

# Grove Thinning Starts This Week

Tree Cutting is scheduled to begin this week — probably today, weather permitting — to thin pine groves adjacent to the post housing area and eliminate their attraction to blackbirds.

Two of the groves scheduled to be thinned had been infested

by millions of unwelcome blackbirds during the Winter.

Original plans called for the thinning to be underway Monday using bulldozers to knock down the trees.

Instead, in a last minute change, a commercial operator

contracted with Facilities Engineer and will cut the trees, using those of desirable size for wood pulp.

Contractor crews will work in the groves for the next several weeks, felling the trees with chain saws and clearing the

trunks of branches. The trunks to be used for pulp will be trucked from the site.

Cutting will begin in the large grove north of Goss Rd., between the new chapel, nursery, and the housing area. Once trees have been thinned there, cutting will

shift to the south side of Goss Rd.

One blackbird roost, a small grove on the southwest corner of Goss and Vincent Dr. will be cut in addition to a larger stand of more mature trees east of Vincent Dr. The latter grove had to be cut to clear a site for the new Post Exchange.

In a letter hand delivered to all residents of post housing April 9, MG G. E. Turnmeyer, MICOM Commander, explained the cutting operation and asked them to keep their children out of the groves.

Two of the groves have been off-limits for two months and will continue to be off-limits until further notice.

## The Rocket

VOL. XXIV; NO. 46

APRIL 14, 1976

# Redstone Extends Friendship Hand

## Weyand Speaks Here On Friday

General Fred C. Weyand, Army Chief of Staff, is scheduled to speak at Redstone Arsenal Friday evening.

Weyand will be addressing a joint meeting of the Huntsville Chapter of the Reserve Officers Assn. and the Tennessee Valley Chapter, AUSA.

Last commander of U.S. troops in Vietnam, Weyand became Chief of Staff in September 1974, succeeding the late General Creighton W. Abrams.

The meeting will be in the Officers Open Mess at 6:15 p.m. with dinner scheduled at 7:15 p.m.

Tickets can be bought from James F. Nixon 6-1566; William Hilyer, 6-5420; Pete Redding, 895-4700, O.C. Ashworth, 6-5823, or from these points serving organizational elements: MICOM 6-7135; MMCS, 6-3349; BMDSCOM, 895-4450; Huntsville Division, C of E 895-5420.



**HOT DOGS OR HAMBURGERS**—Seven students from Pakistan and four from Morocco enjoy the delicacies of an evening barbecue hosted by Staff Sergeant and Mrs. Roman Renasco. The Renascos said they enjoy hosting students because "we learn a great deal from them. We find out what they want to learn what they aren't learning and about their country and people."

Gold and silver may be principal units of trade around the world but when it comes to relationships between peoples of different nationalities the universal currency is friendship and understanding.

One of the ways that friendship and understanding are gained is through the Host Family Program at the Missile and Munitions Center and School.

According to Waldon Tarpley, education specialist, Foreign Liaison Division, more than three hundred foreign people are connected with the School's program.

In explaining how the program works he said, "Our objective is to get every student hosted by an American family that desires one."

"The Host Family Program which serves as a local contact for international guests by extending the hand of friendship, helps to create a good image of our city and county," Tarpley said.

Working in conjunction with the Huntsville-Madison County Council for International Visitors in finding host families for foreign students at the school, the program has become a major achievement for the Foreign Liaison Division.

HCIV is responsible for finding families in the local community that desire to host a foreign student or family, and calling the division, Tarpley stated. "After HCIV notifies us, we contact the student and put him in contact with the family."

Once a family agrees to become a host family, there are certain responsibilities they acquire also.

Tarpley explained that the family might extend such hospitality as inviting the foreign family to their home occasionally, sharing a holiday with them, taking them sightseeing or shopping, and offering general guidance concerning American customs and society.

"But," he added, "the program is an all volunteer organization."

When foreign students first arrive at the missile school, they are requested to fill out a host family program questionnaire.

"There are some students that do not desire a host family—the reason being that they have been here before and have already made contacts in the community," Tarpley said.

In order to get participants in the program, people from the Foreign Liaison Division recruit through speaking engagements at clubs, churches and civic organizations.

See Host Family, Page 18

## Unionized Military Not In People's Best Interests

WASHINGTON (ANF)—Secretary of the Army Martin R. Hoffmann believes that a unionized military would not be a constructive thing for a citizen army so close to the people and that it would be totally inconsistent with the established chain-of-command.

During a recent American Forces Radio and Television Service interview, he said, "My own view as Secretary of the Army is that unionization would not be a constructive thing for a citizen army that is as close to the people on the one hand, and as close to the government, and particularly the Congress and Executive, on the other."

"Regardless of the fact that the unions say they will put aside the right to strike...that right to strike is still an ultimate dynamic for them, just as the ultimate dynamic for us is going to combat, or the ultimate dynamic for a lawyer is going to court. And you can't get away from the fact that the right to strike, that act of withholding availability of people, is totally inconsistent with the constitutional chain-of-command," Hoffmann said.



HOFFMANN

## EASTER Sunrise Services

The Reverend Hudson Baggett, editor of "The Alabama Baptist", Birmingham, will be the speaker at the 24th Annual Easter Sunrise Service at the Post Chapel on Patton Road.

Services, starting at 6 AM, will be held on grounds at the rear of the chapel. The public is invited to attend.

In case of inclement weather, services will be moved to the new Bicentennial Chapel on Goss Road.

The annual event is conducted in conjunction with the Greater Huntsville Ministerial Association. Local clergymen will participate.

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by Karen Rowe

"Law Day U.S.A.," observed on May 1 each year, is designated by Presidential proclamation as a "special day of celebration by the American people in appreciation of their liberties."

In commemoration of the 1976 Bicentennial celebration, the theme of this year's 19th annual Law Day is "200 years of Liberty and Law." The objective of the joint observance is to further public understanding of the principles on which our Nation was founded and to examine how these precepts can be strengthened to assist our country during its third century of progress.

The founding fathers established a set of principles and laws which insure each citizen of the United States a right to "life, liberty and the pursuit of happiness." The U.S. Constitution and the Bill of Rights are based on the basic precept that liberty and law go hand in hand. Since the establishment of our government, many actions taken by the legislative, judicial and executive branches have brought about significant advances in equality and human rights for all Americans.

The primary purpose of Law Day, first observed nationwide in 1957, is to advance equality and justice under law, to encourage citizen support of law observance and law enforcement, and to foster a respect for law and an understanding of its place in the life of every citizen of the United States.

Responsible citizens can help to improve city, state and Federal laws by becoming better informed about the vital issues facing the country, by examining various ways change can be effected through the law, and by supporting those efforts aimed at improvement.

## ANSWERS

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

**QUESTION:** Why does the new Bicentennial chapel seat 600 people but only has 200 parking spaces? Are additional parking lots planned?

**ANSWER:** Two additional parking lots for the chapel are being contracted at this time. Money—always a problem was the main factor in the shortage of parking spaces.

Page 2 THE ROCKET — APRIL 14, 1976

## The Rocket

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

All advertising copy and payments therefor are received by Mrs. Vergie Robinson P. O. Box 5351, Huntsville, Ala., 35805, telephone 837-8595, as representative of the publisher. Advertising deadline—both display and wantads—is 10 a.m. Monday before publication.

The Rocket is distributed free of cost to personnel at Redstone Arsenal. Mailing rates off post for the Rocket are \$9.54 a year, or \$6.36 for six months, tax included. Mailing arrangements may be made with the publisher, P. O. Box 930, Hartselle, Ala. 35640.

Everything advertised in this publication must be made available for purchase, use, or patronage without regard to the race, creed, color, sex or national origin of the purchaser, user, or patron. A confirmed violation or rejection of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source.

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# Cautious GIs lose chance for stripes

Some soldiers at Fts. Hood, Bliss and Huachuca trying to play it cool with their promotion to specialist five and staff sergeant are getting the short end of the promotion stick.

Promotion eligible specialists four and five are computing their promotion points and comparing them against the cut-off scores for the next higher grade.

As DA SCENE hears it, these soldiers have not been recommended to appear before local promotion boards and don't want to.

Why?

As the soldiers explain it, they want to wait until they have enough promotion points to make promotion a sure thing.

"My plan is to wait until I can get on the list with enough points to beat the cut-off score and be a shoo-in for promotion," beamed a proud, confident specialist four at Ft. Hood.

That kind of thrift is great when you're trying to save enough dough to pay cash for a stereo, but it is not the way to get promoted.

Here's why.

Army regulations require specialists four and five to be on the E5/6 recommended list for three months before he or she is eligible to be promoted. You can't just waltz in off the street, pocket calculator in hand, and announce, "I have enough points for promotion. Put me on the list."

April 1 cut-off scores will hit the field any day now. When the scores are announced, it will be too late for these super-cool soldiers who believe they have enough points and think they can get on the promotion list at the last minute.

They will have learned the hard way. They will have learned they first must

appear before a local board and get on the E5/6 list, and second; they must wait out the three months.

By the time they have done that, the cut-off scores for their MOSs may have been revised upward. They missed promotion.

To get your hard-earned stripes:

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- get on the promotion list ASAP.

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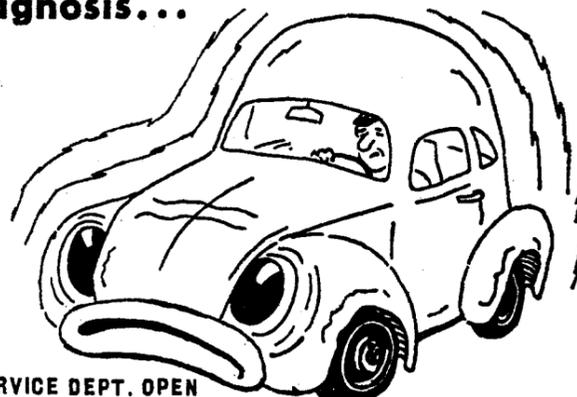
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## Pershing Test Series In May

The Army has scheduled eight Pershing missiles to be fired onto White Sands Missile Range, from two different launch sites, starting in May.

Federal Republic of Germany troops will fire from McGregor Range, just northeast of El Paso while Seventh U. S. Army soldiers from Europe will fire from both McGregor and Fort Wingate, just east of Gallup, N.M.

The 3rd Battalion, 9th Field Artillery from Ft. Sill will support the firings.

Since Pershing firings began at Cape Canaveral in February 1960, U. S. and German troops have fired a total of 327 missiles, 92 in Florida and 235 at White Sands.

The 400-mile Pershing has been operational for almost 13 years with battalions in the United States and Europe and is a major part of the NATO nuclear Shield.

Colonel Samuel Skemp, is Pershing Project Manager and James Conner is on-site technical supervisor for firing operations.



**JOIN NOW!**—Dot McMullen (left), Marketing Specialist in Maintenance for the AUSA membership drive signs Lynda Locke for another year's subscription. Locke is the MICOM executive assistant for the 1976 AUSA membership drive now underway.

## Honeycutt Speaks To IEEE Section

The Huntsville Section, Institute of Electrical and Electronic Engineers, will hear a discussion of high energy lasers when they meet for a noon luncheon meeting at the Officers Open Mess on Friday, April 16.

Dr. Thomas Honeycutt, acting director of the High Energy Laser Directorate, will be the guest speaker for the monthly meeting.

Luncheon reservations are mandatory and may be made with Linda Hooper at 895-6316.

## Spring Book Sale

The Friends of the Charlotte Drive Library which serves southeast Huntsville are holding a Spring Book Sale at the library, 7920 Charlotte Dr., on May 1 and 2.

Purpose of the sale is to raise money to pave the library parking lot. The organization is also seeking donations of used books, magazines and records.

## Appropriation Act Sets 60-Day Limit

Military personnel who are considering reenlisting in the near future should pay close attention to a recent message from the Department of Defense.

