

The Redstone Rocket

Vol. XXXI No. 1

June 2, 1982

Many use open season for health insurance change

BY SKIP VAUGHN

Many workers took advantage of the open season for federal health insurance to change their health plan.

Others didn't because of satisfaction with their present plan under the Federal Employees Health Benefits Program. Open season was scheduled for May 3-28.

A survey of several administrative offices — International Logistics, Product Assurance, legal and comptroller — showed a large percentage of workers obtained change forms.

"There's been an awful lot of the people who came by and picked up forms and said they were going to change," said Stella Myers, admin officer for International Logistics. "They felt the other insurance companies — Mailhandlers and some of the other companies like that — had a better coverage than Blue Cross and Aetna."

Product Assurance ran out of change forms, according to Judy Moore, a management assistant in the PA admin office.

"I ordered 100 and they're all gone and we had to request some more," Moore said. She added that this doesn't necessarily mean 100 people changed plans because some may have picked up two forms. "It had to be at least 75 (people) considered it."

Perhaps as much as half of the Missile Command's legal office changed health plans. "I got 100 forms and at least half of those forms were

passed out," said Ann Nash, a legal clerk in MICOM's legal office. "A great percent of legal changed their insurance."

About 75 people picked up change forms from the comptroller admin office, according to Helen Daniels, an admin clerk.

"I would say approximately 50 percent of the ones here in the headquarters comptroller," she said.

Dave Bryant, a master planner in Facilities Engineering, changed from Aetna high option to Postmasters high option.

"I had a bad experience with the insurance policy that I had which was Aetna, and I changed simply to get the level of insurance that would give me some protection," Bryant said. "This Postmasters gives me the coverage I need."

Other workers decided to stay with their present insurance plan. "I couldn't discern a better plan for me," said John Hollenbeck, an employee relations specialist in the civilian personnel office who stuck with high option Blue Cross/Blue Shield.

"If you got a good thing, stay with it," said Don Godwin, chief photographer at the photo lab who also stayed with high option Blue Cross. "If you have good luck with it, stay with it."

Dave Lukins, an ecologist with Facilities Engineering, stayed with low option Blue Cross. "I felt like it got some added benefits and it went up very little," he said. "I think for the amount it went up, it's a better plan than what it was."

Support group reports to DARCOM

The U.S. Army Materiel Development and Readiness Command has directed that the U.S. Army TMDE Support Group based at Redstone will become a separate headquarters DARCOM reporting activity.

The change, announced May 21, is one of the actions taken by DARCOM to comply with recent direction by the Secretary of the Army designating the DARCOM Commander executive agent for the management of TMDE Army-wide. TMDE is an acronym for Test, Measurement and Diagnostic Equipment.

The Secretary of the Army directed that the DARCOM deputy commanding general for materiel readiness be the Executive Director for TMDE.

The TMDE Support Group here will now report directly to the Executive Director, Lt. Gen. Harold Hardin.

A recently completed top-to-bottom review of Army TMDE activities recommended centralized management to carry out the mission. An office of TMDE management has been set up in DARCOM headquarters under General Hardin.

Don't starch BDU; it's wash and wear

BY HARRY SARLES

The days of strack soldiers in razor sharp fatigues are numbered.

According to a recent Department of the Army message the battle dress uniform may not be starched and pressed.

"The BDU is intended to be loose fitting wash and wear garment," states the message. "Starching this uniform may provide a 'Garrison' appearance but defeats its infra-red ability and increases heat stress through reduced breathability. Starching also returns an expensive care practice which inflicts an unfair financial burden on soldiers."

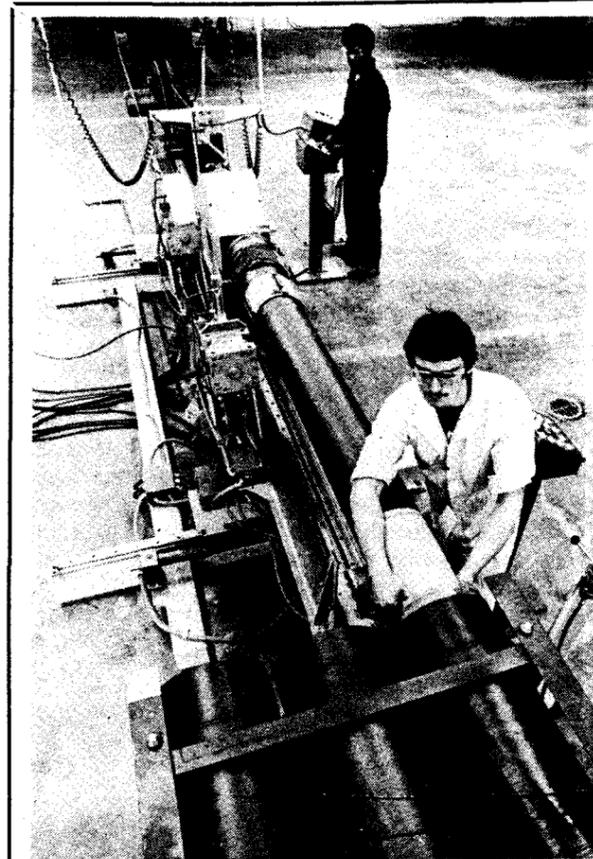
Until recently the Redstone PX laundry would starch BDUs at customer request, but they will no longer be starching and pressing BDU due to a request by post officials based on the message to discontinue the practice, said a laundry employee.

Supervisors are to insure that soldiers comply with the no starch instructions, says post CSM Edward L. Polite.

"If I see anyone in a starched uniform I will find out the immediate supervisors' name and will see the supervisor in my office and explain the situation," said Polite. According to Polite the commanding general will have the same policy.

Laundering and care instructions published last November by the Army offer guidelines for the uniform's proper care. These include the warning not to starch, use chlorine bleach or dry clean the uniform.

The guidelines state also that during the washing, drying and finishing cycles the lowest possible heat setting should be used. At no time should the garment be exposed to temperatures greater than 130 degrees.



ARMY GETS MLRS — A technician loads a rocket into the MLRS launch container for delivery to the Army.

MLRS delivered for product tests

Vought Corporation has delivered to the Army the first free flight artillery rockets to come off the company's production line at East Camden, Arkansas.

Rockets are the Missile Command's Multiple Launch Rocket System, a shoot and scoot weapon consisting of a 12-round launcher mounted on a highly mobile, tracked vehicle.

A crew of three can fire the full load in less than a minute, then quickly reload and fire again.

First quantities of MLRS, now in low rate production, will be shipped to White Sands Missile Range for production qualification tests. Later this summer, the Army will move into operational tests with soldiers firing missiles under simulated tactical conditions.

A full production decision is expected after tests are completed in early 1983.

MLRS will greatly increase the Army's ability to fight, giving the Army a capability and punch it never had before, according to Col. Monte Hatchett, MLRS project manager at Redstone Arsenal.

In addition to hurling thousands of submunitions, similar to grenades, in less than a minute, MLRS warheads will include a terminally guided warhead, and a scatterable anti-tank mine developed by Germany.

MLRS is being developed for use by the U.S., French, German and British armies. The four countries signed an agreement in 1979 for the cooperative development of a standard NATO rocket.

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Letters

Green burgers

Editor:

Have you ever gone through a cafeteria line and seen roaches crawling around and even across food being sold for human consumption? I have!

Have you ever seen food portions cut while prices skyrocket? I have! Have you ever taken food to your table and had others at the table ask what in the world you had and you couldn't really tell them? I have! Have you ever purchased boiled eggs to top a salad and had it brought to your attention the egg was green around the yolk? I have!

Now you may think I have done a lot of traveling to other not-so-prosperous countries. Or you may think I am a member of the Foreign Legion or at least the Armed Forces and having to "rough it." Not so! I am at Redstone Arsenal, Alabama, employed by USAMICOM, and located in Bldg. 4488. All of the above incidents occurred in the cafeteria in Bldg. 4488 — to me, personally. Other incidents reported by other employees include one lady being served a hamburger which was actually green inside. When she returned it, nobody seemed too concerned and she was asked if she wanted another. To this, she replied emphatically "No!" It was noted no action was taken to check the other burgers to see if they, too, were rotten.

There has to be a solution to this problem. Other buildings have cafeterias which serve edible and clean-looking as well as fresh food. Why can't we have the same accommodations? It is really a *shameful situation*.

Many employees have started bringing their lunches to keep from being subjected to the above

situations. This means overcrowded conditions of the few and far-between refrigerators located in a few offices. (Don't ask me how they get refrigerators when others can't — I only work here!) Some employees are going to the various NASA buildings to get decent lunches. This means more than 30 min. are required for lunch. A few of us who have understanding supervisors are granted an occasional longer-than-usual lunch period to enable us to go to a local restaurant. Again, there is a lot of time wasted.

