the road or on the shoulder when firm and level.

Ride single file

If your friend has a bike and you ride together, ride one in front of the other and not too close.

Bike safety check

Ride a bike that fits you and one that has been carefully safety checked for riding.

Walk it across

When traffic is heavy at a corner get off your bike and push it across. Follow the crosswalks.

Light up at night

If you ride at night have a white light in front and a red reflector and tail light on the rear.

One to a bike

Never give anyone a ride on your bike. It was made for one person only.

Never hitch a ride

This is against the law and could lead to the hospital

Give signals

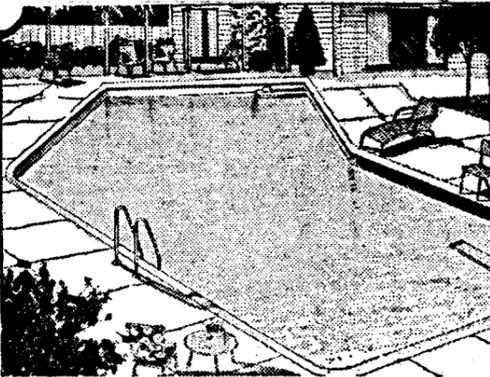
Before turning or stopping always use the correct arm signal.

Stop for cross traffic

Always stop and take a look before riding out of driveways or from behind parked cars.



NEW INSIGNIA — Mrs. James B. Hall pins the insignia of a full colonel on her Army dentist husband. This is his second tour at Redstone Arsenal. He is a native of Booneville, Miss., who received his degree in dentistry from the University of Tennessee. In addition to assignments in the U.S., he has served in Germany and Korea.



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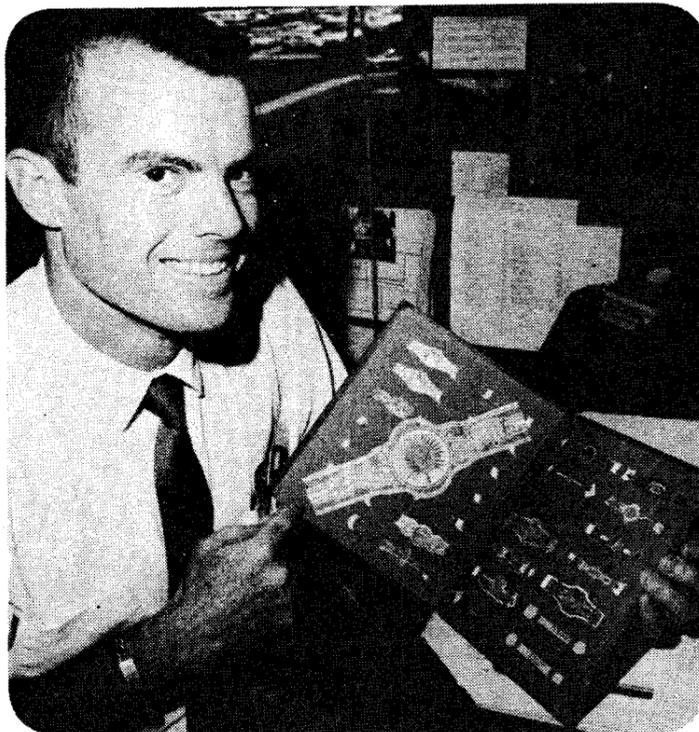
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Those Were The Days.....Art Jones

They just don't make cigars like they used to...in fact they don't even make cigar bands like they used to. Arthur L. Jones, General Engineer in the Dragon Project office, isn't a cigar smoker himself, but he is a connoisseur of beautiful cigar bands.

When he was visiting the family home in Tryon, N.C. back in 1971, Jones found a cigar band collection that his great grandfather had started years ago. He was intrigued by the beautiful art work and colors that the manufacturers used to put around their cigars.

There are 690 bands in the collection his grandfather started and Jones has added 38 more himself.

One series of cigar bands shows beautiful embossed color representations of the presidents of the United States and the dates of their terms. There are 25 bands starting with George Washington and going through Theodore Roosevelt.

Some of the bands have embossed color reproductions of such personalities as King Alfonso of Spain, Kaiser Wilhelm of Germany, and King George V of Great Britain.

Others have such names and pictures of people like Judge Magoon, Peggy O'Neal, Norma Martinez, and General Arthur.

Comparing the old time cigar bands to the modern day ones, Jones pointed out the beauty and craftsmanship that went into the old ones and the cheap and shoddy material with little or no beauty of the present day cigar bands.

One group seemed to go in for animals and buildings. One had a flat iron building, another had a bulldog, and still another a color picture of a big strawberry with the motto under it, "Good enough to eat."

Some of the band names are

Medical Assistant

(ANF) — The Army Medical Department is now taking applications for its "Physicians' Assistant Program." The two-year course is open to enlisted men and women who have a medical MOS and at least three years of clinical experience.

The course consists of a year's study at the Army's Academy of Health Sciences, and a year of practical experience at an Army hospital.

Graduates of the program are commissioned Warrant Officers. Information about applying is available at local personnel offices in a DA Circular. Deadline for applications is July 23.

recognizable on today's cigars...such as Webster, Wm Penn, Flor Fina, Optimo while others like Humboldt, Especiales, Murad, Selectos appeared lesser known.

Jones has been looking for other cigar band collectors in the hope that he can get some he doesn't have.