A section of the new DoD Ap-

propriation Act provides "that none of the funds appropriated by the act shall be used to pay any member for unused leave accrued for more than sixty days of such leave less the number of days for

which made after the effective date of the act."

DoD sponsored legislation would likewise impose the sixty day limitation of the settlement of leave.

It would also authorize raising enlisted rates for Basic Allowance for Quarters (BAQ) and Basic Subsistence Allowance (BAS) used in computing payments to applicable persons at the time the payment is made.

Additionally, it would change BAQ entitlements to those currently in effect as well as authorize a combination of cash settlement for a portion of the leave and a carry over of the balance into the new enlistment. This bill was passed by the House of Representatives in November, but is still pending action in the Senate Armed Services Committee.

If the bill is reenacted in subsequent years and unchanged as to current provisions, then persons who are paid for accrued leave upon separation between Feb. 9 and the effective date of the enacted bill will be paid a lesser rate than those who make a settlement after the effective date of the proposed legislation.

Service members may not have been aware of the above cited provisions at the time of separation and immediate reenlistment. Personnel who are separated and then immediately reenlist from Feb. 10 through Apr. 15 can elect settlement of accrued leave. They will be given the opportunity to receive that payment and then have their accrued leave restored for carryover to the new enlistment. Affected personnel who decide to exercise this option, will pay back their proceeds no later than June 30, 1976.

Payments will be made in a lump sum and leave will be reinstated when full repayment has been made. This payment will not be considered under remission of indebtedness or waiver.

Individuals will indicate their decision, regarding the option, by signing a receipt. Then it will be placed in their financial record.

Reenlistment officers, career counselors, and Finance and Accounting personnel will insure that those reenlisting after Apr. 15, are counseled on the effects of the pending legislation as it pertains to possible increases in BAQ and BAS.



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# Seabees Leave Their Mark

The Navy has landed and made its mark at Redstone.

Four hundred Seabee Reservists from all over the southeast just completed two weeks training duty at Redstone by working on fifteen separate construction projects around the post.

Projects ranged from the dredging of a future boat dock at the civilian recreation area to construction of a sound proof music room at the Troop Recreation Center in Building 3711. Other Seabee jobs included assembly of picnic tables in the troop area, installation of an engine cleaning vat at the Auto Hobby Shop and interior alterations to the Military Police Headquarters. The parking lots at the Rustic Lodge and NCO club were also graded.

Construction projects were submitted to the

Facilities Engineer for approval before assignment to the Seabees. All material and special equipment were provided by Redstone.

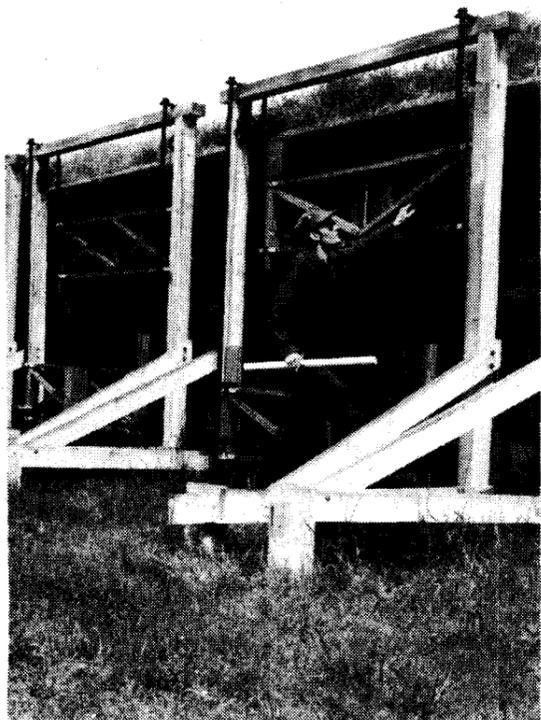
The Seabees are part of Reserve Naval Mobile Construction Battalion 24, which has detachments in Birmingham, Chattanooga, Knoxville, Tuscaloosa and Huntsville.

The battalion recently completed a permanent drill site near the Saddle Club in Splinter Village. Various construction companies throughout the southeast will be conducting weekend drills there throughout the year.

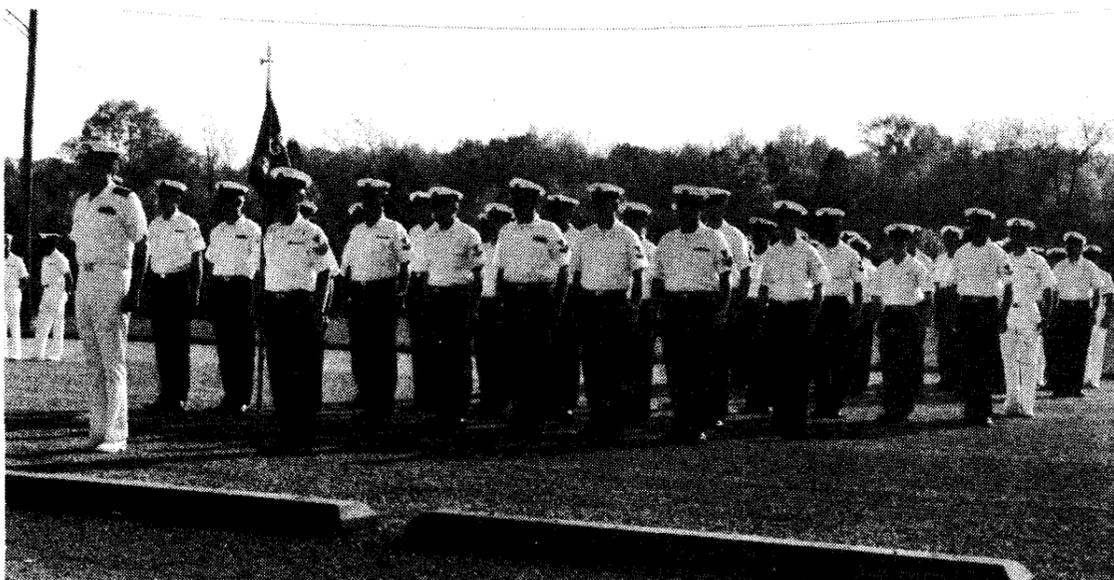
The Mobile Battalion will not return to Redstone next year because of training commitments at Camp Lejeune, however, they hope to be back in '78 for more construction experience.



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Saturday 17

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# Hobby With A Lucrative Market



John Nieder

## Protestant Women Meet on Tuesday

The Protestant Women of the Chapel will meet Tuesday, April 20 at 9:30 a.m. in the new Bicentennial Chapel.

Ladies from Covenant Presbyterian Church, under the direction of Mrs. E. Berkeley Ham-

mond, will present a reading "Six Women Who Knew Jesus." All ladies are invited to attend.

For more information call Mrs. John McDaniel, 837-4302 or Mrs. Jerry Rodgers, 837-0973.

Have you ever seen a painting or knickknack at an art show but decided that it was too expensive for your wallet?

Fifteen years ago John Nieder, an aerospace engineer with Missile Intelligence was visiting an art gallery when a replica of the Flying Dutchman caught his eye. The metal ship was skillfully crafted, but after looking at the price tag, John decided to make it himself.

The fact that he had only some basic wood carving experience did not daunt him, the self-taught artist just purchased some metal snips and a soldering iron then proceeded to mold his own "Flying Dutchman" from metal scraps.

Today John has advanced to brass sculptures crafted with more sophisticated tools, but that first ship is still flying around the old homestead.

While mainly starting his hobby to fill empty spaces in his own home, John now finds that friends as well as friends of friends want a Nieder creation for their walls.

The demand became so great that his wife put together a photo scrapbook of wall hangings and figurines. Offerings include ships, owls, fish, birds, cowboys, knights, flamencoes and nativity figures.

The popularity of metal sculptures has increased over the years, but John has found available literature very limited. Many of his procedures for making metal sculptures have been developed from the school of hard knocks rather than established methods.

The metal sculptor finds that the hardest part of creating something in metal is getting the idea for it. "Once you get past the idea assembly is rather quick."

Ideas come from various places. For example, John's wife had always wanted a wall hanging of a viking ship. One day while browsing through a magazine John saw a line drawing of a Viking ship.

He converted the line drawing to a pattern, substituting brass wire for the lines and cutting brass pieces for the larger pieces. After about 20 hours of soldering and bending, the viking ship was ready to be mounted and framed.

Usually when the metal sculptor gets an idea he first decides how

big the sculpture will be. Then he makes a drawing of the object using the sketch for a pattern. Brass pieces are cut with a band-saw then soldered together using a torch. Some of the pieces are bent to provide a more life-like image.

After all the pieces are assembled, John decides what type of finish he would like. If it's a shiny finish he cleans and polishes the metal. If an antique finish is desired a chemical process developed by John is used to give a "cruddy green antique affect". When the finish is stabilized the metal sculpture is sprayed with a clear laquer to preserve it.

Burlap covered boards are used for mounting wall sculptures and wooden blocks for free standing sculptures. John uses his wood-working skills for these endeavors.

Wall hangings are usually mounted on burlap covered boards and then framed. Figurines are secured on wooden blocks. John's woodworking skills are utilized in these endeavors.

Although John prefers to sculpture with brass he has also

made some aztec sculptures and family crests from wood. His father had learned woodcarving in his native Switzerland and pass the skills down to John.

John says that he's always been interested in art and was encouraged by his school teachers to pursue a career in art but instead elected to try a more stable occupation.

Now John doesn't have to worry about his art skills or job security. He has shown his metal sculptures at art shows and has been approached to consign items for interior decorating shops.

## Easter Egg Hunt

The Redstone Rod & Gun Club will sponsor an Easter Egg Hunt Sunday at 1 p.m. at the club house grounds near the intersection of Martin and Patton Rds.

The activity is for club members and their dependents and active duty and retired military personnel and their dependents.

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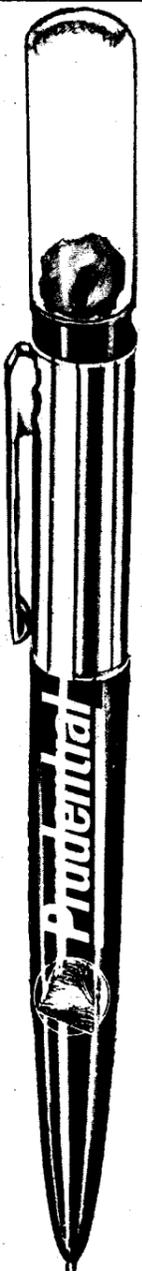
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## Rec Center Has Circus Tickets

Free circus tickets for children age 11 and under are available to military dependents. The Recreation Center will disperse 1200 tickets to the George Mathews London Circus on a first-come, first-serve basis. Adult tickets will be sold only at the gate at each performance.

The three ring circus under tent will appear at the Woolco Shopping Center on April 19, 20 and 21. Performances are scheduled at 4:30 and 8:00 p.m. each day.

Admission price at the gate is \$4.00 for adults and \$3.00 for youth age 12 through 17. March Business in local area...

Firms in Huntsville received awards totaling more than \$775,000 to cover MICOM orders for goods and services during March, and another \$242,000 worth of business went to companies in nearby localities.

The awards are for supplies, repairs, food, clothing, laundry, and laboratory equipment used

in operation of MICOM organizations.

Contracts for weapons systems and related equipment came to \$22,710,259 during March, and were awarded to companies nationwide.