What are the solutions to these problems? I would like to list three:

1. Get new contract for cafeteria operations.
2. Close cafeteria and put in vending machines, microwave ovens, etc.
3. Furnish refrigerators to more areas. Believe me, we are going to need them because people are sick and tired of the present facilities.

I hope you will print this letter and I hope you will receive many, many more until some action is taken to alleviate the suffering (and I do mean suffering) of several hundred employees subjected to the above conditions.

Name withheld by request

Letters to the editor should be signed (name withheld on request) and sent to: The Redstone Rocket, DRSMI-G. Unsigned letters will not be used.



"When I told everyone you were here for a very small operation, they all insisted it must be brain surgery!"

THE REDSTONE ROCKET

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Men and women to get separate training

WASHINGTON — By the end of August 1982, all basic trainees, except those in one station unit training, will be assigned to either all-male or all-female companies, say Army training officials.

In line with the Army's goal for toughening initial entry training, the separate training setup will mean more physically challenging training for male soldiers, according to Col. Charles Fountain, Director of initial entry training for the U.S. Army Training and Doctrine Command, Fort Monroe, Va.

"Through experience, the Army has found that males and females can both meet the higher standards of basic training, but both are best challenged

to achieve a higher level of excellence when trained in separate units," said Fountain. "The cohesiveness that develops in an all-female or all-male unit brings an added dimension to over-all training effort that is not present in integrated units."

The program of instruction for basic training has not been modified, say TRADOC officials. It will still be exactly the same for men and women. Standards for physical fitness tests remain different for men and women based on adjustments to account for physiological differences, such as upper body strength.

Under the new training arrangement, women will receive basic training at Forts Dix (N.J.), Jackson (S.C.), or McClellan (Ala.). The cadre, or training leaders, of basic training units will continue to include men and women.

Officials note the second portion of initial entry training, advanced individual training, will continue to be integrated and conducted at several TRADOC installations.

The exception to separate basic training for men and women, say officials, is that some soldiers in one station unit training will go through their entire initial entry training cycle in integrated units. (ARNEWS)

Top researcher gets award

Dr. William McCorkle, MICOM's top researcher, has been chosen to receive the Hermann Oberth Award for outstanding individual contributions in aeronautics and astronautics.



McCorkle

McCorkle was to receive the award Tuesday night at the 30th annual awards and installation banquet of the Alabama-Mississippi Section of the American Institute of Aeronautics and Astronautics.

A major figure in Army missile and rocket programs here since the late 1950s, McCorkle is MICOM's Technical Director and Director of the command's Army Missile Laboratory (AML).

Earlier this year, he accepted an award from the Assistant Secretary of the Army for Research, Development and Acquisition — Amoretta M. Hoeber — when the AML was named the Army Laboratory of the Year for 1981.

MICOM was selected among some 50 Army laboratories and research institutes.

Guest speaker at the AIAA's annual dinner banquet in the Redstone Arsenal Officer's Club was to be Dr. William Lucas, Director of Marshall Space Flight Center.

PX, commissary want suggestions

Brig. Gen. William Potts told the Post Exchange Advisory Council he is pleased with overall improvements made by the PX and the commissary.

The MICOM deputy commander at the council meeting May 25 also stressed the importance of the suggestion program. Suggestion boxes are located outside the commissary officer's office and at the PX customer service office.

In other business, PX manager Joe Robinson said the PX will be sponsoring the Post Soldier of the Month and Soldier of the Year competitions. Added to the gifts already awarded these soldiers, the PX will give them two meals at the snack bar, a haircut and two tickets to the movies, to mention a few.

William Penney, commissary officer, reported that the commissary here passed on savings of more than \$200,000 to its patrons for the quarter ended March 31. The commissary ranks second in additional savings among the 17 southeast region commissaries.

The PX Advisory Council consists of representatives from all major activities with members eligible to use the facilities. Potts is its chairman; member-advisors include the PX manager and the commissary officer. Members include:

Col. Robert Parsons, RASA; Lt. Col. Jerry Gregg, Corps of Engineers; Lt. Col. Paul J. Mulek, 1st Bn, MMCS; Maj. William Lynn, BMDSCOM; Sp4 Arnold Marshall, MEDDAC; 1st Sgt. Laverne Reed, 2nd Bn, MMCS; Sgt. Kenneth Morgan, 291st MP Co;

Dorothy Coard, Retiree Council rep; CSM Ed Polite, MICOM; MSgt. David McNeal, 1st Bn, MMCS; SFC George King, HHC MICOM; SSgt. Harold Baber, 95th Svc Co; SFC Lyle Compeau, 3rd ROTC Region; Roberta Love, Officers Wives Club; Blanch Moore, NCO Wives Club; Frank Adair, MICOM Retiree Service Office; Penney, Robinson and Chet Boutelle, assistant commissary officer, member-advisors.

MPs push bike registration, safety

More people ride bicycles in spring and summer and that's when more accidents and bike thefts occur, according to Military Police.

"We're stressing security of bikes, registration of bikes and bike safety," said MP Sgt. Gerald Trahen. Arsenal bike owners are urged to register their bikes since, "in case it is stolen it can be traced easier," added Sp4 Rick Lanham.

Lanham and Trahen are with the MP Crime Prevention Section which conducts bike safety and registration programs.

They said individuals can register bicycles at the Crime Prevention Section, which is now located in Bldg 3494 near the MPI, CID and post office.

Two copies of a registration form are filled out. The MPs file one copy and the registrant gets the other, along with a small red identification sticker for the bike.

Trahen said there are "probably a thousand, minimum," bikes on the arsenal, and one-third are not registered.

The MPs note that safeguarding and registering bikes is especially important at this time of the year. "There are more (thefts) in summer because more bikes are out," said Trahen.

A number of bikes were registered earlier this month during a special registration drive and bike rodeo the MPs held in connection with National Police Week.

The rodeo had 14 competitors who were given a safety presentation and then competed for prizes on an obstacle course where they had to steer around cones, maintain balance and use hand and arm signals.

The winners and runners up were Shannon Moran and Sean Pugh, first and second grades; Bryan Jones and Doug Hagedwood, third and fourth grades; and Carol Furlong and Barbet Mormon, fifth and sixth grades.

"We'd like to thank the young people and parents who turned out for it," said Lanham.

He also offered these bike safety tips:

- Use bike paths and sidewalks when you can.
- Use hand signals to let traffic know exactly what you are going to do.
- Walk your bike across intersections.

"The main thing is, be careful, really. Use common sense," said Lanham.

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What would you do if you had a problem with the PX or commissary?



Pvt. 2 Tonette Cheek, 95th Service Co. — "I would talk to the people in charge and if that didn't work I would see my 1st Sgt."



Pvt. 2 Michael Vettel, 7th S.C. — "If I had a problem with either of those places I would avoid it and shop somewhere else."



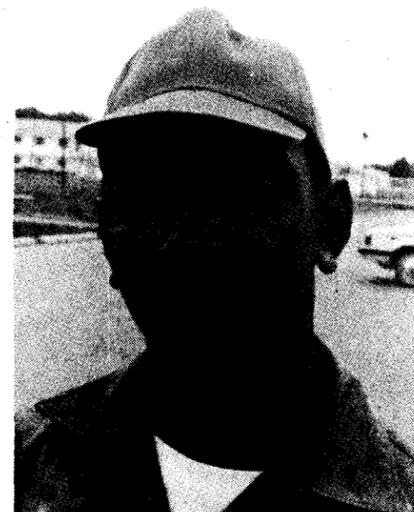
MSgt. Clifford Parks, Co. A — "Each unit has a council representative on the commissary committee and if I had a routine complaint or problem I would use that chain. However, if I had a major problem I would confront the manager/supervisor immediately."



Sp4 Gilbert Vega, Co. A — "If something had to be done at the moment I would complain to the manager. If it was a problem that would take a little more time I would submit it to the suggestion box."



Sp4 Rawn Pearcey, 95th Service Co. — "I would go directly to the person in charge, and if he couldn't help me I would use the appropriate chain of command."



Pvt. 1 Dannie Ball, 7th S.C. — "If I had a problem at the PX I would write it up and put in the suggestion box. However, I've never had a problem there since I've been here."