Someone once said, "What this country needs is a good five cent cigar," and Jones, who doesn't smoke himself, could add, "What the cigars need is a pretty band so this type art won't completely die out."

Missile School Gets Credit

A light beacon and fog bell, gifts to the City of Huntsville from King Olav V and the people of Norway were dedicated last week at Big Spring International Park near the city center.

During dedication ceremonies, Major Joe Davis of Huntsville credited the Missile and Munitions Center and School as one of the institutions responsible for the international character of the park and the city itself.

Since MMCS began operations in 1952, students from 35 nations have studied and lived at Redstone and in Huntsville. Currently, 13 foreign nations are represented in the MMCS student body.

Commander Kosti Herlofson, chief engineer of the Norwegian Lighthouse Service, presented the goodwill gifts to the city of behalf of King Olav. He had been supervising construction of the stone light structure and wooden bell tower for about three weeks. The project was coordinated through the Huntsville-Madison County Council for International Visitors.

The light beacon is typical of 1,300 kerosene light towers along Norway's 1,500 mile coast, Herlofson said. The fog bell now in Huntsville was in service along the Norwegian coast from 1929 to 1964, he added.

The Norwegian gifts are part of a wide array of artifacts and plants scheduled to be included in the park. Plans call for the park to be finished in time for the opening of the Von Braun Civic Center.

Among future gifts to be dedicated are cherry trees from Japan, which would make Huntsville the site of the largest Japanese cherry tree collection outside of Washington, D.C. and Japan.

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3. Miscellaneous

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JANGO CAR WASH — July 21st from 10 a.m. to 4 p.m. Phillips 66, 3629 Patton Rd. (Corner Patton & Drake). TTC

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THURSDAY-FRIDAY
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INCREASED ADMISSION: adults 75c, children 35c

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"Barbarella" (R)
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SATURDAY
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SUNDAY-MONDAY
Walt Disney's "The Greatest Athlete" (G)
INCREASED ADMISSION: adults 75c, children 35c

TUESDAY-WEDNESDAY
"Ace Eli and Rodger of the Skies" (PG)

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

Army Strength Down

(ANF) — The latest military strength figures show a decrease of more than 18,000 active-duty servicemen during the month of May. Total U-S military strength is listed at 2,255,765. Of that number, 805,927 are in the Army.
By June 1974, the overall strength of the Army will be down to 804,000. That's about half of what it was in 1968.

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RUNABOUT SPECIALS

1973 Alacraft 50 HP Mercury 1200 lb. trailer Was \$2895 Now \$2295

1972 Pompano I-O 165 Hp Mercruiser 19' Bowrider full cover all standard equipment. Was \$5795, Now \$4350

1973 Sportsmaster I-O 188 HP Mercruiser all standard equipment. Was \$6218, Now \$4607

1973 Century Trident 18' outboard. Was \$2410, Now \$1900

1973 Allison Craft 16' fish & ski boat. Was \$2293, Now \$1700

BASS BOATS SPECIALS

1973 Warrior 16' Pro model. Was \$1495, Now \$1135.

1972 Rebel 16' I-O 90 HP Mercruiser all standard equipment. Rebel trailer. Was \$4250, Now \$3250

1973 Challenger Mark II 85 HP Mercury 2500 lb. trailer. Was \$3895, Now \$3250

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1973 Yukon Delta 25', sleeps 6 people, stove, ice box drapes, 220 dock side wiring with trailer. Was \$4995, Now \$4395

USED RUNABOUTS

1968 Crown Line 65 HP Mercury & trailer. Was \$1795, Now \$1395

Aqua Marine 14' 35 HP Johnson with trailer. Was \$695, Now \$495

18' Fabuglass 95 HP Mercury & trailer. Was \$1895, Now \$1570

18' North American 90 HP Johnson & trailer. Was \$1795, Now \$1495

Starcraft 15' Horn, spotlight, windshield. Was \$250, Now \$135

Feather craft 15' Was \$120, Now \$95.

USED BASS BOATS

1972 Basscraft 15' Pedestal seats live well. Was \$1180, Now \$895

1973 Tom Boy 14' live well. Was \$850, Now \$625

1972 Warrior I-O 130 HP Volvo loaded with extras, 2000 lb. trailer. Was \$3347, Now \$2500

1972 Bass Craft 15' 50 HP Mercury electric start 1250 lb. trailer. Was \$1895, Now \$1695

Astroglass 15'. Was \$795, Now \$600

1971 Enson 16' 100 HP Evinrude loaded with extras and trailer. Was \$2100, Now \$1895

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1972 VW Local car with only 12,000 miles. Like new condition. WAS \$1,995.	1970 IMPALA 2 door Custom—Air and power. Very nice local car. WAS \$2,385.	1969 IMPALA 4 door. Air and power. The very best in No. Alabama. WAS \$1,785.
1972 CAMARO 3 speed transmission. 20,000 miles. Like brand new. WAS \$2,985.	1970 MUSTANG 4 speed transmission. 28,000 miles. Has Cleveland Motor. WAS \$2,285.	1969 CHEVELLE 396 SS—Air and power. Real sharp car. Ready to go. WAS \$1,985.
1971 RIVIERA All Buick extras, cruise control too. Dr's. Car. Sharp. WAS \$3,995.	1970 NOVA 4 door. Automatic, air, new tires, very clean. Good economy. WAS \$2,285.	1969 CAMARO SS 396—Automatic transmission. Fine car, see now. WAS \$1,885.
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