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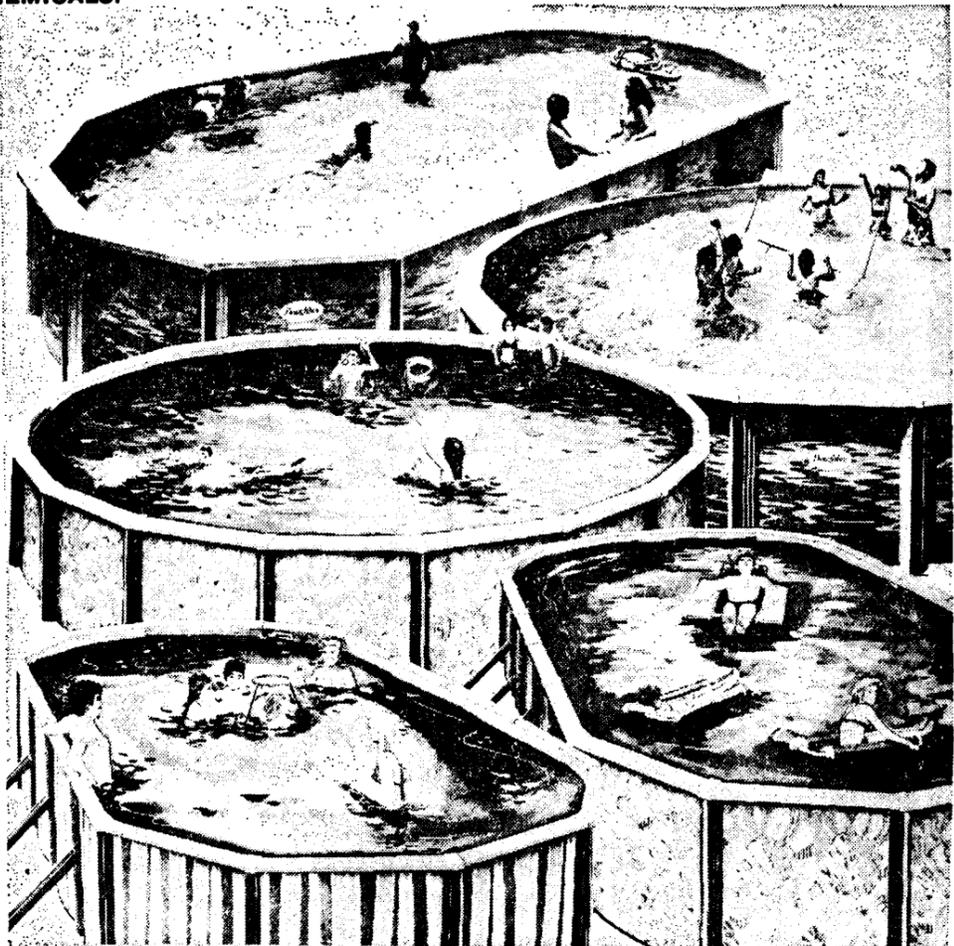
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# Non-Taxable Allowances May Get Greater Share

WASHINGTON (ANF)—A DoD legislative proposal recently submitted to Congress would direct a larger part of future pay raises be placed in non-taxable allowances.

Under the proposal, basic allowance for quarters (BAQ) would increase at a faster pace than basic pay since a portion of future basic pay raises would go into BAQ. About 25 per cent of the expected basic pay increase would be reallocated to BAQ.

The effect of this proposal on the cash pay of those living on the economy will be negligible since

they simply will receive more of their raise in BAQ. Those living in family quarters would experience an increase in their effective "rent;" they would have less of an advantage over members living offpost. The aim of the reallocation proposal is to bring BAQ and BAS into better alignment with actual costs of housing and food, officials say.

The change is described by DoD as a first step toward a military fair market rental system.

This action will begin to move BAQ rates closer to the average cost of procuring adequate housing in the private sector—and closer to

the average value of military family housing.

Because the average value of officer and enlisted bachelor quarters is substantially lower than current single quarters allowances, the proposal would permit a rebate to servicemembers on sea or field duty and in bachelor quarters.

The President would not have unrestricted flexibility under the proposal which is part of the FY 77 budget. At least 75 per cent of the increase that formerly would have gone into basic pay would still have to go into basic pay. Another

feature of the legislative proposal requires that the rebate to bachelors be at least the amount that was taken from basic pay.

The proposal also requires that the annual plan for reallocating the upcoming pay raise be given to Congress 30 days in advance of the hike.

Pay raise reallocation plans for subsequent years will be based on assessments of the compensation structure, the market value of government quarters and the cost of housing in the private sector.

The proposal is expected to save about \$65 million in FY 77.

## BMDSCOM Wives

The BMDSCOM Officers' Wives will meet on Monday, 19 April 1976 at 9:00 a.m. in the RSAOOM parking lot for a guided bus tour of historic Twickenham in Huntsville.

Upon return at approximately 11:30, there will be a car pool caravan to the Sheraton Motor Inn for a pay-as-you-go luncheon.

Mrs. George D. Sisson, Jr., and Mrs. Clyde A. Young, Jr., wives of the Test and Systems Engineering Support Directorate, are hostesses for the luncheon.

Reservations and cancellations may be made by calling Mrs. Willie A. Mayo, Jr., at 837-5017 before noon on Thursday. The permanent reservation list is not in effect.

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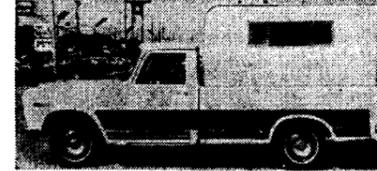
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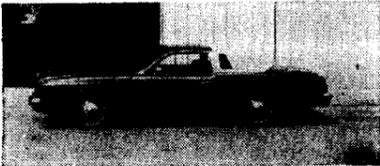
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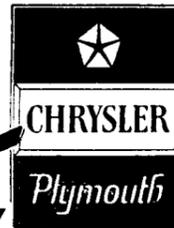


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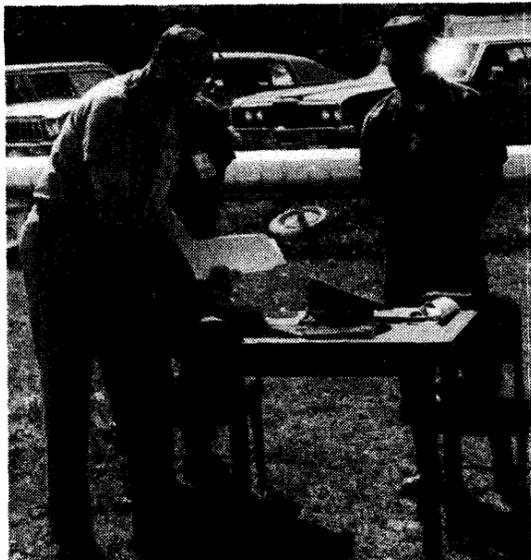
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# More PT, Sir



**I Don't Care What You Say, I'm Still The Boss — COL J. R. Underwood**

The recent Officers Semiannual Physical Training (PT) test, although not the social function of the year, will be remembered by many at Redstone Arsenal. Aching muscles—now soothed by the Miracle Drug—is all part of the test.

Forty-three officers at the Missile and Munitions Center and School were tested for physical fitness last week and according to Major Robert S. Robertson, S-3 officer, School Brigade, all 43 passed.

The test measures the individual strength of shoulder and abdominal muscles, tests coordination, endurance and ability to jump a 5-foot ditch and rapidly change direction while running. It consists of five events: horizontal ladder, situps, pushups, run,

dodge, and jum and a 1-mile run.

In order to meet the minimum acceptable standard, the participants must complete all five events and achieve a cumulative score of 300 or more. The maximum score is 500.

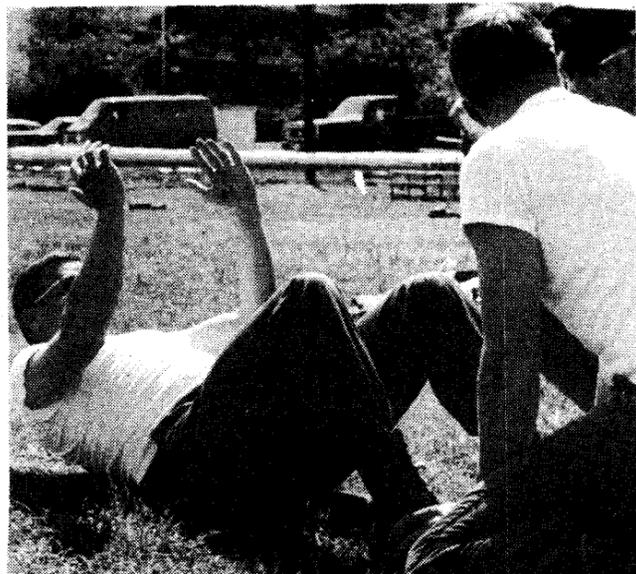
"Fifteen percent scored more than 400, four scored 450 and one scored 498," said Robertson.

According to Robertson, approximately 20 officers are yet to be tested.

Sixty is the minimum on each event. Although the entire test involves strenuous exercises, seventy per cent of the officers did not score 60 per cent on the 1-mile run. According to Robertson, "This was the most difficult part of the test." "But they did well enough on other events to get the required 300 points," he said.



**If The Colonel Kicks Me One More Time — 2LT Paul Hornak**



**What Will The First Sergeant Say — CPT R. Mills**

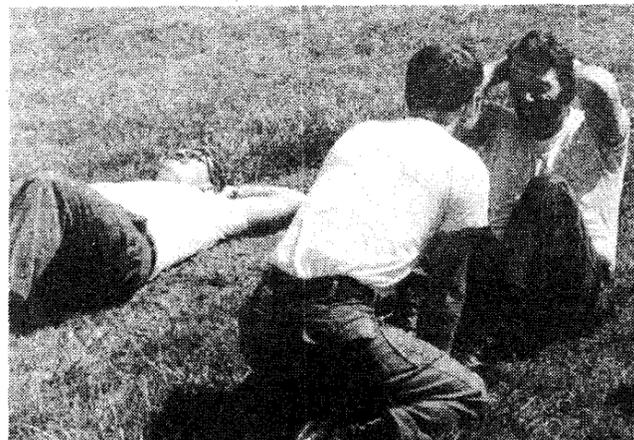


**Monkeys Make It Look So Easy — 2LT David F. Mills**

Although PT is not a daily requirement at Redstone Arsenal, students in training at MMCS have a formal PT program. Three hours a week is devoted to such training. "The semiannual tests are

designed to measure the effectiveness of the training given," Robertson explained. "Since all the officers tested met the Army standards, maybe the voluntary PT training is effective."

## Story & Photos by SP5 Frank Harris



**Oh, Hell! And That's Only One — Maj. R. S. Robertson**

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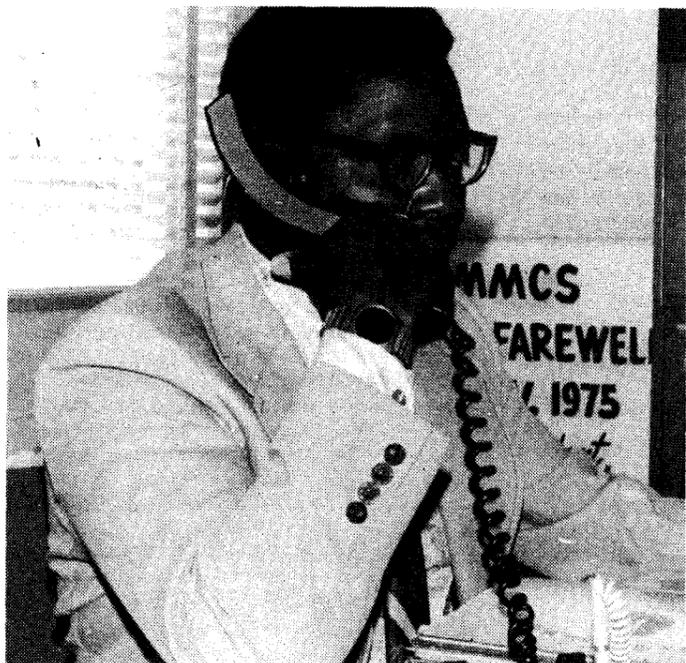
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# One-time Dropout Seeks Doctorate



HAMILTON

Harvey L. Hamilton, who received his third Master's degree in May, 1974, has been granted approval for long-term training by Colonel Edwin A. Rudd, commandant of the Missile and Munitions Center and School. He will study for a Doctorate of Education at Oklahoma State University commencing Aug. 23 of this year.