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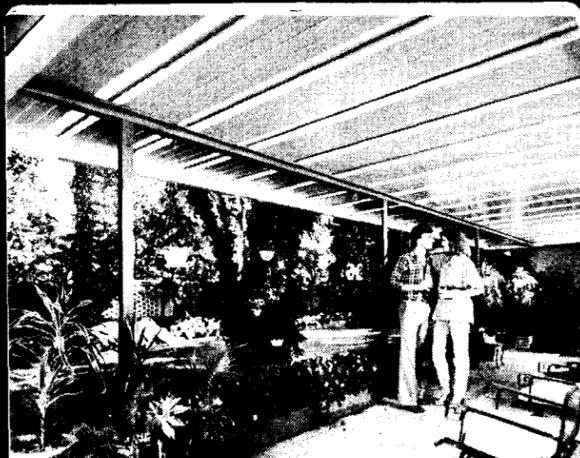
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Viper manager recalls best and worst

Col. Aaron Larkins remembers well that phone call on March 5 of last year. He had been Viper project manager for eight months and was feeling really good about his successes with the troubled anti-armor rocket.

But then the phone rang. "One of my captains called from Fort Benning during operational tests," Larkins recalled. "The last five inches of a rocket tube unwound or blew off. Fortunately no one was hurt, but a lot of people thought the program was dead."

"But we persevered as a team, government and contractor, reinforced the launch tube, put it through rigorous tests, took it back to Benning and it performed exceedingly well. The user (Infantry) then concurred it was the weapon for him."

A few months after that Larkins was to get another call, this time notifying him that Congress had approved Viper to go into production, "a key event for the Army", in Larkins' words.

Thus does Larkins recall the best and worst during 22 months managing Viper. He left the project at the end of May, retiring from the Army and, at age 43, starting a second career with private industry.

He began military service in 1961 as distinguished ROTC graduate of East Tennessee State University. He served in Vietnam with the 101st Airborne, was principal military assistant to four Army undersecretaries at the Pentagon, and had assignments as a logistician and research and development specialist.

Before he had 20 years in the Army he was promoted to colonel and commanded a major Army research and development command (Armaments). He took over Viper August 1, 1980.

Viper replaces the old LAW rocket that's been around since the early 1960s.

Larkins said Viper is considered two or three times more effective than LAW and "offers probably the best growth potential in penetrating heavy armor" of any rocket anywhere.

Viper's range is almost twice that of LAW, and its probable kill zone about 1½ times higher.

"Viper is classified as light, light being less than 10 pounds and without a dedicated gunner," Larkins explained. "It's designed to let any soldier employ it on the battlefield, as opposed to Tow or Dragon with a dedicated team and much heavier. And Viper is designed to be proliferated all over the battlefield..."

He said all soldiers will train on Viper in Basic training and the rocket will be in the hands of troops in the field soon.

Larkins said Viper will knock out any light armored vehicle and will be "very effective against the side of heavy tanks, and that's how Infantry employs it." It wasn't built to attack heavy armor head-on, he added.

"The Army has (in Viper) one of the best light anti-armor weapons in the world. It's probably the best in the world, including Soviet, in its weight category," he said.

Larkins feels he is leaving Viper "in excellent shape from the standpoint of accomplishing the objectives I set out to accomplish, to get through research and development and into production. It's now in production. The next project manager will have the responsibility to get the rounds to the field."

"There were a lot of problems when I took over (August 1980)," he continued, "things on the drawing boards since 1973-74, schedule slippages, technical problems, cost overruns."

"So my objective was to insure the system met requirements while resolving technical problems and



Larkins

getting costs under control, and provide the soldier an urgently needed weapon."

Having done that, Larkins says he now wants, in his words, "to aspire to the executive level in private industry."

He has a job in Gainesville, Va. He is moving to Gainesville with his wife, Regina, and son Aaron Jr., 17. A daughter, Rachel, 20, is at Vanderbilt.

Larkins said he would like to be remembered at MICOM "as a good Army officer who made a contribution to his country and at the same time had service that was personally and professionally rewarding..."

"Integrity, I've always set that as a key thing. Honest, up front, is the only way to be."

"I've really enjoyed the people and the Missile Command. I've made a lot of good friendships and liked the professional attitude."

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Moslems at Redstone keep their faith

BY HARRY SARLES

They're thousands of miles from home, in a land where many of the tenets of their culture aren't practiced, but that doesn't stop Moslems at Redstone Arsenal from keeping their faith.

Moslems do not need a certain place to pray," explained Egyptian Lt. Col. Nabil Amer, Egyptian Liaison Officer. "We pray five times each day wherever we are." In addition to their daily prayers the Moslems here meet on Friday, the Moslem holy day, for a time of prayer and preaching.

Each Friday approximately 80 to 90 Moslems from many different countries meet in a room on the third floor of the Foreign Student Support Office building which has been designated as a mosque.

"The room itself is nothing special," said Amer. "It is just an empty room that has been provided for us for worship."

Since there isn't any Moslem clergy in the area, the mosque services are led by qualified laymen. "We select our religious leader according to his knowledge in religious fields," said Amer.

"During the Friday service the leader preaches for about 30 minutes, then we have a time of prayer for about 10 minutes," continued Amer. In addition

to the religious service the Friday meeting serves as a time for Moslems to get together and share suggestions and instructions so that all Moslems in the community are kept informed of issues that affect them.

The Friday meetings are open to all Moslems and in addition to the foreign students some American Moslems have worshipped there.

Later this month Moslems will be altering their daily behavior to fulfill the religious requirements of Ramadan, the Moslem Holy Month.

Ramadan begins on June 22 and last for one lunar month. During the month Moslems are not allowed to eat, drink or experience any other bodily pleasures from dawn to sunset daily.

"Usually during Ramadan Moslems eat one large meal after sunset and perhaps a very light meal during night time and nothing else," added Amer.

Ramadan doesn't always come during spring. "It is the seventh month in the Moslem lunar calendar. Since lunar months have only 29 or 30 days depending on the cycle of the moon, Ramadan falls at various times moving forward approximately 11 days each year.

Living in America causes few problems for Redstone's Moslem community, said Amer. "We do not eat pork or drink alcohol, but these are easily avoided."

What the Moslems are doing here is the same thing that the U.S. Army has done overseas. By having a place to worship they can continue their faith just as they would at home.

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- MASTER OF SCIENCE IN SYSTEMS MANAGEMENT
- MASTER OF SCIENCE IN CONTRACT AND ACQUISITION MANAGEMENT

Registration is now open for the SUMMER 1982 QUARTER for the following courses:

	COURSE NO. AND TITLE	CLASS BEGINS	CLASS ENDS	CLASS NIGHT
SM 5001	MANAGERIAL ACCNTG & CONTROL	12 JUL 82	20 SEP 82	MON
SM 5004	ECO ENVIR OF MGMT I (MICRO)	12 JUL 82	20 SEP 82	MON
SM 5021	BUSINESS LAW	12 JUL 82	20 SEP 82	MON
CM 5011	PROCUREMENT & CONTR MGMT & ADMIN I	12 JUL 82	20 SEP 82	MON
OR 5012	OPERATIONS RESEARCH II	12 JUL 82	20 SEP 82	MON
SM 5006	MANAGERIAL STATISTICS I	13 JUL 82	21 SEP 82	TUES
SM 5017	PROGRAM MANAGEMENT	13 JUL 82	21 SEP 82	TUES
SM 5074	INTERNATIONAL LOGISTICS	13 JUL 82	21 SEP 82	TUES
CM 5031	PROCUREMENT — THE LEGAL CONCEPTS	13 JUL 82	21 SEP 82	TUES
SM 5002	FINANCIAL MGMT & CONTROL	14 JUL 82	22 SEP 82	WED
SM 5013	BEHAVIORAL SCIENCE & MGMT	14 JUL 82	22 SEP 82	WED
SM 5026	COMPUTER APPLICATIONS FOR MANAGERS	14 JUL 82	22 SEP 82	WED
CM 5012	PROCUREMENT & CONTR MGMT & ADMIN II	14 JUL 82	22 SEP 82	WED
OR 5048	RELIABILITY THEORY I	14 JUL 82	22 SEP 82	WED
SM 5005	ECO ENVIR OF MGMT II (MACRO)	15 JUL 82	23 SEP 82	THUR
SM 5028	DATA BASE MANAGEMENT	15 JUL 82	23 SEP 82	THUR
SM 5109	ORGANIZATIONAL THEORY & DESIGN	15 JUL 82	23 SEP 82	THUR
CM 5014	COST PRINCIPLES, EFFECT & CONTROL I	15 JUL 82	23 SEP 82	THUR

Approval has been granted for Veterans Administration tuition assistance for eligible persons. For information contact F.I.T. Resident Director, 876-1581 or visit the Center in Building 7446 Warehouse Road, weekdays between 0900-1630.