A training specialist at the missile school, Hamilton has a B.A. in Secondary Education, a Master's of Science in Secondary Education, a Master's of Education, School of Administration and Supervision, and a Master's of Education in Secondary School Education, 1974.

A high school dropout, Hamilton says he began to realize the importance of education when he was in the Army.

"I dropped out of school in the tenth grade, and enlisted in the Army," he said.

After two years in service, the Bay Minette, Ala. native began working in a sawmill in his hometown and attended night school to earn his diploma. Before he graduated though, he lost his left hand as a result of an accident on the job.

"When I got hurt at the sawmill, I realized I needed to go to college," Hamilton said.

"With the money I received as compensation for my injury, I was able to enter college and study."

By 1962, he had received his first degree — a Bachelor's of Science in Secondary Education.

After receiving his bachelor's degree, Hamilton taught school for four years.

"I realized I needed further education, so I pursued a master's," he said. "After I got my master's, the G.I. Bill was passed."

"I really didn't plan to try to earn multiple degrees. Attending evening classes had become my hobby, and it became a pastime I never gave up, he explained.

He received his second and third masters using the G. I. Bill.

In addition to three masters, Hamilton has also completed more than 1,500 hours of training at the missile school. His main duties include developing training literature for use at the facility.

Upon completion of the long term training, Hamilton will return to MMCS.

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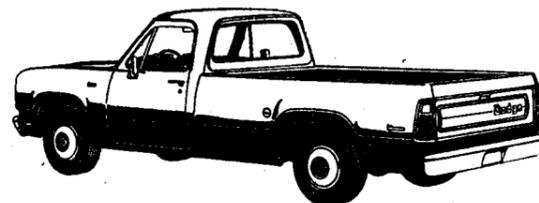
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# Wanna Be a Loser . . . Reduce Yo



## Civil Service Bulge

*"All I had was loaf of diet bread and a quart of skim milk...."*

Have you ever observed the eating habits of overweight people? They seem to be constantly stuffing peanuts, cake, breath mints and various other goodies in their mouths. Don't they pile their plates high with starchy foods such as biscuits and gravy, cobbles and french fries.

What about the office dispenser? Doesn't he or she usually bring in cakes or cookies for others to gorge on. Aren't candy jars or peanut cans conveniently located near their desks?

If you know one of these individuals, or happen to be one yourself, there's a new course at the Huntsville-Madison County Mental Health Center called "How to be a Loser" which is designed to help the overweight person.

Linda Warmbrod, acting coordinator of consultation and Education at the center conducts the class for potential weight losers.

According to Warmbrod, "most overeaters have learned eating behaviors that have contributed to a weight problem. Many of these people were taught to clean their plates. Others were never allowed to be hungry and so they constantly stuff food in their mouths instead of relying on internal hunger cues. Others use food as a stimulus and eat when they are bored—It's impossible to say that there is one reason why people overeat. I see it as a multicaused problem."

"How to be a Loser" doesn't make overeating a moral issue. There are about 30 behaviors associated with overeating. Warmbrod tries to help par-

ticipants drop some of these behaviors every week and replace them with positive eating habits.

Studies have shown that most overweight people rely heavily on external cues for eating. In one study where the clock was moved up, overweight people reported being hungry, when the clock was slowed down no hunger was reported by overweight people.

Overweight people also want their food to be more tasty than normal weight people. When overweight people were put on bland diets they ate less, while normal weight people ate as much as they were allowed on the same diet.

Warmbrod has found that many overweight people are not assertive and have a very hard time saying no to offers of tempting food. "It's very hard for them to resist the temptation. Others don't seem to realize that they do control what goes into their stomach. They need to learn the importance of nutrition instead of just considering themselves a food receptacle."

Weight loss studies have shown that while fad diets may help in temporary weight loss, eventually the dieter will revert to his original eating habits and gain most of the weight back.

The Loser course tries to correct this by seeking out bad eating habits and changing them. Class participants are required to keep a diary of everything they eat or drink. They must also record when, where and why they ate. By keeping a tab on caloric intake, losers become aware of their food

*"How can one little brownie m*

intake plus they have a valuable tool to aid in pinpointing harmful eating behaviors.

During the first class meeting, Warmbrod asks people in the course to write down their reasons for losing weight. This list is to be kept handy and referred to when the urge to gorge hits. Most overweight people in the program are concerned with their health and appearance. Some just want to be able to sit comfortably in



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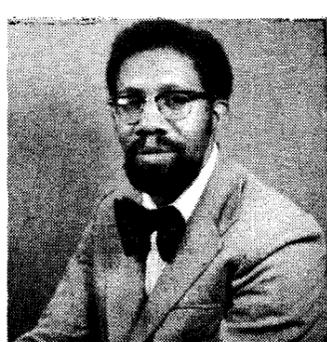
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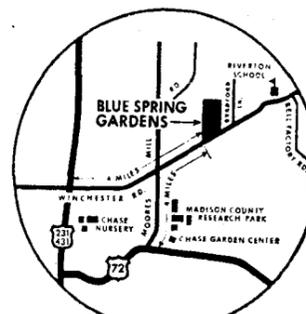
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# or Eating

...any difference?..."

...eatre seats. Others are worried about job promotions and social life.

Losers are encouraged to increase their routine and

programmed exercise during the course. Routine exercise includes normal walking activity around the office and home. Participants have found that by parking their cars in the last row of the lot,

walking up the stairs instead of riding the elevator, and making more walking trips during the day; they can burn up calories faster. Programmed exercise such as calisthenics and jogging are stressed to aid in forming up the body.

Nutrition plays an important role in the course. Studies have shown that Americans eat too many sweets and carbohydrates. Course participants set up nutritional plans that include foods from the four basic groups. A separate meeting is held for family members to learn the importance of nutrition in food preparation.

What to do when you feel a binge coming on is also discussed. Instead of a wholesale condemnation of binges, losers learn to gradually eliminate binge behavior, by trying half a binge first and then working up to total elimination of food craving behavior. Half a binge may involve throwing half of that candy bar away or only eating a portion of pecan pie.

Eventually a loser will learn to substitute other behaviors such as working, calling a friend on the phone, working on an arts project, chewing sugar free gum, drinking diet cola or eating a low calorie snack.

Anyone interested in losing weight can adopt many of the behaviors suggested by Warmbrod. Class participants usually work on a few every week but you may be interested in working at a faster pace.



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# Confederates Whitewash Rocket Militia

GADSDEN, Ala.—Redstone hurler Mike Arndt had a slider that was just plain nasty and a fastball that kept infielders alert and a changeup that sent batters to the chiropractor in the first of two games against the Gadsden State Junior College Confederates Apr. 3 here.

However, when the game ended, the young right-hander fell victim to the brilliant two-hit pitching of Kenny Wallace of Gadsden. Wallace fanned 11 Redstone batters in hurling the Confederates to a 4-0 win.

Arndt struck out five, walked three and yielded only four hits, in a losing effort for the Rockets.

Both teams displayed a brilliant defense; it marked the first time this season that Redstone did not make any errors.

In the second game, Gadsden took advantage of the Rockets' errors and a home run by Danny Singleton to produce five runs in the second inning and an eventual

8-0 victory.

"I'm proud of my players and the way they played in the first game," said Coach Bill Gore of Redstone. "Mike Arndt pitched one helluva game and the team backed him up with great defensive plays."

Arndt ran into trouble in the second inning when Barry Wheeler opened with a walk. Alan Crawley slapped a single, but Arndt got Don Bush on a pop-up to Mike Spry and set Eddie Griffith down on strikes.

With two outs, hurler Wallace stepped to the plate hammered a tremendous fly to center that took one bounce over the fence—410 feet away. Crawley and Wheeler scored on the double and Wallace eventually came around to score to give Gadsden a 3-0 advantage.

Crawley scored the Confederate's final run in the fourth when he led off with a base hit and then came home on Singleton's fly to center.

Tony Diforie and Byrd collected

a hit each for Redstone, while Crawley paced Gadsden with two hits and two RBIs.

## Gadsden 8, Rockets 0

A five-run outburst in the second inning enabled the Confederates to take a 8-0 win over the Rockets and a clean sweep of the double-header.

Charlie Robertson and Farron Haynie combined their efforts in pitching Gadsden to the win, while Steve Edmonston was tagged with the loss.

The Confederates immobilized the Arsenal militia men in the second; taking advantage of two walks and five hits to move out in front 5-0. The big blow came on Singleton's three-run homer to left field.

Redstone's only threat in the game came in the first inning when third baseman Mike Spry belted a triple but was left stranded when Edmonston struck out.



Slugging third baseman—Mike Spry

## Rockets Split Double-header

Feeling the effects of spring weather, the Redstone Rockets came out of dormancy Saturday, and posted a 9-7 win over Gadsden State College in the second game of a baseball double-header.

Third baseman Mike Spry hammered two home runs to lift Redstone to their first win of the season, after the club dropped seven consecutive games.

The Gadsden Confederates fell to a 13-9 mark after taking the

opener, 11-1.

"We've finally started hitting the ball," said Redstone coach Bill Gore. "Two or three hits a ball game don't win a game as our record shows. However, last week we borrowed DYA's pitching machine and it definitely helped improve the team's batting percentage," he added.

The post baseball team will meet Athens College here tomorrow in an afternoon double-header, starting at 3 p.m., on Linton Field.

In the second game, Mike Spry put Redstone even with Gadsden after one inning of play when he belted a two-run homer, after Randy Wiese led off with a double.

Dennis Elkins put Gadsden ahead in the top half of the first with a towering home run to left field. Mickey Thornton then cracked a single, stole second on a wild pitch, and then came home on Dale Shiffner's single to account for their two runs.

The Rockets took a 4-2 lead in the fourth inning on singles by Jim Niepatter, Steve Teppe, Tony Diforie and Jack Leathers, who went six for seven during the two games.

The Confederates notched the game at four-all in the fifth on Brent Ellison's home run, after Elkins reached first on a base hit. The two-run outburst finished right-hander Mike Arndt of Redstone, who yielded nine hits and four runs through five innings.

Right-hander Mike Spry relieved Arndt in the sixth and pitched one and a third innings before he was belted from the box on a three-run homer by Ellison—his second of

the game.

However, Spry had a comfortable lead, after giving Redstone a 9-4 advantage in the sixth on his second homer of the game—a two-run shot over the right-field fence.

Coach Gore, taking no more chances, replaced Spry with left-hander Steve Edmonston, who retired the next three hitters to give Redstone its first win.

## Gadsden 11 Rockets 1

Nine errors resulting in eight unearned runs enabled Gadsden to defeat the Rockets, 11-1, in the first game.

Randy Scruggs scattered seven hits to chalk up the win for Gadsden, while Redstone Hurler Jack Leathers suffered a disappointing loss after helping his own cause with three hits, including a home run in the third inning that hit the top of the left-field fence and then bounced over.

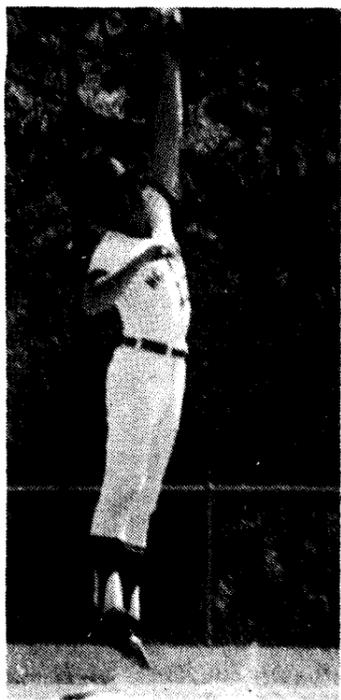
The Confederates grabbed a 3-0 lead in the first—all unearned—although Redstone managed to come up with a sparkling double play, capped by Leathers' pick-off at second.

The Confederates continued to take advantage of Rocket errors in the final four innings to score eight more runs for the win. During the slugfest, Alan Crawley slapped a double to score one run in the fourth; Keith Bush's double in the fifth scored another; pinch-hitter Don Bush added two more runs in the sixth with a two-bagger and then turned around and repeated

his same performance in the final stanza.

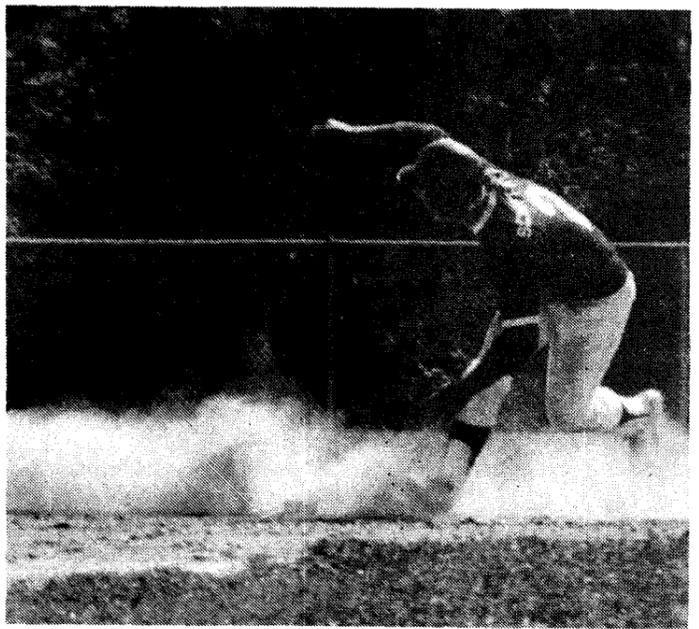
Besides Leathers, Jay Johnson was the only other Redstone player to reach first base consistently off

of Gadsden hurler Scruggs. Johnson ripped two singles and then reached first after being struck out when catcher Barry Wheeler allowed the ball to get by him.



Desperate leap

—K. C. Manning



Gadsden's Dale Shifner Steals Second

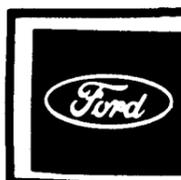


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## Soldatenmarsch

The German Air Force Detachment at the Missile and Munitions Center and School will conduct their second annual walk marathon to benefit their "Soldatenhilfswerk" or troop welfare fund.

In Germany, a "Soldatenmarsch" or soldiers march, is held yearly to raise money for their welfare fund, which benefits soldiers during financial emergencies.

The local march will be conducted on May 1 with participants being able to select a hike of 12 or 20 kilometers on post.

An entrance fee of \$3 will be

charged. Each member will receive a commemorative medal and a certificate of achievement from the GAF Detachment.

Bratwurst, sauerkraut, kartoffelsalat and German beer will be available at the "Soldatenstube" after the march.

All military troops and their families are invited to participate. Interested persons may sign up at the German Air Force Detachment, Bldg 3511, no later than Apr. 23.

In case of inclement weather, the march will be postponed until the following Saturday.

## Helmer Dominates Post Rolloffs

Fred Helmer, "Mr. Bowling" of the Missile and Munitions Center and School, will head a six-member men's team for Redstone in the upcoming Training and Doctrine Command Bowling championships at Fort Leonard Wood.

Helmer qualified for the post team in a 21-game roll-off last week at the Arsenal lanes. Other members of the TRADOC-bound Redstone team are Brent Bofenkamp, "Sandy" Sandlin, Bob Montgomery, George Cromarte and Leand Bryan. The alternate was John Goltz.

Helmer's performance led a field of 39 keglers with a three-day total of 4,036 pins—a 192 average. The pin ace rolled sets of 1,398; 1,356 and 1,282, including the tournament's high game of 253.

In 1974, Walt Baker set the all-time post roll-offs mark with 4,077 pins over a 21-game route. Over the three-day period, Baker ignited the wood with sets of 1,311; 1,380 and 1,386.

Last year's top qualifier, Bofenkamp, took second place with a total of 3,849, including the tournament's highest one-day mark of 1,403 pins—a blazing 200 average. Bofenkamp's performance brought him from 11th place to second after two rounds, which he held throughout the remaining roll-offs.

Other members' averages in respective order are: Sandlin, 3,770, (179); Montgomery, 3,755, (178); Cromarte, 3,752, (178); Bryan, 3,700, (176); and Goltz, 3,697, (176).

According to Athletic Branch officials, Bryan, chief of the Hawk Division at MMCS, has relinquished his spot on the team to Goltz, because of prior commitments.

Goltz, who just returned to Redstone after one year in Korea, finished seventh in the standings—three pins behind Bryan. Better known as "Little John", Goltz

rolled his first perfect game during league competition in Korea and received a \$400 diamond ring from the American Bowling Congress.

The post team will fly to Leonard Wood for the TRADOC event to compete against Ft.'s Leonard Wood, Sill, McClellan, Rucker, Benning, Knox and Benjamin Harrison.

## UNA Takes Tennis Match

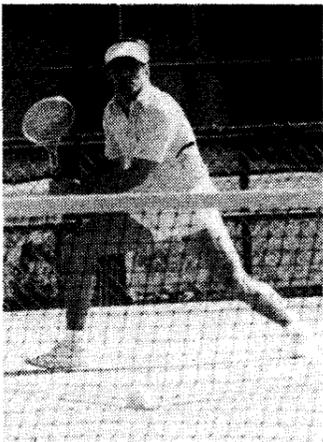
The University of North Alabama tennis team made a clean sweep in their visit to the Arsenal Friday, routing the post tennis team 9-0 in an exhibition match at Brahan Springs tennis courts.

North Alabama, who ranks high in the Gulf Coast Golf Conference, dominated the Rockets in six singles and three double events.

Redstone will face Calhoun State in another exhibition match April 19 at Brahan Springs.

In the final singles standings, UNA's Chuck Wright defeated Mal O'Neill, 6-4, 6-2; Ronnie Small downed Sid Roberts, 6-3, 6-3; Steve Hardgrove over Charles Addicott, 6-1, 6-1; Ricky Light beat Mike Drinkwater, 6-2 6-3; Mike Long upended Larry Wellborn, 6-2, 6-3; and Robin Wade eliminated Mike Barnes, 6-1 and 6-2.

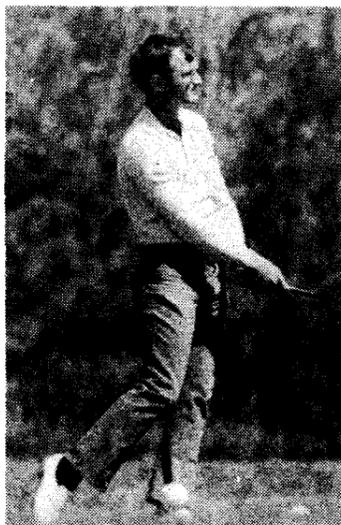
In the doubles, North Alabama took all three matches. Light-Small downed Addicott-Wellborn, 6-3 and 6-1; Wright-Long beat Roberts-Adams, 6-0 and 6-2; while Hardgrove-Wade dumped Drinkwater-McLaughlin, 6-3 and 6-0.



Mal O'Neill

## Rockets Lose Match to North Alabama

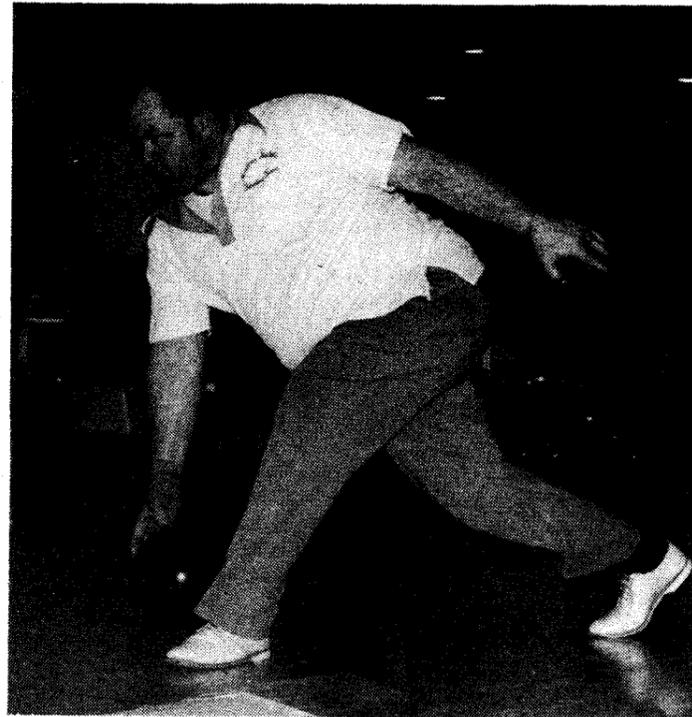
The University of North Alabama Lions defeated the Redstone Rockets 313-335 in an exhibition golf match at the Arsenal greens Friday.



Pat Fogel

Lions' Billy Pomeroy and Wayne Thivierge turned in the game's low scores with a 74 and 78, while Rocket golfers, Jim Botten and Henry Craighead (an A&M alumni), shot 82 and 84 respectively.

Other top golfers for UNA were Andy Davis, 83; Steve Whiten, 81; Brad Shuput, 83; and William Grimmitt, 84. Pete Dwyer shot 85 to round out Redstone's scoring.



King of the Hill — Fred Helmer



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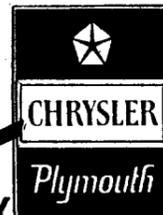
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# Best Deals Are the Ones Never Made

BY DAVE COWAN

For every winner there's a loser, and there's no doubt that the trading of players is the most precarious aspect of sports.

Few general managers when they make "the big deal" can be certain of exactly what they're getting, although their new acquisition may have a fine record.

Oddly enough, only two baseball deals on record were "no risk transaction" and there's little chance there'll be more like them in the future.

In 1915, Joe Cantillon of Minneapolis traded outfielder Bruce Hopper to the Chicago Cubs for a hunting dog. And in 1931, Joe Engel, owner of the Chattanooga club, sent shortstop Johnny Jones to Charlotte for a 25-pound turkey.

Cantillon and Engel didn't buy a "pig in a poke" as the saying goes. They knew what they wanted, went after it and were evidently pleased with the results. And, so were 25 sportswriters who were invited to a turkey dinner hosted by Engel.

Believe it or not, out of thousands of trades made in baseball, those two transactions drew no complaints from writers or fans.

However, trades don't always end on a happy note. Many fans feel they have been cheated in many swaps.

Remember the "biggest steal" in baseball history? In 1920, the Boston Red Sox sent Babe Ruth to the New York Yankees for \$125,000 and a loan of \$300,000.

The cost, although every high in those days, was a drop in the bucket for New York. What they received for nearly a half-a-million dollars was the most exciting, most colorful and possibly the greatest player in history.

Fifty-five years have passed and no deal has ever matched the Ruth swap in lopsidedness or long-range effect. Nonetheless, hundreds of sucker deals have been made.

With a wealth of bad deals to consider, I've come up with several of what I consider the worst trades in the last 35 years. Undoubtedly, every fan has particular deals in mind that could be considered more worthy, but these are bad enough.

One blunder occurred in 1965, when the Cincinnati Reds traded Frank Robinson to the Baltimore Orioles for outfielder Dick Simpson and pitchers Milt Pappas and Dave Baldschun.

The Reds ended up on the losing end, while the Orioles got a man (currently the first Black manager of the Cleveland Indians) who led them to an American League pennant and a World Series victory in 1966 over the Los Angeles Dodgers. Robinson won the batting

Triple Crown with a .316, 49 homers and 122 RBIs, and was chosen the American League's most valuable player.

How about Lou Brock and pitchers Jack Spring and Paul Toth traded by the Chicago Cubs to the St. Louis Cardinals in 1964 for pitchers Ernie Broglio and Bobby Shantz and outfielder Doug Clemens.