Golden knights set tryouts

WASHINGTON — The U.S. Army parachute team, the Golden Knights, has announced that tryout selections for the 1983 demonstration season will be held Sept. 27 to Nov. 5, 1982, at Fort Bragg, N.C.

Team officials are looking for individuals who:

- Are active duty personnel in grades E1 through E6;
- Have at least 150 free-fall jumps;
- Are actively jumping a ram-air (square)-type canopy;
- Have at least two years remaining on current enlistment on Jan. 1, 1983, or be willing to extend or reenlist;

• If currently serving overseas, will have completed 5/6th of their obligated tour by Dec. 31, 1982;

• Are not currently on orders or alerted for overseas assignment.

Qualified persons may request tryout applications by writing or calling the Commander, U.S. Army Parachute Team, Attn: Tryout NCOIC, P. O. Box 126, Fort Bragg, N.C. 28307, Autovon 236-4800/4828 or commercial (919) 396-4800/4828.

Those selected for tryouts will be notified through command channels and will be placed in temporary duty or special duty status for the tryout period. If considered for final selection, applicants will remain at Fort Bragg until about Dec. 17 for complete evaluation. (ARNEWS)

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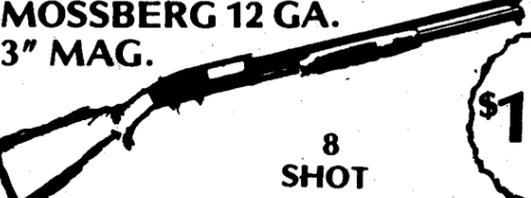
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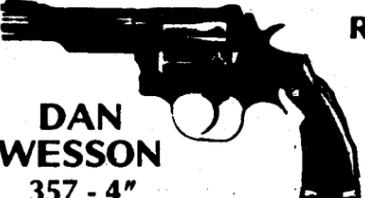
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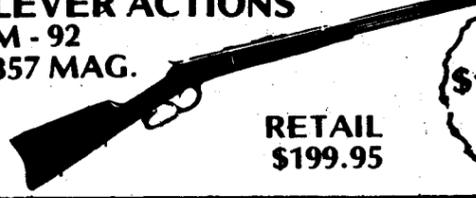
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Plants thriving at Hawk division

BY MAGGIE CUMMINS

What started as a few plants has become a thriving office garden at Hawk Division in Building 3307.

Maj. Ralph Lancaster Jr., division chief, started the interest in plants in October 1979 when he brought a few into his office to survive the winter season.

SFC Charles Metoyer, who works in the commander's office, took over caring for the plants when he arrived in February 1981.

"Everybody likes them and I think they help make the office look alive," says Metoyer. "We give a lot of starts away to whoever wants them and we also adopt orphaned plants."

Several species from cactus plants to banana trees may be found throughout the office area. Many who visit the office and show an interest may find themselves taking home a start off one of the mother plants.

Metoyer waters the plants every Friday. At one time during the winter months there were so many

plants that it took an hour to water them.

Everyone in the office has taken an interest in the plants. They have traded starts with other people to add to the office garden.

During the winter months, the personnel bring their plants from home that are normally kept outside in warmer weather. The power room is an asset to the plant lovers since there is enough room, light, heat and water available for several plants to thrive on.

Metoyer says that he really likes to give people tips on how to care for their plants properly.

"Most of the plants we have are easy to grow," he says. "One of the most challenging plants I have had was the two banana trees I brought. They are growing pretty well now though. It is very rewarding to see the plants healthy and growing when you have put a lot of care into them. It takes the right amount of light, food, water and 'Tender Loving Care' to have good results.

At right, SFC Charles Metoyer waters one of the oldest plants at Hawk Division and, below, checks a

fern for plant pests. (Photos — Maggie Cummins)



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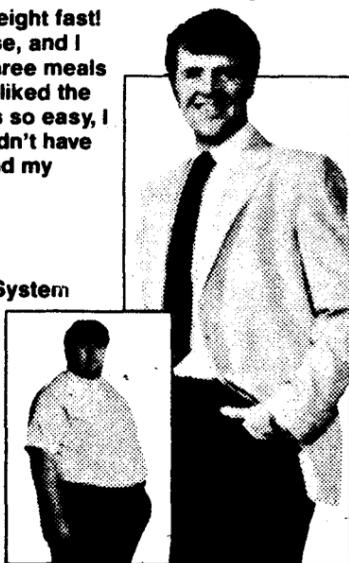
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Becoming 'soldier of month' is worth the effort

BY MAGGIE CUMMINS

Any soldier on Redstone Arsenal, in grade E-4 and below, can compete to become the Post Soldier of the Year.

If the Post Soldier of the Year is from MMCS, he or she receives an all-expenses-paid trip to Hawaii; soldiers from other commands on the arsenal compete in another round to gain that award if they are chosen Post Soldier of the Year.

Getting to Hawaii isn't easy, but any soldier with the right attitude may request to represent his or her section before the boards. The first step is to become unit's Soldier of the Month.

As a candidate for Soldier of the Month the soldier must maintain self discipline, military bearing and keep a positive attitude about the position he is trying to win.

1st Sgt. Robert Sudeath, Company A, says that he believes being chosen Soldier of the Month helps prepare the soldier for future boards. "I look at each soldier with the aspect that one day he may be taking my place."

Sudeath says that the soldier who wins Soldier of the Month from his company is kept off of the duty roster for 30 days, and if he wins Soldier of the Month in the Battalion he is kept off for 60 days.

The winner from each Battalion is then chosen to represent the School Brigade. That person then competes with other Arsenal soldiers of the month to become Post Soldier of the Month.

According to Post CSM Edward L. Polite, the soldier representing the post must qualify in the

following areas before being selected: Leadership capabilities, knowledge of basic military subjects, knowledge of world affairs, attitude and application and military bearing.

Besides having all of these qualities the soldier involved must like what he is doing or the program will not benefit either him or the post.

Experienced NCO's

"The board is made of experienced NCO's and the highest ranking should be at least an E9," says Polite. "This is usually the most experienced person on the board."

A study guide, SMI Form 1021, was made to help prepare soldiers for the boards.

Benefits for being selected Post Soldier of the Month include monetary awards, certificates, free meals and medals. Special recognition will be added to the soldier's records.

The monetary awards include a \$15 check from the NCO wives, a \$50 check from the Morale and Support Fund, \$25 in a share account in the Redstone Federal Credit Union, and 15 percent discount with a purchase of \$50 or more from the Post Exchange.

The free meals include two meals at the snack bar and one dinner for two at the NCO Club.

He or she receives a Certificate of Achievement and a plaque from the Association of the United States Army and a years' membership to AUSA.

He or she receives a weekend downtown with all expenses paid at a local motel by the Chamber of

Commerce. There are also two tickets to the post theater, a free haircut or hairdo and a free cleaning of one uniform from the Post Exchange.

The Post Soldier of the Year receives a \$50 savings bond from AUSA with three years membership, an Army Commendation Medal, and NCOA Certificate of Achievement, and a Certificate of Recognition from the NCO Wives. In addition he or she receives a Governor's Award, \$100 check from the Morale and Support Fund, a complete dress blue uniform and all expenses paid trip to Hawaii with \$200 spending money (MMCS soldiers only). The NCO Wives fund a round trip to Orlando, Fla., where the Soldier of the Year may go to an all expense paid tour through Sea World.

Purpose is to help

"The whole purpose of the program for Post Soldier of the Year is to help the soldier become more knowledgeable and to prepare him for any boards he may encounter in his Army career," says Polite. "It's one of the best goals or prestige offered. Value, quality and motivation are contributing factors for anyone entering this status."

"One of the most important questions asked while the soldier comes before the board is: Do you have any questions of the board members that you would like to ask? By hearing the soldier's comment, we can establish whether he knows the correct meaning behind the board member's inquiry."

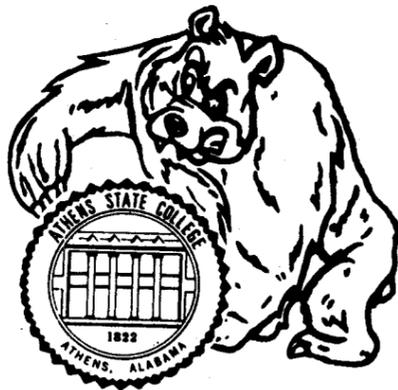
Polite says that he is interested in any comments the soldier has about the way the board was conducted as improvements may be made for future board meetings.