The Brock deal is still brought up by disgruntled fans as the greatest mistake ever committed by the Clubs' vice-president John Holland.

Another "boner" was the Nolan Ryan deal. The fast ball hurler was traded by the New York Mets to the California Angels with pitcher Don Rose, outfielder Leroy Stanton and catcher Francis Estrada for infielder Jim Fregosi in 1971.

Also, in 1971, the Cleveland Indians and the San Francisco Giants got into the act, when the Indians traded "Sudden" Sam McDowell to the Giants for Gaylord Perry.

Of course, one of my personal favorites was the deal in which Nellie Fox was swapped by the Philadelphia Athletics to the White Sox for catcher Joe Tipton in 1949.

In recent developments, the Oakland A's traded first baseman Reggie Jackson, pitchers Ken Holtzman and Will Van Bommel to the Orioles for Mike Tomez, Don Baylor and pitcher Paul Mitchell.

Although both clubs seemed to have gotten a fair deal in the swap, I can't help but remember 1966, when the Robinson-trade netted Baltimore a championship.

For Baltimore, it could happen to them again this year, if Jackson decides to play the brand of ball he is capable of doing.

In another spring ordeal, the Chicago White Sox revamped their team with only catcher Brian Downing and shortstop Bucky Dent at their same positions as last year.

A recent flurry of trades by owner Bill Veeck and the managerial shift from Chuck Tanner to Paul Richards will give the White Sox a new look right down to their hot pants.

In two off-season trades, Chicago acquired Jack Brohamer from Cleveland and Ralph Garr from Atlanta Braves. Garr's hitting, along with .300-plus hitter Jorge Orta, should give Chicago much needed punch in their lineup.

Normally trades can be worked out among interested teams. However, when no clubs seem to be interested in a high-caliber player, as in the case with Andy Messersmith, then some dispute—unknown to the public—exists.

In this case, it could very well be Messersmith. A pitching stalwart for the Dodgers, Messersmith jumped the team and was supposedly to play for the New York Yankees. He balked on the Yankee agreement and now New York or any other club doesn't want him.

The problem is money. Andy Messersmith, like many others, wants to become a millionaire overnight at the expense of club owners and the fans.

How many clubs can afford Messersmith's four-year 1.5 million-dollar offer?

Yet, this situation exists among many players today—overnight stardom and overnight millionaires.

In brief, a trade is always a gamble and there's some truth to the axiom that the best deals are the ones that are never made.

## Gals Needed for Softball

More women are needed to fill out the girls' post softball team for participation in the upcoming Huntsville Women's Industrial League and the 1976 TRADOC softball championships at Ft. Benning, Ga.

Any perspective military women may try out for the team April 15 at the softball field adjacent to the enlisted swimming pool. Practice will get underway at 4:30 p.m.

## Rod, Gun Club Sets Skeet Loop

The Redstone Rod and Gun Club has a full range of shooting sports activities this Spring.

A skeet league begins April 29. Competition in trap shooting is underway for club members only. The league operates each Wednesday night. Participation in the skeet league is open to any unit, military or civilian, on the post which may wish to enter a five man team. Individuals may also sign up at the clubhouse near the intersection of Martin and Patton Roads. The Skeet league will operate Thursday and Friday evenings.

There will be a drawing at the clubhouse April 22 to determine individual assignments to teams. Skeet clinics are planned each Sunday at 3 p.m. for anyone interested. The first will be held April 25.

Individuals who may desire to enroll in a course in rifle, pistol and shotgun safety can sign up at the clubhouse. The club also offers pistol and rifle target shooting for members and their dependents. Active duty personnel and their dependents may enroll in the safety course.

There is a \$5 entry fee for participants in the skeet and trap leagues.

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# Germans Take Two Wins in Team Handball

The German Air Force detachment at the Missile and Munitions Center and School won two closely-contested games during intramural team handball action on the Arsenal last week. This marked the first contest this year.

The Germans, who replaced the defunct missilemen from MICOM, grabbed two one-point wins; defeating unbeaten 8th SC, 14-13, and the Marines, 10-9. They ended the week with a 2-1 record.

The 8th students, by virtue of more games played, remained on top in the league standings with a 5-1 mark. The 4th SC and the Marines posted identical 3-1 records, followed by the Germans at 2-1.

The 6th students forfeited two games last week and according to current league rules, were supposedly dropped from the competition.

Team handball had a 12-team slate in its debut last year. However, this season the game only attracted seven teams. One team has already dropped out and now it looks as if the 6th students are ready to fold.

### Monday

The German Air Force students opened the action last Monday night with a 14-13 squeaker over the 8th students, while the 291st MPs chalked up a 1-0 forfeit over the 6th SC.

Both clubs were deadlocked four-all after the first half with student Mike Ford and German Rainer Estner leading the way for each team with two goals apiece.

In the second half, the Germans finally ended up on top by one point. During the 19-point half, Gerd Aye scored five and Estner added three more for the winning Germans, while John Antalosky

and Phil Thompson scored four and three goals respectively for the 8th SC in a losing effort.

### Tuesday

In two games under the lights Tuesday night, the 8th SC beat the 4th students, 20-9; and the German Air Force stunned the Marines, 10-9.

The 8th students, behand an eight-goal performance by Roman Pangelinan, bounced back from a previous night's loss to whip the 4th SC, 20-9.

The 8th students took a 8-5 halftime advantage, led by Phil Thompson and Pangelinan with three goals each, and then wrapped up the win in the final half when Pangelinan netted five more goals.

In the 8th's win, John Antalosky had four and Mike Ford had three goals. For the 4th students, Ken Chance netted five and Herb Adams added three.

In the second contest, the Leathrenecks almost strapped the German Air Force team with a loss after the Germans took a commanding 8-3 halftime lead. The Marines came up with six goals in the final half, but their rally fell short by one as the Germans held on for a 10-9 victory.

The foreign players were led by Erich Kronauer's five goals and Ulaus Metauge's two scores, while Dave Bachman and Rick Fromme netted three and two goals respectively for the Marines.

### Wednesday

The 8th SC edged the Marines, 10-7; and the 4th SC picked up an easy 1-0 forfeit over the 6th students Wednesday night.

The 8th students chalked up their second win during the week with a 10-7 win over the Leathernecks—

their second loss in a row.

The Marines outscored the 8th in the second half, 5-4, but couldn't overcome a 6-2 first-half deficit to the students for the win.

Hot-handed Roman Pangelinan paced the students with five goals, while John Antalosky and Phil Thompson added two each. For the Marines, Bill Lees scored three.

In Thursday's action, the 8th SC dumped the 291st MPs, 16-10; and the German Air Force walloped Company A, 17-1.

Pangelinan continued his torrid scoring pace for the 8th netting five goals, as the students upped their league record to 5-1 with 16-10 over the MPs.

Leading the league in scoring is Pangelinan with 26 goals; German student Gerd Aye with 15; followed

by Pangelinan's teammate, John Antalosky with 13.

In the game against the cops, Pangelinan netted four goals in the first half to give the students a commanding 7-4 lead. Ken Paik and Jack Conn took over in the final period, scoring four and three goals respectively to life the 8th to their third straight win.

For the MPs, Ray Bernal netted six and James Fomby had three in a losing cause.

Gerd Aye netted 10 goals, lifing the German Air Force team to a 17-7 win over the A's in the finale. Aye scored six in the first half to give the Germans a 9-3 advantage and then scored four more in the final stanza for the foreign players' second win against one defeat.

Aye's 10-point performance set an all-time high scoring mark for

one game.

In a losing effort, Don Bray scored four goals as the A's fell to a 1-3 mark in the league.

## Team Handball STANDINGS

	W	L	GB
8th SC	5	1	1
4th SC	3	1	1
Marines	3	1	1 1/2
German Air Force	2	1	3
Company A	1	3	3
291st MPs	1	3	3
6th SC	0	5	4 1/2

## LEADING SCORERS

Name/Unit	G	Goals
Pangelinan, 8th SC	6	26
Aye, GAF	2	15
Antalosky, 8th SC	4	13
Lockett, 4th SC	2	12
Bray, Co. A	4	11
Bachman, Marines	4	11
Thompson, 8th SC	4	11
Ford, 8th SC	4	10
Schanz, Co. A	4	8
Coleman, 6th SC	3	7
Fromme, Marines	4	7

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Overall height: 51.5 in.  
Wheelbase: 96.7 in.  
Tread: Front: 50.2 in.  
Rear: 48.0 in.  
Vehicle weight: 1985 lb.

#### Fuel Tank

Capacity: 13.2 US Gal.

#### SEEC-T Engine

Four cylinder, water cooled, OHV, four-stroke, horizontally opposed.

#### Bore x stroke:

3.35 x 2.36 in.

#### Piston displacement:

1361 cc. (83.2 cu/in.)

#### Compression ratio:

8.5 to 1

#### Tires

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#### Transmission

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Four-speed forward, all synchromeshed; 1 reverse, selective sliding.

#### Gear ratio:

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2nd: 2.157 Rev: 4.100

3rd: 1.464 Diff: 4.125

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Type: Independent

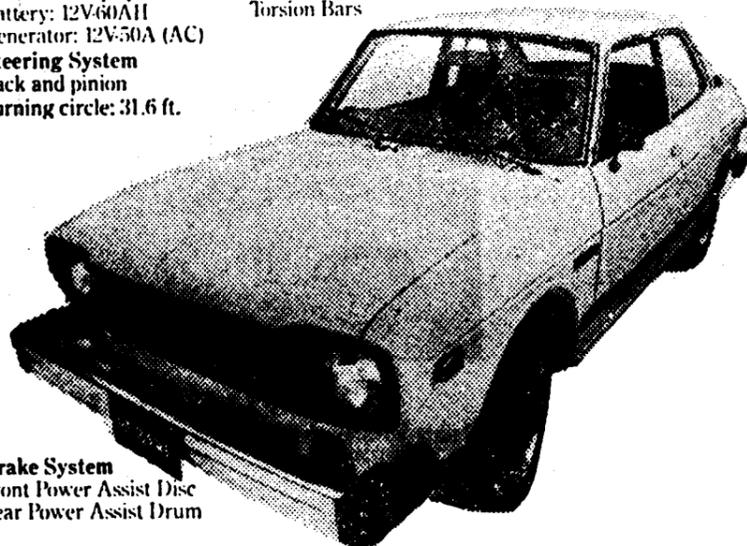
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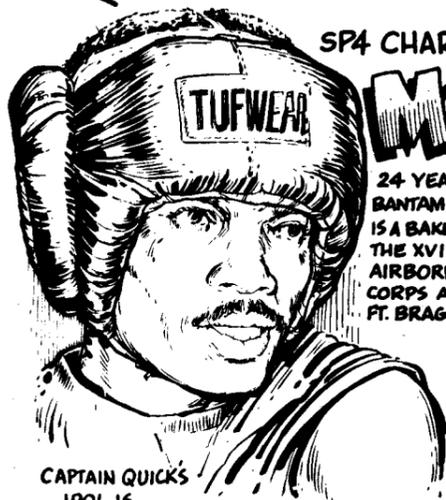
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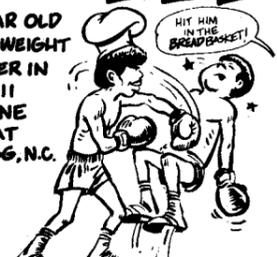
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When retreat sounds  
Do you stand with pride  
...or hide?

# Bowling News

## AMC League Standings

Team	Pts
Bombers	71 1/2
Spares	65 1/2
Hughes TOW	58
T-Birds	57
Cadillacs	57
Lily Flagg	56 1/2
Alley Cats	55 1/2
King Pins	54 1/2
Sprinters	53
Fat Cats	51 1/2

### Last Wednesday

Cadillacs-4 — Fat Cats-0  
 Lily Flagg-3 — King Pins-1  
 Bombers-3 — Sprinters-1  
 Hughes-3 — Alley Cats-1  
 Spares-2 — T-Birds-2

### High Rollers

Bob Brock, 563 (225); Bill Walker, 556;  
 Jim Watts, 554 (211); Bill (Bomber) Walker,  
 547; Tom Patterson, 546 (220); Dick Gore,  
 543; J. C. Whitworth, 543; Eulas Gilbert,  
 540 (222); Burt Dempsey, 540.