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Monday 6:00 p.m. - 10:00 p.m.			
EC 415 Managerial Finance	5	Edmondson	3650
MG 416 New Enterprises & Small Businesses	5	Campbell	3650
Tuesday 6:00 p.m. - 10:00 p.m.			
U 355 General Insurance	5	Haynes	3650
MG 420 Business Policy	5	Campbell	3650
Wednesday 6:00 p.m. - 10:10 p.m.			
BU 312 Legal Aspects of Business II	5	Colane	3650
EC 310 Basic Economics	5	Haynes	3650
Thursday 6:00 p.m. - 10:10 p.m.			
HY 435 The Middle East	5	Hayes	3650
MK 433 Marketing Strategies & Policies	5	McCall	3650
Friday 4:30 p.m. - 8:30 p.m.			
HY 354 Communist Area Studies	5	Joiner	3650
PO 354 Communist Area Studies	5	Joiner	3650
Saturday 8:00 a.m. - 12:00 noon			
BU 305 Statistical Methods of Business	5	Burton	3650

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Chariots of firepower

What's the most talked about piece of Army equipment to come along in recent years? It's easy to guess . . . the Army's new M-1 battle tank. The \$1.8 million tank, named the "Abrams" after the late Army General Creighton W. Abrams, is receiving a lot of publicity.

The Colorado Springs Sun reported recently that three members of Fort Carson's (Colo.) 6th Battalion, 32d Tank Force, who have tested the Army's new M-1 tank have only rave reviews for the machine. They say it outclasses anything the Russians or the United States have produced so far.

SSgt. Terry McQuagge tested the tank in 1977 at Fort Hood, Texas, and "fell in love with it."

"It's fast, it's maneuverable and it's just like riding in a car . . ." he said. "It floats across the terrain. It doesn't bounce, it floats." The smooth ride cuts down on crew fatigue, he said, and a fresh crew works better.

SFC Michael Coppin, who tested the new supertank three years ago at Aberdeen Proving Ground, Md., said the M-1 is also "far superior" to the 23-year-old M-60, its predecessor.

First Sgt. Anthony Paladino tested the M-1 in Detroit five years ago and said the tank is unbeatable. He was given a free rein to push the tank to its limits while he was testing it, Paladino said.

"I ran the hell out of it and I couldn't hurt it."

He said maintenance can be an outfit's biggest headache in battle, and "the maintenance on the M-1 is just great."

Gunners, drivers, loaders and just about everyone else in the 3d Battalion, 64th Armor, 3d Infantry Division, are also enthusiastic about the M-1. The battalion became the first unit in Europe to receive the M-1. Since the delivery earlier this year, crews

have been learning how to shoot, drive and maintain the new tank.

"It makes the M-60 look like an ancient chariot," said one crewman.

"It runs smoother, faster and responds faster," added PFC Thomas Woodhall, a tank driver with Company A. On training runs, Woodhall and other tankers in the battalion have driven the M-1 up to 40 mph on the rugged, frozen ranges at the Vilseck Training Area in West Germany.

The armor battalion's tank crews trained 12 hours a day, seven days a week at the Vilseck facilities. Like children showing off their Christmas toys, the tankers proudly explained the M-1's computerized fire control system, push-button driving controls, and other technological attributes.

In the turret, the M-1's elaborate computerized fire control system and laser ranging capability have already won the hearts of gunners.

"With the M-60 you had to constantly adjust to sight in on target while you were moving," said PFC Robert Cuyler. "This sight makes it easier to track a target."

One gunner said he used to have "bruised eye sockets" from peering through the M-60's sight.

The M-1's laser range finder gives the gunner a digital read-out of the exact distance to a target. Other features of the turret which draw the praise of crew members include improved ammunition storage compartments, an automatic fire extinguishing system, and a tank commander's control grip which gives him faster access to the tank's secondary armament (50-caliber machine guns) and communications hookup.

Fears that the M-1 may be too complicated for soldiers to drive and shoot are unsubstantiated, ac-

ording to 7th Army Training Command officials at Vilseck. They said the 38-day training cycle for each crew is progressing on schedule.

"When they get through with the training here, they should be ready to use the tank effectively in combat," one trainer said.

Of special interest to the Army and the soldiers who will be called upon to use the tank is its exceptional crew survivability. Special armor for anti-tank weapon threats, a low 93.5-inch silhouette, separation of the crew-fighting compartment from fuel tanks and on-board ammunition, and an automatic fire extinguishing system are some of the revolutionary features of the M-1.

An upgraded version of the M-1 will be rolling off the assembly lines in 1985. By then it will be called the M1E1 and will have a new main gun — a 120mm smoothbore cannon.

Experts are continually working to improve the Abrams' capabilities. Efforts to lengthen the track life, which currently is 1,050 miles, are under way. A shorter-than-desired track life has always been a problem with tanks — U.S. and foreign. However, technology research for extending the durability is ongoing.

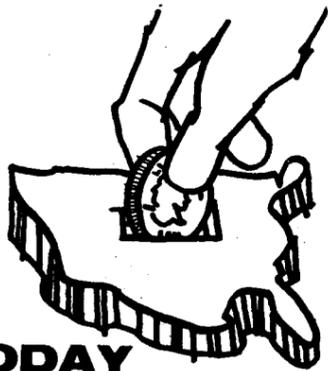
Though still an issue, the M-1's superior qualities are coming to light and the tank is gaining new respect. The tank's mobility, armor protection, and high rate of accurate cannon fire are key in the attack or defense mode. Nothing yet designed compares to the tank as a means to apply combat power to the full challenge of the battlefield.

The soldiers of the U.S. Army need the M-1. The tank's survivability, firepower and mobility greatly enhance the crew's ability to succeed in combat.



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Not just for money, says day care provider

BY SKIP VAUGHN

A Redstone fire inspector has just completed his monthly check of the residence at 1344-C Jupiter Court when the phone rings.

The neighbors want to know if Marguerite Baker will take care of their 14-month-old son for a while and she obliges. After all, she is a certified family-day-care-provider.

"I first started babysitting for a young military female who was having financial problems and couldn't afford the nursery," she said. Baker took in the nine-month-old girl in August 1980 and they transferred from Redstone in February.

"I was home all day and this little girl needed a place to go, so she came here," she said.

After speaking with Fire Inspector Bill Cross, Baker explained that a monthly fire inspection is a rule Army Community Services has for day care providers.

She keeps a boy, 4 and girl, 3, for a non-military family; and a boy, 3, and girl, 5, for a military family. The days vary from Monday through Friday and Monday through Saturday.

"I've had the non-military family for a year now and the military family just since January," Baker

said. The military man is in the Readiness Group and spends a lot of time away on assignments.

"I've had other kids besides these but due to transfers and whatever (they left)," she said, "The most I've had at one time is five."

Baker gets help from her husband, SFC Alexander Baker, and their children Helen, 17, Tom, 14, and Joe, 8. "My husband's at home at lunchtime," she said. "After school, the two boys come home and play with the kids, entertain the kids."

At times, all four of the children from other families have been at the house at the same time. "It's happened as often as Monday through Friday," Baker said. "When school's in session, the 5-year-olds in kindergarten so she didn't come in until after school."

She charges \$7 a day for one child and \$10 a day for two but money isn't the only reason she offers the service.

"I've been on the other end. I was a working mother when my youngest was a baby and I know how hard it is sometimes to find somebody to take care of the baby, especially when you have ridiculous hours."



Baker holds 14-month-old Tony Sellers

ACS certifies family day care providers

BY SKIP VAUGHN

Families onpost who keep unrelated children should first be certified as family day care providers.

The Missile Command policy was signed by MICOM commanding Maj. Gen. Robert L. Moore in September 1981. Only four households, however, have been certified to keep unrelated children in their military quarters onpost.

"It probably should be a lot more," said Gwen Creel, program assistant with Army Community Services. "I don't know if everybody's complying with it. It may have been overlooked by some people."

The policy affects any adult family member who wants to keep unrelated children in his or her military quarters on Redstone for 10 hours or more per week, whether for pay or not. "They must apply in writing to ACS (Army Community Services) for approval," Creel said.

Certification as a family day care provider in-

volves inspections and making sure administrative forms are on file. Inspections include one by the Medical Department Activity and one by fire officials of Facilities Engineering.

ACS assures the necessary forms are on file and up to date. Applicants also get information on how to recognize child abuse and neglect.

"It's a requirement of the AR (Army regulation). They must have approval in order to be a family day care provider," Creel said.

These providers may not keep more than six children at one time (counting their own) or more than two children under two years old (counting their own), according to the ACS official.

"People are using it just like a child care center. That's what it is, day care," she said. "Except some children do better with an intimate family atmosphere with only a few children."

Family housing units onpost that have been certified as family day care providers include a

household keeping five children (one from age six weeks to 18 months, two from age 18 months to three years, one from 3-5 years and one 5-12 years); a household keeping a child from 3-5 years old;

— A household keeping two children from 18 months to three years old and two children age 3-5; and a household keeping a child from 18 months to three years old.

Courses for family day care providers may be developed by Oct. 1, according to Capt. Lowell White, community health nurse with Preventive Medicine Activity. These would cover child development and general supervision.

"Each child depending on what age has differing needs for learning and development," White said. "We want them wherever they are to have toys appropriate for their age."

To request certification as a family day care provider, write Creel at Army Community Services, personal services branch, Bldg. 3491.

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Roaches? Here's how to fight back

BY JOHN WAGNER

There are unwanted guests lurking in dark corners and moist areas of many troop billets and family houses on post. And personal action can be taken to stop them.

These "guests" are disease carrying pests known as cockroaches.

"In loosely constructed buildings or where a mild climate permits these insects to develop out-of-doors, buildings are constantly being reinfested from outside by crawling, flying, or 'stowaway' roaches," said Capt. Noble Johnson, environmental sciences officer, preventive medicine. "The 'stowaway' types are easily transported inside in grocery bags, furniture, clothing, soda cartons and other things."

Many also crawl in through door and window openings according to "The Sanitarian's Handbook" by Dr. Ben Freedman. Freedman writes: "They usually hide near sinks, drainboards, behind wall cabinets and radiators, and under loose door and window trim. If disturbed, they run rapidly for concealment and disappear through cracks, holes in walls, down along water and steam pipes and similar openings . . ."

Cockroaches are unsanitary insects, according to Freedman, and carry diseases organisms.

"Knowledge of where they conceal themselves is they key to control," Freedman states.

Spraying is the most common method of fighting back against cockroach infestation. Insecticides such as propoxur, diazinon, chlorpyrifos, and methion are commonly used.

Redstone's facilities engineering division is involved in cockroach control. According to Branch Chief, Bill Hooper, the quality assurance branch, sprays and fogs through contract, family housing, BOQ areas, and 23 buildings that deal with food.

The engineering entomological unit under Charles Koch handles problems in the troop billets. "We're especially involved in inspecting and spraying from fall to mid-winter," said Koch.

However, spraying alone is not enough. There are many things building residents can do themselves to control roaches by reaching the areas of infestation. Capt. Johnson, the environmental sciences officer, recommends:

- Get rid of trash and spilled food as soon as possible. Maintain a high level of sanitation. "This should be done both inside and outside," Koch added.
- Have fixtures which generate excessive condensation repaired quickly.
- Get rid of stacks of newspapers, boxes, etc.



covered. Spraying should be the first step before either type of repair.

• Coordinate with other building occupants to have a whole building sprayed at once, so as to not allow the roaches to move from one area to another.

Koch added an additional tip. "Since roaches love to crawl or fly in windows, it's a good idea to have tightly fitting screens installed if the windows are going to be open a lot," he said.

There is a simple test a resident can make to determine the extent of cockroach infestation, according to Koch. "Take a broad brimmed container and fill it with about a quarter of an inch of jelly, soft drink, or beer," he said. "Leave the container out overnight and see how many roaches collect in it. Ten to 15 indicates a light number in the dwelling, 15 to 25 is proof of a moderate level of infestation, and between 25 and 100 roaches indicates a heavy number of them."

where roaches can hide.

• Caulk around potential problem areas such as pipes, countertops, and medicine cabinets. These are areas where roaches can come out of the wall to obtain food and moisture. Caulking compound is available at the family self help center, building 1140. Holes that are too large to caulk should be

"Roach elimination is not difficult if the sources of infestation can be controlled," Johnson said. "And occupants should be aware that if general household or building sanitation is good there is little likelihood that roaches will contribute diseases incidence."

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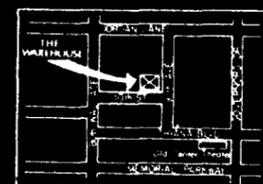
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Here are ways to avoid heat stress

BY JOHN WAGNER

Heat stress is a potential problem for soldiers during hot summer weather if certain safety precautions aren't kept in mind.

Commanders often consult the Wet Bulb Globe temperature before putting troops through physical training in hot weather.

"The WBGT is a composite temperature of radiant heat, direct heat transfer and air convection/evaporation levels," said Capt. Noble Johnson, environmental sciences officer at Preventive Medicine.

"There are six different WBGT categories for regulating physical activity," he explained. "These range from 78 to 81 degrees where extreme exertion should be curtailed, all the way to 90 degrees where

all exertion, except the most essential, should be stopped."

Preventive medicine is in the process of acquiring a phone service that people can call to get the WBGT and regulate their physical activity accordingly.

Soldiers also need adequate water supplies. This can prevent 50 percent of the cause of heat stress. "Water loss must be replaced, preferably by periodic intake of small amounts of water throughout the work period. During . . . moderate activity, with moderate environmental conditions prevailing, water requirement will be one pint or more per hour per man," according to Army medical technical bulletin 507. "This is best taken at 20 to 30 minute intervals. As activities or conditions become more severe the intake should be increased

accordingly."

According to the bulletin, thirst is not an adequate indicator of water needs and "some overhydration is strongly recommended." Don't take salt tablets. Johnson said, "A concentrated dose of salt can be harmful, but mild additions to food and water can be done cautiously. However, a person who is on a low-salt diet should consult a physician first."

Concerning questions about the new battle dress uniform, it will not make soldiers more prone to heat stress despite its double-layered areas. It is of seven ounce fabric like wash and wear fatigues.

AR 670-1 gives commanders discretion to allow troops to adjust to heat by rolling up the BDU sleeves, unblousing the trousers, and unbuttoning or removing the jacket.

Soldiers invited to Memorial service

Eight soldiers from Redstone Arsenal's 8th Student Co. were invited to participate in a Memorial Day ceremony at Maple Hill Cemetery in downtown Huntsville, according to 1st Sgt. Michael Miller, 8th Student Co.

"Our company was called by the Veterans of Foreign Wars post 2702 and asked for volunteers," Miller explained. He said seven troops and an NCO would arrive at the ceremony in parade gear and fire a 21-gun salute.

The ceremony at the cemetery was to honor veterans buried there and was to begin at 11 a.m. Others invited to participate included two U.S. senators, the mayor of Huntsville and local dignitaries, and many members of the VFW, according to Miller.

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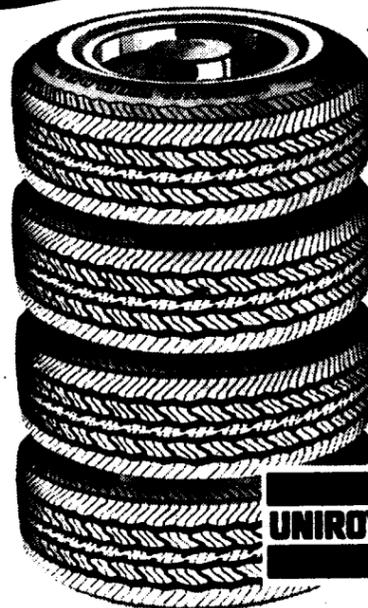
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Richard Kolb, Advertising Manager

Let's Get Fit to Fight

... or 'Soldiers Can Be Athletes, Too'

A physically fit soldier tends to look sharp. In fact, that soldier wants to look sharp. How many fat, sloppy rangers have you seen lately? Being fit is in itself a discipline. It brings about a sense of personal pride and discipline in other activities such as behavior off duty or in the public eye. It's also a combat multiplier and improves readiness.

How physically fit you are is probably more important to the soldier next to you than it is to you. Moreover, you should be concerned how fit he is. You may have to depend on each other's ability in a crisis situation.

The physical readiness of each soldier is the main ingredient of Army combat readiness. How fit does a soldier need to be to perform successfully during long periods of combat? It's almost impossible to answer because it would be hard to say exactly what duties that would include.

The Army is on its way to developing a total approach to fitness. Secretary of the Army John O. Marsh, Jr. and Army Chief of Staff Gen. E. C. Meyer have named 1982 as Army Physical Fitness Year.

The Army plans to focus on goals of increased stamina, improved health and greater discipline. Plans are also under way to develop a physical fitness program that will work equally well for every soldier, regardless of age, sex, job or component.

The idea is for every soldier to be in the best possible shape he or she can be. This may be the factor which someday could save that soldier's life. An example Marsh gave at a recent Pentagon briefing on physical fitness was the case of Brig. Gen. James Dozier. The secretary attributed Dozier's "physical toughness and great self-discipline as the qualities which sustained him during his captivity."

According to Marsh, history shows evidence of the critical role of physical fitness in military operations.