## S&M League Standings

Team	W	L
Outhouse Lounge	38	18

Team	Pts
Barber-Coleman	34
Clowns	33
Misfits	32
Strikers	31
Outcasts	24
The Docs	24
Reba's Enterprises	23
Three & Two	23
Huntsville Times	18

### Last Week's Matchups

The Docs-4 — Barber-Coleman-0  
 Three-Two-3 — Clowns-1  
 Outhouse-3 — Misfits-1  
 Times-3 — Rebas-1  
 Strikers-3 — Outcasts-1

### High Scorers

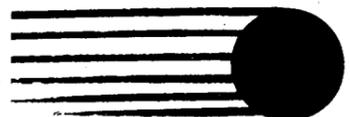
Vern Benson, 583; Buck Wade, 566;  
 Norm Fischer, 551; Carl Black, 549 (212);  
 Andy Andreottola, 547 (216); Al Rossi, 531;  
 Jim Tate, 529; Earl Moore, 528; Richard  
 Crawford, 527; Conrad Eadon, 524.

## Wed. Officers Standings

Team	Won
76'ers	74
Lucky Strikes	64
Readiness Group	58
School Brigade	58
Strikeouts	56
Metrcals	54
ExASPRators	52

Kuwait Keglers  
 Black Jacks  
 Redrock Injunears  
 Pickups  
 P&P Registers  
 Halo's  
 Results  
 Lucky Strikes 8 — Metrcals 0  
 Black Jacks 8 — Halo's 0  
 School Brigade 6 — Swingers 2

Registers 6 — Strikeouts 2  
 ExASPRators 6 — Pickups 2  
 Readiness 4 — Redrock 4  
 Ind. Honors  
 High Series: Townley, 555 (202); Bryan,  
 554; Pencola, 539 (213); Dwyer, 531 (213);  
 Aldrup, 528; Myers, 525 (200); Ogozalek,  
 523; Pflanzler, 514 (206); Roberts, 220  
 game.



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6,000 to 7,000	7,000	35-39	1.05
7,000 to 8,000	8,000	40-44	1.50
8,000 to 10,000	10,000	45-49	1.95
10,000 to 12,000	12,000	50-54	2.50
12,000 to 14,000	14,000	55-59*	4.20
14,000 to 16,000	16,000	60-64*	6.20
16,000 to 18,000	18,000	Over 65*	9.10
Over 18,000	20,000	* Insurance at these ages will reduce unless special steps are taken.	

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35-39	92.30	42.00	67.60
40-44	92.30	60.00	88.60
45-49	92.30	78.00	121.80

This insurance can

- Pay Off A Mortgage
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**Enroll Now**

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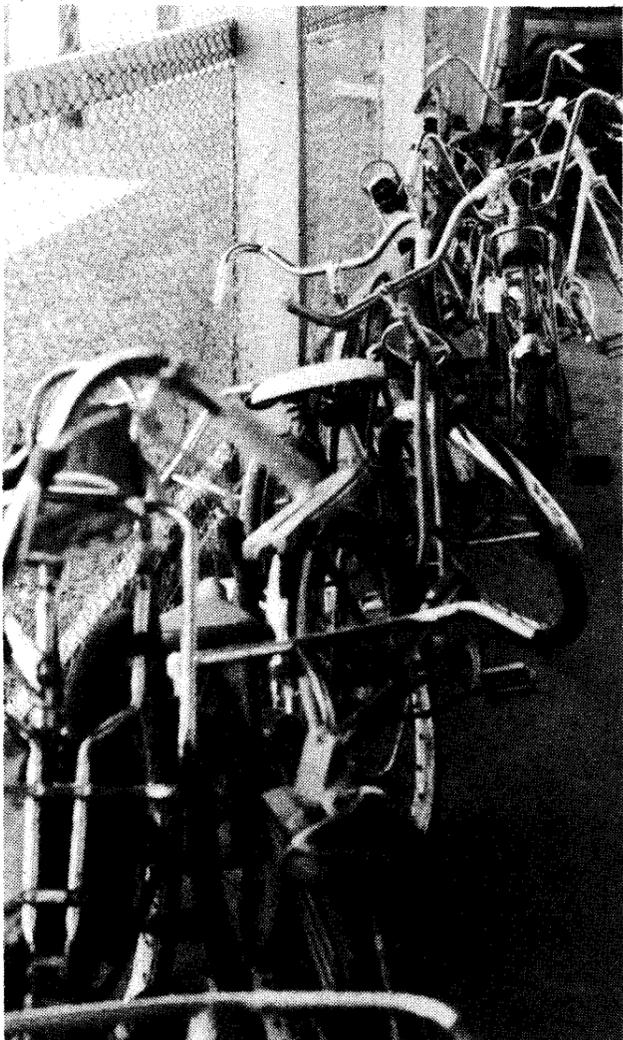
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# Any Old Goods To Sell?



Bicycles move fast

Have you ever driven by Cajun Road on noon Wednesday or Friday and wondered what kind of giveaway was taking place?

Well it's no free giveaway. The congestion is just from the many customers who patronize the Post Thrift Shop from 10 to 2:30 on Wednesdays and Fridays.

However, the patrons may soon be decreasing in numbers if the supply of goods doesn't start growing.

Mrs. O'Shea, Thrift Shop manager, is urging eligible consignees to bring used furniture, appliances and gardening equipment to the North end of building 3649 between 10 and 12:30 on Wednesdays and Fridays.

Eligible consignees include active and retired military as well as Department of Army civilians employed at Redstone.

Consignment is limited to 15 items per visit, with the seller setting the price.

## Parachutist

Charles Mc Crone, an electronics engineer in the TOW Project Office has been nominated for the International Federation of Aeronautics bronze medal.

Mc Crone was nominated for the IFA's second highest award by the U.S. Parachute Association for his service as president and honorary president of that organization.

## Shop The Ads



**STATELY 4 BEDROOM**, 2½ bath home with 2300 sq. ft. on 7-1/4 acres. 4 stall horse barn, tack room and pool. An unusual find for a discriminating family. \$69,900. Your Hostess: Mary Ellen Garcia. DIRECTIONS: Route 53 to Old Railroad Bed Road, turn right go to Pulaski Pike, turn left, cross Wall Triana Highway, 2nd home on the left.

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**MT. VIEW** from this 4 bedroom plus study home. Large den with fireplace, inside utilities, carpet throughout. A home with many extras priced at \$44,500.

CALL US, WE HAVE OTHERS



883-0110

## GYN Clinic Sets Discussion Series

The Post Hospital's GYN Clinic has scheduled a series of four discussions for the women of the Arsenal's military community.

The one-hour discussions will be held on Fridays, at 9:30 in the morning and again at 1:30.

Conducting the series will be Betty Pidcock, RN, a UAH student at the GYN Clinic.

The opening discussion is slated for April 23. The topic will be: Breast Self Exam; the Pap Test,

and Cancer and You.

Mrs. Pidcock will discuss, "What You Can Do About Venereal Disease," on April 30, and a week later the topic will be, "Menopause and Hormones." At the concluding discussion on May 14 the topic will be "Birth Control Methods."

A question and answer period will follow each of the discussions.

For further information call Betty Pidcock at 837-4865.

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Manager PHONE 539-0074



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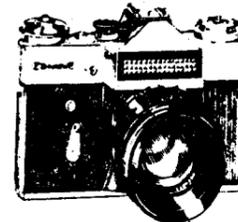
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## Host Family . . .

(Continued From Page 1)

"We assume any medium where we can get the program over," Tarpely said.

If an individual desires a family, he fills out a questionnaire that asks such questions as what county is preferred, whether a single or married student, hobbies and foreign language spoken.

Tarpely stated that the purpose of the two questionnaires is to match the student with the right family.

Currently, 387 families are enrolled in the MMCS Host Family Program—112 already hosted, 164 pending and 111 not desiring a host family.

Representing such countries as Belgium, China, Denmark, Ethiopia, France, Germany, Greece, Iran, Israel, Jordan, Morocco, Nigeria, in order to orient the students to the area and American life, periodic tours are sponsored to different parts of the county.

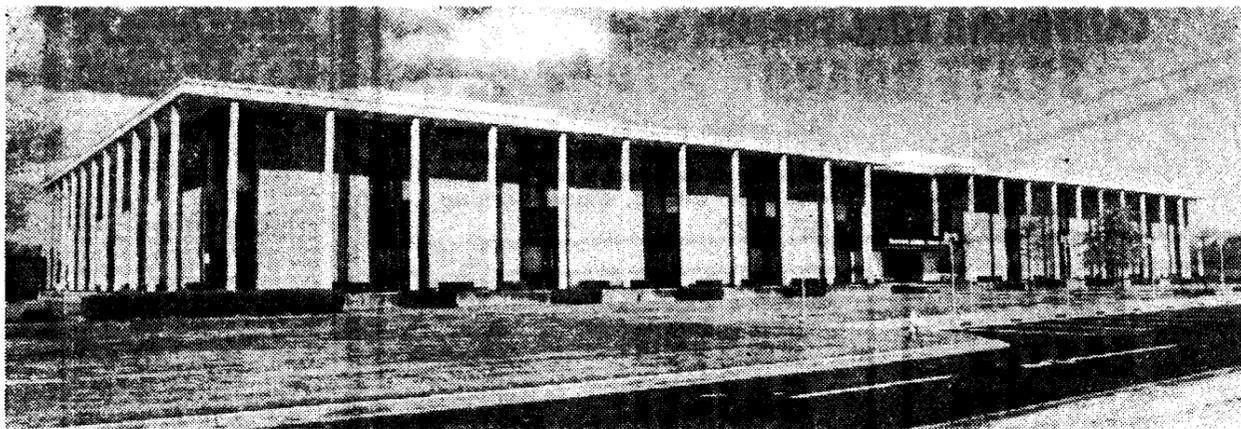
"We go anywhere within a 250 mile radius twice a month," stated Tarpely. "We have been to Atlanta, Nashville, Birmingham, Montgomery and many other places."

HCIV provides a variety of additional services, such as referrals in legal and medical matters, interpreting and translating, assistance in immigration and passport matters and handling of inquiries concerning embassies, consulates, work permits, international travel and customs regulations.

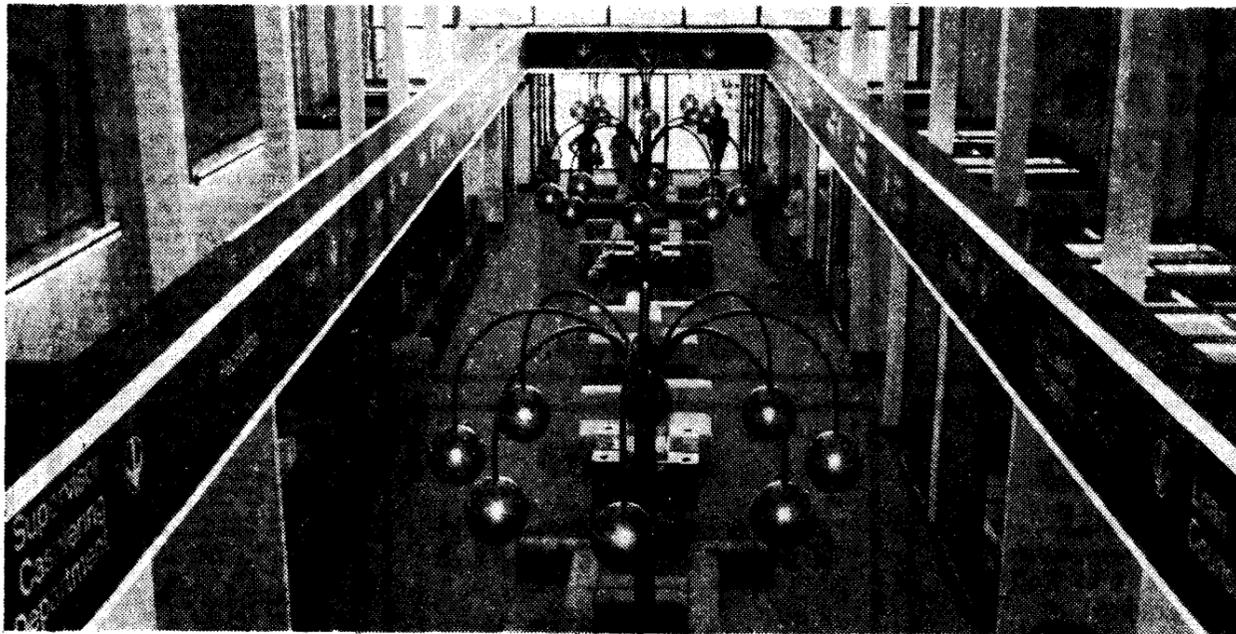
"The participants in the program have a high opinion of it," said Tarpely. "This program allows for a continuing relationship long after the foreign personnel return to their home land."