"The most successful military units in our own history," he said, "were those whose soldiers were physically capable of conducting forced marches to

"Fitness is more than losing weight and exercising regularly—it requires a change in attitudes which can result only from strong leadership."

—Secretary of the Army John O. Marsh, Jr.

get to the battlefield and still had sufficient physical reserves to successfully engage the enemy."

Sophisticated weaponry, the secretary added, has not changed that. "The best-equipped soldier is not effective if he is not physically capable of operating his equipment and weapon."

Stamina is one of the most important benefits of physical conditioning; however, fitness is important also from the health standpoint. Diet and weight control are large factors in physical fitness. In addition, taking part in a program of physical fitness helps create a positive attitude. Overall, you'll feel a lot better about yourself if you are a "fit to fight" soldier.

Because of the need for all members to be physically fit, the Army hosted a DOD symposium on physical fitness in 1980. From that symposium, and ongoing meetings, tests and discussions, the more up-to-date and tougher Army Physical Readiness Test (APRT) was developed. The APRT was designed to simplify and streamline testing so no elaborate facilities would be needed to train and test; men and women could take the same test; soldiers in all types of jobs and units would take the same test; and no organization could cite the lack of facilities as an excuse for not testing.

Along with the APRT, a program for over-40 soldiers was also chosen. The over-40 physical fitness and training program is still evolving, as is the APRT for the under-40 population. The Army has taken the lead in developing a safe, effective over-40 program. Changes in Army medical exam procedures permit more statistically accurate predictions of possible cardiovascular disease in the over-40 population.

Through the over-40 medical screening procedures, Army medical personnel check seven risk fac-

"We look at the process of developing the physical qualities of the servicemen from the perspective of increasing their combat capabilities."

—Marshal D. F. Ustinov,
Defense Minister of the USSR

Soviet soldiers train constantly to be physically fit. If we wish to be physically matched to the average Soviet soldier, we must be in top physical condition.

tors for cardiovascular disease—age, sex, smoking habits, blood pressure, EKG, fasting blood-sugar level, and cholesterol level—to determine the likelihood of a person's having or developing heart disease.

The U.S. Army Soldier Support Center, Fort Benjamin Harrison, Ind., has been designated as the Army's spearhead for physical fitness. As such, the center will design and manage a physical fitness system using state-of-the-art programs and standards. The system being developed will include:

- Fitness programs for units and individuals
- A qualified core of physical fitness trainers
- A comprehensive nutrition program
- Weight control and health standards
- Human behavior research

The Army Physical Fitness Research Institute, newly organized at the U.S. Army War College at Carlisle Barracks, Pa., is beginning to lead the way in the development of physical fitness programs. State-of-the-art methods for total physical fitness and motivation techniques will be areas studied by the institute in making program improvements.

From 1983 to 1987, \$221 million will be spent at installations Army-wide on new gymnasiums and sports centers. Commanders are encouraged to make sure that gymnasiums, swimming pools, and athletic fields available to them are being fully used as part of unit PT and intramural sports programs. Every soldier should be encouraged to take part in physical activities.

Soldiers and their leaders should be professionally and personally committed to physical fitness. In peace or war, they need to be capable of performing their duties at the highest level of physical condition.

"The readiness of the U.S. Army begins with the physical fitness of the individual soldiers, the noncommissioned officers and the officers who lead them."

—Secretary of the Army John O. Marsh, Jr.



Secretary of Army makes top PT score

WASHINGTON — Secretary of the Army John O. Marsh Jr. scored a maximum 300 points on the Army physical readiness test during a visit to Fort Benjamin Harrison, Ind., earlier this month.

Marsh took the test to focus his intense interest in physical readiness in what he has described as the year for reemphasis on physical fitness in the Army. He selected Fort Benjamin Harrison for his test since the soldier support center there has the responsibility for developing Army physical fitness programs.

The secretary scored perfectly for the age group 36-39, though he is 55 years old. His achievement consisted of 62 pushups, 69 situps and the two-mile run in 14 minutes, 35 seconds on a rain-soaked course. He said he plans to take the test again with the goal of improving on these results.

Army members over 40 currently are required to perform the two miles without other exercises, but Marsh opted for the full test of pushups and situps

as well. "We're looking at the standards for over-40 testing," he explained. "I could think of no better way to appreciate the practical aspects involved than to take the entire test myself."

After the test, the secretary said, "I wanted to perform to the limit of my ability," but quickly cautioned that he has maintained an active personal physical fitness program — including running, swimming, pushups and situps — on nearly a daily basis for 19 years. He emphasized Army doctors had given him a complete medical screening before his participation in this test. "Army members should ensure they're medically cleared and that they build up their stamina gradually before undergoing strenuous testing," he said.

Marsh personally chairs a physical fitness committee that includes the Army's top military and civilian leadership. "Our combat readiness begins with the physical fitness of the American soldiers and the officers and NCOs who lead them," Marsh said. The Army's physical fitness committee was established by Marsh to recommend and support programs that improve stamina and endurance, encourage a healthy life style, and instill discipline.

Marsh received his appointment in January 1981, after having been a congressman for four terms and having served as a counselor to President Ford. He has served in the active Army, the Army National Guard and the Army Reserve. He is a senior military parachutist with nearly 40 jumps to his credit. (ARNEWS)

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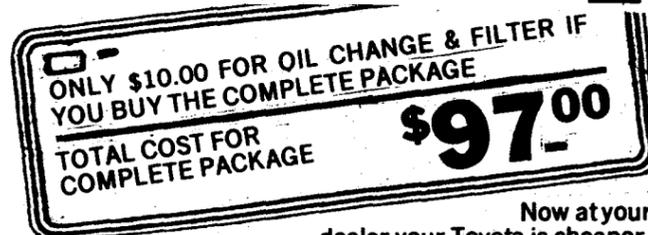
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July 1 is target date for physical fitness system

BY SHIRLEY BOULLIANNE

WASHINGTON — "If we're not physically fit, we're not going to win." That's the way Lt. Gen. Julius W. Becton Jr., feels about the impact of physical conditioning on soldiers' ability to do their jobs.

In addition to being deputy commander for training, U.S. Army Training and Doctrine Command (TRADOC), Becton also serves as the Army's inspector of training. He co-chairs a general-officer steering committee on physical training (PT) as a system. He explains, "our goal is to have a physically ready soldier — we're talking about a change of lifestyle" for soldiers.

During early 1980, the Army began to take a look at the state of soldiers' physical readiness. One recurring observation was that the armed services were behind the state-of-the-art in physical conditioning programs.

Becton comments, "We're doing some things today the same way we did them back when I was in OCS (Officers Candidate School), and that's 37 years ago. There's been a lot of learning that's taken place in 37 years, and we've got to take advantage of it."

The General asserts the Army needs to make better use of facilities. The gymnasiums are not being used often enough or smartly enough, he says, adding that the people who really need PT aren't using them (the gyms). He further expressed the need to have trained people running the gyms and directing physical fitness programs.

The target date for implementing PT as a system is July 1, 1982, in this year of increased emphasis on physical fitness.

"To show you where we are now," Becton offers, "the proponentry for PT, which had been at Fort Benning (Ga.), is now at the soldier support center, Fort Benjamin Harrison (Ind.), and a U.S. Army physical fitness research institute has been established at the U.S. Army war college" at Carlisle Barracks, PA.

Officials at the soldier support center say they envision five interrelated subsystems in a total approach to physical fitness:

- Physical Conditioning and Testing;
- Education;
- Research and Development;
- Nutrition and Diet; and
- Weight Control.

The inspector of training says that physical fitness thus will be a systematic effort. It will involve proper diet and nutrition, weight control, regular PT, stress management, individual/team sports, motivation, testing and anything else that will improve lifestyles.

Col. Frank Drews, a former professor of physical education at North Carolina State University, has been returned to active duty from the U.S. Army reserve to serve as head of the Army physical



fitness research institute. Drews will have a staff of five professionals to work with him in researching and developing medical and physical conditioning programs for soldiers.

"We'll have to get the people trained, and to get the trainers," comments Becton. "We'll have to pay for the equipment. We're working with the 'Dallas Cowboys' and looking at how they develop their physical training."

Becton believes that the physically fit soldier is going to be the better soldier. He clarifies this by saying he's talking not just about the infantryman, the tanker, or the artilleryman. He's referring also to the typist in the office, or the radio operator who sits in the operations center. He adds, "if they're physically fit, we don't have to worry about them going 8, 10, 12, or maybe 24 hours in a crisis situation. If they're not physically fit, they're not going to be mentally alert. Physical fitness impacts on everything we do."