Anyone desiring to host a foreign student or family, should contact Tarpely, Foreign Liaison Division, 876-1704.

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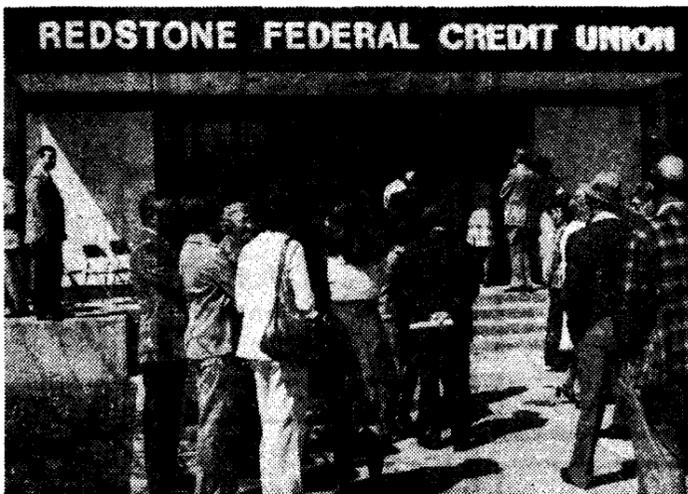
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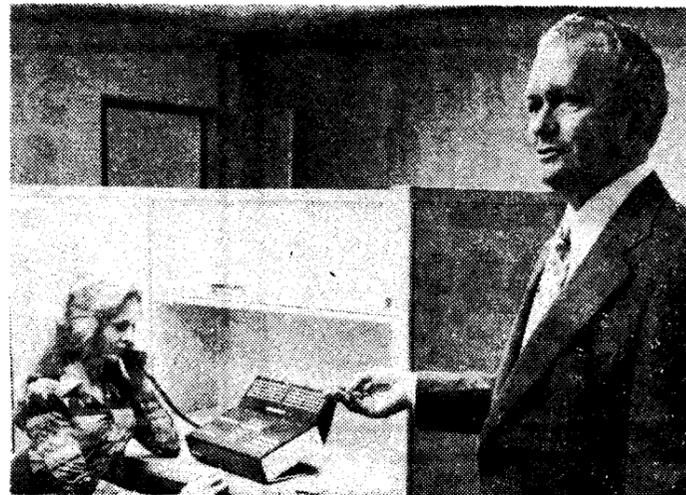
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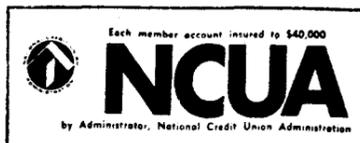
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Prime investment or just a beautiful home. 3 bedroom with built ins and extras \$18,500. 3114 Anders. 1/2 block from Gate 5. Call 881-9111.

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DREAM BY THE LAKE . . . bass fishing in your front yard is only one of many amenities offered by this custom built Waterfront Home. Large waterfront lot landscaped like a private park. This spacious 4-bedroom, 2-bath brick home w/ full finished basement features all the extras including carpet, built-ins, intercom & decks. Has circular drive w/ carport & garage. "Like New Condition." Four (4) slip Boathouse plus swimming deck. Lots of beauty & a lot of value at \$72,500. It won't last! Call us NOW! BAKER REAL ESTATE. 536-1536 or nites—Don Morris, 536-1963. BAKER REAL ESTATE 536-1536 or nites — Don Morris 536-1963.

**FOR SALE**  
Large waterfront lot with furnished 12'x52' mobile home. Located at Beach Creek, near Guntersville. 876-3275 or 881-1549 after 5. 1TP

A MINI FARM, 3 bedroom modern brick house, full basement, central air & heat, located 1/2 mile from Ardmore City limits Tenn. Hwy. 110. This beautiful home is on 5 acres with a grape vinyard, orchard, a shop and shade trees and excellent land. Call 615-627-2621. 1TC

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**SPECIAL DISCOUNT TO MILITARY PERSONNEL BEARING I.D. CARD**  
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LIN SELLERS  
General Manager

# CROSS JEWELERS

## Grand Opening

PROUDLY ANNOUNCES THE

OF THEIR

**PARKWAY CITY MALL STORE**

**APRIL 8th thru 24th**

It has been our privilege to serve you in the past and we look forward to the future with great expectation. Come by and see us at our 3rd location in Huntsville. We have a new and exciting store, withoutstanding values and QUALITY merchandise in every department.



LADIES'  
**SOLITAIRE  
Diamond Rings**

TOTAL WEIGHT	
.91 Carat	\$645 <sup>00</sup>
.95 Carat	\$845 <sup>00</sup>
1.06 Carat	\$945 <sup>00</sup>
1.07 Carat	\$1345 <sup>00</sup>
1.13 Carat	\$845 <sup>00</sup>
1.14 Carat	\$1045 <sup>00</sup>
1.20 Carat	\$995 <sup>00</sup>
1.96 Carat	\$4995 <sup>00</sup>



LADIES'  
**7-DIAMOND  
CLUSTER**

1/2 Carat	\$279 <sup>95</sup>
1 Carat	\$365 <sup>00</sup>



LADIES'  
**DIAMOND  
Cocktail Ring**

1 Ct.	\$495 <sup>00</sup>
Total Weight	
2 Carats	\$1100 <sup>00</sup>



LADIES'  
**DIAMOND  
Dinner Ring**

1/2 Carat of Diamond	<b>ONLY \$359<sup>95</sup></b>
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KEN GRIFFIN  
MANAGER



ROBIN GORD  
Asst. Mgr.



BOBBIE DOBBS  
Bridal Consultant



SARA ANDERSON  
Assistant



RONNIE  
HUMPHREY  
Jeweler



WAYNE COGGINS  
Sales

WE INVITE YOU TO COME BY AND COMPARE OUR DIAMOND QUALITY AND VALUES THAT CROSS JEWELERS ARE SO NOTED FOR—

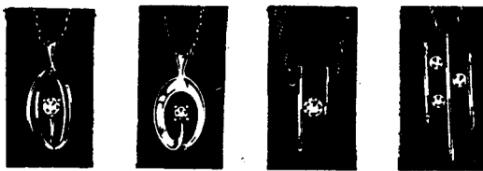


**Diamond Earrings**

Diamond Earrings	\$29 <sup>95</sup>
1/10 Carat	\$55 <sup>00</sup>
1/4 Carat	\$94 <sup>00</sup>
1/2 Carat	\$249 <sup>95</sup>

(14K Mounting)

### DIAMOND NECKLACES



\$115 <sup>00</sup>	\$69 <sup>95</sup>	\$279 <sup>95</sup>	\$339 <sup>95</sup>
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Only \$169 <sup>95</sup>	Only \$179 <sup>95</sup>	Only \$219 <sup>95</sup>
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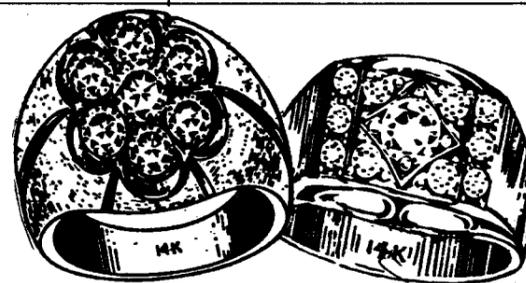
A NECKLACE of DIAMONDS to make her feel SPECIAL! Your Gift of LOVE will make you feel GOOD, too!

### L.E.D. QUARTZ DIGITAL WATCH

COMMAND BUTTON INSTANTLY  
FLASHES: Hour, Minute, Second



**\$49<sup>95</sup>**



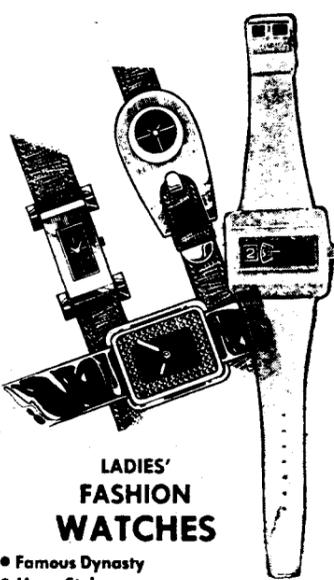
MAN'S  
**7-DIAMOND  
CLUSTER**

TOTAL WEIGHT	
1/2 Carat	\$260 <sup>00</sup>
1 Carat	\$425 <sup>00</sup>

MAN'S  
**11-DIAMOND  
CLUSTER**

TOTAL WEIGHT	
1/2 Carat	\$275 <sup>00</sup>
1 Carat	\$495 <sup>00</sup>

Ladies' 14K Yellow Gold  
Chain Bracelet Only **\$14<sup>95</sup>**



LADIES'  
**FASHION  
WATCHES**

- Famous Dynasty
- Many Styles
- Many Colors

**SUPER SAVINGS \$7<sup>99</sup>**



No. ZW728M—\$110.00.  
17.1. yellow top/stainless  
steel back, ebony mirror dial,  
adjustable matching  
chain bracelet.



No. ZW721M—\$100.00.  
17.1. white top, textured  
case and bracelet, deep  
blue dial.



No. CM039M—\$225.00.  
Yellow top/stainless steel  
back, gilt d. dial, faceted  
HARDLUX mar-resistant crystal,  
luminous hands and markers,  
adjustable bracelet.



No. B0458M—\$110.00.  
17.1. self-winding,  
50 ft. water-tested, bilingual  
calendar, stainless, sunray  
brown dial, luminous,  
faceted crystal.

HEART SHAPED  
**MOOD  
RINGS**  
**\$1.19**

Collectors Items  
Only One Of Each Kind  
By World Famous Silversmiths  
LUNT  
REG. \$550  
SPECIAL **\$199<sup>95</sup>**

- BIRD: Gold and Agate
- STONE: Quartz
- Black Glass Base
- ALSO —
- BIRD: Gold and Agate
- STONE: Amethyst
- REG. \$300
- SPECIAL **\$149<sup>95</sup>**

Register for a **FREE 2-Carat Ladies' Diamond Cluster Ring** to be **GIVEN AWAY** during our **GRAND OPENING APRIL 8TH** through **APRIL 24TH!** (18 Yrs. and Older Please)



"JONATHAN"  
NECKLACE  
GOLD FILLED  
**\$7.50**



HEART NECKLACE  
Gold Filled ..... **\$7<sup>50</sup>**  
14K Gold ..... **\$16.95**



STAR NECKLACE  
Gold Filled ..... **\$7<sup>75</sup>**  
14K Gold ..... **\$12.95**

# Cross Jewelers

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GIFT  
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- HAYSLAND SQUARE SHOPPING CTR.
- THE MALL on N. PKWY.