A "physical fitness medal of excellence" is an item Becton would like to see developed. "We have

medals for mechanics, drivers, and marksmen's so why not for physical excellence?" Becton states.

Regarding other changes, the TRADOC deputy commander for training notes newly revised regulations will direct all TRADOC schools to require the students' passing of the physical fitness test in order to graduate.

Becton wraps up his views on physical fitness by saying "I have one slide that I use on occasion, and it says: 'These are the standards — meet them.' If we're serious about being a combat-ready force — and we really do believe that a combat-ready soldier must be a physically fit soldier — then we have no choice but to meet the standards we're putting out."

Becton concludes by saying that there might be soldiers who think the Army isn't serious about physical fitness. If they think that the program's developers will finish their work and that things will return to business-as-usual, Becton has some news for them: "We're trying to build a program so that no matter who's in charge, it's not going to change." (ARNEWS)

Golden Eagles win tournament

A Redstone Arsenal soccer team of seven and eight year olds capped a perfect season by winning the American Lung Association of Alabama championship tournament.

The Golden Eagles, coached by Ron Golden, won the eight-team tourney May 22-23. Its preliminary games were at the Old Airport soccer fields and the championship game was at Milton Frank Stadium. The team beat the Snaildarters in overtime 3-2.

"The success of the team is the kids' desire to play. They just have good soccer sense. They hustle all the time," Golden said. "And a lot of good support from the parents. That's a helping factor also."

The Golden Eagles finished 10-0, counting all its games from March through the tournament. It won the 12-team Region 160 title by beating the Stingrays in the championship game May 9.

Team members include Ben Besse, Christopher Brown, Robert Cisneros, Eric Golden, Paul Green, Aaron Haller, Peter Italia, Shane Key, Misty Mayfield, Dennis Moulder, James Sanford, Nathan Sharp, Paul Smith, Joseph Williamson, Henry Wilbourn and Steven Wright.

Liliana Golden, the coach's wife, served as assistant coach. "I was in Germany for about three weeks and she took over the team and did great," said CWO 2 Golden, a Lance missile systems technician in Missile Systems Readiness Directorate.

This was his third season coaching the Golden Eagles who repeated as regional champions despite having only two returning players, Eric Golden and Aaron Haller. Haller scored over 21 goals this season.

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Announcements

ADPA dinner

The Tennessee Valley Chapter, ADPA, will have the annual dinner meeting at the Alabama Space and Rocket Center, June 15. Guest speaker will be Barry J. Shillito, chairman, Teledyne International. A reception begins at 7 p.m. and the dinner at 8:00. Ticket cost is \$15 each.

Best yards

Yard of the Month winners for May are, best single unit, CW4 James R. Damron, 437 Simpson Drive, and Sp5 Benjamin A. Newton Jr., 1128-A Buffington Road; and best multi-unit, Capt. Stephen C. Taylor, 471-B Tripp Drive and SSgt. Timothy D. Ayers, 1153-A Hof Circle. Winners receive a certificate of appreciation, two free dinners, a color photograph of the awards ceremony and display of the Yard of the Month sign for a month. Receiving honorable mention were Capt. James E. Moffett, 313 Hughes Drive and MSgt. Harold A. Thomas, 1377-A Lance Drive.

Government accountants

The North Alabama Chapter of the Association of Government Accountants presented awards at its annual awards ceremony. Recipients included William E. Shelton, the AGA Chapter Achievement of the Year Award; Allie C. Swann, Chapter Service Award; Walter H. Parker Jr., Distinguished Leadership Award; Aaron Walker, President's Award; Deborah C. Rosenblum and James W. McCrary, both Special Award for Excellence.

Fishing derby

A fishing derby for warrant officers, including retirees, is being sponsored June 5, from 6 a.m.-4 p.m. at Beech Creek Fish Camp by the RSA Warrant Officers Association. Cost is \$5 per person. For information or to register call CWO 2 Coker, 876-4441, or WO 1 Walston, 876-7661.

Dental services

Due to the large turnover of Dental Activity personnel this summer, services offered will be severely limited through Sept. 1. Services will mainly be restricted to emergency treatment, fillings and cleanings. Appointments for fillings will be given to active duty members only; family members and retired personnel will continue to be seen on a standby (space available) basis.

Obituary

Ben Davis

Ben R. Davis, 55, an editor at Missile Intelligence Agency, died Thursday in Birmingham hospital after a long illness. He came to work at Redstone in January 1981 and was assigned to the MIA program management and support office, visual arts and publications branch.

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Carpool wanted from Coventry Apartments on Sparkman Drive to 5201, hours 7-3:30. Kim Whitaker 876-5171.

Hazel Green

Carpool wanted from Hazel Green to 7101, hours 6:30-3. Jackie Leopard 876-7101.

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VALVE ADJUSTMENT EXTRA
Conventional Ignition Vehicles Slighter Higher

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- Evacuate System Complete
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All cars except pickups

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COUPON

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VARIABLE DISCOUNT

VALUE OF DISCOUNT: (DOLLARS)

\$ 5.00	ON A SERVICE AND/OR PARTS PURCHASE \$15 to \$49.99
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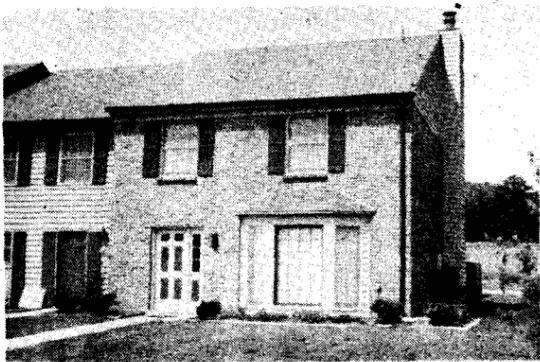
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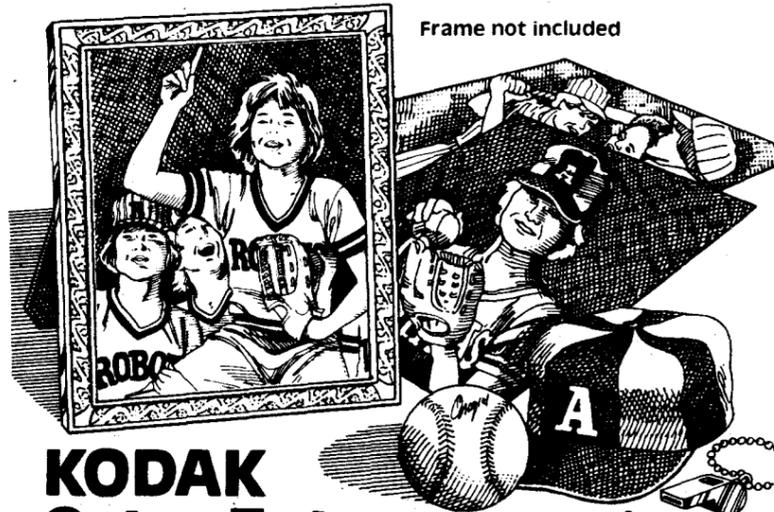
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at

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Enlargements from 5" x 7" to 16" x 24"

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If So and You Are In Reasonably Good Health And Do Not Smoke

Try These Rates on For Size!

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	Annual Premium	Monthly Bank Draft
Age 25	\$124.00	\$10.54
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Off Season \$200./wk
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Excellent condition, all power. Sale \$3900.95

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REGAL SPORT — Special edition, loaded, local car, 19,000 miles.

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Tilt, cruise, stereo, wheels, 10,000 miles. Local Decatur.

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CAPRI — Turbo, R.S., raise hood. Rear spoiler. Aluminum wheels. Air condition, 4 speed.

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GRANADA — 6 cycle, 4-dr. automatic steering & brakes, air, local one owner.

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2 br., 2 baths. Completely furnished. Pool, clubhouse, private beach, lighted tennis courts. Restaurants. Sleeps six. \$80/day, \$395/week.

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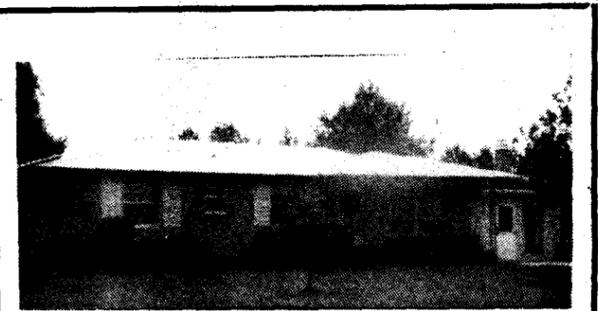
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COIN LAUNDRY Clean Modern Equipment

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- Lakewood Methodist, T/Th, 6:30 p.m.
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